Please contact us for more information regarding:

- Adult Day Services Center
- Adult Protective Services
- Assistance for Persons with Disabilities
- Assisted Living Facility Placement
- Case Management
- Health Insurance Counseling
- In-Home Services
- Legal Services
- Meals on Wheels
- Nursing Facility Placement
- Safety Alert System
- Senior Centers with Daily Lunches
- Support for Caregivers
- Transportation

You can reach us at: **703.746.5999**, Monday - Friday, 8 a.m. - 5 p.m.

You can also visit our website at: [www.alexandriava.gov/Aging](http://www.alexandriava.gov/Aging)


The listings, contents and summary of information contained in this directory are for general reference or resource purposes. The directory listings are in alphabetical order. It is the reader’s responsibility to thoroughly review the listed agencies, including licensing status or other credentials, prior to his or her personal selection.

Published by:
Division of Aging and Adult Services
Department of Community and Human Services
Phone: 703.746.5999
Email: DAAS@alexandriava.gov
Fax: 703.746.5975

Revised: October 31, 2017
# Directory of Resources for Older Adults and Adults with Disabilities

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For more information visit: [www.alexandriviava.gov](http://www.alexandriviava.gov)

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<tr>
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Street Lights ................................................................. 888.667.3000
Streets ................................................................. 703.746.HELP (4357)
Towed Vehicles .......................................................... 703.746.4200
Trash ................................................................. 703.746.HELP (4357)
Vehicle Decals, Taxes, Registration ................. 703.746.3901 / 703.746.5030
Wills and Probate .......................................................... 703.746.4044

Teletypewriters (TTYs for the Hearing Impaired)

Alexandria Redevelopment and Housing Authority (ARHA) ............. 703.836.6425
Alexandria Library (Talking Books) ........................................ 703.746.1790
Communications and Public Information ..................................... 703.838.5056
Fire Department ..................................................................... 703.838.4896
Human Services ................................................................. 703.836.1493
Human Resources (Employment) ................................................ 703.838.5035
Police Department (Communications) ......................................... 703.746.4444
TES/Transit Services .............................................................. 703.838.5056
Women’s Shelter (Voice TTY) ..................................................... 703.746.4911

Emergency Numbers

Fire/Police ............................................................................. 911
American Red Cross ............................................................. 703.549.8300
Adult Protective Services ......................................................... 703.746.5778
Domestic Violence .................................................................. 703.746.4911
Child Abuse/Neglect .............................................................. 703.746.5800
Nationwide Crisis and Emergency Services ............................... 211
Poison Control Center ............................................................. 1.800.222.1222
Sexual Assault Hotline ............................................................ 703.683.7273
Suicide Hotlines ................................................................... 1.800.784.2433
Spanish speaking .................................................................... 1.877.784.2432
Adult Day Health Services

**Alexandria Adult Day Services Center** .................................................. 703.746.5676
**City of Alexandria, Division of Aging and Adult Services**
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/Aging
Hours: 7:30 a.m. - 5:30 p.m., Monday-Friday
The Center provides respite for caregivers and day services in a safe, supervised environment for older persons who should not be home alone. Program includes therapeutic activities and health monitoring by a registered nurse. Medicaid payment accepted; sliding fee scale for low-income Alexandrians. Transportation can be arranged.

**INOVACares For Seniors PACE Program** .............................................. 703.239.5888
4315 Chain Bridge Road, Fairfax, VA 22030
www.inova.org/inova-in-the-community/inovacares-for-seniors-pace-program
The InovaCares for Seniors™ PACE® Program is a comprehensive, coordinated healthcare program and adult day health service provided within the welcoming environment of its community-based center in Fairfax, VA

**Insight Memory Care Center** .................................................................... 703.204.4664
3953 Pender Drive, Suite 100, Fairfax, VA 22030
www.insightmcc.org
The center offers a safe, uplifting and engaging environment for people with dementia and is a practical resource for caregivers.

Adult Protective Services

**Adult Protective Services** ........................................................................... 703.746.5778
**City of Alexandria, Division of Aging and Adult Services**
**APS HOTLINE** ......................................................................................... 1.888.832.3858
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Provides protective services to adults who are at risk of physical or mental harm due to neglect, abuse or exploitation including abuse of financial or personal assets.
Advocacy

**Administration for Community Living (ACL) ................................................. 202.401.4634**  
330 C Street, SW, Washington, DC 20201  
www.acl.gov  
ACL includes the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the Office on Disability and serves as the Federal agency responsible for increasing access to community supports, while focusing attention and resources on the unique needs of older Americans and people with disabilities.

**Alexandria Commission on Aging (COA) ..................................................... 703.746.5999**  
City of Alexandria, Division of Aging and Adult Services  
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302  
www.alexandriava.gov/Aging  
Composed of 21 city residents appointed by The Alexandria City Council, the COA studies and makes recommendations for proposed programs to serve seniors and advocates for aging issues. Monthly public meetings; call for times and locations.

**Alexandria Commission on Persons with Disabilities (ACPD) ............... 703.746.4550**  
City of Alexandria, City Hall  
301 King Street, Alexandria, VA 22314  
www.alexandriava.gov/Aging  
The ACPD is a 17 member volunteer resident at large body appointed by the Mayor and City Council to provide advice to the Mayor, City Council, and City Manager on policies, programs, and legislation affecting Alexandria's residents with physical and sensory disabilities. The ACPD meets at 7:00 p.m. on the second Wednesday of every month in the Chet and Sabra Avery Room 2000 at City Hall. The public is encouraged to attend.

**Domestic Violence Program ................................................................. 703.746.4911**  
City of Alexandria, Domestic Violence and Sexual Assault  
421 King Street, Suite 400, Alexandria, VA 22314  
www.alexandriava.gov/DomesticViolence  
Support and resources for those experiencing physical assault, verbal abuse, emotional abuse, sexual abuse, harassment or threats.

**Northern Virginia Long-Term Care Ombudsman ......................... 703.324.5861**  
TTY ........................................................................................................... 711  
www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman  
Investigates complaints regarding care in nursing homes, assisted living facilities and home health agencies in the City of Alexandria, Fairfax, Arlington and Loudoun Counties.
Sexual Assault Center ................................................................................................................. 703.683.7273
City of Alexandria, Domestic Violence and Sexual Assault
421 King Street, Suite 400, Alexandria, VA 22314
www.alexandriava.gov/SexualViolence
Volunteers and staff are available 24 hours a day to provide crisis intervention, advocacy, counseling and information and referral.

Caregiver Resources

Caregivers’ Support Group ........................................................................................................... 703.746.5999
City of Alexandria, Division of Aging and Adult Services
www.alexandriava.gov/Aging
Monthly support group that provides educational, emotional, and social support for caregivers of adults with medical and aging-related issues. Sessions are held at 1108 Jefferson Street, Alexandria, VA.

CareRing ........................................................................................................................................... 703.527.4077
601 South Carlin Springs Road, Arlington, VA 22204
www.prsinc.org
A telephone support program offered by CrisisLink. Through daily phone calls, volunteers monitor physical and emotional well-being. They can also provide reminders for medications and doctor’s appointments.

Eldercare Locator ........................................................................................................................ 1.800.677.1116
www.eldercare.gov
Nationwide service provided by the National Association of Area Agencies on Aging (N4A) to help families and friends find information about resources, services and programs for older adults and persons with disabilities.

MedicAlert + Alzheimer’s Association Safe Return ....................................................................... 1.888.572.8566
3701 Pender Drive, Suite 400, Fairfax, VA 22030
www.medicalert.org/safereturn
This program of the Alzheimer's Association of the National Capital Area provides ID bracelets for persons with memory loss who wander.

Project Lifesaver .......................................................................................................................... 703.746.5002 or 703.746.5136
2003 Mill Road, Alexandria, VA 22314
www.alexandriava.gov/sheriff
Program locates wandering adults and children through a wristband. Caregivers notify the sheriff’s office that a loved one is missing and a search and rescue team responds with tracking equipment.

