



Norfolk Senior Resource Guide

Created & Managed by:

The Commission on Aging and Long Term Care

INTRODUCTION

The Norfolk Commission on Aging and Long-Term Care has compiled this guide as a resource for seniors, care-givers and their family members. The purpose is to provide information to those confronted with specific elder care and related matters to access available community resources. Paper versions of the guide will be available at designated locations for usage in the facility. The Resource Guide is available online at:

<https://www.norfolk.gov/DocumentCenter/View/23651>.

Please note that contact and other information may change after the Commission prepared this version of the guide. If you learn that any of the information listed here requires updating, the Commission would benefit greatly from you by contacting NDHS Adult Protective Services/Adult Services at 757-664-6123, option 1.

Neither the City of Norfolk nor the Commission warrant, endorse, or otherwise vouch for any provider listed or the nature and quality of the services offered. The sole purpose of the guide is to collect publicly available information in a centralized format without in any way, manner, or nature making any representations or warranties, expressed or implied, concerning the goods or services that third-party agencies or companies offer.

The Commission hopes that you benefit from this resource, as part of its continuing efforts to educate the senior community and their families in meeting the everyday challenges the community faces.

Very Sincerely,

BarBara Murphy, Chair
Commission on Aging and Long Term Care

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211 CENTER

2-1-1 Tidewater

(800) 230-6977 [transfers to 211]

PROVIDERS NATIONWIDE

No Wrong Door

(Providers Nationwide)

<http://nowrongdoorvirginia.org>

ABUSE, NEGLECT, and/or EXPLOITATION

Adult Protective Services & Long Term Care Screening - NDHS [Report Elder Abuse]

<http://www.norfolk.gov>

757-664-6123

1-888-832-3858 APS State Hotline

Catholic Charities of Eastern Virginia

<http://www.cceva.org>

757-456-2366

Samaritan House

<http://www.samaritanhouseva.org>

757-631-0710 Admin. /757- 430-2120 Intake

Senior Services of Southeastern Virginia

<http://www.ssseva.org>

757-461-9481

1-800-677-1116

ADAPTIVE MEDICAL EQUIPMENT

Apria Healthcare

<http://www.apria.com>

757-852-3929

Assistive Technology Loan Fund Authority

<http://www.atlfa.org>

1-866-835-5976

Endeppendence Center, Inc. Disability Advocacy & Services

<http://www.endeppendence.org>

757-461-8007 / 461-7527 (tty)

FREE Foundation of South Hampton Roads

<http://www.free-foundation.org>

757-771-6183

Med Emporium (free home evaluation)

<http://medemp.com>

757-588-1487

Medical Equipment Distributors

<http://www.medofva.com>

757-498-8225

Mobility Supercenter of Norfolk (Ramps)

<http://www.mobilitysupercenter.com>

757-201-7495

1-800-231-7774

Mobility Works

<http://www.ride-away.com>

757-355-6496 / 757- 455-9889

WHRO (Services for the blind)

<http://www.virginianavigator.org>

(757) 889-9400

AGING/DISABILITY RESOURCES

Endeppendence Center

<http://www.endeppendence.org>

757-461-8007

National Council on Aging Benefits (NCOA)

(Online Screening).

<https://www.benefitscheckup.org>

Hotline – 1-571-527-3900

Senior Services of Southeastern Virginia

<http://www.ssseva.org>

757-461-9481

AGING/DISABILITY RESOURCES (cont.)

