

# ANNUAL REPORT

A YEAR IN REVIEW

2019





## LETTERS FROM OUR LEADERS

### From Our CEO

It is a privilege to work with such a great team of professionals who are committed to serving others, and a board of directors who are passionate about helping seniors and their caregivers.

One of my primary objectives for 2020 is to communicate to our local and national leaders that keeping our seniors healthy, active, and engaged is of great value to our communities. Not only do our seniors bring stability to the family structure and proven expertise to the workforce – they are the driving force behind our local economy. Did you know that our 60+ population controls 70% of our community's disposable income, or that the annual value of senior volunteers amounts to millions of dollars annually to each of our localities? When we invest in our senior infrastructure (keeping our seniors healthy and active) our local economy thrives.

Keeping seniors active, healthy, and engaged is what SSSEVA does through our many and diverse programs and services. Our Wellness program under the leadership of Shelby Craig promotes fitness, nutrition, and socialization. The Center for Aging led by Brad Lazernick assists with transitioning back home after a hospital stay, caregiver education and support, at home evaluations, home care, senior companions, veterans directed care, and health benefits counseling. Tabitha Smith, our Director of Transit, coordinates all our transportation services that assists seniors in getting where they need to go – a critical community service. Additionally, Anne Williams is overseeing our first step into affordable senior housing as we bring the Hayden Village Center in Franklin online. Finally, our development and marketing team led by Debbie Schwartz, builds awareness of our programs and services throughout the community, and works to raise funds to sustain SSSEVA's mission. Her team plans and implements our signature event, the annual *Art of Healthy Aging* that sends a message to our community (both businesses and individuals) that SSSEVA is an organization based on quality, respect, and honor.

2020 will prove to be an exciting year as Senior Services of Southeastern Virginia looks to find new and innovative ways to keep our seniors healthy, active, and engaged.



Steve Zollos

### From Our Board President

Fiscal year 2019 was a year of transition in many ways for SSSEVA. In his first full year at the helm, CEO Steve Zollos challenged his leadership to begin looking seriously at new business opportunities that will drive SSSEVA strategically into the next decade while serving to sustain the organization financially. Over the year, several staff changes took place. With the retirement of her predecessor, Shelby Craig stepped into the role of Director of Wellness, prompting promotions within her department – Caitlyn Allen moved up to the role of Nutrition Supervisor overseeing the congregate nutrition program, and Angelica Yankauskus stepped into the role of Wellness Supervisor managing the Meals on Wheels program. Late in the year, the Wellness Department also welcomed a new Evidence-Based Program Supervisor, Crystal Bynum. In Transit, former Mobility manager Tabitha Smith stepped up to Department Director. I want to acknowledge SSSEVA's leadership for realizing the value of giving its employees the training and mentorship that enables them to grow into new roles.

As SSSEVA moves into 2020, the staff and board of directors looks forward to opening of the Hayden Village Center in Franklin. The Center promises to be the centerpiece for all things senior in Franklin and adjacent Southampton County.

SSSEVA continues to strive for new and better ways to serve its publics – senior citizens and caregivers alike. To accomplish that, the organization not only depends on the expertise and experience of its hard-working staff, but also on the financial support of its community of friends. In 2019, SSSEVA was awarded \$710,419 in grants from private foundations to support innovation and sustain programs – and from local jurisdictions, who understand the importance of supporting a nonprofit that provides for their senior residents; and \$168,809 from the United Way of South Hampton Roads and contributions from small businesses, big corporations and hundreds of individual donors who gave so generously. We mean it when we say, "we couldn't do what we do without you."

In mid-January 2020, I will sadly end my 3-year tenure as board president. It has been my honor and pleasure to serve this organization.



