



OUR LEADERS

FROM OUR CEO



"The Older Americans Act clearly affirms our nation's sense of responsibility toward the well-being of all of our older citizens. But even more, the results of this act will help us to expand our opportunities for enriching the lives of all of our citizens in this country, now and in the years to come."

President Lyndon B. Johnson spoke these words 51 years ago as he signed the Older Americans Act (OAA). Since then, the OAA has enriched the lives of many as the foundation for a system of services and supports that helps millions of older adults continue to work, play, and volunteer in their communities. The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan.

To the credit of our regional leaders, following the passage of the Act, every city and county in South Hampton Roads responded to the challenge of meeting seniors' needs. And in 1972, the Southeastern Virginia Areawide Model Program Inc. was selected as one of the first 10 Area Agencies on Aging in the United States.

As we begin our 45th year, we celebrate the wisdom, intelligence, and courage of our founders who understood that successful aging requires a shared vision, compassion, and savvy business leadership. That foundation inspires the work we do.

This report demonstrates our capacity to serve thousands of seniors, which will expand as we implement our new plan: Strategy 2020. 2017 holds great promise. We look forward to the challenge.

A handwritten signature in black ink that reads "Jon N. Skovitz".

FROM OUR PRESIDENT



Senior Services is celebrating our 45th anniversary of having served our region's seniors. Since our inception, Senior Services has operated with senior citizens in the forefront of our thoughts. We are now expanding to include services for disabled veterans, who have given of their time, lives, and family.

Our goal is to continue and increase our collaborative alliances to provide the best services to those we care for. We have offered numerous FREE educational and preventive group sessions to assist in providing alternatives to out-of-home placement and to strengthen personal, family, and community growth, along with improved quality of life.

This year, Senior Services held several focus groups aimed toward the executive board, supervisors, staff, and volunteers to assist in improving the services we offer. We have expanded our Strategic Planning Committee and explored some of the challenges that prevent seniors and their families from seeking our services. Additionally, we have improved the monitoring of our programs and services for their effectiveness. We greatly appreciate our knowledgeable staff for the vital role it plays in the lives of our diverse citizens.

My personal vision is to assist in making a difference by building a compassionate, skilled, and dedicated board of directors to lead the staff and our committee members in the direction of improving an already great organization geared toward servicing our seniors.

I am confident that our team at Senior Services will remain steadfast in its commitment to serving seniors. It is humbling to be part of the steady evolution of Senior Services of Southeastern Virginia and the meaningful impact of services we have provided.

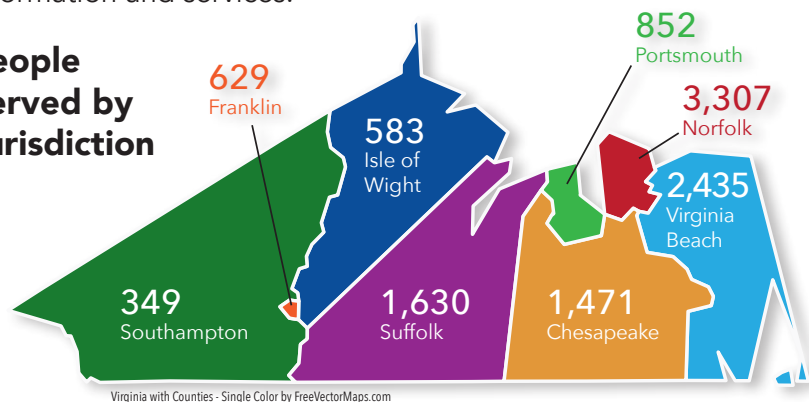
A handwritten signature in black ink that reads "Vanessa T. Carone".

