Isle of Wight County Parks & Recreation Senior Resource Guide

Isle of Wight County Parks & Recreation Senior Resource Guide to Everything Senior Related!

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Non-Emergency Numbers…… 2
Housing ……..……..…..……..3-5
Dental……...……...…… …. 6
Exercise Programs ……..……..... 7
Financial Advisor…….……...…..…….....8
Financial Institutions ……...……..…….8-9
Food Pantries & Services …….....9-10
Funeral and Cremation Services…….11-12
Health Care Org./Medical ……..12-13
Insurance Companies…….…….....14
House Cleaning & Lawn Services…….…...…...15
Personal Care……..……..... 16
Pharmacy…….....17
Religious Affiliations……..…..……..18-21
Transportation……..……...22
Utilities……22-25
Other Agencies……...….26-33
Senior Discounts……...……..34-44

Disclaimer: Isle of Wight County has prepared this directory from information provided by listed agencies and other sources. A listing in the Service Resource Guide does not constitute an endorsement of an agency or service by Isle of Wight County. Although this guide features links to other sites, Isle of Wight County takes no responsibility for the content or information contained on those sites, as we do not exercise editorial or other control over these sites. Isle of Wight County makes no representations about the suitability or accuracy of the information contained in this guide.

Non-Emergency County Numbers

Isle of Wight County
(Main switchboard for all county offices) (757) 357-3191

Isle of Wight County Commissioner of the Revenue (757) 365-6222

Isle of Wight County General District Court (757) 365-6243

Isle of Wight County Parks and Recreation (757) 357-2291

Isle of Wight County Planning & Zoning (757) 357-3191

Isle of Wight County Sheriff's Office (757) 357-2151

Isle of Wight County Social Service (757) 365-0880

Isle of Wight County Treasurer (757) 365-6228

Smithfield Police Department (757) 357-3247

Windsor Police Department (757) 242-6799

Housing

Subsidized Housing

***BRADFORD MEWS** (757) 357-0707
100 Cattail Ln, Smithfield, VA 23430

***CEDAR STREET (757) 356-0717**
545 Cedar Street Smithfield, Virginia

***CHURCH MANOR APARTMENTS** (757) 357-5848
513 Main Street #B-12, Smithfield, VA 23430

***COVENANT PLACE (757) 357-4469**
601 Cedar St, Smithfield, VA 23430

EAGLE HARBOR
220 Marsh Landing Dr, Carrollton, VA 23314 (757) 216-9924

***JERSEY PARK APARTMENTS** (757) 357-7250
775 Wrenn Rd, Smithfield, VA 23430

MORRIS CREEK LANDING (757) 357-0102
982 John Rolfe Dr, Smithfield, VA 23430

NEST ON 17
800 Chickahominy Lane, Carrollton, VA 23314 (757) 278-3284

SPRINGDALE APARTMENTS (757) 562-4928
1207 Carrsville Hwy, Franklin, VA 23851

***WOOD'S EDGE APARTMENTS** (757) 357-3263
764 Wrenn Rd, Smithfield, VA 23430

***WINDSOR COURT I & II** (757) 242-9465
103 Georgie D'Tyler Drive Windsor, Virginia

Church Square (Smithfield) *a premier community for active adults 55 and beyond. This gated community features nearly maintenance-free homes and The Signature Club with over 3,000 square feet of recreational quality including a state-of-the-art fitness room, a catering kitchen, a dining room and a great room and gas fireplace makes for a perfect gathering spot for resident parties or socializing. A large lounging pool with umbrella tables and chaise lounges offers seasonal enjoyment. Prices start in the low-$200,000s. The HOA fee includes lawn care and exterior maintenance. Please see a local realtor.*

Note: *Looking for something outside Isle of Wight County? Then check out this online website for some additional information*.

SeniorHousingNet.com *is an industry-leading senior care organization dedicated to providing tools and essential resources to help enhance the lives of older adults of all walks of life. This free resource provides comprehensive information on topics like financial support and care options that are available in Virginia, and our website offers resources for every city and state across the country.*
https://**www.seniorhousingnet.com**/seniors/senior-living-us/virginia
Phone: 800-304-7152

Assisted Living

Consulate Health Care of Windsor (757) 242-4770
23352 Courthouse Hwy, Windsor, VA 23487

Riverside Healthy Living Community Smithfield (757) 357-3282
101 John Rolfe Drive, Smithfield, VA 23430

MAGNOLIA MANOR designed for independent individuals and couples in relatively good health.

Willow Creek Long-Term Care designed for residents who want to feel right at home and require 24/7 licensed nursing care.

Riverside Rehabilitation Center at Smithfield designed for short-term guests recovering from illness, injury, or surgery.

Riverside Convalescent Center (757) 357-3282
200 Lumar Rd, Smithfield, VA 23430

Assistance with Homelessness

Isle of Wight Mission of Hope

The shelter is operated by local churches. It will provide for a place to shower and sleep, dinner, breakfast, and a sack lunch to go for homeless in need.