VA Board for People with Disabilities

<http://www.vaboard.org>

1-804-786-0016/ 1-800-846-4464

VA Department of Aging & Rehabilitative Services

<http://www.vadars.org>

757-451-7101

1-800-552-5019

ADULT DAY CARE

Endeppence Center

<http://www.endeppence.org>

757-461-8007

Norfolk Senior Center (t/a Primeplus)

<http://primeplus.org>

757- 625-5857

Senior Services of VA (SSSEVA)

<http://www.ssseva.org>

757-461-9481

Sentara PACE

<http://www.santara.com>

757-252-7800

ALZHEIMER'S /MEMORY CARE AND GENERAL SERVICES

Alzheimer's Association

<http://www.alz.org/seva>

757-459-2405 / 1-800-272-3900

Alzheimer's Disease and Referral Center

<http://www.nia.nih.gov/alzheimers>

1-800-438-4380

Alzheimer's Foundation of America

<http://www.alzfdn.org>

1-866-232-8484

Cerebral Palsy of Virginia

<http://www.cerebralpalsyofvirginia.org>

757-497-7474

Family Caregiver's Alliance

<http://chroniccareadvocacy.com>

1-800-445-8106/ 703-243-3200

Glennan Center for Geriatrics & Gerontology (Dementia Advocacy and Support)

<http://www.evms.edu.com>

757-446-7040

National Institutes of Health on Aging

<http://www.nia.nih.gov/>

1-800-222-2225

Province Place of DePaul

<http://www.bonsecoursal.com>

(757) 451-2400

ANIMAL CARE SERVICES

Norfolk Animal Care Center

<http://www.norfolk.gov/nacc>

757-441-5505

ASSISTED LIVING FACILITIES

A Place for Mom

<https://www.aplaceformom.com/assisted-living/virginia>

757-677-6408

All Heart Home Health Agency

<http://www.kindredathome.com>

757-961-0049

The Ballentine

<http://www.commonwealthal.com>

757-440-7400

ASSISTED LIVING FACILITIES

Commonwealth Memory Care

<http://www.careassistedliving.com>

757-588-4663

Commonwealth Senior Living at Leigh Hall

757-461-5956

Envoy of Thornton Hall

<http://www.envoycare.com>

757-853-6281

757-855-3361

Harbor's Edge.....757-233-0475

Lydia H. Roper Home.....757-622-6979

Province Place DePaul.....757-451-2400

Shepherds Village

<http://www.shepardsvillage.org>

757-625-1877

COMPUTER RESOURCE CENTERS

Website: <http://www.norfolk.gov>

Campostella757-494-3299

Campostella Heights.....757-543-0876

Diggs Town.....757-227-9915

Oakleaf.....757-494-3298

Slover Library.....757-664-7323

COMMUNITY SERVICES

Catholic Charities HELP Project (clothing)

<http://www.cceva.org>

757-456-2366

Fire Department Smoke Detector Hotline

<http://norfolk.gov>

757-664-6510

Five Wishes (Care Decisions)

<http://www.agingwithdignity.org>

1-888-594-7437

Foundation for Rehabilitation Equipment

www.free-foundatin.org

757-771-6183

Hope House Foundation

<http://hope-house.org>

757-625-6161

Senior Olympics

(Hampton Roads Sports Commission)

<http://hamptonroadssports.org>

757-664-2573

Stop Organization

<http://www.stopinc.org>

757-858-1360/ 757-853-0154

United Way

<http://www.unitedwayshr.org>

757-853-8500

Volunteer Hampton Roads

<http://www.volunteerhr.org>

757-624-2400

CONSUMER

INFORMATION/COMPLAINTS

Attorney General's Consumer Hotline

<http://www.ag.virginia.gov>

1-800-451-1525

Better Business Bureau

<http://norfolk.bbb.org>

757-531-1300

CONSUMER

INFORMATION/COMPLAINTS (cont).