OUR BOARD OF DIRECTORS

- Sanya Adams
- Debbie Agate
- Annie Alexander
- Angelia Allen
- Mike Aschkenas
- Shernita Bethea
- Dr. MeChelle S. Blunt
- Sandra Gail Burton
- Inez Craig
- Cathy A. Dalton
- Herb DeGroft
- Mark Allen Flores
- Vanessa T. Greene
- George Harden
- Lori Hasty
- Maureen E. Hook
- Hope Lomax-Jones
- Randy Keaton
- Robert Lougen
- Sheila L. Mason
- Evelyn C. McCullough
- Dr. Robert M. Palmer
- Lynn E. Powell
- John N. Skirven
- Lisa Turner

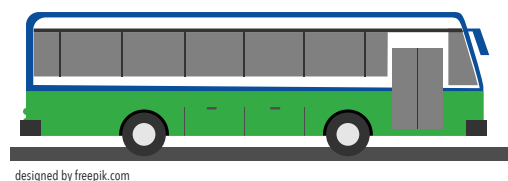
In 2016, Senior Services of Southeastern Virginia provided **11,256** individuals age 60+ in South Hampton Roads and Western Tidewater with information and services.

People Served by Jurisdiction

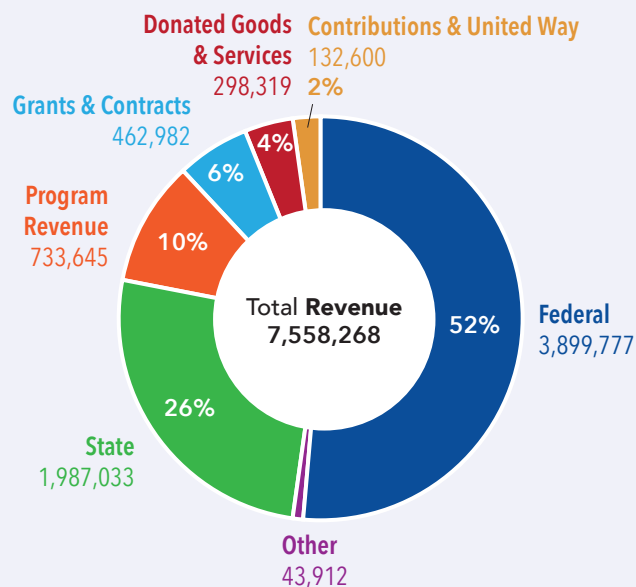


13,896

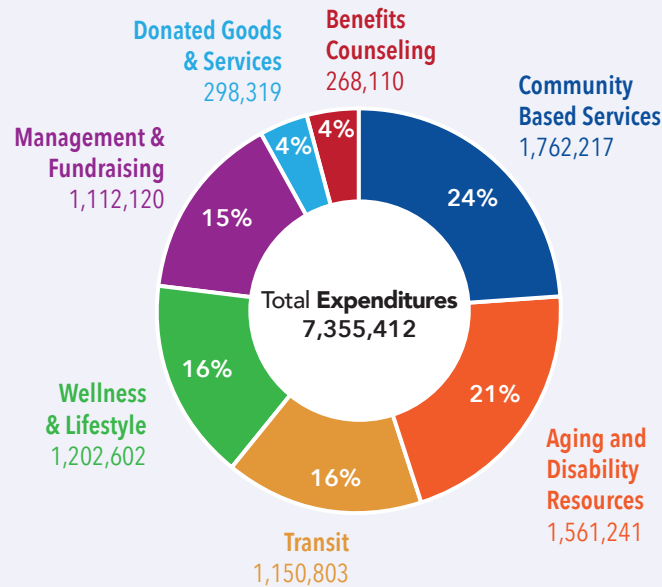
rides provided by I-Ride Transit on its fixed routes through Norfolk, Franklin, and Smithfield.



Public Support & Revenue



Expenditures by Service Priorities





THE ART OF HEALTHY AGING FORUM AND EXPO

In October 2015, Senior Services hosted our third annual “The Art of Healthy Aging Forum & ExpoSM.” Presented by Anthem Healthkeepers/Commonwealth Coordinated Care and supported by a host of other sponsors, the theme was “Fearless Caregiving.” Founder, CEO, and editor of Caregiver.com Gary Barg gave the keynote address, and three local caregivers — Ann Grandy, Dorothy “Alice” Bayse, and Sandra Greene — were honored for their hard work and dedication during the “Salute to Caregivers” sponsored by Jencare Neighborhood Medical Centers. More than 400 seniors and their family members listened to a panel of local and regional professionals, attended a choice of five topical workshops, had the opportunity to receive numerous health screenings, and visited with more than 60 vendors offering valuable services and resources in the exhibition hall.



