

Residents must be independently mobile or semi-mobile

Zuni Presbyterian Center

5279 Homegrown Lane
Zuni, VA 23898
Phone: (757) 242-6131
Fax: (757) 242-6138
Capacity 0045

Residents must be independently mobile.

MEDICAL/DENTAL/
FREE CLINICS

**Allergy and Asthma Network/
Mothers of Asthmatics, Inc.**

2751 Prosperity Ave. Suite 150
Fairfax, VA 22031
Phone: 1-800-878-4403
Fax: (703) 573-7794
Website: www.aanma.org

Hours are 9:00 a.m. to 5:00 p.m.
Monday – Friday. A national, nonprofit network of families dedicated to overcoming asthma and allergies by providing knowledge.

Chesapeake Care Free Clinic

2145 South Military Highway
Chesapeake, VA 23320
Phone: 545-5700
Website: www.chesapeakecare.org
Email: info@chesapeakecare.org

Provides health care services to employed individuals or individuals with inadequate income who cannot afford quality health insurance or any other programs. Medical clinics are held Tuesdays and Wednesdays at 5:00 p.m. and every other Saturdays at 8:00 a.m. GYN clinic are held 3 or 4 times

monthly. Call 545-5700 ext.36 for dates and times. Pediatric clinics are held Tuesdays at 5:00 p.m. Dental extraction appointments are taken on first come basis on Thursdays at 5:00 p.m. Prescription pick-up is also available Tuesdays, Wednesdays, and Thursdays from 6:00 p.m. to 7:00 p.m. and on Friday 12:00 to 1:00 p.m.

Chesapeake General Hospital

Community Wellness

736 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6132
Website: www.chealth.com

Provides full range of health and wellness programs available for all ages. Educational, support and chronic illness management.

Chesapeake General Hospital

Volunteer Program

736 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-8121
Website: www.chesapeakehealth.com

Provides volunteers opportunities for all ages during day and evening shifts in various departments.

Chesapeake Health Care Center

Medical Facilities of America
688 Kingsborough Square
Chesapeake, VA 23320
Phone: 547-9111
Fax: 547-0535
Website: www.mfa.net/chesapeake

Serves the city of Chesapeake. Offers the highest standard of comprehensive health care services to the community in an efficient and cost effective manner. Maintains a stable work environment,

offers continuing education, and seeks to be of value to the company, its residents and their families, the employees and the community.

Chesapeake Medical Society

736 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6192
Fax: 312-6829

Hours are 8:30 a.m. to 5:00 p.m. Monday – Friday. Provides a special interest organization for medical doctors practicing in Chesapeake provides referral services to inquiring patients who are in need of a physician.

Children’s Craniofacial Center

Children’s Neurodevelopment Center
850 Southampton Avenue
Norfolk, VA 23507
Phone: 668-7031
Fax: 668-7809

Hours are 8:00am-2:00pm, Tuesday. Provides comprehensive services for children with maxilla and craniofacial deformities. Affiliated with Children’s Hospital of the King’s Daughters
Contact: Karen Via.

Comfort Care Home Health Services, Inc.

667 Kingsborough Square Suite 201
Chesapeake, VA 23320
Phone: 312-6460
Website: www.chesapeakehealth.com
Email: homehealth@chealth.org

Serves all ages. Hours are 8:00 a.m. to 4:30 p.m. every day. Provides skilled nursing, physical therapy, occupational therapy, speech therapy, home health aide services and medical social work. Also has a diabetes team, and IV therapy

team, a hospice and rehabilitation therapist.

Comprehensive Epilepsy Program

Sentara Norfolk General Hospital
600 Gresham Drive
Norfolk, VA 23507
Phone: 668-3127
668-3928
Website: www.sentara.com/neuro

Hours are (9:00am-5:00pm, Monday-Friday. A program for information and referral on any issues concerning epilepsy. Call for more information.

Comprehensive Health Investment Project (CHIP) of Chesapeake

Healthy Families Program
Chesapeake Health Department
1302 Jefferson Street
Chesapeake, VA 23324
Phone: 543-9100
Fax: 543-9166

Hours are 9:00a.m.-5:30 p.m., Monday-Friday. Links medically indigent children with community and medical resources to promote ongoing care in the form of a medical home and eliminated environmental and social barriers to children’s good health.

Comprehensive Health Investment Project (CHIP) of Norfolk

Park Place Multipurpose Center
606 West 29th Street
Norfolk, VA 23508
Phone: 683-9255
Fax: 683-2792

Hours are 9:00am-5:00pm, Monday-Friday. Links medically indigent children ages infant through six years, with community and medical resources to promote ongoing care in the form of a medical home and eliminates

environmental and social barriers to children's good health.