Cathy A. Dalton



BOARD OF DIRECTORS

Annie Alexander  
Shernita Bethea  
Lynn Briley  
W. Keith Cannady  
Cathy A. Dalton  
Herb DeGroft  
Teresa Gonzalvo

Lori Hasty  
Dr. Kasey Henderson  
Bob Holt  
Desiree Key  
Robert Lougen  
Evelyn C. McCullough

Kathy McVey  
Terrequé Paige  
Dr. Robert M. Palmer  
Lisa Turner  
Joice Whitehorn  
Steve Zollos

OUR SERVICES

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

MISSION, VISION, VALUES

**Mission:** *To provide seniors and their caregivers with access to programs and services so they may live their lives with choice and dignity in their communities.*

**Vision:** *We envision a community that empowers, respects, and values seniors and their caregivers.*

**Values:** *Act with courage. Create trust. Exhibit respect. Deliver results.*

PEOPLE SERVED BY JURISDICTION

Chesapeake.....	1,312	Portsmouth.....	962
Franklin.....	827	Southampton.....	459
Isle of Wight.....	783	Suffolk.....	1,178
Norfolk.....	2,912	Virginia Beach.....	2,330

PUBLIC SUPPORT & REVENUE

Federal Funds.....	\$4,336,405 (56%)	Program Revenue.....	\$248,004 (3%)
State Funds.....	\$1,981,398 (26%)	United Way and Contributions.....	\$168,809 (2%)
Grants and Contracts.....	\$710,419 (9%)	Other.....	\$58,780 (1%)
Donated Goods and Services.....	\$209,327 (3%)	Total Revenue.....	\$7,713,140

EXPENDITURES BY SERVICE PRIORITIES

Community-based Services.....	\$1,550,496 (20%)	Wellness and Lifestyle.....	\$1,482,984 (19%)
Aging and Disability Resources.....	\$1,518,392 (19%)	Benefits Counseling.....	\$208,581 (3%)
Transit.....	\$1,652,694 (21%)	Donated Goods and Services.....	\$209,327 (3%)
Management and Fundraising.....	1,196,161 (15%)		



## ADVOCACY



### March for Meals

In March 2019, Senior Services of Southeastern Virginia (SSSEVA) helped to spill the beans on senior hunger. As a proud member of Meals on Wheels America (MOW), SSSEVA participates in the national organization's annual "March for Meals" campaign. Throughout

the month, we take time to spread awareness of the serious issue of food insecurity facing so many of our country's elderly citizens. In celebration of the campaign's "Community Champions Week," March 18-22, 2019, SSSEVA invited local public officials, celebrities, and volunteer groups from Virginia Beach

and Suffolk to visit the senior participants at two of SSSEVA's senior center nutrition sites: Williams Farm Recreation Center in Virginia Beach and the East Suffolk Community Center in Suffolk. Our Community Champions — including U.S. Representative Elaine Luria (VA-02), Virginia Beach Mayor Bobby Dyer,

Councilwoman Rosemary Wilson, and Department of Parks and Recreation Director Michael Kirschman — were among those who joined us at Williams Farm on March 18. Sylvia Murphy, Constituent Services Director for Rep. A. Donald McEachin (VA-04), Vice Mayor Leroy Bennett, Sheriff Everett "E.C." Harris, and WAVY 13 Hampton Roads Show co-host Chris Reckling were amongst those who participated in Suffolk on March 21. All of the Community Champions

served lunch, spoke one-on-one with program participants and learned firsthand about the most important issues facing our region's seniors.

### Coffee with Congress

On August 26, in partnership with the Alzheimer's Association of Southeastern Virginia Chapter and the Peninsula Agency on Aging, SSSEVA co-hosted U.S. Rep. Bobby Scott (VA-3) at a Coffee with Congress event in Newport News.

Invited guests, including clients of each agency, aging-industry professionals, and board members from each organization had the opportunity to share their personal stories, challenges and 2019 legislative priorities with Rep. Scott. At the end of the day, the congressman shared how appreciative he was to have had the opportunity to learn how pending federal legislation and proposed line items in the 2020 budget could positively or negatively impact the availability of services and supports for individuals and families back home in Hampton Roads.





## FEEDING SENIORS



Farmers Market



Emergency Meals



Congregate Meals



**51,820** congregate meals were served to **1,163 seniors** at our nutrition sites in South Hampton Roads and Western Tidewater.