On April 9, 2016, a smaller “The Art of Healthy Aging Forum & ExpoSM” was held in Franklin, Virginia, at the Paul D. Camp Community College Workforce Development Center, drawing residents from our Western Tidewater cities and counties. More than 120 seniors came out for lunch, dozens of raffle prizes, entertainment, and to learn more about the resources available to them. The Silver Tappers of Virginia, a female dance troupe of 50+ aged members, performed, and workshops were offered on “Living Your Life to the Fullest,” “Safe and Savvy Seniors,” and “Medicare 101-Getting the Answers.”



MORE THAN 500 SENIORS AND THEIR FAMILIES PARTICIPATED IN OUR ART OF HEALTHY AGING FORUM AND EXPOSM EVENTS.

FEEDING SENIORS MEALS ON WHEELS

In the early spring of 2016, Senior Services celebrated “March for Meals,” the monthlong annual recognition and fundraising event sponsored by Meals on Wheels of America, of which Senior Services is a proud member.

Each year, March for Meals events in communities throughout the United States put the spotlight on the widespread issue of senior hunger. To raise awareness and funds to support our own local senior nutrition programs—Meals on Wheels (home-delivered meals) and luncheon meals at our senior nutrition and wellness sites—Senior Services held fundraising activities and community events all month.

Senior Services is so very grateful to our faith-based and corporate community partners who contributed generously to the efforts, offering direct donations or by holding their own fundraising activities to raise funds. The monthlong recognition culminated with “Community Champions’ Week,” March 21-25, when local celebrities and city government officials came

out to participate in community-based events held at some of our city parks and recreation center senior nutrition and wellness sites.

At the East Suffolk Recreation Center, Mayor Linda Johnson, Councilman Tim Johnson, and WAVY TV’s Hampton Roads Show hosts Chris Reckling and Luana Munoz served luncheon meals and visited and played games with senior center participants. At the Dr. Clarence V. Cuffee Center in Chesapeake, Mayor Alan Krasnoff talked to senior members about the importance of proper nutrition for healthy aging. At the Portsmouth Senior Station, eight Community Church of Chesapeake volunteers served hot lunches to participating seniors; after which, they played Bingo and gave out gift baskets and plants.



**MEALS ON WHEELS PROVIDES A SENIOR MEALS FOR 1 YEAR
FOR ROUGHLY THE SAME COST AS 1 DAY IN A HOSPITAL.**





MAKING A DIFFERENCE

OUR VOLUNTEER HEROES.....

Many factors go into providing for the needs of seniors; one of which is community support. Senior Services of Southeastern Virginia relies on the generous contributions of time, talent, energy, and compassion from our many community and corporate volunteers across South Hampton Roads and Western Tidewater.

"Every person and every business that pitches in not only helps us as a nonprofit organization, but they also give immeasurable comfort to the folks who matter most—the thousands of disabled individuals and senior citizens whom we serve every day. Saying 'thank you' doesn't come close to expressing how much their work is so deeply appreciated."

Senior Services CEO John N. Skirven

Here are just a few examples of how our community and corporate volunteers came through this past year:

Comfort Call Volunteers

Homebound seniors are many times at risk of loneliness and depression. To let our Meals on Wheels clients know someone cares, Senior Services created Comfort Calls. Through this program, our own volunteers along with community partner volunteers, such as local sheriff departments in our coverage areas, make biweekly check-in calls after meal deliveries to ensure all is well with our senior clients.

Our Volunteer Leadership

Senior Services is truly appreciative of our dedicated volunteer leaders, our board of directors, and Service

Advisory Council members who regularly donate their time and professional expertise to ensure Senior Services remains a strong and vital organization now and in the years to come.