Do Not Call Registry (To List Your Number)

<https://www.donotcall.gov>

1-888-382-1222

Equal Employment Opportunity Commission

<http://www.eeoc.gov/field/norfolk>

1-800-669-4000

Federal Trade Commission

<http://www.ftc.gov>

1-877-382-4357

MEDICAID Fraud Control Unit

<http://www.oag.state.va.us>

1-800-371-0824

Office of the Attorney General

<http://www.oag.state.va.us>

1-804-786-2071

Office of Communication and Public Information

<http://www.norfolk.gov>

757-441-5610 / 911

Virginia Office of Consumer Affairs

<http://www.usa.gov>

1-800-552-9963/ 804-786-2042

COURTS

Norfolk Circuit Court Clerk's Office

<http://www.norfolkcircuitcourt.us>

757-769-8539

Norfolk Juvenile & Domestic Relations Court

<http://www.courts.state.va.us>

757-664-7340

United States Bankruptcy Court

<http://www.vaed.uscourts.gov>

757-222-7500

CREDIT COUNSELING

Catholic Charities

<http://www.cceva.org>

757-456-2366

Jewish Family Services

<http://jfshamptonroads.org>

757-321-2222

The UP Center

<http://www.theupcenter.org>

757-622-7017

CRISIS INTERVENTION AND PREVENTION

Alternative Family Treatment (Counseling)

<http://www.aftsinc.org>

757-587-5615

National Alliance on Mental Illness (NAMI)

<http://www.nami.org>

1-800-950-6264

Norfolk Emergency Services/Crisis Counseling

<http://www.norfolk.gov/NCSB>

757-823-1600

DENTAL CARE

Dental Hygiene Care Facility

http://hs.odu.edu/dental/dh_facil.shtml

757-683-4308

OV Medical and Dental Center

<http://www.hrhc.org>

757-393-6363

Park Place Health and Dental Clinic

<http://www.parkplaceclinic.org>

757-683-2692

**DEPARTMENT OF PARKS, RECREATION
AND OPEN SPACES.**

Website: <http://www.norfolk.gov>

Bayview Recreation Center (Senior Club)
757-441-1626

Berkley Community Center
757-441-1912

Campostella Recreation Center
757-441-1974

Captain's Quarters
757-441-1715

Crossroads Recreation Center
757-965-9430

**East Ocean View Community Center
(Senior Club)**
757-441-1785

Fairlawn Recreation Center
757-441-5670

Grandy Village Recreation Center
757-441-2117

Huntersville Community Center (Senior Club)
757-664-7434

Ingleside Recreation Center (Senior Club)
757-441-5675

Lakewood Dance and Music Center
757-441-5833

**Lambert's Point Community Center
(Senior Club)**
757-423-1088

Merrimack Landing Recreation Center
757-441-1783

Norfolk Fitness and Wellness Center
757-823-4301

Northside Park Swimming Pool
757-441-1760

Norview Community Center (Senior Club)
757-441-1440

Ocean View Senior Center
757-441-1767

Park Place Community Center
757-664-7500/ 757-664-7531

Primeplus Norfolk Senior Center
757-625-5857

**Sherwood Forest Community Center
(Senior Club)**
757-441-5824

Southside Senior Center
757-664-6484

Tarrallton Community Center (Senior Club)
757-441-1765

Therapeutic Recreation Center
757-441-1764

**Titustown Recreation Center & Visual Arts
Center (Senior Club)**
757-441-1259

**Young Terrace Community Center (Senior
Club)**
757-441-2692

EMPLOYMENT SERVICES

AARP Foundation Employment Services

<http://www.aarp.org/aarp-foundation/our-work/income/scsep>

757-625-7001

Eggleston Services (Persons with Disabilities)

<http://EgglestonServices.org>

757-858-8011

Endepence Center

<http://www.endepence.org>

757-461-8007

Norfolk Works

<http://norfolkdevelopment.com/norfolkworks>

757-763-6064

Opportunity Inc.