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

**107,363** home-delivered meals were enjoyed by **683 individuals** living in South Hampton Roads and Western Tidewater.

**900** seniors participated in **7 Senior Farmers Market** nutrition, education and food preparation sessions.



In Fiscal Year 2019, 359 seniors participated in 26 group education sessions at SSSEVA's congregate meal sites; 120 seniors participated in two March for Meals "Community Champions" nutrition education and cooking demonstration events; 10 seniors participated in new individual nutrition counseling sessions; and 10 seniors scheduled one-on-one nutrition education consults.

### What's New in Fiscal Year 2020

In early December 2019, Senior Services of Southeastern Virginia began an exciting partnership with Beth Sholom Village. Beth Sholom is now the provider of the congregate nutrition program lunches for the urban senior

wellness and nutrition sites that SSSEVA serves. SSSEVA is continually striving to provide healthy, nutritious, tasty lunches for our seniors and we look forward to all that this new community partner has to offer. Kirsten Romero, MS, RDN, a registered dietitian, works with the wellness program at SSSEVA. She provides group nutrition education at SSSEVA's senior wellness and nutrition sites, and is also available to provide one-on-one nutrition coaching to both wellness center participants and SSSEVA's Meals on Wheels clients.



## WELLNESS

**9** Chronic Disease and Diabetes Self-Management workshops were held in Fiscal Year 2019 with a total of 54 sessions and 121 participants.

This program offers small group discussion, problem solving, and small goal setting. It helps with things such as menu planning, proper diet and carbohydrate intake, blood sugar levels, and sick days. Each program is sponsored by the Virginia Department for Aging and Rehabilitative Services and Live Well, Virginia!



*Let's Get Moving*

**100+** seniors participated in the 2019 Fall Prevention event at the East Suffolk Recreation Center.

This event included health screenings, exercise classes, and workshops on preventing falls and fraud.



*Matter of Balance*

**5** Matter of Balance workshops were held in Fiscal Year 2019 with a total of 40 sessions for 63 participants. This award-winning, eight-week program is designed to manage falls and increase activity levels. It includes a workbook designed for home awareness of trip hazards, safety tips, and how-tos to keep seniors safe and fall free.



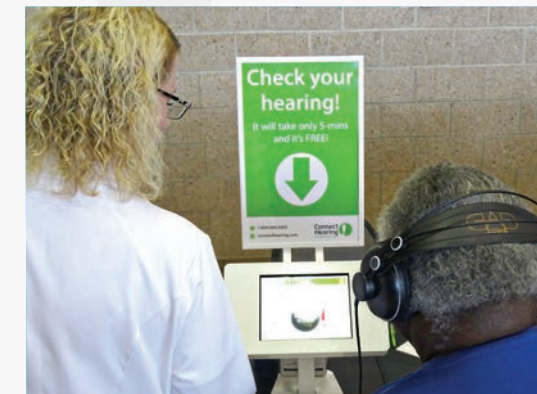
*Games*



*Southside Baptist Senior Center*



*Egg Race*



*Hearing Checks*



*Potting Fresh Herbs*

## Wellness Center Activities

Our Wellness Centers are located in area Parks and Recreation Senior Centers and other community partner host sites. Each site offers a unique atmosphere for engagement, socialization, fun and independence for our seniors. They allow seniors to be a part of something bigger than themselves. The centers offer opportunities for events, workshops, nutritious meals, field trips, games, celebrations, and so much more.



## I-RIDE TRANSIT

I-Ride Transit services include fixed routes, medical transportation, and on-demand response. For its senior riders, I-Ride Transit provides the ability to get to medical appointments, thereby ensuring their access to healthcare. It also provides seniors, who are at risk of isolation, the ability to travel to area senior wellness and nutrition centers and adult day care.