United Way Day of Caring

During the month of September, Senior Services, through the aid of community donors and volunteers, made sure South Hampton Roads seniors were able to weather hurricane season. As part of the United Way of South Hampton Roads' National Day of Caring, volunteers from Sentara Healthcare Medical Transport and Portfolio Recovery Associates (PRA Group) helped Senior Services staff deliver emergency meals and storm supplies to about 125 homebound seniors. In addition, the Norfolk Task Force on Aging, the United Way of South Hampton Roads' Project Inclusion Alumni Association, Arabia Temple No. 12 Three Wheel Unit, and the Wise Guys MC&A Global Charities helped stock the emergency supply kits with needed items.

Senior Services Staff Give Back

During the holidays, the Senior Services staff goes out of our way to lend an extra hand to those partners who, like us, insure for the welfare of individuals and families in our community. Leading up to the 2015 holiday season, Senior Services staff collected 1,348 nonperishable items for the Foodbank of Southeastern Virginia.

Rose & Womble's Turkey Day Collection

In November 2015, Rose & Womble Realty's Suffolk office hosted a turkey drive. Rose & Womble



employees donated 50 meals, complete with turkey and all of the fixings. The Senior Services care coordination team and a host of volunteers from the Hampton Roads military community helped deliver the meals to isolated and at-risk seniors and families.

Atlantic Bay Mortgage Holiday Giving

In December 2015, Senior Services partnered with Atlantic Bay Mortgage to provide about 300 holiday gifts to seniors in our service area. Atlantic Bay Mortgage employees purchased the gifts, and Senior Services care coordinators personally delivered each gift to the seniors. Clients are selected based on need. Many of the clients submit wishes for things that they need and cannot afford, such as a microwave, a toaster, sheets, batteries, blankets, comforters, and food products. Atlantic Bay has been assisting Senior Services seniors for the past 15 years.

Anthem Volunteers Host Holiday Celebration

In December 2015, as they do each year, employee volunteers from Anthem, Inc. hosted a festive holiday party at the Dr. Clarence V. Cuffee Community Center in Chesapeake, Virginia, for approximately 100 seniors who regularly participate in our weekday wellness and nutrition center programs. The Anthem volunteers served the holiday meal, treated the seniors to holiday activities, and brought lots of gifts. This is an annual event that everyone looks forward to.

Senior Advocate Ombudsman

In the past fiscal year, 13 senior advocate ombudsman volunteers spent 2,312 hours consulting and visiting with residents in 13 different long-term services

and supports facilities in Virginia Beach, Norfolk, Portsmouth, Suffolk, and Chesapeake. These volunteers served to represent the expressed concerns of consumers receiving long-term services and supports. Each volunteer is specially trained in resident rights and strives to ensure these rights are not violated. Emphasis is always on the best quality of care and quality of life for each client. Every effort is made to resolve the concerns in the best interest of the residents.

Senior Companion Volunteers

Part of a federally funded, stipend-paid volunteer program, senior volunteers 55+ are partnered with other senior adults who simply need companionship and a helping hand. Doing what “friends would do for friends,” volunteers assist with light tasks in the household, go grocery shopping, drive seniors to medical appointments, and the like. More than 65 Senior Companion volunteers served 201 seniors living throughout the South Hampton Roads in the past fiscal year.

Volunteer Opportunities

If you are looking for a meaningful way to give back to the community, Senior Services of Southeastern Virginia has a variety of opportunities for volunteers in South Hampton Roads and Western Tidewater. Opportunities are available as senior companions, volunteer drivers, corporate and military volunteers, ombudsmen, and benefits counselors, as well as in special events and advance care planning and more.





THE 2016

I-RIDE TRANSIT HIGHLIGHTS

I-Ride Transit drives Senior Services' vision in making South Hampton Roads a livable community for all ages. As the region's senior population steadily increases, so does the need for convenient and affordable transportation. At Senior Services, transportation is a mission that covers more than 2,000 square miles and accounts for 17 percent of the agency's operating budget and about 40 percent of its employees.

