



Senior Services

Health & Wellness

Providing easy access to nutritious meals, exercise, education, and community helps seniors stay healthy, active, and engaged.

- **Better Together Café**

Daily nutritious meals
Nutrition Counseling
Social Connection

- **Meals on Wheels**

Delivered meals for home-bound older adults

- **Wellness Classes**

A Matter of Balance
Bingocize®
Chronic Disease Self-Management
Chronic Pain Self-Management
Walk with Ease

- **Healthwise**

Technology coaching to help seniors connect with healthcare providers, friends, and family online



(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



Keeping You
Healthy, Active,
and Engaged

06/2024



Senior Services of Southeastern Virginia is a 501(c)(3) nonprofit organization and adheres to guidelines pursuant to Title VI and the ADA.





Our Mission

Senior Services has been helping older adults and caregivers in South Hampton Roads and Western Tidewater for more than 50 years.

Through our programs and services, we strive to give older adults choice and dignity as they age. That mission includes supporting the caregivers who allow seniors to remain at home.

Who is eligible?

People over 60 and their caregivers in Norfolk, Portsmouth, Chesapeake, Suffolk, Franklin, and Isle of Wight and Southampton Counties.

What about fees?

Our services are provided at no or low cost to those who are eligible.

Call for more information

757-461-9481

In-Home Services

Our In-Home Services are at the core of what we do. We help older adults access the services and benefits that allow them to age in place.

- **Options Counseling**
Resources, care planning, and caregiver support
- **Medicare Benefits Counseling**
Help with understanding your Medicare Options
- **Veteran Directed Care**
Choice and control over long-term care for veterans
- **Personal Care**
Help with bathing and self-care
- **Senior Companions**
A peer and friend to count on
- **Care Transitions**
Improved post-hospital recovery
- **Homemaker Program**
Short-term housekeeping and meal preparation assistance

I-RIDE Transportation

I-RIDE serves South Hampton Roads and Western Tidewater. Our vehicles are ADA compliant, and our friendly drivers ensure their passengers' safety from door to door. Rides are free and donations welcome.

I-RIDE can take seniors to:

- **Medical appointments (non-emergency)**
- **Stores**
- **Family and friends' homes**
- **Any destination within 30 minutes**

Hayden Village Center

Hayden Village Center in Franklin is the Western Tidewater hub for Senior Services. This historic facility offers:

- **Community center**
- **Senior apartments (55+)**
- **Social and recreational activities (60+)**
- **Transportation**