



City of Virginia Beach

Senior Resource Guide



Mayor's Commission on Aging

2401 Courthouse Drive, Suite 234
Virginia Beach, Virginia 23456
757-385-4581

Rev: 09/2017

Dear Friends:

As Mayor and a lifelong resident of Virginia Beach, I have always appreciated what seniors mean to our community. They bring wisdom, experience, and insight that helps pave the way for our future. I believe a major reason this city is such a crown jewel is because of what the seniors of our city planned, worked for, and achieved over the years.

Through the *Mayor's Commission on Aging*, we are able to not just work with and serve our seniors, but to listen and learn from their suggestions and wisdom. One of our biggest responsibilities is to see that they have the services and resources they need to live the quality of life they have earned. One step in that direction is the Senior Resource Guide. This guide provides a broad array of resources – housing, health care, activities, among others – that many seniors seek for the needs of their daily lives.

We hope that you will take advantage of this booklet, either for yourself or to help someone you know who would benefit. My office and the commission want to do everything possible to assist seniors in Virginia Beach, because I truly believe they are a major reason Virginia Beach is *“The Greatest City in the World!”*

Sincerely,

A handwritten signature in black ink that reads "William D. Sessoms, Jr." with a stylized flourish at the end.

William D. Sessoms, Jr.
Mayor

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

Please contact the Mayor's Commission on Aging to add resources or make corrections at 757-385-4581.

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

"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 423-764-2287
 Adult Protective Services (VB) Hotline 385-3550
 Adult Protective Services State Hotline 888-832-3858
 Anger Management Classes 533-5217
 Citizens' Committee to Protect the Elderly 518-8500
 Department for Aging and Rehabilitative Services – Eastern Region – APS Unit 491-3983
 Disability Law Center of Virginia 800-552-3962
 National Center on Elder Abuse 855-500-3537
www.ncea.acl.gov
 Samaritan House 631-0710
 Senior Services of Va. (SSSEVA) 461-9481
www.ssseva.org
 Prevention of Elder Abuse – Chesapeake Sheriff's Victim Witness Protection Agency 382-6883
 VA Coalition for Prevention of Elder Abuse www.vcpea.org
 Virginia Sexual & Domestic Violence Hotline 800-838-8238

Adaptive Equipment/Medical Equipment

101 Mobility 448-3029
www.virginiabeach.101mobility.com
 Access Partnership 502-7400
www.accesspartnership.org
 Accessible Remodeling 897-0639
 American Ramp Systems 800-649-5215

Assistive Technology Loan Fund Authority 866-835-5976
www.atlfa.org
 Bayside Special Services Library 385-2684
 Caption Call (free phone for hearing impaired) 877-863-1196
<http://captioncallphone.com>
 ChatterVox Voice Amplification System 800-286-3481
 Diabetic Shoe Fitter – Pro Medical East 255-5988
 Endependence Center, Inc. 461-8007
 FREE www.free-foundation.org
 HearMore www.hearmore.com
 Housing and Neighborhood Pres. 385-5750
 International Center for Disability Resources on the Internet 919-349-6661
www.icdri.org
 JM Froehler Construction 481-5801
 Lions Club 416-3587
 (Glasses, Hearing Aids, Special Needs Equipment)
 Med Emporium 428-0787
 Medical Equipment Distributors 498-8225
 Mobility Supercenter 201-7495
www.mobilitysupercenter.com
 Mobility Works 888-743-3292
www.mobilityworks.com
 National Mobility Equipment Dealers Association 800-833-0427
www.nmeda.org
 Ramps Across America 327-0696
www.rampsacrossamerica.org
 National Seating and Mobility 466-1553
 PLS Remodelers 761-0000
www.plsremodelers.com
 Portsmouth Naval Hospital Central Supply (FREE Incontinence Supplies) 953-0000
 Renovations for Life 650-4457
 Roberts Home Medical 622-0908
 Sentara Home Care Services 553-3000
 The Phone Resource (amplified phones, large button phones) 866-222-9344
 Tycon Medical 640-1709
 U-Step Walker - In Step Mobility Products 800-558-7837

Adaptive Equipment/Medical Equipment

VA Assistive Technology System 800-435-8490
 WHRO (Services for the blind) 889-9400

Adult Day Program

ME Cox Center for Caregiving 340-4388

Alzheimer's and Dementia

AARP 888-687-2277
www.aarp.org
 ADEAR www.alzheimers.org
 Alzheimer's Association 800-272-3900
 Alzheimer's Association of Southeastern
 VA 459-2405
 Alzheimer's Disease Education & Referral
 Center 800-438-4380
www.alzheimers.org
 Alzheimer's Foundation of America
 866-232-8484
www.alzfdn.org
 Family Caregiver's Alliance 800-445-8106
www.caregiver.org
 Kids, Kin n' Caregivers, Inc 434-5162
 Memory Consultation Clinic
 Glennan Center (EVMS) 446-7040
 National Institute on Aging 800-222-2225
 Information Center www.nia.nih.gov

Alzheimer's Care Communities

Atria 496-8001
 Bay Lake Retirement and Assisted Living
 460-8868
 Brookdale Virginia Beach 493-9535
 Cedar Manor (Ches) 548-4192
 Chesapeake Place (Ches) 548-4795
 Churchland House* (Ports) 483-1780
 Commonwealth Memory Care at Norfolk
 588-4663
 Dominion Village of Chesapeake 487-9400
 Dominion Village at Poquoson 868-0335
 Dominion Village at Williamsburg 258-3444
 Georgian Manor (Ches) 436-9618
 Greenfield Senior Living(Ches) 436-2109
 Harbor's Edge (Norfolk) 616-7950

Lake Prince Woods (Suffolk) 923-5500
 Leigh Hall (Norfolk) 461-5956
 Kings Grant House 431-8825
 Morningside of Newport News 890-0905
 Morningside of Williamsburg 221-0018
 Our Lady of Perpetual Help 495-4211
 Province Place of Depaul(Norfolk) 451-2400
 Province Place of Maryview(Ports) 686-9100
 Terrace at Beth Sholom Village 282-2384
 The Ballentine (Norfolk) 440-7400
 The Crossings at Independence 802-3665
 The Memory Center 412-1180
 Waterford at Virginia Beach 490-6672