Our I-Ride Transit service includes fixed routes, medical transportation, paratransit, and on-demand response. Additionally, our experienced vehicle operators transport clients to medical and therapy appointments, wellness and adult day care centers, shopping excursions, and more. Providing transportation and congregate meal deliveries to area wellness and adult day care centers are another function of I-Ride. I-Ride provides many seniors the opportunity to get out and socialize with friends, establish a support system, and learn new things.

For the fourth year in 2016, I-Ride partnered with Hampton Roads Transportation, Inc., which dispatches taxi companies, to provide rides for seniors to the May 3 Norfolk municipal elections.

Requests for rides are scheduled through RouteMatch scheduling software, which also has GPS capabilities, allowing better efficiency and service provision. In 2016, I-Ride purchased 15 tablets thanks to a grant from the Cape Henry Rotary Foundation. These tablets are being used by drivers and dispatches to assist with scheduling, logistics, and related transportation activities in Chesapeake, Norfolk, Portsmouth, Suffolk, and Virginia Beach. Tablets purchased through state funds are already used in rural service areas. I-Ride receives grant awards from federal and state governments through the Older Americans Act and the Virginia Department of Rail and Public Transportation to increase opportunities.

I-Ride vehicle operators receive the highest degree of professional training. Our operators are dedicated employees who strive to provide on-time service while observing vehicle safety and passenger laws. Every operator completes courses in defensive driving and wheelchair securement, along with a comprehensive course in sensitivity and adult protection.

Whether it is taking a client to a medical appointment, transporting seniors to the farmers market, or participating in a holiday parade, I-Ride is always available.

45,375
demand-response
trips were provided
in urban and rural
metro region

1,345
paratransit rides
were provided to
disabled individuals
in Suffolk

25,646
meals were
delivered to wellness
and adult day care
centers

13,896
rides were
provided by our
I-Ride fixed-route
service

THE 2016

WELLNESS HIGHLIGHTS

Our Wellness department works fervently to help Hampton Roads seniors take charge of their health and well-being and assists greatly when they can't. Through our senior wellness centers, Meals on Wheels, and wellness workshops, we are able to meet the needs of thousands of seniors.

This year, even more seniors benefited. The Whaleyville Community Center (Suffolk Parks and Recreation) was added as a new senior wellness center location, through which 20 seniors receive meals three times a week. This past summer, our Wellness department staff, Target Suffolk warehouse employee volunteers, and interns worked Farmers Market Program for Seniors registration sites in Norfolk, Chesapeake, Portsmouth, Franklin, Suffolk, and Virginia Beach. Through this federally funded grant program from the Department of Agriculture administered by the Virginia Department for Aging and Rehabilitative Services' Virginia Division for the Aging, nearly 915 seniors received \$40 vouchers. These vouchers were redeemable for locally grown produce at participating farmers markets, roadside stands, and community-supported agriculture programs. And through our home-delivered meals program, seniors who are homebound receive fresh, nutritious meals and routine calls or visits to assess their well-being.

Senior Services Wellness Centers provide an opportunity to dine and socialize with friends as well as health and independence. The centers offer a variety of programs for seniors including games, meals, classes, crafts, shopping, field trips, and holiday celebrations. Senior Services may also have transportation available from the senior's home to the center depending on location and availability.

Senior Services' wellness program accomplishments and progress over the past year has been phenomenal. Chronic Disease Self-Management and Diabetes Self-Management workshops are now offered in several community pharmacy and physician offices. The agency collaborates with local health professionals about providing evidence-based programs to the seniors in the region. Senior Services offers programs such as Matter of Balance, Enhance Fitness, and Arthritis Foundation Exercise programs. We partnered with the YMCA on Granby to host the 2016 Fall Prevention Awareness Day event in September. During this event, many health professionals and universities completed health screenings for vision, hearing, blood pressure, cholesterol, glucose, balance screens, and medication reviews.

15

senior wellness center sites serve nutritious meals and offer participants opportunities for education and socialization

122,658

home-delivered meals were enjoyed by 706 individuals living in South Hampton Roads and Western Tidewater

972

people received vouchers for the Virginia's Farmers Market Fresh for Seniors program





LONG-TERM SERVICES AND SUPPORTS

Senior Services recognizes that older adults living in nursing homes are often vulnerable and not able to speak up for themselves. Many do not have family or friends who can speak on their behalf. To this end, the agency has programs to give voice and support to these seniors.

