



Senior Services

Long-Term Care

Our In-Home care team is here to help you find the resources you need to stay healthy, active, and independent.

- **Options Counseling**
Identification of available resources, care planning, & caregiver support
- **Medicare Benefits Counseling**
Understand your Medicare options
- **Veteran Directed Care**
Help for Veterans who want to direct their own care at home
- **Personal Care**
Help with grooming & personal needs
- **Care Transitions**
Helping you stay out of the hospital
- **Senior Companions**
A friend you can count on
- **Caregiver Support**
Support for caregivers, including respite
- **Homemaker Program**
Help with meal prep & light housekeeping
- **Senior Cool Care**
Help to keep your house cool



(757) 461-9481

2551 Eltham Avenue, Suite Q
Norfolk, VA 23513

Hayden Village Center
680 Oak Street
Franklin, VA 23851

www.SSSEVA.org

www.facebook.com/SSSEVA

Senior Services of Southeastern Virginia
is a 501(c)(3) nonprofit organization.



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.



Keeping You
Healthy, Active,
& Engaged





A Legacy of Service

Senior Services has been serving the older adults and caregivers of South Hampton Roads and Western Tidewater for more than 50 years. In that time, we have provided more than 11,000,000 services to older adults — helping them remain healthy, active, and engaged.

If you or a loved one, age 60+, needs a helping hand, or if you are a caregiver who needs time to recharge and care for yourself, we can help.



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Keeping You Healthy, Active, & Engaged

What About Fees?

Many of our services are provided at no cost for ages 60 and better. Call for more information.



Health & Wellness Programs

Senior Services is dedicated to assuring seniors have easy access to nutritious meals.

- **Senior Center Programs**
Daily nutritious meals
Make new friends
Fun Activities
- **Farm Market Program**
Eat fresh, eat local
Vouchers for fresh produce
- **Meals On Wheels**
Healthy meals delivered to your home
For Home-bound older adults
- **Nutrition Programs**
Learn how to eat for longevity
Health and wellness materials
- **Wellness Classes**
A Matter of Balance
Bingocize®
Chronic Disease Self-Management
Chronic Pain Self-Management
Walk With Ease

(757) 461-9481



I-Ride Transportation

The *Senior Services' I-Ride* transportation program serves individuals who are 60-years-old and better in South Hampton Roads and Western Tidewater. Our vehicles are equipped with lifts for those in wheelchairs or walkers. Our courteous professional drivers will be happy to get you where you need to go!

- Medical appointments (non-emergency)
- Senior centers
- Adult day care programs
- Fixed routes
Smithfield, Franklin, Windsor, & Norfolk

Hayden Village Center

Winner of the Virginia Governor's Housing Conference: **Best Affordable Housing Development.**

- Community Center
- Senior Apartments (55+)
- Social & recreational activities (60+)
- Transportation