Senior Link (ACTS Helpline) ..................................................................................................... 703.368.4141
Free call reassurance program that provides scheduled phone calls to senior citizens or physically disabled persons who are homebound.
The Source Book, Guide to Retirement Living .... 703.992.1100 or 1.800.394.9990
1800 Alexander Bell Drive, Suite 120, Reston VA 20191
www.retirement-living.com
Magazine that lists senior housing options, including independent living options, assisted living facilities, nursing facilities, home care agencies, other care resources, services and information for senior residents and their family members.

**Consumer Information**

**Consumer Affairs**.............................................................................................................. 804.786.2042
**Consumer Protection Hotline**.......................................................................................... 800.552.9963

Attorney General Office
202 North 9th Street, Richmond, VA 23219
Provides information and referral to help resolve issues involving consumer issues and complaints.

**Consumer Credit Counseling**.......................................................................................... 703.836.0482
**Money Management International**
5680 King Centre Drive, Suite 600, Alexandria, VA 22315
This national service offers a debit management program, budget, credit, housing, and bankruptcy counseling.

**Consumer Product Safety Commission Hotline**.............................. 1.800.638.2772
www.cpsc.gov
This national hotline provides information about the safety of specific consumer products.

**Benefits Checkup**.............................................................................................................. www.benefitscheckup.org
A program of the National Council of the Aging (NCOA) that determines whether individuals are eligible for state and/or federal programs. Confidential and free service that does not require the provision of a name, address or Social Security number.

**Federal Trade Commission**.............................................................................................................. 202.326.2222
600 Pennsylvania Avenue NW, Washington, DC 20580
www.ftc.gov
The FTC protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. They conduct investigations, sue companies and people that violate the law, develop rules to ensure a vibrant marketplace, and educate consumers and businesses about their rights and responsibilities.

**National Active and Retired Federal Employees (NARFE) Association**............................................. 703.838.7760
606 N. Washington Street, Alexandria, VA 22314
www.narfe.org
Telephone assistance for retirement and health care benefits for current and retired federal employees.
National Fraud Information Center .................................................. www.fraud.org
Gives consumers needed information to avoid becoming victims of telemarketing and Internet fraud and to help them get their complaints to law enforcement quickly and easily.

Silver Service Card ........................................................................... 703.836.4414
Senior Services of Alexandria
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
www.seniorservicesalex.org
The Silver Service card offers discounts to Alexandria seniors at participating local businesses. This program is a partnership with The City of Alexandria and At Home in Alexandria.

U.S. Department of Health and Human Services Office of Civil Rights Hotline
Main.................................................................................. 1.800.368.1019
TTD.......................................................................................... 1.800.537.7697
www.hhs.gov/ocr/index.html
Civil rights, health information for Virginia privacy rights.

Virginia Department of Agriculture and Consumer Services Consumer Protection/Affairs Hotline........................................... 1.800.552.9963
TTY.......................................................................................... 1.800.828.1120
202 North 9th Street, Richmond, VA 23219
www.vdacs.virginia.gov
Provides protection to consumers against fraudulent, deceptive, and illegal practices in the marketplace. Also provides assistance with consumer complaints, advice on consumer issues, dispute resolution alternatives, and information on how to become a smarter consumer.

Counseling Services

Alcoholics Anonymous (Northern VA Intergroup).............................. 703.293.9753
10400 Eaton Place, Suite 140, Fairfax, VA 22030
www.nvintergroup.org
Provides support and help to those with alcohol dependency through self-help support groups.

Center for Pastoral Counseling of Virginia ..................................... 703.903.9696
1716 Chain Bridge Road, McLean, VA 22101
www.pastoralcounseling.com
Professional counseling for individuals and groups, couples, adolescents, children and families.

Haven of Northern Virginia............................................................ 703.941.7000
4606 Ravensworth Road, Annandale, VA 22003
www.havenofnova.org
A non-profit, non-sectarian community organization of trained volunteers that offers emotional support to the bereaved, the seriously ill, the dying and to their families and friends. Provides education to the community about the needs of those who are grieving.
Jewish Social Service Agency (JSSA) ........................................................... 703.204.9100
3025 Hamaker Court, Fairfax, VA 22031
www.jssa.org
Non-sectarian organization that provides information and referral, counseling, home visit assessments, and friendly visiting for older persons.

Northern Virginia Family Services (NVFS) .............................................. 571.748.2850
4401 Ford Ave., Suite 303, Alexandria, VA 22302
www.nvfs.org
NVFS’ Healthy Families program provides free services to promote healthy child development and prevent child abuse and neglect. This program works with families with children pre-birth to age 3 or 4, depending on jurisdiction. Healthy Families is affiliated with Healthy Families America, an initiative of Prevent Child Abuse America.

Disability Services

Autism Society Northern Virginia Chapter............................................. 703.495.8444
10467 White Granite Drive, Suite 324, Oakton, VA 22124
www.asnv.org
Provides information, support, education, research and advocacy for individuals who have autism and their families.

Brain Injury Association of America...................................................... 703.761.0750
1608 Spring Hill Road, Suite 110, Vienna, VA 22182
www.biausa.org
BIAA's mission is to advance awareness, research, treatment, and education and to improve the quality of life for all people affected by brain injury.

Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD) ............................................................... 301.306.7070
4601 Presidents Drive, Suite 300, Lanham, MD 20706
www.chadd.org
Non-profit organization providing education, advocacy and support for individuals who have Attention Deficit Hyperactivity Disorder.

ENDependence Center of Northern Virginia, Inc. ................................. 703.525.3268
2300 Clarendon Boulevard, Suite 305, Arlington, VA 22201
www.ecnv.org
Community-based resource and advocacy center managed by and for people with disabilities that empowers people with disabilities to live independently. Provides peer counseling, independent living skills and travel training.

Spina Bifida Association of the Mid-Atlantic Region ................................ 1.800.621.3141 extension 20
4590 MacArthur Boulevard, NW Suite 250, Washington, DC 20007
www.sbamar.org
Supports individuals who have Spina Bifida and similar conditions and their families.
The Arc of Northern Virginia ................................................................. 703.208.1119
2755 Hartland Road, Suite 200, Falls Church, VA 22043
www.thearcofnova.org
Promotes and protects the human rights of people with intellectual and developmental
disabilities and actively supports their full inclusion and participation in the community. Offers
information on guardianship, Medicaid Waivers, community education, transition resources and
referrals.

The National Multiple Sclerosis Society National Capital Chapter...... 202.296.5363
1800 M. Street NW, Suite 750, Washington, DC 22036
www.nationalmssociety.org
Addresses challenges of living with Multiple Sclerosis and offers programs for individuals and
their families.

United Cerebral Palsy Affiliates ............................................................ 202.269.1500
3135 8th Street NE, Washington, DC 20017
www.ucpdc.org
Serves all individuals who have disabilities and their families through education, employment,
housing, family support and adult day rehabilitation.

Educational Opportunities

Adult Education ......................................................................................
Alexandria Community Public Schools
1340 Braddock Place, 7th Floor, Alexandria, VA 22314 ......................... 703.619.8027
3330 King Street, Alexandria, VA 22302 ............................................ 703.824.6845
www.acps.kl2.va.us
ACPS Adult Education offers a variety of programs that provide educational opportunities in
Adult Basic Education, Adult High School completion, English Learners (EL), GED
preparation and testing, and workforce development training.

Encore Learning (formerly ALRI) ......................................................... 703.228.2144
2110 Washington Boulevard, Arlington, VA 22204
www.encorelearning.net.org
Offers courses, special events, social activities, and non-degree college-level courses in social
sciences, history, arts and humanities, law, politics, science, engineering, health and wellness,
and public affairs. Open to anyone in DC Metro area, age 50 and over. Annual membership
dues.

Experience Works (formerly Green Thumb, Inc.) ...................... 1.866.397.9757
4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203
www.experienceworks.org
A national, charitable, community based organization originally named Green Thumb.
Experience Works helps low-income seniors with multiple barriers to employment get the
training they need to find good jobs in their communities.
Hogar Immigrant Services
(Catholic Charities of the Diocese of Arlington)................................. 703.534.9805
6301 Little River Turnpike, Suite 300, Alexandria, VA 22312
www.hogarimmigrantservices.org
Offers a combination of legal consultation and representation, naturalization assistance, English-language instruction and other adult education programs.