**Comprehensive Health Investment
Project (CHIP) of Portsmouth**

662 Lincoln Street
Portsmouth, VA 23704
Phone: 391-0606
Fax: 398-9352
Email: nlpoulin@hotmail.com

Hours are 8:30 a.m. to 5:00 p.m.
Monday – Friday. Serves ages: infant
through six years. Offers teenage
pregnancy program for teens ages 12
through 18.

Diabetes Program

Lifestyle Health and Fitness Center at
Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6132
Fax: 312-6245

Providing diabetes educational classes,
outpatient counseling, adult, children's
and parents' support groups, seminars,
screenings and glucose meter
instructions. Also provides camps and
classes for children and teens with
diabetes.

Eye Care America

P. O. Box 429098
San Francisco, CA 94142-9098
Phone: 1-800-222-EYES (3937)
Fax: (451) 561-8567
Website: www.eyecareamerica.org

Serves ages 65 and older, helps indigent.
Hours are 11:00am-10:00pm, (EST),
Monday-Friday. Provides a volunteer
program designed to make available eye
care to financially disadvantage elderly
Virginians. Call the toll free number and

those eligible will receive a letter giving
them the name of a doctor to call in their
area. The doctor will accept Medicare or
insurance assignments as payment in
full, meaning no out-of-pocket costs to
the patient. Uninsured eligible persons
can receive services as no cost

General Medical Adult Clinic

Public Health Dept.
830 S. Hampton Avenue
Norfolk, VA 23510
Phone: 683-2728
Fax: 683-8663

Open Tuesday, Thursday, and Friday by
appointment only.

Healthcare Connection

Chesapeake General Hospital
(Physician Referral Service)
736 N. Battlefield Blvd
Chesapeake, VA 23320
Phone: 547-7800

Serves all ages. Hours are 8:30am-
4:30pm, Monday-Friday. Free physician
referral service. Provides assistance in
selecting a physician, using criteria such
as specialty, insurance, office locations,
etc.

**Jones Institute for Reproductive
Medicine**

Eastern Virginia Medical School
601 Colley Avenue
Norfolk, VA 23507
Phone: 446-7100 or
1-800-515-6637 toll free
Website: www.jonesinstitute.org

Serves adults. Hours are 8:30am-
5:00pm, Monday-Friday. Provides
information and treatment regarding
reproductive medicine, infertility and
in vitro- fertilization.

Khediye Temple

645 Woodlake Drive
Chesapeake, VA 23320
Phone: 420-4510
Fax: 420-5352
Email: khedivescriner@aol.com

Hours are 9:00am-4:00pm, Monday-Friday. A special interest organization that provides various health services to eligible persons under 18 years of age, certain physically handicapped or burnt children. Does not serve persons with mental retardation.

Lifenet Transplant Services

5809 Wards Court
Virginia Beach, VA 23455
Phone: 464-4761
Fax: 464-5721
Website: www.lifenet.org

Hours are 9:00am- 5:00pm, Monday-Friday. Agency procures organs and procures processes and distributes tissue, as well as provides education to area professionals and the general public.

Lifestyle Health and Fitness Center

Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6132
Fax: 312-6245

Hours are 6:00 a.m. to 8:30 p.m. Monday – Thursday, 6:00 a.m. to 7:30 p.m. Friday and Saturday and 1:00 p.m. to 5:00 p.m. on Sunday.

Medicare Hotline

Phone: 1-800-772-1213
Website: www.ssa.gov

Hours are 8:00am-8:00pm, (Eastern), Monday-Friday. General directory line for Medicare. Can provide general information and publication. Can direct beneficiaries for claims, concerns and fraudulent use complaints.

National Asthma Education and Prevention Program

National Heart, Lung, and Blood Institute
P.O. Box 30105
Bethesda, MD 20824
Phone: (301) 592-8573
Fax: (240) 629-3246
Website: www.nhlbi.org

A national organization which enhances the quality of life for patients with asthma and works to decrease asthma related morbidity and mortality.

National Spinal Cord Injury Hotline

Phone: 1-800-962-9629

24 hour information and referral hotline for traumatic spinal cord injuries that have resulted in paralysis. Staff available 9:00am-5:00pm, Monday-Friday. Available after hours for crisis.

Nutrition Counseling Program

Lifestyle Health and Fitness Center
Chesapeake General Hospital
800 North Battlefield Blvd.
Chesapeake, VA 23320
Phone: 312-6834

Provides nutritional counseling by a Registered Dietician. Especially beneficial for patients with diabetes, hypoglycemia, hypertension, elevated cholesterol and triglyceride levels, and for weight management. Offers cooking classes on a variety of topics and supermarket tours.

