

VIRGINIA BEACH INFORMATION SHEET

Long Term Care Services

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

Day Care for Older Adults

A program primarily for seniors whose families work, and who are left alone during the day. Lunch and activities are part of these programs. For information call M.E. Cox Center at 340-4388; and Sentara Senior Community Care at 437-7223.

Employment

Special programs exist to aid senior employment. Call 461-9481.

Nutrition

A Senior nutrition program exists for special category seniors, providing a well-balanced meal and socialization. Virginia Beach Public School system also participates in lunch programs for seniors. For more information, call 461-9481.

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, Bob Jarrell at 491-3997 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 to what "friends do for friends". For information, please call the SCP Coordinator, Linda Meadows, 461-9481.

Senior Centers

There are five centers located throughout the area. The centers offer a variety of crafts and social activities. For more information, call the Recreation City-wide Program, 511-1100.

Transportation

Limited transportation is provided for doctor appointments by calling 461-9481 between the hours of 8:30 a.m. and 12:00. Advance notice is needed. For transportation to senior centers, call each individual center.

Additional Services

Catholic Charities.....	467-7707
Norfolk Urban Outreach Ministry	461-4213
Consumer Protection.....	426-5836
Elder Care Locator.....	1-800-677-1116
Emergencies, After Hours.....	911
Drug & Alcohol Abuse.....	437-6150
Hampton Roads Chamber of Commerce (City Information).....	490-1221
Health Department - Senior Services Nurse.....	518-2763
Library, Special Service (large print books, magnifiers).....	464-9175
M. E. Cox Center for Elderly Day Care.....	340-4388
Mental Health, Older Adult Services.....	437-6110
Respite Care.....	437-6110
Department of Social Services, 3432 Va. Beach Blvd.....	437-3200
Social Security.....	498-8726
Social Security Hotline.....	1-800-772-1213
Senior Law Center, Eastern Virginia Legal Aid, Norfolk.....	627-3232
Virginia Department for the Blind & Vision Impaired.....	858-6724
VA. Beach Cooperative Extension.....	427-4769

Senior Services of Southeastern Virginia
6350 Center Dr., Bldg 5, Suite 101
Norfolk, Virginia 23502
Telephone 461-9481 Fax 461-1068