Lifetime Learning /Lifelong Learning Institute................................. 703.503.0600
Northern Virginia Community College
8333 Little River Turnpike, Annandale, VA 22003
www.lli.nova.org
Offers non-credit classes, discussion groups, seminars, and trip for seniors.

Literacy Council of Northern Virginia, Inc........................................... 703.237.0866
2855 Annandale Road, # 114, Falls Church, VA 22042
www.lcnv.org
LCNV-trained volunteers and paid instructors teach a personalized curriculum that helps adults improve their employment opportunities, become citizens, acquire consumer skills, and increase their involvement in their children’s education.

Northern Virginia Community College - Community Education......... 703.933.5073
5000 Dawes Avenue, Alexandria, VA 22311
www.nvcc.edu
Free, non-credit courses to persons 60+ on space available basis if not part of certification program.

Osher Lifelong Learning Institute (OLLI) ............................................. 703.503.3384
George Mason University
4210 Roberts Road, Fairfax, VA 22032
www.olli.gmu.edu
Independent, non-profit institute that provides intellectual and cultural experiences for residents in their retirement years. Annual membership fee.

Road Scholar.......................................................................................... 1.800.454.5768
11 Avenue De Lafayette, Boston, MA 02111
www.roadscholar.org
Offers educational tours in all 50 states and 150 countries. Older adults can experience in-depth and behind-the-scenes learning opportunities from cultural tours and study cruises to walking and biking.

Saint Martin de Porres Senior Center............................................... 703.751.2766
4650 Taney Avenue, Alexandria, VA 22304
www.ccda.net/programs_elderly.php
Conducts English as a Second Language (ESL) classes and computer skills training for individuals over age 60.
Employment

Experience Works (formerly Green Thumb, Inc.) ............................... 1.866.397.9757
4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203
www.experienceworks.org
Job placements for seniors through "Experience Works" staffing service. A national non-profit organization that provides training and employment services to mature workers.

NCOA Northern Virginia Workforce Resource Center ....................... 571.335.4027
85 South Bragg Street, Suite 301, Alexandria, VA 22312
Manages and operates the Senior Community Service Employment Program (SCSEP—also known as Title V). SCSEP matches eligible older adults with part-time jobs in community service organizations.

Senior Employment Resources .......................................................... 703.750.1936
P. O. Box 1324, Annandale, VA 22003
www.seniorjobs.org
Provides information and resources for seniors to help them locate suitable job openings and to enhance their ability to secure interviews and receive job offers.

Virginia Employment Commission Job Service ............................... 703.813.1300
5520 Cherokee Avenue, Suite 100, Alexandria, VA 22312
www.vec.virginia.gov
Referral, placement and screening services for work-ready applicants; unemployment benefits, counseling and related vocational and aptitude testing.

Workforce Development Center ....................................................... 703.746.5990
1900 North Beauregard Street, #300, Alexandria, VA 22311
www.alexandriava.gov/WorkforceDevelopment
Provides services and resources for job seekers including access to a certified One Stop Career Center, career readiness workshops, career assessments and customized hiring events.

Financial Assistance

Customer Call Center .................................................................... 703.746.5700
City of Alexandria, Department of Community and Human Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Eligibility services for Virginia public benefits, including Medicaid, SNAP (formerly Food Stamps) and General Relief.
Direct Deposit for Social Security Checks ........................................... 1.800.772.1213
TTY.................................................................................................................. 1.800.325.0778
6295 Edsall Road, Suite 190, Alexandria, VA 22312
www.ssa.gov/deposit
Senior citizens are encouraged to use Direct Deposit to checking or savings accounts to prevent delay or theft of federal benefit payments. Call local Social Security Administration at number above.

Northern Virginia (NOVA) Payee Services............................................. 703.273.4590
12587 Fair Lakes Circle, Suite 400, Fairfax, VA 22033
www.novapayeeservices.com
A non-profit organization that partners with clients to develop a budget within their means and serves as a liaison between the Social Security Administration, the bank, and clients creditors.

Pension Rights Center.................................................................................. 202.296.3776
1350 Connecticut Avenue, NW, Suite 206, Washington, DC 20036
www.pensionrights.org
Non-profit organization helps with pension questions and problems.

The United States Social Security Administration
Toll-Free........................................................................................................... 1.800.772.1213
TTY.................................................................................................................. 1.800.325.0778
6295 Edsall Road, Suite 190, Alexandria, VA 22312
www.ssa.gov
Food and Nutrition

Food - Meals

Catholic Charities Christ House Evening Meal ............................................. 703.549.8644
131 South West Street, Alexandria, VA 22314
Hot meal; first seating at 5:00pm, second seating at 5:30pm, if more than 60 guess then third seating at 6:00pm. ALL guests must be in before 5:30pm. Hours: Daily all year, 4:40 p.m.-5:30 p.m.

Downtown Baptist Church Open Table .................................................... 703.549.5544
212 South Washington Street, Alexandria, VA 22314
Hot and cold food offerings based on donations, open to all. Hours: Wednesday, 6-8 a.m.

Meade Memorial Church Bag Lunch ......................................................... 703.549.1333
322 North Alfred Street, Alexandria, VA 22314
Walk-ins accepted, bag lunch, additional soups in the fall. Hours: Monday-Friday, 11:30 a.m.-12:30 p.m.

Meade Memorial Saturday Feeding Program .............................................. 703.549.1334
322 North Alfred Street, Alexandria, VA 22314
Bagged lunch is offered Monday-Friday from 11:30 a.m.-12:30 p.m.
Hot meal is offered October-March on Saturdays from noon-1 p.m.

Old Presbyterian Meeting House Open Table ........................................... 703.549.6670
323 South Fairfax Street, Alexandria, VA 22314
(Enter on South Wolfe Street)
Hot and cold food offerings based on donations, open to all. Hours: Thursday, 6-8 a.m.

Senior Center Congregate Meals ............................................................
  Charles Houston Senior Center ......................................................... 703.746.5456
  901 Wythe Street, Alexandria, VA 22314
  Saint Martins de Porres Senior Center ............................................. 703.751.2766
  4650 Taney Avenue, Alexandria, VA 22304
Senior Center activities for City residents age 60 or older are varied and include exercise, field trips, cultural activities, crafts and more. Transportation is available. Call the Centers for more information. Donations are welcomed for lunch. Hours: Monday-Friday, 8:30 a.m.-1:30 p.m., lunch at noon.
**Food - Pantry**

**Alfred Baptist Church**
301 South Alfred Street, Alexandria, VA 22314  
Food pantry open Tuesday 10 a.m.-2 p.m.  
703.683.2222

**ALIVE!, Inc. Food Distribution Program**
2723 King Street, Alexandria, VA 22302  
www.alive-inc.org  
Five day supply of surplus fresh produce and staple food distribution. Must provide ID for City of Alexandria residency. Be prepared to sign USDA form attesting income eligibility or already qualified for Food Stamps, SSI, or Medicaid. Hours: 8:30 a.m.-11:30 a.m. last Saturday of each month, January-October and 2nd Saturday in December.  
703.837.9321

**CCDA St. Lucy Food Pantry at Christ House**
131 South West Street, Alexandria, VA 22314  
Nonperishable and fresh food. Photo ID required, patrons may receive food every 30 days. Hours: Wednesday and Thursday walk-in from 9 a.m.-1 p.m.  
703.548.4227

**Christ Church Lazarus**
118 N. Washington Street, Alexandria, VA 22314  
Fresh produce, diary, frozen meat, fresh bread, as well as nonperishable food products. Must have photo ID and proof of City of Alexandria residency. Open Thursday before 9 a.m.  
703.549.1450

**Church of the Resurrection West End**
2280 North Beauregard Street, Alexandria, VA 22311  
Fresh produce, dairy, frozen meat, fresh bread, as well as nonperishable food products. Must have photo ID and proof of City of Alexandria residency. Hours: Monday 5-6:30 p.m.  
703.998.0888

**Food For Others**
2938 Prosperity Avenue, Fairfax, VA 22031  
USDA’s TEFAP program, Emergency Food and Neighborhood Sites. Contact to find nearest location.  
703.207.9173

**Grace Episcopal Church**
3601 Russell Road, Alexandria, VA 22305  
Nonperishable food distribution. Must have ID and proof of Alexandria City address. One visit per month.  
703.549.1980
Meade Memorial Canned Food Distribution .............................................. 703.549.1334
323 North Alfred Street, Alexandria, VA 22314
Operation based on food stock and canned food. Open to all. Hours: Thursday and Friday, 11:30 a.m.-1 p.m.