Assisted Living

Abundant Care Assisted Living* 519-9100
 Acredale Assisted Living 962-7218
 Assisted Living at Prichard Rd.* 340-8509
 (female only)
 Atria Virginia Beach 800-973-1540
 Bay Lake Retirement Community 460-8868
 Bell's Residential* (Portsmouth) 397-5586
 Churchland House* (Portsmouth) 483-1780
 Envoy of Thornton Hall* (Norfolk)
 853-6281
 First Colonial Inn 428-2884
 Georgian Manor* (Ches) 436-9618
 Harbor Way – Atlantic Shores 716-2150
 Hills Home for Adults (Ches) 545-8797
 Indian River Residential* (Ches) 523-4659
 Kings Grant House 431-8825
 Lav'm Adult Residence* (Ches) 546-2810
 Leigh Hall* (Norfolk) 461-5956
 Lillian Loving Care* (Portsmouth) 393-9241
 Living Options* (Ches) 488-5488
 Madonna Home (Norfolk) 623-6662
 Marion Manor* 456-5018
 Our Lady of Perpetual Help 495-4211
 Pruden Place (Portsmouth) 398-0605
 Sentara Services* Virginia Beach 736-4677
 Shepherd's Village at Park Ave *
 (Norfolk) 625-1877
 Terrace at Beth Sholom Village 282-2384
 The Ballentine 440-7400
 The Crossings at Independence 802-3665
 The Gardens of Virginia Beach 499-4800

Assisted Living

Virginia Department of Social Services
 Eastern Regional Office
 (Questions/Concerns) 985-4700
www.dss.virginia.gov
 Virginia Home for Adults (Ches) 545-6219
 Waterford at Virginia Beach 490-6672
 Westhaven Manor* (Portsmouth) 399-2754
 Westminster Canterbury on the Bay
 496-1100
 Whitehurst Manor* (Ches) 482-3128
 (female only)

*Indicates acceptance of Auxiliary Grant

Care Giving (*See Home Health Care and Support Groups*)

Clothing Resources

Open Door Chapel 340-1441
 Princess Anne Plaza UMC 340-5775
 St. Gregory's Catholic Church 497-8330
 Food Pantry & Thrift Store

Community Services

Access Partnership
<http://www.accesspartnership.org/>
 Better Business Bureau 531-1300
 Virginia Beach Emergency Center 385-5000
 Fire Department (Administration) 385-8882
 "Operation Smoke Detector" 471-5826
 Home Safety Assessments 385-1006
 Let's Open Doors 575-5006
www.letsopendoors.net
 Lions Club 416-3587
 Mayor's Commission on Aging 385-4581
 Medical House Calls – Retro Medical
 279-7090
 Medication Disposal
 (24 hours/day, 7 days/week)
 Police Precincts:
 First Precinct 385-4377
 Second Precinct 385-2700
 Third Precinct 385-2703
 Fourth Precinct 385-2800
 Mental Health of VB (CSB) 385-0888

Project Lifesaver 385-1068
 United Way 853-8500

Consumer Information/Complaints

Federal Trade Commission 877-382-4357
www.ftc.gov
 Office of the Attorney General
 Protection Hotline 804-786-2042
www.oag.state.va.us
 Telemarketing Calls- Do Not Call Requests
 888-382-1222
www.donotcall.gov
 Attorney General Office of Consumer
 Protection Hotline 800-552-9963
www.oag.state.va.us/consumerprotection
 VA Office of Consumer Affairs
 800-552-7945
 800-552-9963
 VB Office of Consumer Affairs 385-3111

Consumer Protection

(*See Fraud/Consumer Protection*)

Credit Counseling

Catholic Charities 456-2366
 UP Center 622-7017

Crime Prevention

Operation Lookout Expanded 385-1006
 Large View Peepholes Or 385-6757
 Police, Non-Emergency 385-5000
 Police Precincts:
 First Precinct 385-4377
 Second Precinct 385-2700
 Third Precinct 385-2703
 Fourth Precinct 385-2800
 TRIAD (VB Sheriff's Outreach) 385-6757
 VA Crime Prevention Association
 804-318-1270
www.vcpa.org
 VB Police Dept. Crime Prevention Unit
 385-1006
 VB Sheriff's Office Senior Coordinator
 385-6757

Dental Free/Low Cost*(call for eligibility)*

2-1-1 Information and Referral Search
www.211.org
 Beach Health Clinic 428-5601
<http://beachhealthclinic.org>
 Coastal Dental (Mobile Dental)
 Mark Newman 965-5194
 Health Resources and Services Admin.
 888-272-4772
 ODU Dental Hygiene Care 683-4308
www.odu.edu/dental
 The Dental Life Network
 Julie Ericksen, Coordinator 804-523-2182
 Tooth Wisdom www.toothwisdom.org
 Virginia Beach Mercy Dental 490-1110
www.vbmercydental.com

Developmental Services

Virginia Beach Developmental Services
 Division with the Virginia Beach Human
 Services Department – Serves individuals
 with intellectual disabilities (ID) and
 developmental disabilities (DD) from birth
 to death; plans, develops, and implements
 services for Virginia Beach residents with
 ID/DD and their families through the
 provision of person-centered services
 designed to provide opportunities to
 individuals who have ID/DD to become self-
 directing and contributing members of our
 community; provides case management,
 residential, in home, day support, personal
 assistance, supported employment, skilled
 nursing, and many more services to support
 families living with a family member and
 individuals with ID/DD.

VB Developmental Services Division
 385-0600

Diabetes *(See Health Information)*

Diabetic Shoe Fitter – Pro Medical East
 255-5988

Disability Services*(See also Adaptive Equipment)*

Endeppence Center 461-8007
www.endeppence.org
 VA Board for People with Disabilities
 800-846-4464
www.vaboard.org
 VA Department for Aging & Rehabilitative
 Services 800-552-3402
www.vba.virginia.gov
 VA Disability Services www.vadsa.org

Downsizing/Relocation

Arange 567-4443
www.arange.org
 Berkshire Hathaway Home Service
 Nancy Souldourian – Senior Residential
 Specialist 486-4500
www.nancysold1.com
 BHHS Towne Realty – Cindy Caskey
 Senior Real Estate Specialist 642-1001
www.cindycaskey.com
 Downsize Designers 553-6879
 Howard Hanna 536-9080
 Legacy Navigator 866-781-4912
www.legacynavigator.com
 Mark Rusnak – Senior Real Estate Specialist
 718-8865
www.marksold1.com
 Moving On 393-1622
 PLS Remodelers 761-0000
www.plsremodelers.com
 Douglas Wolfe
 Senior Real Estate Specialist 515-4728
www.seniorspecialistva.com
 Two Men and a Truck 464-2280