Contact Barbara Wiggins

Email: vennih@aol.com or call (757) 615-1004/ (757) 357-1763

Dental

Cypress Creek Family Dentistry (757) 357-7500
1617 S Church St, Smithfield, VA 23430

Harold F Demsko PC & Dr. Ryan R. Boylan, DDS (757) 242-6781
70 E Windsor Blvd # D, Windsor, VA 23487

Isle of Wight Christian Outreach Program
Dental Assistance provides funding for emergency dentistry
Please contact dental@iowcop.net or 757-359-9267 for assistance.
402 Grace Street, Smithfield, VA 23430

Isle of Wight Family Dentistry (757) 356-1212
200 Gumwood Dr, Smithfield, VA 23430

Smithfield Crown & Bridge (757) 357-2836
212 Salisbury Ct, Smithfield, VA 23430

Smithfield Dental (757) 357-6779
12746 Courthouse Hwy, Smithfield, VA 23430

Smithfield Family Dentistry (757) 357-4121
309 Main St, Smithfield, VA 23430

Exercise Programs

Silver Sneakers Program 866-584-7389
SilverSneakers® Fitness is the nation's leading fitness program designed for older adults benefiting more than 13 million eligible members. With the SilverSneakers program you will benefit a wide variety of fitness classes, visit fitness locations during non-peak hours and may not have purchased gym memberships. Available at no cost for adults 65+ through select Medicare plans.
https://tools.silversneakers.com

Anytime Fitness
13609 Carrollton, VA 23314
Phone: 757 745-7060

Anytime Fitness
11403 Windsor Blvd, Windsor, VA 23487
Phone: (757) 870-2737

Luter Family YMCA (memberships fee based on income available)
259 James Street, Smithfield, VA 23430
Phone: (757) 365-4060

Workout Anytime Smithfield
1282 Smithfield Plaza, Smithfield, VA 23430
Phone: (757) 744-9584

Exercise at Nike Park (IOW Parks and Recreation)

SENIOR FIT
Senior Fit is a class for older adults to include strength training, flexibility, balance, and cardio.
Monday, Wednesday, and Friday 1:00-2:00 Free
For more information call (757) 357-2291.

Financial Advisor

Edward Jones –Financial Advisor: Keith Compton 757 238-2740
13478 Carrollton Blvd Suite S
Website: www.edwardjones.com/keith-compton Edward Jones –

Edward Jones -Financial Advisor: Phil Frix 757 357-3984
1807 S Church Street Suite 200 B
Website: www.edwardjones.com/PhilFrix

Financial Institutions

BB&T (Truist Financial) (757) 357-4376
1803 S Church St, Smithfield, VA 23430

BayPort Credit Union (757) 928-8850
1290 Smithfield Plz, Smithfield, VA 23430

Colonial Farm Credit (757) 242-6166
11295 Windsor Blvd, Windsor, VA 23487

Farmers Bank

- 1119 S Church St, Smithfield, VA (757) 357-4777
- 50 E Windsor Blvd, Windsor VA (757) 242-3150

Langley Federal Credit Union
13478 Carrollton Blvd Unit A, Carrollton, VA 23314

Old Point National Bank (757)325-6112
13480 Carrollton Boulevard
Carrollton VA, 23314

Financial Institutions (Cont.):

The Bank of Southside Virginia (757) 357-4381
115 Main St, Smithfield, VA 23430

Wells Fargo (757) 356-1002
13400 Benns Church Blvd
Smithfield, VA, 23430

Food Pantries & Services:

Note: Please check for distribution days and times!

Campbell Chapel AME Church (757) 238-2246
20279 Brewers Neck Blvd, Carrollton, VA 23314

First Gravel Hill Baptist Church (757) 357-5550
5230 Old Stage Hwy, Smithfield, VA 23430
https://thefghbc.com/

Foodbank of Southeastern Virginia and Eastern Shore
800 Tidewater Drive, Norfolk
Phone: (757) 627-6599 or (877) 486-4379
https://foodbankonline.org/

Healing Waters Worship Center 757-652-2393
12172 Smiths Neck Rd, Carrollton, VA 23314

IOW Christian Outreach Program (757) 356-9267
402 Grace Street, Smithfield
http://www.iowcop.org/

Rescue Friends Food Pantry 757-298-8978
21295 Rescue Rd, Carrollton, VA 23314, USA

Food Pantries & Services (Cont.)

Suffolk Meals on Wheels, Inc. (757) 934-4911
2800 Godwin Blvd, Suffolk
https://suffolkmealsonwheels.com/

***Note*:** *Restaurants and food service delivery for a charge can be downloaded on a mobile device. Services such as:*

Fast food & restaurant pick-up/delivery at a charge:

Uber Eats (https://www.ubereats.com/)

Door Dash (https://www.doordash.com/)

Grub hub (https://www.grubhub.com/)

Grocery pick-up/delivery at a charge:

Instacart (https://www.instacart.com/)

Funeral and Cremation Services

Chapman – JT Fisher Funeral Home (757) 357-2326
658 W Main St, Smithfield

E Joe Vault Services (757) 542-3001
20081 IWIP Road, Smithfield, VA 23430

Little's Funeral Home and Cremation Service (757) 357-2396
1515 S. Church Street, Smithfield
http://www.littlesfuneralhome.com/

