



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

People, even more than things, have to be restored, renewed, revived,  
reclaimed and redeemed; never throw out anyone.

~ Sam Levenson

## Caregiver Tip

The warmer days of spring is a good time to think about spring cleaning. If your loved ones' home needs sprucing up, here are a few tips to get it done.

1. Make a schedule. This project can be done over a weekend or spread out over several weeks. Do what fits in your schedule.
2. Make a list of things to be completed. This is a good time to throw away expired medications, expired food, check smoke detectors and remove hazards from around the home.
3. Get help. Ask family members or friends to help. Be sure to include your loved one in the process and give them tasks they are still able to complete
4. Address problems. Work with family members to find solutions to problems such as unpaid bills, expired items, needed home modifications or ongoing help around the home.

### Caregiver Support Group

Wednesday, April 2, 2014

4 p.m. - 5:30 p.m.

Alexandria Adult Day  
Health Services Center

## Resources

### *We Need to Talk, Better Family Conversations about Aging Issues*

This free seminar by the Northern Virginia Mediation Service focuses on tips for improving conversations with your loved one about caregiving, independence, finances and medical decisions.

Tuesday, April 22, 7-8:30 p.m. at 3031 University Drive, Suite #101, Fairfax, VA 22030. RSVP by Friday, April 18th by emailing [clientservices@nvms.us](mailto:clientservices@nvms.us) or call 703.865.7272.

To remove your name from our mailing list, please email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov)

Questions or comments? Email [Terah.Chamberlin@alexandriava.gov](mailto:Terah.Chamberlin@alexandriava.gov) or call 703.746.5999, Option 1



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