<http://opportunity.inc>

757-461-7537

Ticket to Work Program in VA

<http://yourtickettowork.com>

<http://choosework.net/mycall>

1-866-968-7842 / 1-866-633-7365

Virginia Employment Commission

<http://www.vec.virginia.gov>

757-461-7537

ENVIRONMENTAL SERVICES

Norfolk Environment Commission

<http://www.norfolk.gov>

757-441-1347

FOODBANK REFERRALS

Foodbank of Southeastern Virginia

<http://www.foodbankonline.org>

757-627-6599

Ghent Area Ministry (GAM)

<http://www.gamnorfolk.org>

757-622-0438

Jewish Family Services

<http://jfshamptonroads.org>

757-321-2222

Senior Services of Southeastern Virginia

<https://www.ssseva.org>

757-461-3514

FINANCIAL SERVICES/ HOUSING AND UTILITY ASSISTANCE

AARP Home Loans

<http://www.aarp.org>

1-888-687-2277

AARP Tax Aide

<http://www.aarp.org/taxaide>

1-888-227-7669

Catholic Charities

<http://www.cceva.org>

757-456-2366/ 757-533-9569

Energy Assistance Program

<http://www.norfolk.gov>

757-664-6035 Customer Service

757-664-6000 Main number

757-664-7552 Energy

Ghent area Ministry (GAM)

<http://www.gamnorfolk.org>

757-622-0438

IRS Tax Assistance

<http://www.irs.gov>

757-213-3925 or 1-800-829-1040

FINANCIAL SERVICES/ HOUSING AND UTILITY ASSISTANCE

IRS Tax Forms and Material

<http://www.irs.gov>
1-800-829-3676

IRS Refund Hotline

<http://www.irs.gov>
1-800-829-1954
1- 800-829-4477 Tele Tax

Salvation Army (19th Street)

<http://www.salvationarmy.org>
757-622-0674

Salvation Army (Rental/Share Program/Heating/Cooling Assistance)

<http://www.virginiasalvationarmy.org>
757-543-8100

Senior Services of Virginia (SSSEVA)

<http://www.ssseva.org>
757-461-9481

Stop Organization

<http://www.stopinc.org>
757-858-1360/ 757-853-0154

UP Center

<http://www.theupcenter.org>
757-622-7017

GRANDPARENTS RAISING GRANDCHILDREN

AARP

<http://aarp.org/grandparents>
1-888-687-2277

Catholic Charities

<http://www.cceva.org>
757-533-5217

Generations United

<http://www.gu.org>
1-202-289-3979

Grandparents for Children's Rights

<http://www.grandparentsforchildren.org>
1-866-624-9900

HEALTH DEPARTMENT

Norfolk Health Department

http://norfolk.gov/pub_health
757-683-2800

HOMELESS SERVICES & EMERGENCY SHELTERS

Barrett Haven (Single/Single Pregnant Women)

<http://www.barretthaven.org>
757-624-6990

Domestic Violence Hotline

<http://www.transitionsfvs.org>
757-723-7774

Dwelling Place

<http://www.thedwellingplacevaq.org>
757-624-9879

Emergency Shelter and Housing Program

<http://www.ywca-shr.org>
757-625-4248 (For Women Only)

For Kids

<http://www.orkids.va.org>
757-622-6400

HER Shelter (Woman & children Only)

<http://www.hershelter.com>
757-485-1445

HOMELESS SERVICES & EMERGENCY

SHELTERS (cont).

Norfolk Emergency Shelter Team (Nest)

<http://www.norfolk.gov>

757-823-1622

Norfolk Homeless Families Seeking Shelter

<http://www.norfolk.gov>

757-587-4202

Saint Columba (Single Men and Women)