*I-Ride Assistance*

**12,575** rides provided by I-Ride Transit on its fixed routes in Fiscal Year 2019.

**269** rides provided through SSSEVA's medical transportation partnership with Sentara PACE Churchland.

I-Ride Transit provides **3** fixed routes: Smithfield, Franklin, and Wards Corner in Norfolk.

**45** vehicles are in the I-Ride fleet: 21 in the Western Tidewater area and 24 in South Hampton Roads.

## Sentara PACE Churchland

SSSEVA is proud of our recent partnership with Sentara PACE, a Program of All-Inclusive Care for the Elderly. SSSEVA provides medical transportation to Sentara PACE Churchland for individuals who have chosen to receive comprehensive medical services that allow them to remain in their home and community.





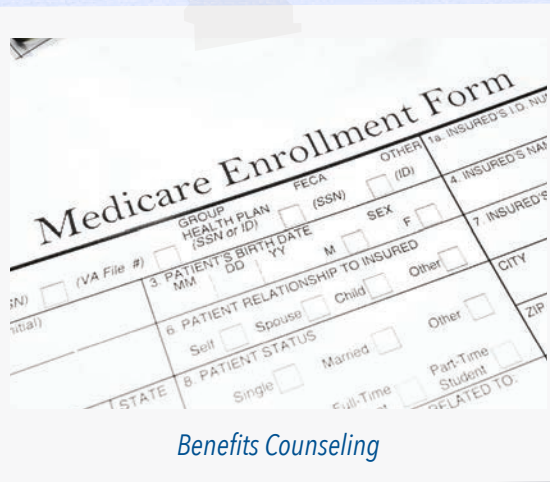
# SERVICES & SUPPORTS



Options Counseling

**663** clients were helped through the **Options Counseling program.**

Through this program, options counselors meet with clients and their caregiver families to explore resource options for physical, medical, financial, and emotional needs; coordinate with other agencies; and empower clients to take charge of their health and welfare.



Benefits Counseling

**5,882** individuals were provided with information and assistance by our resource specialists.

**763** individuals received **Care Transitions Intervention® service by certified CTI® coaches.** This award-winning program helps clients gain confidence and the skills they need to take charge of their health after returning home from a hospital stay.

**9,192** hours of care provided to **79 seniors** through the **Homemaker Program.**

**210** seniors were helped through home medications management.

**64,652** hours served by **175 Senior Companions** to seniors living throughout South Hampton Roads in the past fiscal year.

**10,628** hours of care provided to **134 seniors** through the **Personal Care Program.**



Senior Companion Recognition

**2,587** Medicare benefits inquiries were responded to by SSSEVA's benefits counselors. These counselors are available to help sort through Medicare options and assist in applying for benefits.

**9** seniors were assisted with air conditioners through the **Senior Cool Care program.**



## VOLUNTEERS

All that SSSEVA accomplishes each year would be impossible without help from our volunteers. Our volunteers spend tireless hours in our offices, in the communities we serve, and by assisting our staff at agency special events.

More than **5,250** hurricane meals and more than **1,294** winter emergency meals were delivered by our volunteers in Fiscal Year 2019.

**45** volunteers served 92 hours participating in the organization's **Fall Prevention event** as part of the United Way of South Hampton Roads' National Day of Caring.

**14** volunteers helped staff events in Fiscal Year 2019, with a total of 104 individuals serving the organization as volunteers.

**10** Senior Advocate Ombudsmen served 892 hours consulting and visiting with residents in long-term services and supports facilities. These volunteers served to represent the expressed concerns of consumers receiving long-term services and supports.



*GEICO Volunteers*



*USS Bush Emergency Meals Delivery*



*ODU School of Nursing Students*



*Cox Communications Volunteers*

**13** volunteers served **44** hours making **Comfort Calls**, monthly check-in calls after Meals on Wheels deliveries to ensure all is well with senior clients.