Driving

AARP Driver Safety Program 888-687-2277
www.aarp.org/driversafety

Department of Motor Vehicles (DMV)
 804-497-7100
www.dmvnow.com

Department for Aging and Handicapped
 Services Division for Aging 800-552-3402
www.granddriver.net

Matt Pagels Safe Driving Evaluations
 692-0973

Senior Driving Solutions 472-9727

Sentara Rehab Safe Driving Evaluations
 252-9420

Education/Lifelong Learning

Art Studio of the Inner Light 630-8162
 (Art and the Healthy Brain-free art lessons)
 Old Dominion Univ. Institute for Learning
 368-4160
www.oduilr.org

Senior Resource Center 385-2175
www.vbsrc.com

Tidewater Community College
 822-1111
www.tcc.edu

VB Adult Learning Center 648-6050
www.adultlearning.vbschools.com

VB Libraries 385-0150
www.vbgov.com

VB Parks and Recreation 385-1100
www.vbgov.com

Emergency Preparedness

FEMA 800-621-3362
www.ready.gov

Red Cross www.redcross.org
 Southeastern Virginia Chapter

VB Emergency Management 385-8466
 Virginia VDEM www.vaemergency.com

Employment

AARP Senior Employment Service
 625-7001

Department for Aging & Rehabilitative
 Services – (DRS Norfolk Office) 451-7101

Independence Center 461-8007
www.independence.org

Equal Employment Opportunity
 Commission (EEOC) 800-669-4000

Opportunity Inc 461-7537
 Ticket to Work Program in VA

866-968-7842
www.yourtickettowork.com

Employment Commission 455-3960
 Norfolk Office www.vec.virginia.gov

Financial Services

AARP Home Loans 888-687-2277
www.aarp.org

AARP Tax Aide 888-227-7669
www.aarp.org/taxaide

Adult Protective Services –
 Financial Exploitation 385-3550

Catholic Charities 456-2366
www.cceva.org

Consumer Mortgage and Investment Corp.
 552-7000
www.consumermtg.com

Federal Deposit Insurance Corporation
 (FDIC) 877-275-3342
www.fdic.gov

FHS SeniorCare Payment Solutions
 Paul Borkowski 484-674-3760 ext 225

IRS Tax Assistance 800-829-1040
 Hearing Impaired 800-829-4059

www.irs.gov
 IRS Tax Forms and Material 800-829-3676
 IRS Refund Hotline 800-829-1954

Jewish Family Service 321-2222
www.jfshamptonroads.org

National Association of Personal Financial
 Advisors 888-333-6659

www.napfa.org
 Real Estate Tax Exemption Program

email: regatvbgov.com 385-4385

Securities and Exchange Commission
 800-732-0330

www.sec.gov
 Senior Services of Va. (SSSEVA) 461-9481

www.ssseva.org
 Star of the Sea Catholic Church 428-8547

Financial Services

State Corporation Commission
800-552-7945
www.scc.virginia.gov
Tom Sherrill – Financial Advisor 460-6754
TowneBank Mortgage 687-5000
www.townebankmortgage.com
UP Center 622-7017
www.theupcenter.org
Waddell & Reed 431-2929
www.waddell.com

Fraud/Consumer Protection

AARP VA 866-542-8164
www.aarp.org/fraud
Call for Action www.callforaction.org
Commonwealth Attorney Office of
Consumer Affairs 385-8164
Driver's License Number Misuse
804-497-7100
Hearing Impaired 800-272-9268
www.dmvnow.com
FBI 455-0100
Federal Trade Commission Identity Theft
Hotline 877-438-4338
www.consumer.gov/idtheft
IRS Income Tax Fraud 800-829-0433
www.irs.gov
Medicaid Fraud (MCFU) 800-371-0824
National Credit Union 800-827-9650
www.ncua.gov
Office of the Attorney General Hotline
804-786-2042
www.oag.state.va.us
Office of Consumer Affairs (VB) 385-3111
Office of Inspector General
Medicare Fraud 800-447-8477
Social Security Fraud 800-269-0271
State Office of Consumer Protection
800-552-9963
TRIAD
Sheriff Office 385-6757
Crime Prevention 385-1006
US Postal Service Fraud 800-372-8347
www.upsp.gov

VA Dept. for the Aging and Rehabilitative
Services 800-552-3402
www.vadars.org

Funeral Homes and Funeral Planning

*(See Funeral Homes in the Yellow Pages or
Internet Search)*
Board of Funeral Directors and Embalmers
804-367-4479
Cremation Society of Virginia
474-9409
www.virginiacremate.com
State Anatomical Gift Program
800-447-1706
Email: OCME.Anatomical@vdh.virginia.gov
VB Dept. Human Services - Medicaid
Indigent Burial Fund 385-3200
www.dsf.virginia.gov
Veterans' Assistance Service 800-827-1000

Geriatric Care Managers(Certified)

Angela Whitlock, BS, CSA, CMC*
Family Care Senior Solutions 399-9700
Carey Raleigh, MSW, CMC
DARS Adult Services Consultant 985-4948
Michael Mann, ACHE, LALFA, CMC
Geriatrics Life Care 282-1359
*Member, National Association of Professional
Geriatric Care Managers

Grandparents Raising Grandchildren

AARP 888-687-2277
www.aarp.org/grandparents
www.grandfactsheets.org
Catholic Charities (Norfolk) 533-5217
(Grandparents as Parents Support)
Generations United 202-289-3979
www.gu.org
Grand Parent Again
www.grandparentagain.com
GrandsPlace www.grandsplace.com
Healthy Grandfamilies Program
434-5162
IRS 800-829-1040
Kin and Kids Consulting 434-5162

Grandparents Raising Grandchildren

VB Dept of Human Services

Food Stamps 385-3200

TANF 385-3200

Health / Disorder Information

AIDS National Hotline 800-448-0440

ALS Association 800-782-4747

www.alsa.org

Alzheimer's Disease

(See Alzheimer's and Dementia)