<http://www.stcolumbaministries.com>

757-627-6748

Salvation Army

<http://www.virginiasalvationarmy.org/hrva>

757-622-0674

Salvation Army Women's Shelter

<http://www.salvationarmyusa.org/usn>

757-543-8100

Union Mission Ministries

<http://www.unionmissionministries.org>

757-627-8686

YWCA of South Hampton Roads

(Women in Crisis) <http://ywca-shr.org>

757-625-4248

HOSPITALS/HEALTH CARE FOUNDATION

Bon Secour Hospital – <http://bonsecours.com>

Bon Secours Occupational

Medicine.....757-889-5000

Depaul.....757-889-5000

Mary Immaculate.....757-886-6000

Maryview.....757-398-2200

Lake Taylor Transitional Care

<http://www.laketaylor.org>

757-461-5001

Obici Healthcare Foundation

<http://www.obicihcf.org>

757-539-8810

Portsmouth Naval Hospital

<http://www.military.com/base-guide>

757-953-5000

Sentara Hospital - <http://www.sentara.com>

Sentara Bayside.....757-363-6100

Sentara Heart.....757-388-8000

Sentara-Leigh.....757-261-6000

Sentara-Norfolk General.....757-388-3000

Sentara OBICI757-934-4000

Sentara Occupational

Medicine Program.....757-261-5909

Sentara Princess Anne.....757-507-0000

Sentara VB General.....757-395-8000

Veterans Administration Medical Center

<http://www.hampton.va.gov>

757-722-9961

HOTLINES AND HELPLINES

Lions of Virginia (Eyeglasses)

<http://www.lionsofvirginia.org>

757-233-9966

Virginia Hearing Consultants

<http://www.virginiahearing.com>

757-461-4327

INDEPENDENT LIVING & SENIOR

HOUSING

Annetta Lane.....757-622-2386
www.cmc-nc.com

Bobbitt Midrise.....757-772-7073
<http://www.nrha.us>

Braywood Manor.....757-857-4496
www.braywoodmanornorfolk.com

Calvary Tower.....757-446-0850

COGIC High Rise.....757-622-2513
<http://cogichighrise.com>

Cromwell House.....757-480-4444
<http://ripheat.com>

Franklin Arms..... 757-314-1520
<http://www.nrha.us>

Grace Place757-627-8552
<http://www.bonsecoursal.com>

Granby House757-583-6330
www.granbyhouse.com

Harbor's Edge..... 757-616-7900
<http://www.harboredgenorfolk.com>

Hunter Square Mid-Rise.....757-624-8619
www.huntersquare.com

John Knox Towers.....757-622-5443
<https://www.lawsoncompanies.com>

Lakewood Plaza..... 757-857-5445
<http://www.after55.com/listing>

Lexington Park.....757-625-3108
<http://www.lexingtonpark.com>

Shorewood Cove757-461-4080
<http://shorewoodcove.com>

Stonebridge Manor.....757-578-8116
www.stonebridgemanor.com

Suburban House.....757-588-6256
www.suburbanhouse.com

The Talbot on Granby.....757-451-5100
www.thetalbotongranby.com

Tucker House.....757-489-7770
<http://www.nuom.org>

Village Point Apartments.....757-423-8100
<https://www.fivestarseniorliving.com>

IN-HOME/PERSONAL CAREGIVING –

**Contact NORFOLK APS/AS
For Listing @ 757-664-6123, option 1**

LAW ENFORCEMENT

Community Affairs Division (TRIAD)
<http://www.oag.state.va.us>
757-441-1066

National Crime Prevention Council
www.ncpc.org
443-292-4565

Norfolk Police (Emergency Dispatch)
<http://www.norfolk.gov/police>
911

LAW ENFORCEMENT (cont).

Norfolk Sheriff's Office.....757-664-4700
Triad Partnership & S.A.L.T
Council.....757-441-1066
<http://www.norfolksheriff.com>

POLICE PRECINCTS (NORFOLK)