**763** hours served by **21** volunteer groups, totaling approximately 157 individuals in the groups.



*Zeta Phi Beta Sorority, Inc.-Beta Alpha Omicron Zeta Chapter*

**Old Dominion University School of Nursing:** In Fiscal Year 2019, SSSEVA partnered with Old Dominion University School of Nursing to provide students of its Community Health class the opportunity to engage with seniors in the community and obtain valuable insight that could be applied toward research papers and community-based projects. Throughout the year, students volunteered at our Senior Farmer's Market Events, delivered meals to home-bound clients in the community, and established a health demo and hypertension/diabetes screening event for partner PrimePlus Senior Center in Norfolk. These students used the data they collected while in the community to present their findings on Hypertension Teaching in Older Adults of the Hampton Roads Area during their Community Health Presentation Event.



# Thank You to Our Community Partners.

**A Anthem:** In December 2018, volunteers from Anthem, Inc. hosted their eighth annual "Sannta for Seniors" holiday party at the Dr. Clarence V. Cuffee Community Center in Chesapeake. Approximately 100 seniors who regularly participate in SSSEVA's weekday senior wellness and nutrition program enjoyed a special holiday meal, festive activities and personalized gifts, all purchased by Anthem employee volunteers.

**B Atlantic Bay Cares:** As they have for many years during the holiday season, the Atlantic Bay Mortgage Group in Virginia Beach through its philanthropic arm, Atlantic Bay Cares Foundation brightened the holidays for SSSEVA's elderly clients with the donation of hundreds of brightly wrapped presents which were joyfully delivered by SSSEVA staff.

**C Atlantic Shores Retirement Living:** On December 21, 2018, Atlantic Shores Retirement Living hosted a holiday party and "angel tree" gift distribution for the seniors who participate in the congregate meals program at Portsmouth Senior Station. Managing Director of Sales and Marketing Anna Little and Marketing Director Becky King were on hand to distribute gifts donated by Atlantic Shores' residents.

**D Cox Communications:** SSSEVA rounded out our March for Meals campaign with Cox Communications. Volunteers from the company spent the afternoon with seniors

at our center at Southside Baptist Church in Chesapeake, Virginia, playing games, exercising, and serving lunch to the senior center participants.

**E Holland Elementary School:** Students from Stefanie Busineda's fourth grade class at Holland Elementary School joined the fight against senior hunger during the month of March 2019 as part of SSSEVA's March for Meals recognition month. The students learned all about nutrition and why some older adults in their communities may not have enough to eat, while decorating placemats to share with participants at SSSEVA's senior wellness center nutrition sites.

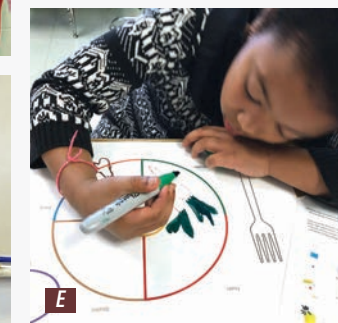
**F PRSA HR:** The Public Relations Society of America Hampton Roads Chapter adopted SSSEVA's senior wellness centers as the recipients of its 2019 summer public service project. Chapter members generously donated an abundance of art supplies to be distributed for arts and crafts needs at the centers. Items such as these are only funded through direct donations of goods or funds.

**G QVC Greenbrier:** Eighty-five seniors at three of SSSEVA's senior wellness center nutrition sites were thrilled to receive Easter gift baskets last spring, courtesy of the generous employees at QVC's Greenbrier location. Baskets were delivered to the seniors who participate in the congregate nutrition programs at Bayside Recreation Center in Virginia Beach, PrimePlus Senior Center in Norfolk and Southside Baptist Church.

**H Rose and Womble:** In November 2018, Rose & Womble's Suffolk office once again hosted their annual turkey drive. Traditional holiday foods were donated and distributed to isolated and at-risk elderly individuals and their caregiver families. SSSEVA's care coordination team delivered the holiday meal packages to 70 of its most needy clients throughout its South Hampton Roads and Western Tidewater service area.

**I Titan America:** In December 2018, Titan America LLC Norfolk corporate staff donated holiday gifts for SSSEVA's Meals on Wheels clients and participants at our senior center nutrition sites. The gift items included warm hand-knitted scarves, shawls and hats that were contributed by a very talented Titan America employee, Karen Kittler.