Oakland Baptist Church Food Bank ....................................................... 703.998.9006
3408 King Street, Alexandria, VA 22302
Must sign waiver. Hours: Thursday and Friday, 10 a.m.-noon

Salvation Army Emergency Food Program ........................................... 703.548.0579
1804 Mount Vernon Avenue, Alexandria, VA 22301
Nonperishable and frozen food. Walk-ins accepted, must be Alexandria, Ft. Belvoir, or Lorton resident. Once per month.

St. Joseph Catholic Church ..................................................................... 703.836.3725
711 North Columbus Street, Alexandria, VA 22314
Small food pantry with frozen meats and nonperishables. Hours: Tuesday-Friday, 10 a.m.-2 p.m.

St. Paul’s Lazarus Ministry .................................................................... 703.548.3312
228 South Pitt Street, Alexandria, VA 22314
Nonperishable canned goods and pasta. City of Alexandria Residents only. Hours Tuesday 7:30 a.m. until close (typically around 10 a.m.)

AniMeals on Wheels ............................................................................... 703.836.4414 extension 110
Senior Services of Alexandria
www.seniorservicesalex.org
700 Princess Street, Alexandria, VA 22314
Free cat, dog, bird food and supplies delivered monthly to low-income seniors. Must be City of Alexandria resident and over 60 years old.

Food - Programs

Alexandria Cooperative Extension Office - Nutrition Education .......... 703.746.5544
1108 Jefferson Street, Alexandria, VA 22314
www.ext.vt.edu
Free nutrition education for individuals and groups.

ALIVE!, Inc. Home Delivery Food Program ......................................... 703.549.3692
801 S. Payne Street, Alexandria, VA 22314
www.alive-inc.org
Three day supply of groceries delivered to elderly, disabled or single parents with young children who are homebound once a month. Resident must be home at the time of the delivery. Referrals taken from local social service agencies and ALIVE! congregations. Self-referrals can be made one-time. Hours: weekdays during mid-day.
Groceries to Go............................................................................................................. 703.836.4414 extension 119

Senior Services of Alexandria
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
www.seniorservicesalex.org
In partnership with Giant Foods and Harris Teeter, screened volunteers deliver groceries to seniors every other Thursday. There is no minimum order required and no delivery fee.

Liquid Supplement Program............................................................................................................. 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Once a month delivery of nutritional liquid food supplement (3 flavors available) for persons aged 60+ who are homebound, unable to prepare meals and have a doctor's prescription for the supplement.

Meals on Wheels (Subsidized)............................................................................................................. 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Provides two nutritious subsidized meals, one hot and one cold, delivered daily for person’s age 60+ who are homebound, unable to prepare meals and meet Department of Aging criteria. Opportunity to contribute to the meals is welcomed.

Meals on Wheels (Private Pay)................................................................................................. 703.836.4414 extension 112
Senior Services of Alexandria
700 Princess Street, Alexandria, VA 22314
www.seniorservicesalex.org
Provides two nutritious meals, one hot and one cold, delivered daily for private pay clients.

Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)
City of Alexandria, Benefits Programs ......................................................................................... 703.746.5801
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.dss.virginia.gov/community/commonhelp
SNAP (formerly Food Stamps) can be used like cash to buy eligible food items from authorized retailers. A SNAP account is established for eligible households and automatic deposits are made into the account each month.

SHARE (Food network)................................................................................................. 301.864.3115 or 1.800.217.4273
3222 Hubbard Road, Landover, MD 20785
www.sharedc.org
A cooperative food program which enables registered participants to get food once a month at a bargain rate. Monthly value packages cost just $20 and include $40-$50 worth of basic and healthy groceries.
Health Care Professional Referral Services

INOVA Alexandria Hospital Physician Referral........................................... 1.855.694.6682
Virginia Department of Health Professions
(Virginia Board of Medicine) ................................................................. 1.800.533.1560
www.dhp.virginia.gov
Enforces standards of practice and provides health care information to health practices and public. License look up.

Health Care Services

Clinics - General Medical

Alexandria Neighborhood Health Services, Inc................................. 703.535.5568
2 East Glebe Road, Alexandria, VA 22305
www.anhsi.org
Federally qualified low-cost health center for all ages and genders. All insurances accepted and there is no City residency requirement.

Casey Clinic (Flora Krause Casey Health Center) ......................... 703.746.4886
1200 North Howard Street, Alexandria, VA 22304
www.alexandriava.gov/health
General medical and specialty care to Alexandria residents who meet state income guidelines. Services include clinics for medical, surgery follow-up, urology, ear, nose and throat, allergies, oncology, nutrition counseling, audiology screenings, and pharmacy.

City of Alexandria, Health Department .............................................. 703.746.4996
4480 King Street, Alexandria, VA 22302
www.alexandriava.gov/health
Services include blood pressure screening, blood sugar testing, chest clinic, speech therapy, home visits for counseling and supervision of health conditions.

Clinics - Kidney Dialysis

DaVita Dialysis Center................................................................. 1.800.424.6589
5999 Stephenson Avenue, Suite 100, Alexandria, VA 22304............... 703.751.6115
5150 Duke Street, Alexandria, VA 22304 ............................................. 703.823.7940
www.davita.com
Provides a complete range of dialysis treatments and support services for patients living with chronic kidney failure.
Fresenius Care (Dialysis Service) .......................................................... 703.370.8250
4141 Duke Street, Alexandria, VA 22304
www.freseniuskidneycare.com
Provides kidney dialysis, Continuous Ambulatory Peritoneal Dialysis and support services.

Dental Care

Alexandria Neighborhood Health Services, Inc. Dental Clinic
(ANHSI Dental Clinic) ........................................................................ 703.535.5568
4480 King Street, 1st Floor, Alexandria, VA 22302
www.anhsi.org
Dental care for low-income children and seniors 60+. Medicaid, Commercial/Private Insurance and sliding scale fee discount for the uninsured.

Howard University, College of Dentistry Dental Clinic ................. 202.806.0008
600 W Street, NW, Washington, D.C. 20059
Extensive range of dental treatments and oral health care services for adults and children.

Northern Virginia Community College Dental Hygiene Clinic .......... 703.822.6655
6699 Springfield Center Drive, Springfield, VA 22150
www.nvcc.edu
Free routine preventive services such as examination, cleaning, polishing and oral cancer screening, performed by students under supervision.

Northern Virginia Dental Clinic of the Northern VA Dental Society ..... 703.820.7170
8221 Willow Oaks Corporate Drive, 4th Floor, Fairfax, VA 22031
www.nvds.org/northern-virginia-dental-clinic
Preventive dental exams, regular dental care, and dentures. Sliding scale fees. Referral needed from Department of Community and Human Services 703.746.5901.

Eye and Vision Care

Community Action Agency .................................................................. 703.746.5700
City of Alexandria, Department of Community and Human Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Coordinates with the Lions Club to provide eyeglasses to the financially needy. DCHS may also be able to assist with the cost of an eye exam.

Eye Care America ..............................................................www.eyecareamerica.org
Referral for eye care for needy persons aged 65 and older. Referrals must be done via website.
**Metropolitan Washington Ear** ................................................................. 301.681.6636
12061 Tech Road, Silver Spring, MD 20904
www.washear.org
Free services for blind, visually impaired and persons with a physically disability who cannot effectively read print.

**Prevention of Blindness Society of Metro Washington** ....................... 202.234.1010
233 Massachusetts Avenue NE, Washington, DC 20002
www.youreyes.org
Offers eyeglasses to the financially needy. Client must not be able to receive glasses from a public program, and be unable to afford the full fee of glasses. Appointment required. No residency required.

**Prevention of Blindness Society Low Vision Learning Center** ........... 703.652.7803
105 South Alfred Street, Alexandria, VA 22314
www.lowvisionservices.org
Offers a variety of programs and services for people with low vision including examinations and personalized rehabilitation programs. They also provide individuals the opportunity to test the latest visual aids and low vision technology.

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**Mental Health**

**Alcohol and Substance Abuse Services (Detox)** ...... 703.746.3600 or 703.746.3636
**City of Alexandria, Department of Community and Human Services**
2355A Mill Road, Alexandria, VA 22314
www.alexandriava.gov/DCHS
Detox Center offers detox services as well as drug and alcohol treatments services.

**Dominion Hospital** ................................................................................. 703.538.2872
2960 Sleepy Hollow Road, Falls Church, VA 22044
www.dominionhospital.com
Assessments conducted at the hospital. Third party payments accepted.

**First Step** ..................................................................................................... 703.538.2872
2960 Sleepy Hollow Road, Falls Church, VA 22044
www.dominionhospital.com
Free, confidential mental health information, assessment and referral service.

**George Washington University Hospital - Geriatric Center** .......... 202.741.2222
2150 Pennsylvania Avenue, NW, 4th Floor, Washington, D.C. 20037
www.gwhospital.com
Medical and psychiatric evaluations of the elderly. Call for appointment.
INOVA Comprehensive Addiction Treatment Services (CATS) ............ 703.289.7560
3300 Gallows Road, Falls Church, VA 22042
www.inova.org
Inpatient Program: admission by scheduled appointment, 24 hours per day, 7 days per week. CATS offers a series of structured programs for patients and their concerned others, tailoring services according to individual needs. Treatment and counseling are provided by a professional staff of addiction specialists, including physicians, psychiatrists, nurses, certified addiction counselors and licensed professional counselors.

Mental Health America .......................................................................................................................... 703.684.7722
2000 North Beauregard Street, 6th Floor, Alexandria, VA 22311
www.nmha.org
Advocacy, community outreach and education for persons with mental health disorders.

Older Adult Clinical Services .............................................................................................................. 703.746.3400
City of Alexandria, Clinical and Emergency Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/DCHS
Geriatric mental health evaluation team provides a professional assessment of mental health and substance abuse problems, provides case management services, one-on-one therapy and makes referrals to appropriate services.

Mental Health – Day Treatment and Inpatient Programs

Dominion Hospital ............................................................................................................................... 703.538.2872
2960 Sleepy Hollow Road, Falls Church, Virginia 22044
www.dominionhospital.com
Offers senior adult inpatient and partial hospitalization programs, free mental health information and referral, geriatric evaluations, and home visits by psychiatric nurses.

INOVA Fairfax Behavioral Health Services ......................................................................................... 703.660.8100
6910 Richmond Highway, Suite 110, Alexandria, VA 22306
www.inova.org
Psychiatric day hospital for adults.

Health Education Resources

ABCD Helpline (After Breast Cancer Diagnosis) .............................................................. 1.800.221.2141
This 24 hours hot line offers breast cancer information, resources, mentor and support.
Alzheimer's Association (National Capital Area) ............................... 703.359.4440
1.800.272.3900 24 hour/7 day helpline
8180 Greensboro Drive, Suite 400, McLean, VA 22102
www.alz.org/nca
Patient care information and support groups for families of Alzheimer's patients in all stages of dementia.

Alzheimer's Disease Education and Referral Center.......................... 1.800.438.4380
P.O. Box 8057, Gaithersburg, MD 20898
Alzheimer's Support Group Helpline 1.800.438.4380
www.alzheimers.org/clintrials
Information on diagnosis, treatment, and research of Alzheimer's Disease. Services for patients and families.

American Cancer Society................................................................. 1.800.227.2345
124 Park Street, SE, Suite 100, Vienna, VA 22180
www.cancer.org
Services to cancer patients and their families including education, patient services and rehabilitation. For transportation to treatments call 1.800.227.2345.

American Diabetes Association...................................................... 703.549.1500 or 1.800.342.2383
2451 Crystal City Drive, Suite 900, Arlington, VA 22202
www.diabetes.org
Provides information and advice to people with diabetes and their families, including books, brochures, magazine articles and nutrition information.

American Heart Association (Greater Washington Region) .............. 703.248.1700
4601 North Fairfax Drive, Suite 700, Arlington, VA 22203
www.americanheart.org
Information on heart disease and stroke, blood pressure screenings, CPR and nutrition classes.

Arthritis Foundation Helpline (Metropolitan Washington DC Office) .......... 1.844.571.4357
451 Hungerford Drive, Rockville, MD 20850
www.arthritis.org
Information and education on arthritis, related diseases, self-help courses and support groups.

Durable Medical and Rehabilitation Equipment

Americoast Maryland LLC/Mid Atlantic Health Care ......................... 800.946.9943
8249 Backlick Road, Suite K, Lorton, VA 22079
www.Medicare.gov/supplierdirectory.com
Medical equipment and supplies including: commodes, urinals, bedpans, hospital beds, C-pap, oxygen, and nebulizer.
Armor Medical ................................................................. 703.204.1213
2724 Dorr Avenue, Suite 102, Fairfax, VA 22031
www.Medicare.gov/supplierdirectory.com
Medical equipment and supplies including: commodes, urinals, bedpans, and hospital beds.

John Hopkins Pharmaquip Inc ......................................... 703.440.3600
7411 Alban Station Court, Suite A100, Springfield, VA 22150
www.Medicare.gov/supplierdirectory.com
Medical equipment and supplies including: oxygen, walkers and scooters.

Medical House Supply Group ........................................... 703.533.2290
440 South Washington Street, Falls Church, VA 22046
www.Medicare.gov/supplierdirectory.com
Medical equipment and supplies including: walkers and scooters.

Health Insurance

State Corporation Commission ................................. 1.800.552.7945 or 804.371.9741
Bureau of Insurance
Tylee Building, 1300 East Main Street, Richmond, VA 23219
www.scc.virginia.gov/boi
Processes inquiries or complaints about insurances. Provides information about insurance companies and facilities licensed by the state.

Virginia Insurance Counseling and Assistance Program (VICAP) ...... 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
Free Medicare education and counseling regarding Medicare health insurance options and assistance with medical insurance forms. Educational workshops offered to public on Medicare insurance issues.

Medicaid

Medicaid Program .................................................................. 703.746.5801
City of Alexandria, Benefits Programs
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/CommonHelp
Medicaid is an assistance program that pays medical service providers for medical services to eligible low-income individuals.
Medicare

Centers for Medicare and Medicaid Services (CMS) ...................... 1.800.MEDICARE
www.medicare.gov
www.cms.gov
Speak to a representative regarding enrollment, drug coverage, preventative services, durable medical equipment competitive bidding program, billing and claims, and general questions.

Medicare Right Center ................................................................. 1.600.333.4114
www.medicarerights.org / www.medicareinteractive.org
A national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

Social Security Administration – Medicare ..................................... 1.800.772.1213
TTY ................................................................................................. 1.800.325.0778
6295 Edsall Road, Suite 190, Alexandria, VA 22312
www.ssa.gov
Federal health insurance program for persons 65+ and persons of any age with certain certifiable disabilities.

In-Home Care and Assistance

Homemaker/Personal Care Program .............................................. 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Homemaker/Personal Care Program provides free assistance with housekeeping, laundry and shopping for eligible persons.

Friendly Visitor Program .............................................................. 703.836.4414 extension 120
Senior Services of Alexandria
700 Princess Street, Alexandria, VA 22314
www.seniorservicesalex.org
Volunteers make weekly visits to elderly people residing in the City of Alexandria. The goal of the program is to relieve loneliness and the feelings of isolation experienced by many of the City’s seniors.

Snow Buddies .................................................................................. 703.746.4357
City of Alexandria, Department of Emergency Communications
Provide snow removal assistance for low-income, homeowners or occupants who are elderly or disabled. The City and Volunteer Alexandria will match eligible residents with volunteers who can shovel their snow.
Hospice Advocacy

**Capital Caring** ............................................................................................................. 703.538.2065
2900 Telestar Court, Falls Church, VA 22042
www.capitalcaring.org
Improves care for those facing life-limiting illness through direct support of patients and their families, public education and public advocacy. This is a non-profit organization that serves Northern Virginia.

**National Hospice and Palliative Care Organization** ......................... 703.837.1500
1731 King Street, Alexandria, VA 22314
www.nhpco.org
Organization advocates for the terminally ill and their families. Develops public and professional educational programs and materials to enhance understanding and availability of hospice and palliative care, provides technical informational resources to its membership, conducts research, monitors Congressional and regulatory activities and works closely with other organizations that share an interest in end of life care.

Hospitals

**INOVA Alexandria Hospital** ................................................................. 703.504.3000
4320 Seminary Road, Alexandria, VA 22304
www.inova.org/iah
Also offers home healthcare through the INOVA Visiting Nurses Association of Northern Virginia 571.432.3100.

Housing

**Adult Care Residences/Assisted Living**

**District Home**
**Birmingham Green Assisted Living Facility** .............................. 703.257.0935
8605 Centreville Road, Manassas, VA 20110
www.birminghamgreen.org
Private pay assisted living facility offering private and semi-private rooms.

**Sunrise Assisted Living of Alexandria** ........................................... 703.348.1022
3520 Duke Street, Alexandria, VA 22304
www.sunriseseniorliving.com
Private pay assisted living. Includes assisted living units, Alzheimer’s and memory care unit and short term stay units.
Willow Oaks
Birmingham Green Assisted Living Facility .............................. 703.257.0935
8605 Centreville Road, Manassas, VA 20110
www.birminghamgreen.org
Assisted living facility for adults eligible for Auxiliary Grant Program. Private and semi-private rooms. Admission available through Division of Aging and Adult Services. Call 703.746.5999.

Continuing Care Retirement Communities

A continuing Care Retirement Community (CCRC) is a retirement community that offers independent living, assisted living and skilled nursing all on one campus.

Goodwin House........................................................................ 703.578.1000
4800 Fillmore Avenue, Alexandria, VA 22311
www.goodwinhouse.org

The Hermitage in Northern Virginia........................................ 703.797.3844
5000 Fairbanks Avenue, Alexandria, VA 22311
www.hermitagenova.org

The Fountains at Washington House ...................................... 703.845.5100
5100 Fillmore Avenue, Alexandria, VA 22311
www.washingtonhouse.watermark.communities.com

Emergency Shelters and Homelessness Prevention Services

Alexandria Community Shelter
City of Alexandria, Office of Community Services...................... 703.746.3660
2355B Mill Road, Alexandria, VA 22314
Homeless Services Assessment Center (for referral).................... 703.746.5700
65-bed shelter for single men, single women and families.

ALIVE! House
2723 King St. Alexandria, VA 22314........................................... 703.837.9300
www.alive-inc.org
Shelter for single or married women, with or without children, and men with children.

Carpenter's Shelter................................................................. 703.548.7500
930 North Henry Street, Alexandria, VA 22314
www.carpentersshelter.org
Homeless Services Assessment Center (for referral).................... 703.746.5700
Shelter for individuals and families. Provides an overnight hypothermia unit in winter. Must call the Homeless Services Assessment Center for intake.
Christ House ........................................................................................................................................... 703.549.8644
Catholic Charities of Arlington Diocese
131 South West Street, Alexandria. VA 22314
www.ccda.net/programs_christhouse.php
Warm meals provided daily from 5 p.m.-6 p.m.
Food pantry open Wednesdays and Thursdays from 9 a.m.-1 p.m.

Homeless Services Assessment Center (HSAC) ................................................................. 703.746.5700
City of Alexandria, Department of Community and Human Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Provides emergency rental payment, security deposit and assistance with furniture storage in eviction cases for Alexandria residents facing homelessness.

**Nursing Homes / Facilities / Services**

Nursing home care is for those persons who require less than the acute care provided by a hospital, but for whom adequate nursing services are not available at home, in the community. Call 703.746.5999 for information on area nursing homes.

**Birmingham Green Nursing Facility** ................................................................. 703.257.0935
8605 Centreville Road, Manassas, VA 20110
www.birminghamgreen.org
Skilled, intermediate care and a specialized dementia unit. Call the Division of Aging and Adult Services, 703.746.5999 for state assistance.

**Envoy of Alexandria** .................................................................................................... 703.684.9100
900 Virginia Avenue, Alexandria, VA 22302
www.envoycare.com

**Woodbine Rehabilitation and Health Care Center** .................................................. 703.836.8838
2729 King Street, Alexandria, VA 22302
www.woodbinerehab.com

**Subsidized Housing (Independent Living)**

In subsidized, or government assisted HUD housing, tenants pay about 30% of their income for rent. Residents must be age 62+ or be disabled and be income eligible. Call the following for specific rental costs and waiting list information.
Alexandria Redevelopment & Housing Authority (ARHA) ..................... 703.549.7115
401 Wythe Street, Alexandria, VA 22314
www.arha.us
Information and applications for housing vouchers, subsidized housing and public housing for low-income persons.

Ladrey Hi-Rise................................................................. 703.549.7115
300 Wythe Street Alexandria, VA 22314

Privately Subsidized Housing (Independent Living)

Annie B. Rose House......................................................... 703.548.4946
399 Pendleton Street Alexandria, VA 22314

Beasley Square Apartments............................................... 703.853.0638
238 South West Street, Alexandria, VA 22314

Bellefonte Gardens.......................................................... 703.746.3400
417 East Bellefonte Avenue, Alexandria, VA 22301

Claridge House II............................................................. 703.823.5444
301 North Ripley Street Alexandria, VA 22304

Foxchase of Alexandria.................................................... 571.451.0532
320 North Jordan Street Alexandria, VA 22304

Old Towne West ............................................................. 703.549.4343
500 South Alfred Street Alexandria, VA 22314

Pendleton Park ............................................................... 703.271.8400
608-610 North Payne Street Alexandria, VA 22314

Other Housing Resources

Apartment Locator Services (FREE) Southern Management .......... 1.888.612.7868
2 Sun Court, NW, Suite 300, Norcross, GA 30092
www.apartmentfinder.com

Home Ownership Assistance Program .............................. 703.746.3099/3097
City of Alexandria, Office of Housing
421 King Street, Suite 200, Alexandria, VA 22314
Office of Housing offers affordable homeownership opportunities for low-income City resident homebuyers.
Home Rehabilitation/Repair Loans
City of Alexandria, Office of Housing
421 King Street, Suite 200, Alexandria, VA 22314
www.alexandriava.gov/Housing
Offers interest free home rehabilitation loans and grants to qualified persons with low-income or persons with disabilities to make home or accessibility improvements. Also offers Home Ownership Assistance Program for all eligible City residents.

Landlord/Tenant Relations
City of Alexandria, Office of Housing
421 King Street, Suite 200, Alexandria, VA 22314
www.alexandriava.gov/Housing
Investigates and mediates disputes between landlords and tenants involving rental housing.

Real Estate Tax/Property Tax Relief/Deferral
City of Alexandria, Office of Housing
421 King Street, Suite 200, Alexandria, VA 22314
www.alexandriava.gov/Housing
Real estate and property taxes can be forgiven or deferred for qualified persons over 65 or those with a total or permanent disability who meet income criteria.

Rebuilding Together Alexandria
700 Princess Street, Mezzanine Suite 206, Alexandria, VA 22314
www.rebuildingtogetheralex.org
Volunteers make repairs free of charge to the homes of low-income elderly and disabled persons.

Rental Accessible Modification Program (RAMP)
City of Alexandria, Office of Housing
421 King Street, Suite 200, Alexandria, VA 22314
www.alexandriava.gov/Housing
Program assists low and moderate income renters with physical disabilities in completing modifications to improve accessibility to their residences.

Rent Relief Program
City of Alexandria, Office of Community Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Grants available for qualified renters 65 years and older or those with a permanent disability.

Virginia Housing Development Authority
877.428.8844
www.VirginiaHousingSearch.com
A free resource to help you find a home that fits your needs and budget.
Virginia Housing Development Authority Accessibility .......................... 804.782.1986
www.vhda.com
Helps improve accessibility in homes for people with physical and sensory disabilities.

Information and Referral

REGIONAL RESOURCES DIAL 211

Call.Click.Connect .......................................................... 703.746.4357
City of Alexandria, Police Department
3600 Willow Avenue, Alexandria, VA 22304
https://request.alexandriava.gov/ccc
Information and referral to services in the City of Alexandria and a means of communicating with City officials and staff.

Customer Call Center .......................................................... 703.746.5700
City of Alexandria, Department of Community and Human Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Information on social services and public benefits assistance; mental health, intellectual disability and substance abuse services; and support initiatives for women.

SeniorNavigator/disAbilityNavigator (VirginiaNavigator) ................. 1.866.393.0957
https://seniornavigator.org
A free public service and website for Virginians seeking resources for seniors and persons with disabilities.

Senior Helpline
(Jewish Council for the Aging of Greater Washington) ....................... 703.425.0999
12320 Parklawn Drive, Rockville, MD 20852
www.accessjca.org
Provides information and referral on a wide range of senior services.

Legal Services

Alexandria Bar Association Lawyer Referral ...................................... 703.548.1106
520 King Street, Suite 202, Alexandria, VA 22314
www.alexandriabarva.org
Referral to members of the private bar. Consultations at a nominal fee.
Commonwealth's Attorney ................................................................. 703.746.4100
City of Alexandria, Office of the Commonwealth Attorney
Courthouse, 520 King Street, Suite 301, Alexandria, VA 22314
www.alexandriava.gov/commmattorney
This office is responsible for prosecution of criminal and traffic offenses in Virginia. Provides assistance to crime victims and witnesses.

Human Rights ..................................................................................... 703.746.3140
City of Alexandria, Office of Human Rights
123 North Pitt Street, Office 230, Alexandria, VA 22314
www.alexandriava.gov/HumanRights
Enforces the non-discrimination provisions of the City's Human Rights Ordinance, including discrimination based on age.

Legal Services of Northern Virginia
Alexandria Office ............................................................................... 703.684.5566
Intake Line ......................................................................................... 703.778.6800
Toll Free ............................................................................................ 866.534.5243
100 North Pitt Street, Suite, 307, Alexandria, VA 22314
www.lsnv.org
Non-profit public interest law firm that provides advice to person’s age 60+ regardless of income. Provides free legal assistance to low-income residents of Northern Virginia.

National Academy of Elder Law Attorneys (NAELA) ....................... 703.942.5711
1577 Spring Hill Road, Suite 310, Vienna, VA 22182
www.naela.org
A non-profit association that provides information, education, networking and referrals to those with specialized issues involving the elderly or persons with special needs.

Virginia State Bar Nationwide Lawyer Referral Service .................. 1.800.552.7977
111 East Main Street, Suite 700, Richmond, Virginia 23219
www.vsb.org/vlrs
Provides a referral to an attorney that is in good standing with the Virginia State Bar.

Statewide Senior Legal Helpline ...................................................... 1.844.802.5910
Virginia Poverty Law Center
919 East Main Street, Suite 610, Richmond, Virginia 23219
www.vplc.org
Toll-free line offering legal assistance and advice for Virginians aged 60 or over. Topics covered include long term care issues, public benefits, guardianship, financial exploitation, abuse and neglect, and limited consumer issues.
Virginia Department of Aging and Rehabilitation Services, 
Virginia Division for the Aging (VDA) ........................................... 1.800.552.3402 
1610 Forrest Avenue, Suite 100, Henrico, VA 23229 
www.vda.virginia.gov 
VDA works with 25 local Area Agencies on Aging (AAAs) as well as other public and private 
organizations to help older Virginians, their families and loved ones find the services and 
information.

Libraries

Alexandria libraries host a variety of events and programs. For calendars, please visit the website 
or call the branch.

Charles E. Beatley, Jr. Central Library ............................................. 703.746.1702 
5005 Duke Street, Alexandria, VA 22304 
www.alexlibraryva.org 
Houses the Alexandria Library Talking Book Department which offers reading machines that 
play pre-recorded tapes that contain complete, unabridged books for the blind and physically 
challenged. These tapes are professionally recorded through The National Library Service of the 

Ellen Coolidge Burke Branch Library ............................................. 703.746.1704 
4701 Seminary Road, Alexandria, VA 22304 
www.alexlibraryva.org

James M. Duncan Branch Library .................................................. 703.746.1705 
2501 Commonwealth Avenue, Alexandria, VA 22301 
www.alexlibraryva.org

Kate Waller Barrett Branch Library ............................................. 703.746.1703 
Special Collections/Local History .................................................. 703.746.1706 
717 Queen Street, Alexandria, VA 22314 
www.alexandria.lib.va.us 
Houses the Special Collections Division which includes information regarding Alexandria and 
Virginia history. Activities include generating online exhibits, collection guides and 
genealogy indexes.
Multicultural Services and Special Populations

Christ House, Catholic Charities of Arlington Diocese
Monetary Assistance ................................................................. 703.548.4227
Shelter .......................................................................................... 703.549.8644
131 South West Street, Alexandria, VA 22314
www.ccda.net
Emergency assistance, counseling, immigration service, legal assistance and information and referral.

Ethiopian Community Development Council, Inc. (ECDC) .............. 703.685.0510
901 South Highland Street, Arlington, VA 22204
www.ecdcus.org
Responds to the needs of newcomers from diverse cultural backgrounds.

Multicultural Center
Hispanic Committee of Virginia (NVFS) ........................................ 703.671.5666
6400 Arlington Boulevard, Suite110, Falls Church, VA 22042
www.nvfs.org
Information and referral, English as a Second Language and citizenship classes, immigration services, employment, education, social services, home buying, and entrepreneurial projects.

Hogar Immigrant Services............................................................ 703.534.9805
Catholic Charities of Arlington Diocese
6301 Little River Turnpike, Suite 300, Alexandria, VA 22312
www.hogarimmigrantservices.org
Adoption, counseling, elderly services, crisis pregnancy counseling, food pantry, immigration, legal, services for the disabled, English as a Second Language classes, and prison ministry.

Jewish Community Center of Northern Virginia (JCCNV)............. 703.323.0880
8900 Little River Turn Pike, Fairfax, VA 22031
www.jccnv.org
Educational, social and recreational activities for senior adults, and information and referral.

Jewish Council for the Aging of Greater Washington 703.425.0999 or 301.255.4200
TTY ......................................................................................... 301.881.5263
12320 Parklawn Drive, Rockville, MD 20852
www.accessjca.org
Provides transportation, volunteer opportunities, information and referrals in Northern Virginia. Services are non-sectarian.
Jewish Social Service Agency ........................................ 703.204.9100 or 703.896.7918
3025 Homemaker Court, Suite 450, Fairfax, VA 22031
www.jssa.org
Provides information and referral, employment, counseling, home visit assessments, friendly visiting, volunteer opportunities, hospice, bereavement, disability, services and home care.

Korean Services (Salvation Army) ...................................... 703.385.8702 extension 28
Social Services Alexandria ............................................... 703.548.0579
Transitional housing ..................................................... 703.836.2427
4915 Ox Road, Fairfax, VA 22030
www.salvationarmysouth.org
Korean information and referral service.

Multicultural Clinical Center ........................................... 703.354.0000
6563 Edsall Road, Springfield, VA 22151
www.mccva.com
Therapy in a wide range of languages including Farsi, Spanish, Korean, Vietnamese, Sign Language and several Middle Eastern languages. Accepts Medicaid for home-based services.

Multicultural Human Services Center (NVFS) ..................... 571.748.2800
6400 Arlington Boulevard, Suite 110, Falls Church, VA 22046
www.nvfs.org
Domestic violence programs. Programs for survivors of torture and severe trauma and multicultural mental health treatment and services in a variety of languages.

National Caucus and Center on Black Aged, Inc ...................... 202.637.8400
1220 L Street, NW, Suite 800, Washington, D.C. 20005
www.ncba-aged.org
Goal is to improve the quality of life for elderly African Americans and low income minorities.