<http://www.norfolk.gov/police>

First Precinct.....757-664-7016

Second Precinct.....757-664-6900

Third Precinct.....757-823-4433

VA Crime Prevention Association

<http://www.yourvcpa.org>

540-556-4259

LEGAL ADVICE/REPRESENTATION

Legal Aid Society of Eastern Virginia

<http://laseva.org>

757-627-5423

Statewide Senior Legal Helpline

www.seniorlegalhelpline

1-888-896-7873

Virginia Poverty Law Center

1-804-782-9430

www.vplc.org

LIBRARIES

website: <http://www.norfolkpubliclibrary.org>

Barron F. Black Branch.....757-441-5806

Blyden Branch.....757-441-2852

The Bookmobile.....757-858-2044

Horace C. Downing Branch.....757-441-1968

Janaf Branch.....757-441-5660

Jordan-Newby Branch757-441-2843

Lafayette Branch.....757-441-2842

Larchmont Branch.....757-441-5335

Little Creek Branch.....757-441-1751

Mary D. Pretlow Anchor..... 757-441-1750

Park Place Branch.....757-664-7330

The Sergeant Memorial Room.. 757-431-7429

Solver Library.....757-664-7323

Van Wyck Branch.....757-441-2844

LICENSED NURSING HOMES (Norfolk)

Autumn Care of Norfolk

<http://www.saberhealth.com>

757-828-5424

Bon Secours Trans Care DePaul

<http://bshr.com>

757-889-5000

Consulate Healthcare

www.consulatehealthcare.com

757-625-5363

Envoy of Thornton Hall

<http://envoycare.com>

757-853-6281

Harbors Edge

<http://www.harborsedgenorfolk.com>

757-233-0475

LICENSED NURSING HOMES (Norfolk)

(cont.)

Lake Taylor Transitional Care Hospital

<http://www.laketaylor.com/>

757-461-5001

Norfolk Health and Rehab Center

<http://www.norfolkhealthrehab.com/center>

757-626-1642

Sentara Nursing Center

<http://www.sentara.com>

757-892-5400

Signature Healthcare & Rehab

<http://www.shcofnorfolk.com>

757-623-5602

LICENSING/REGULATION

Department of Labor & Industry – Tidewater

<http://www.doli.virginia.gov>

757-455-0891

Medicaid (DMAS)

<http://www.dmas.virginia.gov>

1-804-786-7933

SCC Bureau of Insurance

<http://www.scc.virginia.gov>

1-877-310-6560

Virginia Department of Health

<http://www.vdh.state.va.us>

1-804-367-2106 or 1-800-955-1819

MEALS

Catholic Worker/The Wall (Breakfast)

<http://www.catholicworker.org>

757-423-5420

Central Baptist (Breakfast) (Mondays only)

<http://www.cbcnorfolk.org>

757-627-4571

Park Place Methodist (Breakfast/Dinner)

<http://www.bluechurchnorfolk.org>

757-622-3363

Salvation Army (Breakfast/Dinner)

(19th St. Location only)

<http://www.salvationarmyusa.org>

757-622-3471

Christ & Saint Luke's (Lunch)(Thursday only)

<http://www.christandstlukes.org>

757-627-5665

First Baptist (Lunch)(Saturday only)

<http://www.firstbaptistnorfolk.org>

757-622-6701

First Presbyterian (Lunch)(Saturday only)

<http://www.fpcnorfolk.org>

757-625-1697

Queen Street Baptist Church (Lunch)

<http://www.qsbcva.org>

757-622-4458

New Hope Church of God In Christ (Lunch)

<http://www.newhopecogic.org>

757-857-5315

Pool of Bethesda Ministries (Lunch)

<http://pool-of-bethesda-ministries.norfolk.gov>

757-965-7180

Sacred Heart (Lunch)(Sunday's)

<http://www.sacredheartnorfolk.org>

757-625-6763

MEALS (cont).