Through our Care Transitions program, certified Care Transitions nurses help clients gain confidence and the skills they need to take charge of their health after returning home from a hospital stay. Our coaches help seniors understand their medicines, identify symptoms, and give them the tools needed to best communicate with their doctors and healthcare professionals.

Home-based assessments are performed and plans of care are customized by our Care Coordination program staff to meet the needs of each individual in the program. Care coordinators meet with clients to explain resource options for physical, medical, financial, and emotional needs; coordinate with other agencies; and provide support to existing caregivers.

In addition to these and other services, our Senior Services' Senior Advocate Ombudsman Program works with residents of nursing homes to resolve and mediate their complaints. We have dedicated

volunteers who visit with residents of nursing facilities on a regular basis to lend a listening ear. These volunteers receive extensive training and ongoing support to be successful in their advocacy roles. With more than 100 facilities in Senior Services' jurisdiction, the work of the ombudsman volunteers is essential to our ability to meet the advocacy needs of residents.

Through our Senior Companion program, volunteers ages 55 and older are matched with isolated seniors in the community who simply need a helping hand. Last year, this federally funded, stipend-paid volunteer program had 64 dedicated volunteers visit 151 older adults throughout South Hampton Roads and Western Tidewater—helping with light household tasks, playing cards, and accompanying them on short walks and shopping trips, and doing whatever else each senior might enjoy.

Also, our resource specialists are community resource experts. They receive calls from older adults, family caregivers, other professionals, and the general public looking for where to go for help or how to find certain resources.

Whatever the need, Senior Services works through our programs to find the best possible solutions for those in need of assistance.

650
people in South Hampton Roads and Western Tidewater received home visits by a Care Transitions nurse

2,000
hours contributed by Senior Advocate Ombudsman volunteers on behalf of residents in long-term care facilities

5,900
Medicare benefits inquiries responded to by Senior Services' benefits counselors

4,154
individuals were provided with information and assistance by a resource specialist

SENIOR SERVICES STAFF

SPOTTED IN THE COMMUNITY





TO 2017

LOOKING AHEAD.....

For nearly a half century, Senior Services of Southeastern Virginia has helped enrich the lives of seniors and their families through advocacy, education, information, and comprehensive services. Throughout the years, we've introduced numerous programs and services that have seniors living with choice and dignity in their communities. As we celebrate Year 45, there's even more in store for 2017. Here are a few highlights:

REDESIGNED WEBSITE

In order to make our website more accessible through mobile devices and to improve the user experience, Senior Services has worked with InserCorp LTD to redesign our website. Launching in early 2017, the new site is easier to navigate and promotes social media integration, in addition to many other beneficial features. It also gives the agency more page customization and opportunity to interact with site visitors.



UNIVERSITY PARTNERSHIPS

Senior Services continues to maintain or expand its partnerships with universities in Hampton Roads. Student interns from Norfolk State University expand their knowledge of issues seniors face through firsthand experience interacting with older adults. Fourth-year pharmacy students from the Hampton University School of Pharmacy are partnering with care coordinators to resolve seniors' medication issues through the evidenced-based HomeMeds program. Some seniors take numerous medications for multiple chronic conditions, and the HomeMeds program expands the students' learning experiences by allowing them to apply their knowledge of medications and possible medication interactions to real-life situations. This year, students have even begun attending some home visits with the care coordinators, providing them with real-life experience into the challenges many seniors face dealing with their medications and other life circumstances. Senior Services also continues to partner with students to establish a supportive relationship with seniors and learn about their day-to-day struggles when visiting them in their homes. Senior Services' staff link older adults with the students and provide ongoing support for the program.



