

# **Seniors Expo: A Guide to Community Resources**

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**Wednesday, May 22**  
in Ascension's Community Center (ACC)

**10am—Noon**

Complimentary light lunch for all attendees

Bring friends and loved ones and learn about  
community programs and resources for Seniors

**No registration needed!**

**All ages welcome!**

## **Presenters include:**

### **Senior Services of Southeastern Virginia**

Help for Seniors living at home  
Transportation assistance  
Wellness programs  
Meals programs

### **VA Beach Dept of Human Services**

How to help Seniors who are being  
abused, neglected, or exploited  
Behavioral health issues  
Safety and support in Dementia care

### **Catholic Charities of Southeast Virginia**

Help for care givers  
Respite for care givers  
Companion care for Seniors

### **Fleet and Family Services**

Help for Military members  
Who qualifies?  
How to apply

The **Respect Life Ministry** of Church of the Ascension is proud to present this event for senior citizens and their loved ones as part of its public education mission. Presenters will be available after completion of the program to answer questions and provide handout materials. This is an opportunity to find out what services are available in the Tidewater area and whom to contact to help you find solutions for yourself or your senior citizen friends and relatives.

*Need transportation to this event? Contact Tom at (757) 362-6183 for assistance*