Union Mission (Lunch/Dinner)

<https://unionmissionministries.org>

757-627-8686

MEALS DELIVERED

Meals on Wheels

<http://www.ssseva.org>

757-461-9481

Mobile Meals Program

<http://www.sentara.com>

757-736-4677

MEDICAL CLINICS

JenCare

<http://www.jencaremed.com>

(757) 533-9441

EMVS HOPES Clinic

<http://www.evms.edu>

757-446-0333

Park Place Medical Center

<http://www.hrhc.org>

757-533-9441

MEDICATION/PRESCRIPTION - SUPPLY DELIVERIES

AARP (Medication Benefits)

<http://www.aarp.org>

1-888-687-2277/ 1-866-255-4835

Drug Discount Cards (Medicare)

www.medicare.gov

1-800-633-4227

Home Care Delivered

<https://www.hcd.com/contact-us.html>

1-800-565-5644

The Medicine Program (TMP)

<http://www.themedicineprogram.com>

573-996-7300

Prescription Drug Assist

<http://www.ssa.gov/prescriptionhelp>

(800) 772-1213

Senior Services of VA (SSSEVA)

<http://www.ssseva.org/services>

757-461-9481

Universal Drugstore

www.universaldrugstore.com

1-866-456-2456

United Way of South Hampton Roads

www.unitedwayshr.org

757-853-8500

MENTAL HEALTH/SUBSTANCE ABUSE SERVICES

Alcoholics & Narcotics Help Line

www.treatmentcenteresdirectory.com

757-478-5210

Easy Does It Services Center

<http://www.recovery.org>

757-461-8159

Mental Health America

<http://mentalhealthamerica.net>

800-969-6642

Narcotics Anonymous

<http://na.org>

757-459-8467

Norfolk Community Services Board (NCSB)

<http://www.norfolk.gov/NCSB>

757-823-1600/ 664-6670

MENTAL HEALTH/SUBSTANCE ABUSE SERVICES

Recovery.org (on-line)
1-888-503-8037

Southside Geriatric Services
<http://www.vbgov.com>
757-385-4202

VB Psychiatric Center
vbpcweb.com
757-496-6000

MILITARY SERVICES

AAFES/Post Exchange
<http://odin.aafes.com>
757-887-0293

Army Health Clinic
<http://mcdonald.narmc.amedd.army.mil>
757-314-7500

Boone Dental Clinic NAB Little Creek
<http://www.military.com/base-guide>
757-953-8334

Boone Medical Clinic (Admin) NAB
<http://www.med.navy.mil>
757-953-8155

Commissary/NAB Little Creek
<http://www.commissaries.com>
757-464-3561

Commissary/Naval Station
<http://www.commissaries.com/stores>
757-423-8286

Hampton VA Medical Center
<http://www.hampton.va.gov>
757-722-9961

Health Benefits Advisor (Norfolk)
<http://www.military.com/base-guide>
757-953-8352/757-953-9004

Naval Medical Center (Portsmouth)
<http://www.med.navy.mil>
757-953-5000

**Military One Source
Legal/Survivor Benefits & Casualty Counselors**
<http://militaryonesource.mil>
800-343-9647

Retired Activities Office
<http://www.military.com/base-guide>
757-764-7386

Retirement Services
<http://www.militaryinstallations.dod.mil>
757-878-3220

Virginia Department of Veterans Services
<http://www.dvs.virginia.gov>
757-455-0814

NORFOLK CITY OFFICES

Norfolk Boards & Commissions
<http://www.norfolk.gov>
757-664-4253

Norfolk Cares Center
<http://www.norfolk.gov>
757-664-6510

Norfolk City Council
<http://www.norfolk.gov>
757-664-4268

Norfolk City Manager
<http://www.norfolk.gov>
757-664-4242

NORFOLK CITY OFFICES (cont).