**J Virginia Beach Antique Mall:** As a part of the Subaru Share the Love Event, SSSEVA held a gift-wrapping event on December 15, 2018 at the Virginia Beach Antique Mall. During the event SSSEVA staff and volunteers, including Sylvia Murphy, district representative from Congressman A. Donald McEachin's (VA-04) office, had the opportunity to promote the Share the Love Event and the importance of supporting Meals on Wheels in our local communities. Since early 2018, the antique mall has been a very generous partner of SSSEVA, donating monthly proceeds from a dedicated SSSEVA booth to our organization.





## EVENTS

### Free Wills Event

Stepping up on behalf of our region's seniors once again, the Norfolk and Portsmouth Bar Association in partnership with the Hampton Roads Estate Planning Council and SSSEVA offered income-qualified seniors the opportunity to make a basic will, durable power of attorney and advance medical directive FREE OF CHARGE. SSSEVA is already taking names for a waiting list for a second event in 2020.



### Senior Citizen's Law Day

Senior Citizen's Law Day: The Norfolk and Portsmouth Bar Association in collaboration with SSSEVA and Prime Plus Senior Center Norfolk hosted a half-day Senior Citizen's Law Day on October 26, 2018, offering senior citizens and caregiver families the opportunity to learn and ask questions about a variety of legal and financial issues such as Wills, Trusts & Powers of Attorney, Beneficiary Designations, Guardianships, and Medicare/Medicaid. The half-day event was so popular that plans for another one in 2020 are already underway.



## HAYDEN VILLAGE CENTER

We look forward to the opening of the Hayden Village Center in Franklin early in 2020. When it opens, the building will be home to 28 senior apartments; and will be the Western Tidewater hub of operations for SSSEVA's programs and services including: I-Ride Transit, the No Wrong Door access center for aging and disability services including long-term services and supports, benefits counseling, a weekday senior wellness center offering hot luncheon meals, wellness programs and nutrition education, and inter-generational programming. A primary care clinic operated by Southampton Memorial Hospital and space for other senior-related providers will offer additional resources for the community. It is the intention that the new Center will be the place for "all things senior" in Franklin, and Southampton and Isle of Wight Counties.

### Naming Opportunities

Naming opportunities at the Center are available. Anyone interested in honoring the memory of Della I. Hayden, the building's namesake or an alumni of the former Hayden High School/Junior High School, should please contact SSSEVA Director of Development and Community Relations Debbie Schwartz at [dschwartz@ssseva.org](mailto:dschwartz@ssseva.org) for more information.



## WESTERN TIDEWATER Art of Healthy Aging

**On April 12, 2019,** seniors gathered at the Paul D. Camp Workforce Development Center in Franklin, Virginia, for a sold-out event. The half-day expo and forum, sponsored by Southampton Memorial Hospital, The Village at Woods Edge, and Keurig Dr. Pepper was an interactive day of information, entertainment, chocolate, raffles and more.



KEEP ON  
**Aging  
OUT  
LOUD!**

## The Art of Healthy Aging Forum & Expo<sup>SM</sup>

### Age is what you make of it!

Local and regional seniors enjoyed "Aging Out Loud" on Wednesday, Nov. 14, 2018 during SSSEVA's "The Art of Healthy Aging Forum & Expo," presented by Optima Health & Sentara Life Care at the Virginia Beach Convention Center. Over 700 participants proved that "age is what you make of it" as they moved and grooved to the fabulous sounds of Masters of Soul. The sold-out, half-day event included breakout sessions, entertainment, exercise, and information about products and services from over 70 vendors. In addition, as part of National Family Caregivers Month, three local caregivers—family, professional, and veteran caregivers—were recognized during "A Salute to Caregivers," sponsored by LifeWorks Rehab.