Parr Funeral Home (757) 539-3487
3515 Robs Dr, Suffolk
http://www.parrfuneralhome.com/

Pooles Funeral Home (757) 357-4742
8721 Colonial Trl E, Smithfield

Sturtevant Funeral Home & Crematory (757) 483-4392 or
(757) 488-8348
2690 Bridge Road, Suffolk
http://www.sturtevantfuneralhome.com/

Shivers Funeral Chapel (757) 357-9500

12749 Courthouse Hwy, Smithfield

http://www.shiversfuneralchapel.com/

Note: *Under Virginia law, if no family claims their loved ones after death, and the deceased's estate cannot pay for a burial or cremation, law enforcement agencies are required to handle unclaimed dead bodies, if the remains are not claimed within 10 days. See Code of Virginia§ 32.1-309.2. for more information about disposition of unclaimed dead body. Call the Isle of Wight County Sheriff's Office for assistance.*

Health Care Organizations / Medical

Alzheimer's Association (Southeastern Virginia)
Phone Number: 757.459.2405
Helpline at 800.272.3900
Website: https://www.alz.org/seva

The Arthritis Foundation
7202 Glen Forest Dr., Suite 305, Richmond, VA
Phone Number: (804) 665-9950
Helpline: 1 (844) 571-4357
Website: https://www.arthritis.org/

American Heart Association 1 (800) 242-8721
https://www.heart.org

American Lung Association 1-800-586-4872
https://www.lung.org

American Cancer Society 1 (800) 227-2345
https://www.cancer.org

Every Woman's Life (EWL) Program
This is a public health program that helps uninsured, low income women gain access to free breast and cervical cancer screening services. Screening and early detection reduces death rates, improves treatment options, and greatly increases survival. To be eligible, women must be a Virginia resident between the ages of 18-64, meet federal income guidelines and be uninsured.

Phone: 804-864-8204

Toll Free in Virginia: 1-866-EWL-4YOU | 1-866-395-4968

Sentara St. Luke's (757) 542-1000

20209 Sentara Way, Carrollton, VA 23314

Western Tidewater Free Clinic (757) 923-1060

2019 Meade Pkwy, Suffolk, VA 23434

Services Include: *Medical Care - general and specialty, Prescription Medicines, Dental Services, Care Coordination / Case Management, Lab and Diagnostic Testing, Access to hospital services, Mental Health Counseling (on a limited basis and for medical patients only)*

Insurance Companies

AARP (757) 242-3449 or 1 (888) 687-2277
22507 Courthouse Hwy, Windsor, VA 23487
https://www.aarp.org

Affordable Care Act (ACA)
https://www.healthcare.gov/
1-800-318-2596

Anthem – Blue Cross/Blue Shield 1 (800) 331-1476
https://www.anthem.com/

The Hughes Agency (757) 356-1200
1100 S. Church Street, Smithfield
http://www.thehughesagency.net/

Humana (888) 329-9419 or (800) 457-4708
https://www.humana.com/

Manry Rawls, LLC
1805 S. Church Street, #304, Smithfield VA Phone: (757) 357-7890
5B Roberts Ave, Windsor VA Phone: (757) 242-6112
https://manryrawls.com/

KFF (Kaiser Family Foundation)
Note: *KFF serves as a nonpartisan source of facts, analysis and journalism for policymakers, the media, the health policy community, and the public. Their product is information, always provided free of charge from the most sophisticated policy research, to basic facts and numbers, to in-depth health policy news coverage provided by our news service, KHN, to information young people can use to improve their health or the general public can use to understand health insurance.*
https://www.kff.org

House Cleaning & Lawn Services

All-Around Lawn Care and Pressure Washing LLC
8750 Smithfield Apts Lane, Smithfield, VA 23430
Phone: (757) 210-5178

IT ONLY TAKES TWO! 757 PROFESSIONAL CLEANING & JANITORIAL COMPANY
11261 Magnolia Pl, Smithfield, VA 23430
Phone: (757) 696-1077

Jones Curb Appeal
608 Pole Rd, Smithfield, VA 23430
Phone: (757) 818-3248

J&Y Carpet & House Cleaning LLC
2104 King James Ct, Carrollton, VA 23314
Phone: (757) 642-8462

Master Stream Pressure Washing & Roof Cleaning
15181 Hummingbird Ln, Smithfield, VA 23430
Phone: (757) 350-7758

Meadow Lawn & Landscape
21401 Brewers Neck Blvd, Carrollton, VA 23314
Phone: (757) 238-8901

Smithfield Lawn Services
903 S Church St, Smithfield, VA 23430
Phone: (757) 357-0659

Take A Break House Cleaning
22438 Sundown Dr, Carrollton, VA 23314
Phone: (757) 238-8486

Personal Care

AmeriCare Plus – Isle of Wight

13478 Carrollton Blvd, Suite Q, Carrollton

Phone Number: (757) 356-1700 or (800) 573-3134

Home Sweet Home Care, Inc.

346 Main Street, Smithfield

Phone number: (757) 356-0342

Website: http://www.homesweethomecareinc.com/

PACE (Program of All-Inclusive Care for the Elderly)

This program is a comprehensive health care and supportive services program for frail seniors who wish to remain in their homes and community. The program provides total care for participants, including comprehensive medical and rehabilitative services, in-home services and transportation. Sentara PACE is offered for residents of Isle of Wight.