American Cancer Society 800-227-2345

www.cancer.org

American Council of the Blind

800-424-8666

American Diabetes Association

800-342-2383

www.diabetes.org

American Heart Association 800-242-8721

www.americanheart.org

American Lung Association 800-586-4872

www.lung.org

American Parkinson Disease Association

495-3062

www.apdaparkinson.org

American Speech, Language, and Hearing

Association 800-638-8255

American Stroke Association 628-2610

www.strokeassociation.org

Arthritis Foundation 804-665-9950

www.arthritis.org

Beach Health Clinic 428-5601

Better Hearing Institute 800-327-9355

Blind and Vision Impaired 800-622-2155

Brain Injury Association 800-444-6443

www.biausa.org

Brain Injury Association of VA

800-444-6443

www.biav.net

Cancer Care

800-813-4673

www.cancercare.org

Cerebral Palsy of Virginia 497-7474

Center for Disease Control 800-232-4636

www.cdc.gov

Chronic Illness Resource Center

www.healingwell.com

East West Advocates 805-630-5454

Epilepsy Foundation of VA 434-924-8669

Epilepsy Foundation Helpline 800-332-1000

www.epilepsyfoundation.orgHealth Finder www.healthfinder.gov

Lee's Friends (Cancer) 440-7501

www.leesfriends.org

Lupus Foundation of America 800-558-0121

www.lupus.org

Melvin Weinstein Parkinson's Foundation

313-9729

www.mwpcf.org

Multiple Sclerosis Foundation

800-225-6495

www.msfacts.org

Multiple Sclerosis Society 490-9627

www.nmss.org

Muscular Dystrophy Association 668-7000

www.mdausa.org

Music for Wellness 563-3488

www.music4wellness.net

National Coalition for Cancer Survivorship

888-650-9127

www.canceradvocacy.org

National Institute of Health (Center for

Complementary & Alternative Medicine)

888-644-6226

www.nccam.nih.gov

National Institute of Neurological Disorders

and Stroke 800-352-9424

National Kidney Foundation of Virginia

888-543-6398

www.kidney.org

National Stroke Association 800-787-6537

www.stroke.org

Parkinson's of Hampton Roads 495-3062

Patient Advocate Foundation 800-532-5274

Sentara Physician Referral 800-736-8272

Sickle Cell Association 466-0332

www.sicklecellhrva.org

Tidewater AIDS Community

www.aidsfund.com

United Cerebral Palsy 800-872-5827

www.ucp.org

United Way of South Hampton Roads

853-8500

Health / Disorder Information

VA Dept for the Deaf and Hard of Hearing
804-662-9502
www.vddhh.org

VB Dept. of Health
Information 518-2700
Vital Records 518-2671
Hotline (HIV/AIDS/STD/HEP C)
800-533-4148

VA Dept. of Medical Assistance Services
Managed Care Helpline 800-643-2273
www.dmas.virginia.gov
Recipient Helpline 804-786-6145

Home Health Care / Caregiving

AARP 866-542-8164
www.aarp.org/va

Accessible Home Health Care 934-3935
Always Best Care 802-4080
Amedisys - Chesapeake 465-1400
Amedisys – Norfolk 466-1340
Americare Plus 499-6477
Arcadia Home Care 480-2929
www.arcadiahomecare.com

Attentive Home Health Care 963-0021
Best and Dependable 363-7542
Bon Secours Home Care 889-4663
www.bonsecourshamptonroads.com

BrightStar Healthcare 227-4047
www.BrightStarCare.com

Care Advantage 436-1711
Community Direct Services (respite & home care for intellectually disabled) 965-4899
Comfort Care Home Health/Hospice
312-6460

Comfort Keepers Virginia Beach 688-8189
www.comfortkeepers.com

Comfort Keepers North VB 431-3730
www.comfortkeepers.com/northvirginia-beach

Dailey's Healthcare 523-5207
Direct Home Health Care 405-6320
Division of Licensing (Complaints/Reports)
Enforcement Division 800-533-1560
Elder Care at Home VB 464-4800
www.eldercareathomevb.com

Encompass Home Care 226-7560
www.ehhi.com

Everette Mason Home Care 918-8972
www.emhc73.org

Family Care Senior Solutions 673-6981
www.forfamilycare.com

Generations Home Health (co-owned by
Beth Sholom) 226-8151

Genesys Home Health Care 961-5243

Gentiva Health Services 499-2303

Hand' n Heart 490-1223

Health Horizons 518-2800

Heart of Gold 227-3344

Heartland Home Health & Hospice
490-9323

Home Instead Senior Care 631-7744

Home Helpers 689-5966

Hope In-Home Care 455-0030

Immanuel Care 547-8400

Interim HealthCare 466-1401

Intrepid USA Homehealth 800-254-9090

Jewish Family Service 489-3111

Karya Home Care 259-7411

Labor of Love Total Healthcare 689-4205

M & L Care 456-2273

Maxim Healthcare Services 490-3009

Medical House Calls – Retro Medical
Dr. Jennifer Fellman 279-7090

Medi Home Health Palliative Care and
Hospice Care 420-7192

www.medicalservicesofamerica.com

Montero Home Care 490-0124

Personal Touch Home Care & Hospice
800-659-0205

Norfolk 855-1355

Preferred Care at Home 355-5080

www.preferhome.com/virginia-beach

Quality Hands and Hearts Home Care
271-6022

Quality Kare Health Care 938-5004

RCI Reach – In Home Caregiver Support
434-5162

ResCare Home Care 459-2360

Seniorcorp 640-0557
www.seniorcorp.com

Home Health Care / Caregiving

Senior Navigator www.seniornavigator.org
 Sentara Home Care Services 553-3000
www.sentara.com/homecare
 Stay at Home Personal Care 392-1001
 Senior Services of VA (SSSEVA) 461-4981
 Virginia Healthcare Services 233-7088
www.va-hcs.com
 Visiting Angels 216-1934
 Visiting Physicians (VPA) 853-1380
 VB Dept. of Human Services 385-3550
 Companion Services
 Long Term Care Screenings
 Westminster-Canterbury at Home 496-1653

Homeless Services / Shelters

Domestic Violence Hotline 723-7774
 For Kids 622-6400
 Genieve Battered Women's Shelter
 925-4365
 Lighthouse Center (VOA/ Oct-April)
 385-5160
 Judeo Christian Outreach Center/Shelter
 491-2846
 Salvation Army Men's Shelters 543-8100
 Salvation Army Women's Shelter 543-8100
 Samaritan House 430-2120
 Union Mission Shelter 623-0642
 VB Dept. of Human Services 385-3205
 Vet's House, Inc. 724-8614
 Volunteers of America (VOA) 499-2730
 Day Support (showers, laundry, food)
 Winter Shelter (October – April)
 YWCA of South Hampton Roads 625-4248

