

# CHESAPEAKE INFORMATION SHEET

## Long Term Care Services

Designed to identify, inform and assist the older person providing access to services/resources and care coordination. For information you may contact Bonnie Ellick/Kathy Taylor, Senior Services of Southeastern Virginia Care Coordinators, at 461-9481.

## Employment

Special programs exist to aid senior employment, call 461-9481.

## Nutrition

There is one nutrition site in the Chesapeake area for persons who can get out for a well-balanced nutritious meal. For more information, call 461-9481 or 382-2330.

## Retired and Senior Volunteer Program

Volunteer opportunities for seniors age 55 and over to share talents in the community. For information, please call the RSVP Coordinator, Marie Dick, 382-8178 from 9:00 a.m. to 1:00 p.m.

## Senior Companion Program

Stipend volunteer opportunities for low-income seniors age 60 and over to provide in-home services and do what "friends do for friends". For information, please call the SCP Coordinator, Al Cerase, 461-9481.

## Senior Centers

There is one senior center in the area, which has a variety of crafts, and social activities. Lunches are served at the multiple centers located in the Crestwood area at 100 Outlaw Street. For additional information, call 382-2330.

## Transportation

Limited transportation is provided for those who have no way to obtain needed services. Call 382-2233, or Senior Services at 461-9481 between the hours of 8:30 a.m. and 1:00 p.m. Advance notice must be given for needed services, as we cannot provide "Same Day Service".

## Additional Services

Chamber of Commerce.....	622-2312
Check and Respond Every Day Program.....	382-8824
Chesapeake Department of Social Services, 100 Outlaw Street.....	382-2000
Chesapeake Public Health/Senior Citizen Nurse.....	382-8600
Chesapeake Mental Health Services.....	548-7011
Chesapeake Sheriff's Office Victim Witness Assistance Program.....	382-6417
Church Social Ministries Resource Center .....	461-4213
Elder Care Locator.....	1-800-677-1116
Hampton Roads Long Term Care Ombudsman Program.....	1-800-766-8059
Information and Referral Services of the Planning Council .....	625-4543
Library, Special Service (Large Print Books, Magnifiers).....	464-9175
Meals on Wheels.....	Ext. 1122 547-8121
Redevelopment and Housing, 1468 S. Military Hwy.....	523-0401
Salvation Army (Norfolk).....	455-9677
Social Security, Federal Building, Norfolk .....	858-6198
Social Security Tele-Claims.....	1-800-772-1213
STOP (wide variety of programs).....	858-1360
Tax Relief for Elderly and Disabled, for information.....	382-6698
Senior Law Center, Eastern Virginia Legal Aid Society.....	627-3232
Virginia Department for the Blind & Vision Impaired .....	858-6724

## SENIOR SERVICES OF SOUTHEASTERN VIRGINIA

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CMS:Sh 6/02