Address: 5788 Churchland Blvd.

Portsmouth, VA 23703

Phone: (757) 392-2650

Pharmacy

Rite Aid #06762

13554 Carrollton Blvd, Carrollton

Phone: (757) 238-9401

Rite Aid #11258

1200 Benns Church Blvd, Smithfield

Phone: (757) 357-3254

CVS Pharmacy #4063

1109 Benns Church Blvd, Smithfield

Phone: (757) 356-0083

CVS Pharmacy #10991

12 East Windsor Blvd, Windsor

Phone: (757) 242-6191

Kroger

1282 Smithfield Plaza, Smithfield

Phone: (757) 357-0178

Religious Affiliations

Benn's United Methodist Church

Address: 14571 Benns Church Blvd, Smithfield, VA 23430

Phone: (757) 357-3373

Brown's AME Church

Address: 655 Main St, Smithfield, VA 23430

Phone: (757) 357-7647

Campbell Chapel AME Church (757) 238-2246

20279 Brewers Neck Blvd, Carrollton, VA 23314

Carrollton Baptist Church

Address: 14007 Carrollton Blvd, Carrollton, VA 23314

Phone: (757) 238-2399

Central Hill Baptist Church

Address: 10270 Central Hill Rd, Windsor, VA 23487

Phone: (757) 357-2225

Great Spring Church of the Nazarene

Address: 13390 Great Spring Rd, Smithfield, VA 23430

Phone: (757) 357-0475

First Gravel Hill Baptist Church

Address: 5230 Old Stage Hwy, Smithfield, VA 23430

Phone: (757) 357-5550

Harvest Fellowship Baptist Church

Address: 19290 Battery Park Rd, Smithfield, VA 23430

Phone: (757) 356-9494

Religious Affiliations (Cont.)

Healing Waters Worship Center

Address: 12172 Smiths Neck Rd, Carrollton, VA 23314

Phone: (757) 356-1515

Holly Grove AME Church

Address: 21404 Orbit Rd, Windsor, VA 23487

Phone: (757) 357-5510

Jones Grove Baptist Church

Address: Windsor, VA 23487

Phone: (757) 357-7480

Liberty Live Church (Smithfield)

Address: High School, 14171 Turner Dr, Smithfield, VA 23430

Phone: (757) 826-2110

Living Hope Community Fellowship Church

Address: 10001 Fire Tower Rd, Windsor, VA 23487

Phone: (757) 357-7144

Macedonia AME Church

Carrollton, VA 23314

Phone: (757) 357-6284

Oak Grove United Methodist Church

24081 Sugar Hill Rd, Carrollton, VA 23314

Phone: (757) 357-2183

Pentecostal Church

Address: 13468 Waterworks Rd, Smithfield, VA 23430

Religious Affiliations (Cont.)

Pentecostal Holiness Church of God

Address: 304 East St, Smithfield, VA 23430

Phone: (757) 542-3034

Prayer Mission Baptist Church

20505 Lankford Ln, Smithfield, VA 23430

Phone: (757) 356-9915

Rising Star Baptist Church

Address: 19180 Battery Park Rd, Smithfield, VA 23430

Phone: (757) 357-7173

Saint Augustine Chapel

Address: 12083 Smiths Neck Rd, Carrollton, VA 23314

Phone: (757) 357-5213

Sandy Mt Baptist Church

Address: Smithfield, VA 23430

Phone: (757) 357-2298

Shiloh Baptist Church

Address: P.O. Box 596. 9000 Firetower Road, Windsor, VA 23487

Phone: (757) 242-6420

Smithfield Assembly of God

Address: 1800 S Church St, Smithfield, VA 23430

Phone: (757) 357-5539

Smithfield Baptist Church

Address: 100 Wainwright Dr, Smithfield, VA 23430

Phone: (757) 357-2536

Religious Affiliations (Cont.)

Solomon's Temple Church

Address: 15088 Mt. Holly Creek Ln., Smithfield, VA 23430

Phone: (757) 357-9500

Southside Vineyard Community Church

Address: 14353 Benns Church Blvd, Smithfield, VA 23430

Phone: (757) 357-7822

St. Luke's Historic Church & Museum

Address: 14477 Benns Church Blvd, Smithfield, VA 23430

Phone: (757) 357-3367

Sweet Haven Holy Church of God

22188 Brewers Neck Blvd, Carrollton, VA 23314

Phone: (757) 238-9301

Union Bethel AME Church

Address: 14080 Bethel Church Ln, Smithfield, VA 23430

Phone: (757) 357-6440

Uzzell United Methodist Church

Address: 15363 Uzzell Church Rd, Smithfield, VA 23430

Phone: (757) 356-0119

Woodland United Methodist Church

Address: 20051 Orbit Rd, Windsor, VA 23487

Phone: (757) 357-7499

Transportation

I-Ride Transit (Senior Services of Southeastern Virginia)