Norfolk Civic Leagues

<http://www.norfolk.gov>

757-664-4001

Norfolk Commonwealth Attorney's Office

<http://www.norfolk.gov>

747-664-4444

Norfolk Mayor's Office

<http://www.norfolk.gov>

757-664-4679

Norfolk Real Estate Tax Relief

<http://www.norfolk.gov>

757-823-1130

Norfolk Treasurer's Office

<http://www.norfolk.gov>

757-664-6510

NORFOLK DEPT. OF HUMAN SERVICES

Norfolk Department of Human Services-NDHS

<http://www.norfolk.gov>

757-664-6000

Food Stamps (SNAP)(TANF)

<https://commonhelp.virginia.gov>

757-664-6035

OUTREACH SERVICES

LGBT Life Center

<http://www.Lgbtlifecenter.org>

757-640-0929

Hampton Roads Long Term Care Ombudsman

<http://www.ssseva.org>

757-461-9481 /1-800-766-8059

Ombudsman (Nursing Home Concerns)

<http://vda.virginia.gov>

1-800-552-3402

VA Dept of Behavior Health & Development Services

<http://www.dbhds.virginia.gov>

757-804-786-3921

PERSONAL EMERGENCY RESPONSE

SERVICES

Alert USA

<http://www.alertusallc.org>

1-800-789-6969

Bons Secure Senior Health

<http://www.seniorhealth.com>

1-888-490-9355

Chesapeake General Hospital Comfort Care

(Lifeline)

<http://www.chesapeakeregional.com>

757-312-6470

Life one

www.lifefone.com

1-888-687-0451

Lifeline

<http://www.lifeline.phillips.com>

1-855-600-6127

Medical Alert Foundation

<http://medicalalertfoundation.com>

1-888-572-8566

Medical Alarm

<http://connectandprotect.net>

1-443-570-2085

PERSONAL EMERGENCY RESPONSE

SERVICES (cont).

Medical Guardian

<http://medicalguardian.com>

1-800-668-9200

1-800-322-0955

Walgreens Ready Response

www.walgreensresponse.com

1-866-310-9061

Project Lifesaver (Sheriff's Office)

<http://www.norfolk.gov/police>

757-328-2485

SENIOR NEWS LETTER & MAGAZINES

AFTER 55 (Senior Housing & Care Resources)

<http://www.after55.com/senior-housing.com>

Dominion Enterprises

757-351-7000

Prime Time (Primeplus Norfolk Senior Center)

<http://www.primeplus.org>

757-625-5857

SENIOR RESOURCES LOCAL CITIES

Chesapeake Social Services – 757-382-2000

Hampton Social Services – 757-727-1800

Portsmouth Social Services – 757-405-1800

Newport News Social Services – 757-926-6300

Virginia Beach Social Services – 757-385-3200

Williamsburg Social Services – 757-220-6161

SOCIAL SECURITY ADMINISTRATION

<http://www.ssa.gov>

1-800-772-1213

STATE OFFICIAL OFFICES

State Delegate - Norfolk (District 89)

Jerrauld "Jay" Jones

<http://viriniageneralassembly.gov>

757-625-8989

State Delegate – Norfolk (District 83)

Chris Stolle

<http://www.chrisstolle.com>

(757) 633-2080

State Delegate – Norfolk (District 90)

Joseph C. Lindsey

<http://viriniageneralassembly.gov>

757-529-1455

State Senate - Norfolk

Frank Wagner

<http://wagnervasenate.com>

757-228-3333

SUPPORT GROUPS

AARP

<http://www.aarp.org>

1-888-687-2277

American Cancer Society

<http://www.cancer.org>

1-800-227-2345

Arthritis Foundation

<http://www.arthritis.org>

757-456-1119

1-800-456-4687

American Lung Association

<http://www.heart.org/>

1-800-242-8721

SUPPORT GROUPS (cont).

Bon Secours Health Line (Southside)

<http://bshr.com>

757-889-2273

757-217-0330

Breast Cancer Support Group

(Sentara Norfolk General Hospital)

<http://www.sentara.com/hospitals>

757-388-4268

Lee's Friends (Cancer support)

<http://www.leesfriends.org>

757-440-7501

Sexual Assault Support Services of YWCA of South Hampton Roads

<http://www.ywca-shr.org>

757-625-4248

Widower's Support Group (online)

<https://nationalwidowers.org>

Widows and Widowers Meetups(online)

<https://www.meetup.com/topics/widow>