Homeopathy/Natural Resources

ARE Edgar Cayce Foundation 428-3588
 Bioceutica (vitamins) 675-0561
www.bioceutica.com/lucyfyfe
 Buy Local Hampton Roads
www.buylocalhamptonroads.org
 Calming Waves & Halo Therapy & Massage
 (massage, halo therapy, & wellness)
 510-5837
 Cooking Up Your Best Life 472-3674
www.lyndsaygutierrez.com

East West Advocates 805-630-5454
 Health Nut (herbs/vitamins) 644-6452
 Heritage Natural Market 428-0500
 Holistic Family Practice – Dr. Erika Steele
 685-4325
www.holisticfamilypracticeva.com
 Holistic Touch 448-7445
 Kangen Water 437-2939
 Music for Wellness 563-3488
www.music4wellness.net
 Naturopathic Associates 510-6864
 The Natural Path 478-4455
 Tidewater Acupuncture and Wellness
 428-4286
 Virginia Beach Farmers Market 385-4395

Hospice Programs

All Heart Home Health & Hospice 961-0049
 American Hospice Foundation
www.americanhospice.org
 Bon Secours Hospice 889-4663
 Chesapeake Regional Homecare & Hospice
 312-6464
 Compassionate Care Hospice 405-3203
 Five Wishes 888-594-7437
www.agingwithdignity.org
 Gentiva Hospice 461-0600
www.gentiva.com
 Heartland Home Health & Hospice
 490-9323
 Hospice Association of America
www.nahc.org
 Hospice and Palliative Care 321-2242
www.hpctidewater.com
 Interim Hospice 644-6820
 Intrepid Hospice 499-0872
 Medi Home Health & Hospice 420-7192
 Personal Touch Home Care & Hospice
 855-1355
 Sentara Hospice Services 553-3000
 Westminster-Canterbury at Home 496-1653

Hospitals

Bon Secours – DePaul 889-5000
 Bon Secours – Maryview 398-2200

Hospitals

Chesapeake Regional Health Care	312-8121
Hampton VA Medical Center	722-9961
Portsmouth Naval Hospital	953-5000
Sentara Heart Hospital	388-8000
Sentara Independence Hospital (ER only)	363-6100
Sentara Leigh Hospital	261-6000
Sentara Norfolk General Hospital	388-3000
Sentara OBICI Hospital	934-4000
Sentara Princess Anne Hospital	507-1000
Sentara VB General Hospital	395-8000
Veterans Administration Medical Center (VAMC)	722-9961

Hospital Services and Programs

Bon Secours Help Line	899-2273
Sentara Community Support Groups and Outreach Programs	800-736-8272
VB Psychiatric Center	496-6000

Housing Assistance

Dept. of Housing and Urban Development	800-569-4287
VB Housing & Neighborhood Preservation	385-5750
	www.vbgov.com
Leading Age of Virginia	804-965-5500
VA Dept. for the Aging and Rehabilitative Services	800-552-3402
	www.vadars.org
VA Housing Development Authority	877-843-2123

**Independent Living / Retirement &
Senior Communities**

900 Acqua	(855) 411-2700
Atlantic Shores	716-2000
Chesapeake Crossing	494-0941
Cogic Highrise Apts. (Norfolk)	622-2513
Colonial Harbor	369-8305
Colony Pines Apartments	844-837-7914
Commons at Chesapeake	436-2699
Commons at Churchland (Ches)	484-8697

Commons at Greenwood (Ports)	465-9007
Commons at Princess Anne	490-7001
Commons at Centerbrooke (Suffolk)	578-8065
Cromwell House (Norfolk)	480-4444
First Colonial Inn	428-2884
Harbor's Edge	616-7900
Haygood Halls	499-3788
Holland House	498-9225
Jamestown Commons	361-6900
John Knox Towers (Norfolk)	622-5443
Lake Prince Woods Retirement Community (Suffolk)	888-883-0405
Lakewood Plaza (Norfolk)	857-5445
Lighthouse Pointe (Chesapeake)	382-4911
Luther Manor	463-3510
Lynnhaven Cove	467-4000
Meadow Woods (Norfolk)	278-3893
Old Donation Apartments	460-0921
Overture Point Chesapeake (VB)	355-6565
River House (Norfolk)	305-9296
Russell House	481-0770
Shorewood Cove (Norfolk)	(866) 873-8544
Silver Hill at Great Neck	481-0055
Silver Hill Thalia	431-2290
Stonebridge Manor (Norfolk)	857-1351
Sullivan House	563-9955
Sunstone Apartments (Ches)	488-3165
The Cottages and Silver Hill at Town Center (formerly Silver Hill)	431-2290
The Crossings at Independence	802-3665
The Lipton House	639-4995
The Reserve at Greenbrier (Ches)	361-0066
The Sands	420-0891
The Talbot on Granby (Norfolk)	451-5100
Tidewater Senior Apartments (Newport News)	265-1472
Tranquility at the Lakes	385-5750
Victoria Place	313-2323
Victory Square (Portsmouth)	397-9991
Wesleyan Place	473-1490
Westminster-Canterbury	496-1100

Information and Referral Services

AARP	888-687-2277
	www.aarp.org

Information and Referral Services

A Place for Mom 866-921-6098
(free eldercare advice and referrals)

www.aplaceformom.com

Caregiver Resources – Caring.com
www.caring.com

Citizens Committee to Protect the Elderly
518-8500

Disability Law Center of Virginia
(Protection and Advocacy)
800-552-3962

<http://dlcv.org/>

Elder Care Locator 800-677-1116
www.eldercare.gov

Independence Center 461-8007
www.independence.org

Fire Department Smoke Detectors 471-5826
Information Center Dial 2-1-1

Mayor's Commission on Aging 385-4581

Medical Care Advocacy Group 469-3670

Public Information 311

Senior Navigator 866-393-0957
www.seniornavigator.org

Senior Services of Va. (SSSEVA) 461-9481
VA Dept. for Social Services 800-726-7000

