

Sentara Older Adult Services and Facilities



- Nursing Centers
- Assisted Living Villages
- ▲ Community-Based Services
- ◆ Hospitals

Contact Sentara For Care Options Assistance

Let us help you choose the Older Adult Services to best meet your needs. Call (757) 892-5400 to request a Care Options Form or to schedule a facility tour. You can also submit a form online at www.sentara.com/seniors.



Sentara Older Adult Services
 251 Newtown Road South
 Norfolk, VA 23502
 (757) 892-5400
www.sentara.com/seniors
Your community, not-for-profit health partner

Updated June 2008



Sentara Older Adult Services



• SERVICES, FACILITIES AND PHONE NUMBERS •

SENTARA NURSING CENTERS

Our Nursing Centers combine a spacious, homelike atmosphere with skilled nursing care, therapy specialists who help older adults maintain or regain function, and all the health and medical advantages that come with Sentara. Residents enjoy private or semi-private rooms decorated with personal belongings. And every Nursing Center has a medical director and staff with special expertise, compassion and enthusiasm for the care of older adults.

Central Admissions / Case Management

(757) 892-5800

This office gives you a single referral point for easier admission to one of our Nursing Centers. Our admissions staff help physicians, family members, discharge planners and others identify the Sentara facility that will best meet an individual's need.

■ 1. Sentara Nursing Center - Chesapeake

776 Oak Grove Road
Chesapeake, VA 23320
(757) 261-4000

■ 2. Sentara Nursing Center - Currituck

3907 Caratoke Highway
Barco, NC 27917
(252) 457-0500

■ 3. Sentara Nursing & Rehab Center - Hampton

2230 Executive Drive
Hampton, VA 23666
(757) 224-2230

■ 4. Sentara Nursing Center - Norfolk

249 Newtown Road South
Norfolk, VA 23502
(757) 892-5500

■ 5. Sentara Nursing Center - Portsmouth

4201 Greenwood Drive
Portsmouth, VA 23701
(757) 673-5000

■ 6. Sentara Nursing Center - Virginia Beach

3750 Sentara Way
Virginia Beach, VA 23452
(757) 306-2700

■ 7. Sentara Nursing Center - Windermere

1604 Old Donation Parkway
Virginia Beach, VA 23454
(757) 496-7100

SENTARA ASSISTED LIVING VILLAGES

Sentara Villages offer the best of all worlds – the freedom of independence with the comfort of knowing help is close at hand. Residents live in private or semi-private accommodations that recreate the special feeling of home. Yet 24-hour nursing supervision, on-call physicians and immediate access to the best skilled medical care provide welcome assurance.

● 8. Sentara Village at Chesapeake

778 Oak Grove Road
Chesapeake, VA 23320
(757) 261-4050

● 9. Sentara Village at Norfolk

251 Newtown Road South
Norfolk, VA 23502
(757) 892-5200

● 10. Sentara Village at Virginia Beach

3751 Sentara Way
Virginia Beach, VA 23452
(757) 306-2800

SENTARA COMMUNITY-BASED SERVICES

▲ 11. Sentara Senior Community Care

(757) 502-7800

Health care support, socialization, transportation and other services for seniors who are eligible for nursing home care, but wish to remain at home. This program is modeled after a successful national program called PACE – Program of All-Inclusive Care for the Elderly.

• Sentara Living

(757) 552-7599 (Southside)

This program puts active seniors in touch with experts at Sentara and connects you to health screenings and social events, travel opportunities, discounts and more.

• Mobile Meals Programs

Volunteers bring hot lunches, brown-bag suppers and conversation to older adults at home.

▲ 12. Mobile Meals of Norfolk

(757) 892-5210 or (757) 892-5211

• Sentara Home Care

(757) 549-7755 (Southside)

(757) 766-2600 (Peninsula)

Home health care and equipment.

▲ 13. Sentara Adult Day Health Care Center

3751 Sentara Way
Virginia Beach, VA 23452
(757) 306-2850

A daily destination that offers socialization, healthcare, activities and a hot lunch.

SENTARA HOSPITALS

◆ 14. Sentara Virginia Beach General Hospital

1060 First Colonial Road
Virginia Beach, VA 23454
(757) 395-8000

This award-winning hospital offers many services including cardiac care, open heart surgery, a Level II Trauma Center and the Coastal Cancer Center, affiliated with the University of Virginia. Other specialties include orthopedics, stroke treatment, joint replacement, a Sleep Disorders Center and a Diabetes Center.

◆ 15. Sentara Leigh Hospital

830 Kempsville Road
Norfolk, VA 23502
(757) 466-6000

Located on the border of Norfolk and Virginia Beach, this 250-bed hospital features all private rooms. Specialties include orthopedic, gynecological, general, and urological services, as well as hyperbaric oxygen therapy for patients with major wounds.

◆ 16. Sentara Bayside Hospital

800 Independence Boulevard
Virginia Beach, VA 23455
(757) 363-6100

This 158-bed primary care facility specializes in outpatient diagnostic and surgical services.

◆ 17. Sentara Norfolk General Hospital

600 Gresham Drive
Norfolk, VA 23507
(757) 388-3000

This nationally acclaimed 555-bed hospital is known for many of its highly specialized services including one of the nation's top 50 cardiac programs, the Sentara Cancer Institute, a Level I Trauma Center, microsurgery and reconstructive surgery.

◆ 18. Sentara Heart Hospital

600 Gresham Drive
Norfolk, VA 23507
(757) 388-8000

The region's only dedicated heart hospital with 112 beds features the latest healthcare technologies and is located adjacent to Sentara Norfolk General Hospital.

◆ 19. Hospital For Extended Recovery

600 Gresham Drive, Suite 700
Norfolk, VA 23507
(757) 388-1700

This long-term, acute-care hospital is located within Sentara Norfolk General Hospital. It offers skilled nursing and rehabilitation to help patients recover from illness, injury or surgery.

◆ 20. Sentara CarePlex Hospital

3000 Coliseum Drive
Hampton, VA 23666
(757) 827-2000

Located on the Sentara CarePlex campus in Hampton, this revolutionary new facility, which opened in 2002, provides state-of-the-art healthcare. The hospital has 200 private patient rooms with Internet access, sophisticated surgical capabilities and the region's largest Emergency Department.

◆ 21. Sentara Obici Hospital

2800 Godwin Boulevard
Suffolk, VA 23434
(757) 934-4000

This new 138-bed state-of-the-art facility opened April 2002 and offers a wide range of inpatient and outpatient care and treatment services.

◆ 22. Sentara Williamsburg Regional Medical Center

100 Sentara Circle
Williamsburg, VA 23188
(757) 984-6000

Opened in September 2006 with 145 beds, this new hospital features the latest healthcare technologies with life-saving capabilities of an ultra-modern medical center.

Please see map on back cover.