## AWARDS

**A The Health Empowerment Program** administered by Senior Services of Southeastern Virginia received a 2019 Aging Innovations Award, one of 16 presented to agencies across the country by the National Association of Area Agencies on Aging at its annual conference and tradeshow in New Orleans on July 27-31. The award recognizes programs that develop and implement cutting-edge approaches to support older adults, people with disabilities and their family caregivers. One of the selection criteria was the ease with which other agencies could replicate the program in their communities. The Health Empowerment Program is a collaboration with the Eastern Virginia Medical School Department of Family Medicine and Sentara Healthcare's primary care practices.

**B 2019 Pinnacle Award:** Senior Services of Southeastern Virginia's Marketing and Communications team was recognized by the Public Relations Society of America - Hampton Roads Chapter with a 2019 Pinnacle Award for its March 2019 "March for Meals" campaign. SSSEVA was recognized in the category of Most Effective Public Relations Campaign on a Shoestring Budget (of \$5,000) or less.



2019 Aging Innovations Award recipients



2019 Pinnacle Award recipients

## CONTRIBUTIONS AND GRANTS

Senior Services of Southeastern Virginia is grateful for the contributions and grants it received during the past fiscal year, Oct. 1, 2018 through Sept. 30, 2019. We want to thank the following individuals, businesses, and charitable organizations whose support and generosity allow SSSEVA to carry on its mission and develop the critical partnerships necessary to meet the challenges of a rapidly growing older adult population. On behalf of our board of directors and staff, we "thank you."

### 2018 Art of Healthy Aging Sponsors

AAA of Tidewater Virginia  
AARP Virginia  
Aetna Better Health of Virginia  
Anthem Healthkeepers  
Capital Care  
Checkered Flag Toyota  
Chesapeake Regional Healthcare  
Hook Law Center  
LifeWorks Rehab  
Optima Health/Sentara\*  
Serenity Healthcare  
The Crossings at Oakbrooke  
TowneBank  
Virginia Premier  
Virginia Symphony

\*Presenting Sponsors

### 2019 Western Tidewater Art of Healthy Aging Sponsors

Keurig Dr. Pepper  
Southampton Memorial Hospital  
The Village at Woods Edge

### 2019 Annual Meeting Sponsors

Medical Dynamics, Associates  
Evelyn Robert  
United Healthcare\*

\*Presenting Sponsors

### Business & Partner Organizations

American Specialty Health  
Fitness, Inc.  
Atlantic Bay Mortgage  
Atlantic Shores Retirement Living

California Pizza Kitchen  
Virginia Beach Town Center  
Virginia Beach Antique Mall  
Virginia Beach Task Force on Aging  
Suntrust United Way Campaign

### Neighborhood Assistance Program Donors

Drs. Michelle and Joel Brenner  
Vanessa Greene  
Ironclad Technologies, Inc.  
David and Jody Mazur  
David Kaplan  
William Roman

### Endowment Gifts

Caryl Gove Revocable Trust



### In Support of the Hayden Village Center:

Hayden Alumni Association  
Mr. & Mrs. Herb DeGroft  
Kaufman & Canoles  
(In-kind donation)  
Safeco (In-kind donation)

### Della I. Hayden Memorial Bricks

Carolyn Richardson

### United Way of South Hampton Roads Employee Campaign

Thank you to all those generous donors who contributed \$14,212 to SSSEVA through their designated contributions to the UWSHR 2019 campaign.

### Annual Fund Campaign

SSSEVA thanks the hundreds of donors who contributed a total of \$57,039 to support Meals on Wheels, weekday congregate meals at senior wellness centers, and und services to ensure the health and basic needs of this region's seniors.

We thank all of the donors, sponsors and community partners who support SSSEVA all year long. Together we can make a difference!

### Ways to Give

Learn about the many ways to give, including one-time donations, tribute gifts, planned giving, and more. Visit [www.ssseva.org/page/ways-to-give](http://www.ssseva.org/page/ways-to-give).