www.dss.state.va.us

VA Dept. for the Aging 800-552-3402

VB Dept. Human Services/Adult Services
385-3550

VA Dept. of Public Health 518-2700

www.vdh.virginia.gov

VB Public Information Office 311

Insurance / Long Term Care Insurance

AARP 888-687-2277
www.aarp.org

Consolidated Omnibus Reconciliation Act
(COBRA) 877-279-7959

www.cobrainsurance.com

Life Policy Shopper 540-226-8715
<http://lifepolicyshopper.com>

Office of the Managed Care Ombudsman
877-310-6560

National Association of Insurance
Commissioners 816-783-8300

www.naic.org

Samaritan Insurance Group 652-3820

VA SCC Bureau of Insurance 800-552-7945
www.scc.virginia.gov/boi

VICAP Insurance Counseling Assistance
Program 800-552-3402

Waddell & Reed 431-2929 ext. 108

Legal Services and Referrals

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

Ginny Brown, PC 965-9210
www.vebrownpc.com

Hogge Law – Jennifer Atkinson 490-3500

Hook Law Center 399-7506
www.hooklawcenter.com

Karen Fortier, PC 631-1900

Law Office of Angela Manz 271-6275

Legal Aid Hotline 866-534-5243

Legal Aid Society of Eastern VA 552-0026

Legal Aid Society of VA 627-3232

National Academy of Elder Law Attorneys
703-942-5711

www.naela.org

National Senior Citizens Law Center
202-289-6976

Oast & Taylor 452-6200

www.oasttaylor.com

Rack & Moccia 605-5000

Senior Services of Va. (SSSEVA) 461-9481

www.ssseva.org

Trust Builders Law Group 645-0248

VA Lawyer Referral Service 800-552-7977

Wolcott, Rivers & Gates 497-6633

Long Term Care

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

Aging Life Care Association
(Geriatric Care Managers) 520-881-8008

www.aginglifecare.org

AARP 888-687-2277

www.aarp.org

Citizen's Committee to Protect the Elderly
(CCPE) 518-8500

www.citizenscommittee.org

Long Term Care

VA Dept. of Medical Assistance (DMAS)
 (Medicaid) 804-786-7933
www.dmas.virginia.gov

VB Dept. of Human Services
 Nursing Home Screenings 385-3550
 Medicaid applications 385-3200

Meals / Food

(See Nutrition Programs)

Medicaid and Medicare

Centers for Medicare and Medicaid Services
 Baltimore Headquarters 877-267-2323
 Medicare Service Center 800-633-4227
 Report Medicare Fraud 800-447-8477
www.cms.gov

Logisticare (Medicaid transportation)
 866-810-8305
www.logisticare.com/

Medicaid Providers Hotline 800-552-8627
 Medicare Quality Improvement
 804-289-5320
www.vhqc.org

Medicare/Medicaid Fraud 800-447-8477
 VA Managed Care Hotline 800-643-2273
 VB Dept. of Human Services 385-3200

Medical Clinics - Free/Income Based

Beach Health Clinic 428-5601
 VB Dept of Health 518-2700
 VB Family Medicine 425-3610

Medical Equipment *(See Adaptive Equipment)***Medication / Prescription and Supply****Delivery**

CVS 888-607-4287
 Home Care Delivered, Inc. 800-565-5644
 Kmart
 Constitution Drive 497-0764
 Liberty Medical 800-695-2500
 Medical Equipment Distributors of Virginia
 498-8225
www.medofva.com

Universal Drugstore 866-456-2456
www.universaldrugstore.com

Walgreens 800-925-4733
www.walgreens.com

Atlantic Ave 422-3721
 Centerville Tpke 479-5583
 First Colonial Rd 985-3631
 Holland Road 306-9255
 Independence Blvd 519-9877
 Indian River Road 467-0953
 Lynnhaven Pkwy 471-4998
 Nimmo Pkwy 427-1655
 Pembroke Mall 490-4651
 Princess Anne 468-5879
 South Military Hwy 424-1752
 Shore Drive 460-1290
 Virginia Beach Blvd 340-8013
 Wesleyan Drive 557-0205

Walmart
 Holland Rd 821-7674
 Lynnhaven Pkwy 416-3480
 Nimmo Pkwy 430-1836
 Phoenix Dr 498-9633
 Virginia Beach Blvd 278-2004

Medication / Prescription Assistance

AARP Medication Benefits 888-687-2277
 AARP/Medicare Rx Plans 888-867-5512
 CVS Caremark 800-770-8014
 Discount Drug Network 877-537-5537
 Drug Discount Cards 800-633-4227
www.medicare.gov

Medication/Prescription Assistance
 Pennies for Prescriptions 385-3214

Medicine Program
<http://www.themedicineprogram.com/>

Novartis Patient Assistance Program
 800-245-5356
www.patientassistancenow.com

Pharmaceutical Research and Manufacturers
 of America www.phrma.org

Prescription Drug Assist
www.ssa.gov/prescriptionhelp/

CVS Caremark 800-770-8014
 RX Assist www.rxassist.org
 RX Assistance Program 888-344-8915

Medication / Prescription Assistance

Senior Services of Va. (SSSEVA) 461-4981

Mental Health / Substance Abuse Services

Amedisys Home Health (Behavioral Health Services) 466-1340

American Psychological Association
800-374-2721
www.apa.orgBrain and Behavior Research Foundation
800-829-8289Chapman Senior Care (counseling in LTC)
804-514-5488Depression and Bipolar Support Alliance
800-826-3632
www.dbsalliance.orgDetox Services / Recovery Center 385-3111
Emergency Services (Dept. of MH/SA)
385-0888Finney Zimmerman Psychiatric Associates
466-0700Jewish Family Services
Michelle Walter LCSW 459-4640
I Need A Lighthouse 567-5429
www.ineedalighthouse.orgOcean Psychiatry 802-4500
National Alliance on Mental Illness (NAMI)
800-950-6264
www.nami.orgNational Institute of Mental Health
866-615-6464National Foundation for Depressive Illness
www.behavenet.comRiverside Behavioral Health Center
827-1001Seaside Behavioral Health – Jennifer Brown
648-8605Sentara Norfolk General Hospital
Senior Treatment Center 388-3000Sentara Virginia Beach General Behavioral
Health Unit 395-8000

The Farley Center 757-280-1283

VB Dept. of MH/SA

Emergency Services 385-0888

Pre-Registration 385-0866

Senior Outpatient Services 385-8222
VB Psychiatric Center 496-6000**Nursing Homes and Rehabilitation Centers**

