



Helping Alexandria's Older Adults Age with Dignity

City Academy – May 4, 2023



Senior Nutrition Program

Meals on Wheels
Groceries to Go



Meals on Wheels

Delivered 7 days a week to homebound seniors 60 and older

City Subsidized
Private Pay



Groceries to Go

Volunteers grocery shop and deliver to older adults who find grocery shopping difficult.



Supplemental Nutritional Assistance Program (SNAP)

-Eligible individuals receive benefits to use towards nutrition

SSA is a SNAP authorized retailer-

EBT is accepted as payment for Groceries to Go program

SSA supports clients in applying for SNAP and providing information about eligibility and application process



Companionship

Friendly Visitor Program

Volunteers matched with socially isolated older adults for weekly visits.

Grandpad Program – allowing isolated seniors to
stay connected.



Transportation

DOT Paratransit

Provides transportation for persons who find it difficult to use public transportation. SSA manages the reservations for client.



Animeals on Wheels

Delivery of pet food to pets of low-income older adults.

Partnership with Animal Welfare League of Alexandria delivering pet food once a month.



Senior Ambassadors – 120 volunteers providing information to their communities. Spanish ambassador program.

“Senior Living in Alexandria” workshops - including Senior Technology and Scams, Genealogy, Caregiver Support, Floral Arranging, Senior Academy, Health Fair and Senior Law Day.

Senior Information Corners – 23 around the city



Contact SSA:

website – www.seniorservicesalex.org

telephone – 703-836-4414

email – admin@seniorservicesalex.org

Facebook - <https://www.facebook.com/SeniorServicesofAlexandria>