Phone Number: (757) 516-8556

Website: https://www.ssseva.org/page/i_ride-transit/

Val's Medical Transport

18442 Muddy Cross Drive, Smithfield

Contact Person: Valerie Artis

Phone Number: (757) 663-9501

Email: valsmedical@gmail.com

Virginia Department of Medical Assistance Services (DMAS)

Phone Number: (855) 242-8282

Website: http://www.dmas.virginia.gov/

Sign up for ride share online or on Mobile devices:

https://www.uber.com/

https://www.lyft.com/

Utilities

POWER

Dominion Energy 1-866-4957
https://www.dominionenergy.com/virginia

EnergyShare *is our year-round assistance program that has been helping qualified customers with energy bill payment assistance since 1982. EnergyShare helps customers in two different ways, Bill Payment Assistance and Weatherization.*

Senior Cool Care *is a public-private partnership sponsored by Dominion Energy and administered by the Virginia Department for Aging and Rehabilitative Services that helps low-income older citizens in Virginia keep cool during summer months.*

Community Electric Cooperative 757-242-6181
52 W Windsor Blvd, Windsor, VA 23487
https://www.columbiagasva.com/

Franklin Municipal Power and Light 757-562-8568
1050 Pretlow St. Franklin, VA 23851
https://www.franklinva.com

NATURAL GAS

Columbia Gas of Virginia 1-800-543-8911
https://www.columbiagasva.com

TELECOMMUNICATIONS

Verizon https://www.verizon.com/local/virginia

Spectrum Business/Charter Communications (Residential Cable TV, Internet, Phone) 1-855-273-6619
https://www.spectrum.com

DIRECTV (TV, phone and internet) 1-800-531-5000
https://www.directv.com

Viasat (Satellite Internet) 1-844-907-2424
https://www.viasat.com/home-internet

Hughes Net (Satellite Internet) 1-855-460-3033
https://www.hughesnetinternet.net

Frontier Communications (phone, internet) 1-877-339-2983
https://frontier.com

CELL PHONES

AT&T Store
1262 Smithfield Plaza, Smithfield, VA 23430
Phone: (757) 542-3710

Verizon Authorized Retailer - Wireless Zone
1807 S Church St Suite 100, Smithfield, VA 23430
Phone: (757) 357-3012

Verizon Authorized Retailer - Russell Cellular
11403 Windsor Blvd Suite O-1, Windsor, VA 23487
Phone: (757) 563-3996

***Note*:** *Medicaid recipients and qualifying low-income individuals can receive a FREE cell phone with monthly minutes, data, and texts from the government-supported Lifeline Assistance program. Federal regulations allow only one cell phone per household. Please call 1-888-225-5322 for more information.*

WATER & SEWER

IOW Public Utilities (757) 365-6319
P.O. Box 80
Isle of Wight, VA 23397
https://www.co.isle-of-wight.va.us/

WASTE MANAGEMENT

Southeastern Public Service Authority (SPSA) (757) 961-3874
https://spsa.com/

IOW Public Works Department Solid Waste Division
(757) 365-1658
P.O. Box 80
Isle of Wight, VA 23397
https://www.co.isle-of-wight.va.us/

Town of Smithfield
(757) 365-4200
310 Institute St.
Smithfield, VA 23430
www.smithfieldva.gov

Town of Windsor
(757) 242-4288
8 East Windsor Boulevard
P.O. Box 307
Windsor, VA 23487
www.windsor-va.gov

Bay Disposal
(757) 857-9700
www.baydisposalcustomerservice@wasteconnections.com

Other Agencies

American Red Cross of Virginia
Emergency preparedness and aide for older adults
Phone: 804-780-2250
2825 Emerywood Pkwy
Richmond, VA, 23294

The Genieve Shelter
757.925.4365 or 1.800.969.4673
They strive to provide a safe refuge and supportive environment for the victims of domestic violence, sexual assault, stalking, and human trafficking; provide information, education, and training services that focus on ending the cycle of violence. http://thegenieveshelter.org/

Isle of Wight County Department of Social Services

17100 Monument Circle, Isle of Wight

Phone: (757) 365-0880 Website: http://iowdss.com/

Adult Services – *Services provided to impaired adults 18 yrs. of age or older and to adults age 60 yrs. of age or older. Services are designed to assist the adult in remaining in the least restrictive setting and functioning as independently as possible, to establish or strengthen appropriate family and social support systems, and to support the adult in self-determination, provision of assistance through approved providers for disabled or elderly when they are unable to care for themselves.*

Adult Protective Services - *investigates report of abuse, neglect, or exploitation of elderly or disabled adults. Program provides services and referrals to victimized adults.*

Screening and Assessment - *necessary for community-based care or placement at an adult care residence or nursing home.*

Disaster Relief – *During emergencies, such as hurricanes or hazardous material spills, staff of the department of social services provides management and staffing for emergency shelters. The primary duty of the department is shelter management (registration). However, other duties may include, disaster SNAP, death notifications, addressing inquiries from persons attempting to locate their relatives, and completing emergency relief applications.*

Auxiliary Grants Programs - *a monetary payment program designed to assist to aged, blind, or disabled persons residing in homes for adults who have insufficient funds to meet their needs as established-by the state board of social services.*