Atlantic Shores-Seaside 716-2000

Bay Pointe Medical and Rehab 481-3321

Bayside Health and Rehab Center 464-4058

Beacon Shores Rehab Center 340-6611

Beth Shalom Home 420-2512

Division of Licensing (Complaints)
800-955-1819

Heritage Hall 499-7029

Kempsville Nursing & Rehab 420-3600

Office of Licensure and Certification
804-367-2106
800-955-1819Ombudsman
(Nursing Home Concerns) 804-726-6624Senior Services of Southeastern Virginia
Local Ombudsman 461-9481

Our Lady of Perpetual Help 495-4211

Princess Anne Health & Rehab Center
821-7500

River Pointe Rehab & Healthcare 340-0620

Sentara Nursing Center VB 306-2700

Sentara at Windemere 496-3939

Virginia Department of Health Professions
Enforcement Division 800-533-1560

VB Health Care & Rehab 481-3500

Westminster-Canterbury 496-1100

Nutrition Programs (Meals and/or Food)

Bayside Recreation Center 385-5930

Bow Creek Recreation Center 385-5960

Great Neck Recreation Center 385-5940

Jewish Community Center 489-1371

Kempsville Recreation Center 385-1100

Princess Anne Recreation Center 385-5950

Seatack Recreation Center 385-5920

Senior Services of Va. (SSSEVA) 461-9481

Williams Farm Recreation Center 385-2950

Food Banks / Referrals:Buy Local www.buylocalhamptonroads.org

Food Banks / Referrals:

Compassion Center Freedom Ministries	428-3277
Foodbank of Southeastern VA	428-6763
	http://foodbankonline.org
Hope Lutheran Church	424-4848
Jewish Family Service	321-2222
	www.jfshamptonroads.org
Judeo-Christian Outreach	491-2846
Meals on Wheels	306-2721
New Jerusalem C.O.G.I.C.	425-8431
Open Door Chapel	340-1441
(Mon –Fri 10-2 only)	
Potter’s House	428-7727
Senior Services Home Delivered Meals	461-9481
St. Gregory’s Catholic Church	497-8330
Star of the Sea Catholic Church	428-1244
Supplemental Nutrition Assistance Program	
SNAP (FKA Food Stamps)	385-3200
VB Dept. of Human Services	385-3200

Personal Emergency Response Services

Alert USA	800-789-6969
Chesapeake General Hospital Comfort Care	
(Lifeline)	312-6470
Comfort Keepers	431-3730
LifeFone	844-253-7939
Life Station	800-554-4600
MedicAlert	800-432-5378
	http://www.medicalert.org
Medical Alarm	800-722-7552
Medical Guardian	800-322-0955
Sentara Lifeline	553-3003
Project Lifesaver (VB Police)	385-2742
Safe Return	888-572-8566
Walgreens Ready Response	866-310-9061

Prescription Delivery

(See Medical Supplies / Prescriptions Delivery)

Recreation

AARP Active for Life	888-687-2277
	www.aarp.org/health
Adult Learning Center	648-6050

ARE Edgar Cayce Foundation	457-7204
Bayside Recreation Center	385-5930
Bow Creek Recreation Center	385-5960
Contemporary Arts Center	425-0000
Fun Tours	800-528-8687
Great Neck Recreation Center	385-5940
Heritage Center	428-0110
Jan Cline Fitness	621-7527
Kempsville Recreation Center	385-1100
Lynnhaven Bingo	468-9154
Music for Wellness	563-3488
	www.music4wellness.net
Princess Anne Recreation Center	385-5950
Seatack Recreation Center	385-5920
Senior Resource Center (Creeds)	385-2175
Sentara Living (Bayside Presbyterian)	800-736-8272
Simon Family Jewish Community Center	
(JCC)	489-1371
	www.simonfamilyjcc.org
Tidewater Arts Outreach	965-5155
	www.tidewaterartsoutreach.org

VB Libraries

Administration	385-0150
Central Library	385-0150
Bayside Library	385-2680
Bookmobile	385-0185
Great Neck Library	385-2606
Joint-Use (TCC/VB) Library	822-7800
Kempsville Library	385-2627
Oceanfront Library	385-2640
Princess Anne Library	385-2610
Pungo-Blackwater Library	385-7790
Special Services	385-2684
Wahab Public Law Library	385-4419
Windsor Woods Library	385-2630
VB Parks and Recreation	385-1100
VB Visitor Information	437-4919
Williams Farm Recreation Center	385-2950
YMCA	456-9622

Respite Care

BrightStar Healthcare	227-4047
	www.BrightStarCare.com
Catholic Charities (CARES Program)	456-5136

Respite Care

Ann Mason Home Care 918-8972
www.amhc73.org
 The Lipton House Senior Care Home 639-4995
 VB Respite Care for the Elderly 385-4135

Retirement

AARP 888-687-2277
www.aarp.org
 Institute for Learning in Retirement
 (ODU classes for seniors) 368-4160
www.oduilr.com
 Pension Benefit Guaranty Corporation
www.pbgc.gov
 Social Security Administration
 800-772-1213
www.ssa.gov
 Veterans Benefits 800-827-1000
www.va.gov

Retirement Housing (Independent Living)

(See Independent Living/Retirement & Senior Communities)

Senior Newsletters/Newspapers

After 55.com www.after55.com
 Good Health Magazine 217-0330
 Senior Advocate 645-6364
<http://www.senioradvocateonline.com>
 Senior Living Guide 877-995-0272
www.seniorlivingguide.com

Senior Rights

Citizens' Committee to Protect the Elderly
 518-8500
 Division for Aging 800-552-3402
www.vda.virginia.gov
 Medicare Rights Center 800-333-4114
www.medicarerights.org
 Poverty Law Center 804-782-9430
 Ext. 14
 VA Office for Protection and Advocacy
 800-552-3962

Substance Abuse

(See also Mental Health/Substance Abuse)
 Pathways 385-6950
 Narcotics Anonymous – BANA VB Area
 866-972-5055 or 800-777-1515
 Suspected Drug Activity Hotline
 800-553-3673
 VB Alcoholics Anonymous 490-3980
 VB Dept. of MH/SA 385-0866