## March For Meals

### During 2019 March for Meals Community Champions Week, California

*Pizza Kitchen, Town Center in Virginia Beach hosted a three-day fundraiser – March 19-21 – to benefit SSSEVA's nutrition programs. The restaurant donated 20% of the proceeds of each patron's check for those who came in to support the fundraiser. We want to also thank SSSEVA's staff, board of directors and other supporters who dined that week at CPK to show their support.*

*Senior Services of Southeastern Virginia is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color or national origin, as provided by Title VI of the Civil Rights Act of 1964. For more information or to file a complaint, call us at 757-222-4517 or write SSSEVA c/o: Human Resources Manager, 6350 Center Drive, Bldg. 5, #101, Norfolk, VA 23502. All complaints must be filed within 180 days of the alleged act.*

*For more information and links to Title VI complaint forms, go to [www.ssseva.org/page/title-vi/](http://www.ssseva.org/page/title-vi/)*

## Gracious Grants

**\$37,048** Anthem Foundation for a Diabetes Self-Management Program expansion

**\$10,000** Camp Family Foundations for I-Ride in Franklin and Southampton County

**\$1,500** Cape Henry Rotary Foundation for the Metro Emergency Fund

**\$15,000** City of Chesapeake Human Services Grant for Senior Wellness promotion (Chronic Disease Self-Management, Diabetes Self-Management and Matter of Balance)

**\$26,000** City of Norfolk local contribution for Meals on Wheels

**\$10,500** City of Suffolk local contribution for the Nutrition & Senior Companion Programs

**\$66,215** City of Virginia Beach local contribution for I-Ride, Senior Companion Program, Benefits Counseling, Ombudsman, and Community Outreach

**\$10,400** Commonwealth of Virginia Department of Social Services NAP Tax Credit Allotment

**\$304,142** Corporation for National and Community Service (CNCS) for a CNCS Continuation Grant/Senior Companion Program

**\$1,200** Dominion Energy Foundation Senior Cool Program to assist income-qualified seniors in South Hampton Roads and Western Tidewater who need a window air conditioner or fan

**\$6,500** Dominion Energy Foundation for the Care Transitions Program

**\$30,000** Franklin-Southampton Charities for In-Home Care Services and Senior Companion Program

**\$6,000** Franklin-Southampton Area United Way for I-Ride

**\$55,192** Isle of Wight County local contribution for I-Ride and the Senior Companion Program

**\$60,000** National Association of Area Agencies on Aging for a Medicare Improvements for Patients and Providers (MIPPA) Benefits Counseling Education program pilot

**\$1,000** Pruden Foundation for the Senior Companion Program



Anthem Grant



Norfolk Rotary Club Grant Check

**\$5,000** Suffolk Foundation for Medical Transportation

**\$10,545** Southampton County local match for I-Ride and Direct Services

**\$10,197.75** Subaru of America /Meals on Wheels America for Share the Love Event participation to support SSSEVA's nutrition programs and wrap-around services

**\$500** Virginia Beach Task Force on Aging for Meals on Wheels in Virginia Beach

**\$265,000** Virginia DRPT FTA Sec. 5310 Capital Grant for five I-Ride vehicles

**\$500** Walmart Foundation for kitchen equipment at the Hayden Village Center





## How to Reach Us:

**Website:** [www.ssseva.org](http://www.ssseva.org)

**Email:** [services@ssseva.org](mailto:services@ssseva.org)

**Facebook:** [www.facebook.com/SSSEVA](http://www.facebook.com/SSSEVA)

**Twitter:** [www.twitter.com/SeniorSSSEVA](http://www.twitter.com/SeniorSSSEVA)

**LinkedIn:** [www.linkedin.com/SSSEVA](http://www.linkedin.com/SSSEVA)

## Find an Office Near You:

**Chesapeake, Norfolk, Portsmouth,  
and Virginia Beach:** 757-461-9481

**Franklin:** 757-222-4519

**Isle of Wight:** 757-357-4050

**Suffolk:** 757-925-1449

**Senior Advocate Ombudsman  
Program:** 757-461-9481 or  
1-800-766-8059

## Our Partners:

