



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

“Be with those who help your being” — Rumi

## Adult Day Services Celebrates 30th Anniversary!

Did you know the Alexandria Adult Day Services Center was established in 1986? On opening day, they provided a warm welcome and a structured therapeutic environment to one adult in a small classroom within the Lee Center. Thirty years later, the space has greatly expanded and today they help to enrich the lives of 26 Alexandrians. This service provide caregivers with a break so that they can work or have some respite. Participants attend the program two to five days a week and are surrounded by an experienced team that supports independence, interests, recreation, good nutrition, nursing services and more. The Center is open Monday to Friday from 7:30 a.m. to 5:30 a.m. In honor of this milestone anniversary they are paying tribute to the Adult Day Services Center caregivers, family and friends on Thursday, September 15, from 4 - 6 p.m. at their location on 1108 Jefferson Street. For more information, please call 703.746.5676. To learn more about the Adult Day Services Center visit [www.alexandriava.gov/dchs/adultservices](http://www.alexandriava.gov/dchs/adultservices).

**Caregiver Support  
Group**  
**Wed., Sept. 7,**  
**4—5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

## Resources:

**September is Older Virginians Mental Health Month:** The National Council On Aging is featuring a series of briefs and free webinars to address behavioral health matters that are important to older Americans. To learn more about this resource visit [www.ncoa.org/center-for-healthy-aging/behavioral-health/older-americans-behavioral-health-series](http://www.ncoa.org/center-for-healthy-aging/behavioral-health/older-americans-behavioral-health-series)

**Family Caregiver Alliance:** Review and print “Taking Care of YOU: Self-Care for Family Caregivers” by visiting [www.caregiver.org/taking-care-you-self-care-family-caregivers](http://www.caregiver.org/taking-care-you-self-care-family-caregivers)

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For questions, comments or to remove your name from our mailing list, please email [pamela.austin@alexandriava.gov](mailto:pamela.austin@alexandriava.gov) or call 703.746.5738.



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