**Old Dominion University Dental
Hygiene Care Clinic**

Hampton Blvd.
Norfolk, VA 23529
Phone: 683-4308

Hours are 8:00 a.m. to 4:30 p.m.
Monday – Friday. Costs vary depending
on services. Call for additional
information.

Operation Blessing

977 Centerville Turnpike
Virginia Beach, VA 23463
Phone: 226-2681
Fax: 226-2676
Website: www.ob.org

Provides free dental, optical and other
healthcare services to alleviate human
need and suffering around the world.

Operation Smile International

6435 Tidewater Drive
Norfolk, VA 23509
Phone: 321-7645
Fax: 321-7660
Website: www.operationssmile.org

Serves children all ages. Offers
reconstructive surgery, orthopedic and
dental care, especially in developing
countries.

Park Place Clinic

606 W. 29th Street
Norfolk, VA 23508
Phone: 683-9230

Offers family planning clinic, children's
dental and pediatric clinics.

**Pharmaceutical Research and
Manufacturers of America**

1100 15th Street, NW

Washington, DC 20005
Phone: (202) 835-3400
Fax: (202) 835-3414
Website: www.pharma.org

Many pharmaceutical companies offer
assistance to individuals unable to pay
for their medications. To qualify in most
cases, persons must have a low income
and no pharmaceutical coverage in their
insurance plan. An application must be
completed to qualify. Medications
offered through these programs vary
from company to company. For more
information, write to the address listed
above and ask them to send you the
Directory of prescription Drug Patient
Assistance Programs Booklet.

**Portsmouth Community Health
Center**

664 Lincoln Street
Portsmouth, VA 23704
Phone: 397-0042
Fax: 393-1336
Website: www.portshealth.org

A community based primary medical
care organization which provides quality
health care to the residents of
Portsmouth and surrounding areas.

**Tidewater Center for Life Support
Training (TCLS)**

Eastern Virginia Medical School
855 Brambleton Avenue, Suite 232
Norfolk, VA 23510
Phone: 446-5926
Fax: 446-5906
Website: www.tidewaterems.org

Serves adults. Hours are 8:30am-
4:30pm, Monday-Friday. Provides
training courses in basic and full cardiac
life support to the general public.
Advanced cardiac life support and

advanced trauma life support are offered to medical professionals only.

Tidewater Dietetic Association

Website:

www.tidewaterdieteticassociat.4t.com

Agency is a special interest organization providing nutrition counseling. Also promotes sound nutrition information and optimal health for the population.

Virginia Association of Free Clinics

Phone: (804) 640-3434

Fax: (804) 340-3435

A private, non-profit organization of free clinics that provide health care at a little or no charge to low-income, underinsured, uninsured persons through the use of volunteer health providers.

Virginia Beach Health Clinic

3396 Holland Road, Suite 102

Virginia Beach, VA 23452

Phone: 428-6361

Fax: 428-7872

Website: www.beachhealthclinic.org

Clinic for non-insured individuals. Hours are 8:30am-4:00pm, Monday-Friday. Tuesday and Thursday evenings if medical doctor available.

Weight Watchers

Phone: 1-800-441-7171

Agency is a special interest support organization dealing with weight control. Offers weight control supports groups (mutual support/self-help groups and weight control support group). Call toll-free number for local listing.

MENTAL HEALTH SERVICES

Advocate

National Alliance for the Mentally Ill (NAMI)

2107 Wilson Blvd, Suite 300

Arlington, VA 22201

Phone: (703) 524-7600

1-800-950-NAMI (6264)

Email: www.jennifer@nami.org

Advocate is published 4 times a year by the National Alliance for the Mentally Ill.

Chesapeake Mental Health Services

Chesapeake Community Services Board

224 Great Bridge Blvd

Chesapeake, VA 23320

Phone: 548-7011

548-7000 (Emergency)

Website: www.cityofchesapeake.net

Serves all ages. Hours are 9:00am-5:00pm, Monday-Friday. Provides emergency and crisis intervention counseling; short term individual, couple, family and group therapy; psychological assessment and evaluation services; medication monitoring; and prevention services. Services are provided on sliding fee scale.

Coastal Clubhouse

216 Great Bridge Blvd

Chesapeake, VA 23320

Phone: 547-0097

Fax: 547-9642

Serves ages 18 and above. Hours are 8:00am-8:00pm, Monday and Thursday; 8:00am-5:00pm, Tuesday, Wednesday, Friday; 12:00pm-4:00pm, Saturday;