

#### 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. We have served thousands of adults, helping them remain healthy, active, and engaged.

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

Many of our services are provided at no cost for ages 60 and better. Donations are encouraged.

Call for more information.

www.SSSEVA.org www.facebook.com/SSSEVA

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







# (757) 461-9481

#### 2551 Eltham Avenue, Suite Q Norfolk, VA 23513

Hayden Village Center 680 Oak Street Franklin, VA 23851

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 757-461-9481, email dtaylor@ssseva.org or write SSSEVA c/o: Human Resource Director, 2551 Eltham Avenue, Suite Q, Norfolk, Virginia 23513. All complaints must be filed within 180 days of the alleged act. For more information and links to Title VI complaint forms, go to: https://www.ssseva.org/title-vi/

If information is needed in another language, contact 757-461-9481 and ask to speak to a resource specialist. Para más información en español, llame al 757-461-9481 y pida hablar con un especialista de recursos. Kung ang impormasyon ay kinakailangan sa ibang wika, makipagugnayan sa 757-461-9481.

# **Transportation**



#### Keeping You Healthy, Active, & Engaged





#### I-Ride Transit

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. Whether you need to visit the doctor or run some errands, our courteous professional drivers will be happy to get you there!

- Adult Day Care 
  Medical Appointments
- Fixed Routes
- Senior Center Rides

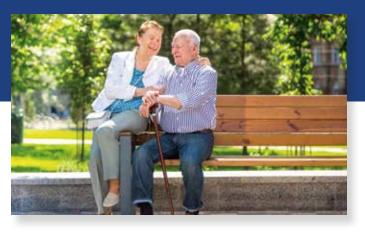
### I-Ride Phone Numbers

Chesapeake, Norfolk, Portsmouth, and Virginia Beach:

# (757) **222-4513**

Franklin, Suffolk, Isle of Wight & Southampton Counties :

(757) 516-8556



## **Medical Rides**

Transportation you can depend on, for the care you need.

- Medical Appointments (non-emergency)
- Hayden Village Center Clinic
- Western Tidewater Free Clinic

#### **Fixed Routes**

For safe, dependable, and on-time service take the bus. We follow a set route with scheduled stops and times in the following areas:

- Franklin City & surrounding areas
- Hayden Village Center
- Smithfield (Isle of Wight County)
- Ward's Corner (Norfolk)
- Windsor (Isle of Wight County)



### **Senior Center Rides**

Getting out and about is important, so we provide transportation to and from our senior center sites throughout South Hampton Roads and Western Tidewater.

Call for information on locations or view our Senior Center directory at: www.ssseva.org/centers

### **Adult Day Care**

Need a ride to and from M.E. Cox or Primeplus Adult Day Care Centers? We can help.

- Available Monday-Friday, 9 am 3 pm
- \$4 fee each way
- Advance reservation required



Keeping You Healthy, Active, & Engaged