Other programs include: *Temporary Assistance To Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Electronic Benefits Transfer Program (EBT), MEDICAID, Family Access to Medical Insurance Security (FAMIS), General Relief, Temporary Assistance To Needy Families (TANF-UP), Temporary Assistance To Repatriates, Child Protective Services, Foster Care, Adoption Service, Employment Services Program/Virginia Initiative for Employment Not Welfare (VIEW), Child Care Services, and Holiday Activities.*

The Medicare Plans Patient Resource Center

https://www.medicareplans.com/virginia/

The Medicare Plans Patient Resource Center supports the families and loved ones of older adults and people with disabilities. They provide access to affordable health care through educational programs, interactive resources, and functional tools. Their team of experts helps current and future Medicare patients build their understanding of Medicare while navigating the complex system. With an active community of patients, experts, and health care providers, they support the elderly and disabled communities with community-based education and actionable solutions for Medicare to address your health care needs.

Office for Aging Services of the Division for Community Living (DARS) 1(804) 662-9333 or 1(800) 552-3402

Helps older Virginians live as independently as possible by coordinating and providing services to help them maintain their dignity and security. There website provides information that aging Virginians, caregivers and their families can use in making important decisions about their lives and the lives of their loved ones. The Office for Aging Services of the Division for Community Living works with 25 local Area Agencies on Aging (AAAs) as well as various other public and private organizations to help older Virginians, their families and loved ones find the services and information they need.

1610 Forest Avenue Suite 100 Henrico, Virginia 23229

https://www.vda.virginia.gov/

Patient Advocate Foundation (800) 532-5274

421 Butler Farm Rd, Hampton, VA 23666

https://www.patientadvocate.org/

Services include: Case Management Services & MedCare Lines, Co-Pay Relief program, Financial Aid Funds, and Scholarship

Senior Services of Southeastern Virginia https://www.ssseva.org

Medicare Benefits Counseling - *Medicare beneficiaries with education and enrollment counseling* call 757-925-4255.

https://www.ssseva.org/moredetail/medicare-benefits-counseling/

Options Counseling - *helps seniors live independently*

Call 757-461-9481.

https://www.ssseva.org/programs/options-counseling/

Caregiver Specialist – *Provides care coordination to seniors with caregivers, assisting them to access available services and supports necessary for the senior to remain living in their residence of choice. Call* 757-461-9481

https://www.ssseva.org/programs/caregiver-support/

Care Transition Coaches - *partnership between Senior Services and Sentara hospitals. Assist those who are 60 or older and are returning home after a hospital stay at Sentara Norfolk General, Sentara Leigh, or Sentara Virginia Beach General.*

https://www.ssseva.org/programs/care-transitions/

Senior Center Congregate Meals - *offers a variety of meals along with activities at our senior wellness centers. Call* 757-356-5877

https://www.ssseva.org/programs/senior-centers

Meals on Wheels - *provides nutritious meals to homebound seniors who cannot prepare meals on their own. Call* 757-461-9481. https://www.ssseva.org/programs/meals-on-wheels/

Wellness Programs - *includes: A Matter of Balance, Chronic Disease Management, Diabetes Disease Management, You Can Live Well Virginia and more.* call 757-963-9209. https://www.ssseva.org/moredetail/wellness-classes/

Senior Companion Program - *partners low-income senior volunteers with adults living independently who need companionship and a helping hand. Call* 757-461-9481 https://www.ssseva.org/programs/senior-companion

Senior Advocate Ombudsman - *Ombudsman will investigate complaints, mediate issues, and provide counseling and community education about nursing homes, assisted living facilities, and community-based care services. Call* 757-222-4542, or 1-800-766-8059. https://www.ssseva.org/programs/ombudsman/

Personal Care Program - *After an illness or during a period of convalescence, Senior Services' short-term Personal Care Program can help with bathing, food preparation, feeding, and other self-care tasks. Call* 757-461-9481. https://www.ssseva.org/programs/personal-care/

Homemaker Program - *During illness or recovery, SSSVA connects individuals to a licensed professional who can help with such tasks as light housekeeping or preparing a meal. Call* 757-461-9481. https://www.ssseva.org/programs/homemaker-program/

Senior Cool Program - *Assist eligible seniors who need help cooling their homes.*

Call 757-461-9481. https://www.ssseva.org/moredetail/long-term-care/

Veterans Services –*SSEVA is now in the process of becoming an Options Counseling provider for veterans who participate in the Veteran Directed Care program offered through Virginia Veterans Administration (VA) medical centers. call* Carol Ottofaro at 757-963-9208. https://www.ssseva.org/programs/veteran-directed-care/

HealthWise Connectivity Project- *A program designed to provide free Tech help for individuals 60 and older. call* 757-524-1646. *New Program: Healthwise Virtual Tech Coaches* - https://www.ssseva.org