Support Groups

Alzheimer's Caregiver Support Group
 459-2405
 American Cancer Society 800-227-2345
 American Heart Association 800-242-8721
 American Lung Association 800-586-4872
 American Parkinson's Disease of Hampton
 Roads 495-3062
 Arthritis Foundation 800-456-4687
 BonSecours Help Line 889-2273
 Breast Cancer Support Group 552-7200
 Breast Cancer Support Group
 "Look Good Feel Better" 388-4357
 Caregiver Action Network 202-454-3970
 Catholic Charities (multiple) 456-2366
 Children of Aging Parents 800-227-7294
 Diabetes Support Group 363-6834
 Grandparents as Parents 533-5217
 Healthy Grandfamilies Program
 434-5162
 Kids, Kin n' Caregivers, Inc. 434-5162
 ME Cox Center for Caregiving 340-4388
 Multiple Sclerosis 490-9627
 Sentara 800-SENTARA
 VB Dept of Human Services Caregiver
 Support Groups 385-4135
 Well Spouse Foundation 800-838-0879
 Widowed Persons 461-9457

Tax Information
 AARP Taxaide 888-687-2277
www.aarp.org/taxaide
 IRS Refund Hotline 800-829-1954
 IRS Tax Assistance 800-829-1040
www.irs.gov
 IRS Tax Forms and Material 800-829-3676

Tax Information

VB Commissioner of Revenue	
Personal Property/Car Tax Relief	385-4487
Real Estate Tax Relief	385-4385
State Income	385-4483
VB Real Estate Tax Assessor	385-4601

Transportation Services

Accent Transport Services (ambulatory, w/c, stretcher – medical appointments only)	605-0605
American Lifeline Medical Transport *	638-7091
AMR *	267-7828
Black & White Cabs (wheelchair)	855-7528
BrightStar Healthcare (errands or appointments)	227-4047
Cardinal Ambulance Services *	594-9800
Catholic Charities (H.E.L.P.)	456-2366
Colonial Transit	565-1966
Common Courtesy www.commoncourtesyrides.org	472-9727
Delta Medical *	755-7774
Dependable Transport	515-0936
Fast Track EMS *	347-1226
Heart Song Care Transport *	904-1728
I-Ride (Senior Services)	222-4513
Lee's Friends (Cancer Patients)	440-7501
Life Care Medical Transport *	540-752-5883
Logisticare (Medicaid only)	866-386-8331
MB Solutions *	821-2080
Medical Transport * (stretcher only)	671-8911
Mid-Atlantic Regional Ambulance	*273-7360
Nucare Carolina Ambulance *	969-6622
Para Transit Services (formerly Handi Ride)	
Applications	222-6087
Scheduling	455-8010
Reliance Medical Transport *	456-5149
Robbie's Ambulance Service *	785-0400
Senior Driving Solutions	472-9727
Senior Navigator www.seniornavigator.org	866-393-0957

Senior Services of Southeastern VA (SSSEVA) Reservations call	222-4513
	www.ssseva.org
Shore Transport Services *	665-1122
Special Events Providers of Emergency Medicine *	287-7251
Tidewater Medical Transport *	399-0999
Tidewater Medical Transportation (ambulatory, w/c, stretcher doctor appointments, errands)	821-2080 558-4050
Yellow Cab (wheelchair)	460-0605

***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

United Way	594-4636
Salvation Army	543-8100
STOP Organization	858-1368
VB Dept. of Human Services Energy Assistance Program	385-3492

Veterans Resources

Care Connect of Hampton Roads	271-4270
Department of Veterans Affairs	804-786-0286
Tidewater Field Office	455-0814
	www.dvs.virginia.gov
Hook Law Center	399-7506
	www.hooklawcenter.com
Honor Flight	655-4342
Intrepid Hospice	499-0872
Portsmouth Naval Hospital Central Supply (FREE Incontinence Supplies)	953-0000
Oast & Taylor	452-6200
	www.oasttaylor.com

VB Department of Human Services

Adult Protective Services	385-3550
Adult Foster Care	
ALF/LTC/Nursing Home Screening	
Companion Services	

VB Department of Human Services

Detox Services/Recovery Center	385-6950
Emergency Services (MH/SA)	385-0888
Intellectual Disabilities	385-0600
Mental Health Substance Abuse	385-0888
VB Respite Care for the Elderly	385-4135
Senior Adult Outpatient Services	
Magic Hollow I	385-8222
Senior Resource Center	385-2175
Supplemental Nutrition Assistance Program (SNAP)	385-3200

Volunteering

AARP Create the Good	888-687-2277
	www.aarp.org/volunteer
Adipsy (serving cancer patients & their families)	436-0697
	www.adipsy.org
Bon Secours Volunteer Services	889-5000
Catholic Charities (H.E.L.P.)	456-2366
Citizen's Committee to Protect the Elderly	518-8500
Honor Flight	655-4342
Intrepid Hospice	499-0872
Military Aviation Museum	721-7767
Office of Volunteer Resources	385-4722
Senior Services of Va. (SSSEVA)	461-9481
Sentara Senior Services Volunteers	395-8760
VA Aquarium	385-0274
VBCERT (VB Community Emergency Response Team)	385-2914
VB Dept. of Human Services	385-3200

Voting

Federal Voting Assistance Program	
	www.fvap.gov
State Board of Elections	800-552-9745
	www.sbe.virginia.gov
VA Registration and Voting Procedures	
	www.fvap.gov/vao/vag/chapter2/virginia
VB Voting Information	385-8683



Meyera Oberndorf and Dr. Lanny Hampel

The Virginia Beach Mayor's Commission on Aging

The *Mayor's Commission on Aging (MCOA)* actually began as the *Mayor's Committee on the Aging* back in June of 1971 under then mayor Donald H. Rhodes. His purpose in establishing this committee was to have informed members who could advise the mayor and City Council on developing programs that would benefit the growing population seniors that were such an important part of Virginia Beach.

When Meyera E. Oberndorf became mayor of the City in 1988, she recognized the tremendous value and sense of volunteerism on the part of these dedicated citizens. She chartered them as the *Mayor's Commission on Aging*, and appointed her close friend and civic activist, Dr. Lanny Hampel, as its chairperson.

Dr. Hampel was creative and extremely innovative with unlimited energy. She chaired the commission for many years, and under her leadership, the commission grew and became a force within the senior community of the city.

The commission has continued to serve under Mayor William Sessoms, and their commitment to our city's seniors is as strong today as ever. Their efforts include reaching out and addressing the wide range of needs for our seniors so that they live the quality of life they have earned and deserve.

Reflections of Ruth Frazier
Clerk, City of Virginia Beach