CARE TRANSITIONS

Senior Services provides Care Transitions coaching to seniors transitioning from the hospital to home or to a skilled nursing facility utilizing the Coleman Care Transitions Intervention model to reduce hospital readmissions. The



Hampton Roads Care Transitions Program, a collaboration between Senior Services, Sentara Healthcare, Southamptton Memorial, and Hampton University School of Pharmacy, was selected for a prestigious Cardinal Health Foundation E3 Grant, one of only 13 programs nationwide to receive the multiyear grant in 2016. This grant will help Senior Services continue to impact the lives of seniors by reducing unnecessary hospital readmissions and contributing to the overall population health of South Hampton Roads. Additionally, Senior Services provides Care Transitions to the members of a private insurer through our participation in the Eastern Virginia Care Transitions Partnership (EVCTP) and looks forward to additional opportunities to expand this program with the onboarding of the Commonwealth Coordinated Care Plus managed care program being implemented by the State of Virginia in 2017.

REGISTERED DIETITIAN/NUTRITIONIST ON STAFF

A registered dietitian/nutritionist has joined the Senior Services wellness team. She will be reviewing and approving menus as well as sharing her expertise by helping seniors at high nutrition risk. Nutritional education, as well as individual counseling, will be offered during her wellness center visits. “Easy Ways to Eat More Fruits & Veggies” and “Protein and Strategies to Protect Muscle Health During Aging” are just a few of the presentations our dietitian has developed and is sharing with wellness center staff and center participants. The wellness department is also looking to expand nutrition services to residents age 60 and older in Chesapeake through community partnerships.

WELLNESS PROGRAMS KEEP GROWING

Chronic Disease Self-Management Program (CDSMP), Diabetes Self-Management, Matter of Balance, and the Arthritis Foundation Exercise programs continue to be cost-effective community-based interventions for seniors with arthritis. These six- to eight-week workshops have been designed to promote patient self-management, to improve communication with medical professionals, and to improve the health status of seniors while reducing the need for emergency department visits and hospital stays.

I-RIDE PILOT PROGRAM WITH SENTARA

Senior Services Transportation is always looking for ways to expand its services and make rides more accessible to more people. Recently, I-Ride entered into a pilot program with Sentara Virginia Beach General Hospital. Through this program, discharged hospital patients, who otherwise would not have transportation, are provided with rides once discharged from the hospital to their needed destination.



WE ARE GRATEFUL



Senior Services is grateful for the contributions, grants, and in-kind support we received during the past fiscal year 2015-16, Oct. 1, 2015 through Sept. 20, 2016. We want to thank the following individuals, businesses, and charitable organizations whose support and generosity allow us to carry on our mission and develop the critical partnerships necessary to meet the challenges ahead.

CHARITABLE ORGANIZATIONS

- Altria Foundation
- Anonymous
- Cape Henry Rotary Club
- Cardinal Health Foundation
- Caryl T. Gove Charitable Fund
- Dominion Resources Services, Inc.
- Franklin Southampton Charities
- Landmark Communications Foundation
- Obici Healthcare Foundation
- Sam's Club #4733
- Sentara Health Foundation
- Suffolk Foundation
- Wal-Mart Supercenter Store #6798

BUSINESS & ORGANIZATIONS

- AAA Tidewater Virginia
- AARP Virginia
- Anthem HealthKeepers Plus
- Aramark

- Checkered Flag Motor Car Co., Inc.
- Chesapeake Regional Healthcare
- Dignity Memorial
- First Baptist Church, Berkley
- Gethsemane Community Fellowship Baptist Church
- Harbor's Edge
- Hook Law Center
- Ironclad Technology Services
- JenCare Neighborhood Medical Centers
- National Council of Negro Women Va. Beach Section
- Optima Health
- P.Q. Wallace Insurance Consultants LLC
- Randall Page P.C.
- Rubin Communications
- Sentara Healthcare
- Southeastern Insurance
- St. Paul's Episcopal Church
- St. Stephen, Martyr Catholic Church
- The Village at Woods Edge

- Tidewater Korean Baptist/Hampton Roads Senior Center
- TowneBank
- United Way of Southampton Roads
- Virginia Eye Consultants
- Virginia Task Force on Aging
- Walgreens
- Wall, Einhorn & Chernitzer P.C.
- Whole Foods
- Zeta Phi Beta Sorority Inc., Commonwealth of VA