U.S. Department of Veterans of Affairs: https://www.va.gov

CRISIS LINE. NEED TO TALK TO SOMEONE NOW

Call 800-273-8255 and select 1

OR Text 838255

Where to call	Toll-free number	Hours
MyVA411 main information line	800-698-2411	24/7
Telecommunications Relay Services (using TTY)	711	24/7
VA benefits hotline	800-827-1000	Monday through Friday, 8:00 a.m. to 9:00 p.m. ET
GI Bill hotline	888-442-4551	Monday through Friday, 8:00 a.m. to 9:00 p.m. ET
VA health benefits hotline	877-222-8387	Monday through Friday, 8:00 a.m. to 9:00 p.m. ET
My HealtheVet help desk	877-327-0022	Monday through Friday, 8:00 a.m. to 9:00 p.m. ET

Virginia Department of Veterans Services
101 North 14th St, 17th floor

Richmond, VA 23219

(804)786-0220

VFW Veterans of Foreign Wars https://www.vfw.org/

Post 8545 Smithfield Post

223 Washington St

Smithfield, VA 23430

Phone: (757) 651-4173 or (757) 542-5785

Post 4411

3385 Beaver Dam Rd.,

Franklin 23851

(757) 569-8169

American Legion Post 49

818 South Church St.

Smithfield, VA 23430

(757) 357-9239

Senior Discounts

Discounts at restaurants often change, please contact your local restaurant in Virginia first to verify which senior citizen discounts are available.

RESTAURANTS

Applebee's has a 10-15% discount for senior citizens age 60+ with a Golden Apple Card.

Arby's has a 10% discount available for senior citizens age 55+ in Virginia.

Auntie Anne's Soft Pretzels has a 10% discount for senior citizens age 65+.

A&W All American Food has a senior citizen discount for individuals age 55+.

Ben & Jerry's has a 10% discount available for seniors age 60+.

Bennigan's has a senior citizen discount available for individuals age 60+.

Blimpie Restaurants Sub Sandwiches has senior citizen discounts available for individuals 60+.

Bonefish Grill has up to a 15% discount for AARP members.

Boston Market has a 10% discount for seniors age 65+.

Burger King has a 10% discount available on beverages for senior citizens age 60+.

Captain D's Seafood has a discount available for senior citizens age 62+ in Virginia.

Senior Discounts

Discounts at restaurants often change, please contact your local restaurant in Virginia first to verify which senior citizen discounts are available.

Church's Chicken has a 10% discount for senior citizens age 55+.

Chick-Fil-A has a 10% discount or a free small beverage for senior citizens age 55+ at participating locations.

Chili's has a 10% discount for senior citizens age 55+.

CiCi's Pizza has a 10% senior citizen discount for individuals age 60+ in Virginia.

Dairy Queen has a 10% senior citizen discount for individuals 60+ at participating locations.

Denny's has a 10% senior citizen discount for seniors 55+ in Virginia.

D'lites Emporium has senior discounts available.

Dunkin' Donuts has a senior citizen discount for AARP members.

Einstein's Bagels has a 10% senior citizen discount for individuals age 60+ on certain bagels.

Fuddrucker's has a 10% senior citizen discount on certain meals for individuals age 55+.

Gatti's Pizza has a 10% discount for senior citizens age 60+.

Golden Corral has a senior discount of 10% for individuals age 60+.

Hardee's has a discount available on beverages for senior citizens age 65+.

Senior Discounts

Discounts at restaurants often change, please contact your local restaurant in Virginia first to verify which senior citizen discounts are available.

IHOP has a special menu for seniors age 55+.

Johnny Rockets has a 10% discount for seniors age 55+.

KFC gives a free small drink with a meal for senior citizens age 55+.

Krispy Kreme has a 10% senior citizen discount for individuals age 50+.

LongHorn Steakhouse has senior discounts available.

Long John Silver's has a discount available for seniors age 55+ in Virginia.

Max and Erma's Restaurant has a 10% senior citizen discount for individuals age 60+.

McDonald's has a senior citizen discount on coffee for seniors age 55+.

Mrs. Fields has a 10% discount available for seniors age 60+.

O'Charley's Restaurant has a 10% senior citizen discount for individuals age 60+.

Ponderosa has a special discounted menu for seniors age 60+.

Popeye's Louisiana Kitchen has a 10% discount for individuals age 55+.

Senior Discounts

Discounts at restaurants often change, please contact your local restaurant in Virginia first to verify which senior citizen discounts are available.

Red Hot & Blue – Barbecue, Burgers & Blues has discounts up to 10% for seniors.

Roy Rodgers has a 10% discount for senior citizens age 60+.

Rocky Mountain Chocolate Factory has a 10% discount for seniors age 65+.

Shoney's has a 10% discount for senior citizens age 60+.

Sonic has a 10% discount available for senior citizens age 60+ in Virginia.

Steak 'n Shake has a 10% discount available on certain weekdays for seniors age 50+.

Subway has a 10% discount for senior citizens age 60+.

Taco Bell has a 5% discount or a free beverage available for senior citizens age 65+.

TCBY has a 10% discount available for senior citizens age 55+.

The Original Pancake House has senior citizens discounts on Friday mornings.

Uno Pizzeria & Grill has a senior discount if you become a member.

Village Inn has a 10% discount available for senior citizens age 60+.

Senior Discounts

Discounts at restaurants often change, please contact your local restaurant in Virginia first to verify which senior citizen discounts are available.

Waffle House has a 10% discount available for senior citizens age 60+ on certain days of the week.

Wendy's has a 10% discount available for senior citizens age 55+.

Western Sizzlin has a 10% discount for senior citizens age 55+.

Whataburger has a 10% discount for senior citizens age 62+.

Zaxby's has senior citizen discounts available.

Senior Discounts

Discounts often change, please contact your local store to verify which senior citizen discounts are available.

SHOPPING

Banana Republic has a 10% discount available for senior citizens age 50+.

Bealls has a 20% discount available for senior citizens age 50+ one day of every month.

Belk's has a 15% discount available for senior citizens age 55+ one day of every month.

Bed Bath and Beyond has a 10% discount available for senior citizens age 55+.

Bon-Ton Department Stores has a 15% discount available for seniors age 55+ on their Senior Citizen Days.

C.J. Banks has a 10% discount for senior citizens age 60+ on every Wednesday.

Clarks has a 10% discount for seniors age 62+.

Dress Barn has a 10% discount available for senior citizens age 55+.

Goodwill has a 10% discount for senior citizens available on certain days of the week.

Hallmark has a 10% discount available on certain days of the week for senior citizens.

Hamrick's has senior discounts available on Tuesdays.

Senior Discounts

Discounts often change, please contact your local store to verify which senior citizen discounts are available.

Kohl's has a 15% discount for senior citizens age 60+.

Lens Crafters has a 30% discount available for AARP members.

Michael's has a 10% discount on Tuesdays for senior citizens age 60+.

Modell's Sporting Goods has a 10% discount available for senior citizens.

Rite Aid has a 10% available on Tuesdays and 10% off on prescriptions for senior citizens.

Ross Stores has a 10% discount every Tuesday for senior citizens age 55+.

The Salvation Army Thrift Stores has up to 50% discount available for seniors age 55+.

Stein Mart has a 20% discount every first Monday of every month for senior citizens age 55+.

TJ Maxx has a 10% discount on certain days of the month for senior citizens age 55+.

Walgreens has a senior citizen discount on "Senior Day" once a month for seniors age 55+.

Senior Discounts

Discounts often change, please contact your local store to verify which senior citizen discounts are available.

GROCERY STORES

Albertson's has a 10% discount on their "Senior Day" one day a month for seniors age 55+.

Farm Fresh has a 10% discount on their "Senior Day" one day a week for seniors age 55+.

Great Value Food Store has a 5% discount for senior citizens age 60+ every Tuesday.

Harris Teeter has a 5% discount one day a week for senior citizens age 60+.

Kroger Senior Discount is no longer available, so please contact your local Kroger to see what other discounts they currently offer.

Whole Foods Market has had special senior day events at participating locations, please contact them for more information

Senior Discounts

Discounts at travel-related companies often change, please contact them first to verify which senior citizen discounts are available.

TRAVEL

AAA
Membership Services
Hours: 8:30 a.m. to 5:30 p.m. Monday-Friday
(800) 501-4222

Alamo has up to 25% discount available for AARP members.

American Airlines has a 15% discount for senior citizens age 65+ in Virginia.

Amtrak has a 15% discount available for senior citizens age 62+.

Avis up to 25% discount available for AARP members.

Best Western has a 10% discount available for senior citizens age 55+.

Budget Rental Cars has a 10% discount available for senior citizens age 50+, and up to 20% for AARP members.

Cambria Suites has a 20-30% discount available for senior citizens age 60+ in Virginia.

Clarion has a 20-30% discount available for seniors age 60+.

Comfort Inn has a 20-30% discount available for seniors age 60+.

Comfort Suites has a 20-30% discount available for seniors age 60+.

Dollar Rent-A-Car has a 10% discount for senior citizens age 50+.

Econo Lodge has a 20-30% discount available for seniors age 60+.

Senior Discounts

Discounts at travel-related companies often change, please contact them first to verify which senior citizen discounts are available.

Enterprise Rent-A-Car has a 5% discount available for AARP members.

Greyhound has a 5% discount available for senior citizens age 62+.

Hampton Inns & Suites has a 10% discount available when booked 72 hours in advance for senior citizens.

Hertz has a discount available for AARP members.

Holiday Inn has a discount available for senior citizens age 62+.

Hyatt Hotels has a 25-50% discount available for senior citizens age 62+.

InterContinental Hotels Group has discounts available for senior citizens age 65+.

Mainstay Suites has 10-30% discounts available for senior citizens age 60+.

Marriott Hotels has a 15% discount for senior citizens age 62+.

Motel 6 has a 10% discount available for senior citizens age 60+.

National Rent-A-Car has a discount for AARP members.

Quality Inn has a 20-30% discount available for senior citizens age 60+.

Red Roof Inn has a 10% discount for senior citizens.

Rodeway Inn has a 20-30% discount available for seniors age 60+.

Senior Discounts

Discounts at travel-related companies often change, please contact them first to verify which senior citizen discounts are available.

Sleep Inn has a 20-30% discount available for senior citizens age 60+.

Southwest Airlines has senior discount available for senior citizens age 65+.

Trailways Transportation System discounts available for senior citizens age 55+.

United Airlines has senior discounts available for senior citizens age 65+.

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