INDIVIDUALS & FAMILIES

- LaVerne Avanti
- Cathy A. Dalton
- Herbert W. De Groft, USMC Ret.
- Patricia Dwight
- Mark Allen Flores
- Winona Frye
- Vivian Gamble
- Vanessa T. Greene
- Sally Hartman
- Pamela Little-Hill
- Benjamin Huckaby
- Iris James
- Rhys Jones

- Randy Keaton
- Carol Laginess
- James H. Laster
- Pastor Mark Lawrence
- Brad Lazernick
- Pamela Lichtenstein
- Pamela J. McNaught
- Pamela Parsell
- Bruce Powell
- Judith Raridon
- Anthony J. Russo
- Debbie Schwartz
- Maxine Scott
- John N. Skirven
- Debbi Steiger
- Craig Sutherland
- Melissa Sutherland
- Tedra Taylor
- Lisa B. Turner
- Gloria S. Winkler

HAYDEN VILLAGE CENTER

- Joyce S. Dixon
- Mark Allen Flores
- Lynn E. Powell
- Oak Street Senior Citizens Inc.
- Zeta Phi Beta Sorority Inc. Commonwealth of Virginia Chapter



WAYS TO GIVE

Make a contribution to the Annual Fund

Designate your United Way contribution to Senior Services of Southeastern Virginia

Honorarium or Memorial Contribution

Planned Gift or Bequest

Make a secure donation online at www.ssseva.org

IN-KIND GIFTS

- Atlantic Bay Mortgage Group
- Mike Knepler
- Rose & Womble Realty Co.
- Tidewater Finance Company

UNITED WAY DONOR DESIGNATIONS

- Debra L. Anderson
- Annie Artis
- Mary Elizabeth Baber
- Nancy C. Bertero
- Elizabeth Theresa Brown
- Marjorie A. Brown
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- Emma Simmons
- John N. Skirven
- Joyce L. Stafford
- Carol E. Summers
- Joanne Vignski
- Joice S. Whitehorn
- Laura Dunn Whitten
- United Way of Greater Atlanta

LEAVE A LEGACY GIFT.

Make Senior Services a part of your estate plan and create an endowment fund that will benefit the region's seniors for years to come. Contact Debbie Schwartz, SSSEVA Director of Development at dschwartz@ssseva.org or call 757-461-9481 x 520.

*As always, Senior Services would like to express our gratitude to all of the many generous donors who wish to remain anonymous, and we apologize in advance to anyone whose name may have been inadvertently left off of this list.



Senior Services of Southeastern Virginia



HOW TO REACH US.....

- ▶ **Website** at www.ssseva.org
- ▶ **Email** at services@ssseva.org
- ▶ **Facebook** at www.facebook.com/SSSEVA
- ▶ **LinkedIn** at www.Linkedin.com/SSSEVA
- ▶ **Twitter** at www.twitter.com/SeniorSSSEVA

FIND AN OFFICE NEAR YOU.....

**Chesapeake, Norfolk,
Portsmouth and Virginia
Beach** 757.461.9481

Franklin 757.569.8206

Isle of Wight 757.357.4050

Suffolk 757.925.1449

**Senior Advocate
Ombudsman Program**

757.461.9481 or

1.800.766.8059



OUR GOAL.....

To develop and provide comprehensive, coordinated programs that assist seniors, their families and caregivers.

OUR SERVICES.....

- ▶ Advocacy
- ▶ Care Coordination
- ▶ Care Transitions
- ▶ Meals on Wheels
- ▶ I-Ride Transportation
- ▶ In-Home Services
- ▶ Medicare Benefits Counseling
- ▶ Senior Advocate Ombudsman Program
- ▶ Senior Companion Program
- ▶ Volunteer Opportunities
- ▶ Wellness Centers
- ▶ Wellness Classes



SOUTH HAMPTON ROADS WILL BECOME A LIVABLE COMMUNITY FOR ALL AGES