Older Women’s League (OWL) Field Services Office ............. 202.567.2606
1627 I Street, Washington, DC 20006
www.owl-national.org
National association that works to improve the status and quality of life for midlife and older women.

Recreation Activities

City of Alexandria, Department of Recreation, Parks and Cultural Activities ............. 703.746.5419
TTY ........................................................................... 711(VA Relay)
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/recreation
Recreation programs for older adults ages 55 and over. Including Power-Plus classes, clubs, one-day adventures, sports, senior Olympics and other services.

Recreation Centers
Recreation centers have activities geared toward persons of all ages including trips, special events, classes, and special interest clubs. Fitness and exercise programs are available at many locations. For more information, see alexandriava.gov/Recreation Centers. For information, to register for any of the City Recreation Center-based activities listed below, or to be placed on a mailing list, call the Senior Program Office 703.746.5575.

Charles Houston Recreation Center .................................................. 703.746.5552
901 Wythe Street, Alexandria, VA 22314

Chinquapin Recreation Center .......................................................... 703.746.5553
3210 King Street, Alexandria, VA 22302

Cora Kelly Recreation Center ............................................................ 703.746.5554
25 West Reed Avenue, Alexandria, VA 22302

Mount Vernon Recreation Center ...................................................... 703.746.5556
2701 Commonwealth Avenue, Alexandria, VA 22301

Nannie J. Lee Memorial Recreation Center ........................................ 703.746.5550
1108 Jefferson Street, Alexandria, VA 22314

Northern Virginia Senior Olympics ..................................................... 703.228.4721
www.nvso.us
The Northern Virginia Senior Olympics Program is held annually in September and open to all resident ages 50 years and older. Senior adults are offered the opportunity for competition and fellowship through the Senior Olympics experience.

William Ramsay Recreation Center .................................................. 703.746.5558
5650 Sanger Avenue, Alexandria, VA 22311
Senior Centers

Saint Martin de Porres Senior Center .................................................. 703.751.2766
City of Alexandria, Division of Aging and Adult Services
4650 Taney Avenue, Alexandria, VA 22304
www.ccdsnet/programs_elderly.php
Non-denominational senior center serving City residents aged 60 and over. Offers wellness classes, exercise, English as a Second Language (ESL) classes, blood pressure screenings, support groups and social services. A nutritious lunch is served daily. Transportation is available through the Division of Aging and Adult Services at 703.746.3275.

The Senior Center at Charles Houston ........................................... 703.746.5456
City of Alexandria, Division of Aging and Adult Services
901 Wythe Street, Alexandria, VA 22314
www.alexandriava.gov/RecreationCenters
Serves City residents aged 60 and over with wellness classes, blood pressure screenings, support groups, recreational and social activities. Lunch is served daily. Door-to-door bus transportation service to the Center is available through the Division of Aging and Adult Services at 703.746.3275.

Other Senior Activities

YMCA .......................................................... 703.838.8085
420 East Monroe Avenue, Alexandria, VA 22301
www.ymca.net
Helps clients remain fit using indoor pool, ladies health center, and the men's athletic club. Discount memberships for seniors 65 and older.

Services for Speech, Language and Hearing Impaired Persons

American Speech-Language Hearing Association (ASHA) .................................................. 301.296.5700 or 1.800.638.8255
2200 Research Boulevard, Rockville, MD 20852
www.asha.org
Brochures, booklets, lists of centers for assistive devices, practical tips and referrals.

Hearing Loss Association of America .............................................. 301.657.2248
TTY .............................................................................. 301.657.2249
7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814
www.hearingloss.org
Education, support and self-help motivation to hard of hearing people.
Northern Virginia Resource Center for Deaf and Hard of Hearing Persons .................................................. 703.352.9055
TTY ......................................................................................... 703.352.9056
3951 Pender Drive, Suite 130, Fairfax, VA 22030
www.nvrc.org
Information and referral, advocacy with public agencies, and community education.

Virginia Department for the Deaf and Hard of Hearing Voice/TTY .............................................. 1.800.552.7917 or 1.804.662.9502
1602 Rolling Hills Drive, Suite 203, Henrico, Virginia 23229
www.vddhh.org
The Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing.

Virginia Relay Center Voice/TTY .................................................. 1.800.552.7917
1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229
www.varelay.org
This free service connects people who are deaf, hard of hearing, deaf blind or speech disabled and relays the conversation between both parties.

Transportation Services

DASH Bus/Alexandria Transit Company .......................... 703.746.3274/703.746.DASH
3000 Business Center Drive, Alexandria, VA 22314
www.dashbus.com
City of Alexandria fixed route bus system, including after rush hour service to and from Metro Stations.

Senior Transportation Services ................................................................. 703.746.3275
City of Alexandria, Division of Aging and Adult Services
2900 Business Center Drive, Alexandria, VA 22314
www.alexandriava.gov/Aging
The Aging and Adult Services bus is available for various trips: grocery shopping, to/from senior centers, and some of their outings. Service is for City residents aged 60+ on specially scheduled routes. Fare: Donation requested, but not required. Special “chartered” trips may be arranged for a fee by reservation.
**Metrobus/Metrorail**

**Washington Metropolitan Area Transit Authority (WMATA)**

TTY: 202.637.7000
TTY: 202.638.3780
600 5th Street, NW, Washington, DC 20001
www.wmata.com

Metro Information including schedules, fares, parking, and services for seniors and adults with disabilities.

**Special Transportation Services**

*Denotes vehicles with wheelchair lift van equipment to transport persons with disabilities.

**Alexandria Yellow Taxi Cab (24-hour notice for lift vans)**

703.549.2500
3014 Colvin Street, Alexandria, VA 22314
www.alexandriayellowcab.com
Dispatch service to taxicabs that provides immediate service.

**American Cancer Society**

1.888.227.6333
www.cancer.org
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves.

**Diamond Transportation Services (24-hour notice for lift vans)**

703.912.7606
7307C Highland Street, Springfield, VA 22315
www.diamondtransportation.us
Paratransit service with wheelchair accessible vans, services for persons with intellectual disabilities and shuttle buses.

**D.O.T -Transportation for People with Disabilities**

703.746.4079
703.836.5222

City of Alexandria, Transit Services

421 King Street, Suite 235, Alexandria, VA 22314
www.alexandriava.gov/Transit
City of Alexandria taxi cab or wheelchair accessible van service for persons unable to use public transportation. Must have certification of disability. DOT provides service throughout Alexandria, Arlington and Fairfax County, seven days a week. Call for an application or information.

**Medicaid Transportation Service (Logisticare)**

1.866.386.8331
620 Herndon Parkway, Suite 100, Herndon, VA 20170
www.transportation.dmas.virginia.gov
Free round-trip transportation to medical appointments for people who have Medicaid and FAMIS clients.
MetroAccess ................................................................. 301.562.5360
TTY .............................................................................. 301.588.7535
600 5th Street, NW, Washington, DC 20001
www.wmata.com/accessibility/metroaccess_service
Shared ride transit service for people with disabilities who are unable to use fixed-route public transportation. The service provides daily trips throughout the entire Metropolitan region. Accepts Metrorail fare cards as a form of payment. To qualify, you must complete an application and participate in a functional assessment to determine which services best meet your needs.

*MTS Transportation, Inc............................................... 703.652.0816
101 South Whiting Street, Suite 207a, Alexandria, VA 22304
www.mtstransportationinc.com
Offering ambulatory, wheelchair, stretcher, and long distance stretcher transportation.

Senior Taxi Yellow Card Program ..................................... 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Available to Alexandria residents age 60 and older who meet income requirements. Allows eligible riders to schedule taxi rides directly with Yellow Cab 24 hours a day, 7 days a week with no destination restrictions.

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles......... 804.497.7100
TTY .............................................................................. 1.800.272.9268
2681 Mill Road, Alexandria, VA 22314-4680
www.dmv.state.va.us
Driver's license, vehicle registration, driving records and disability programs.

Utilities and Utility Assistance

Dominion Virginia Power (electric company) ........ 1.866.DOM.HELP / 1.866.366.4357
www.dom.com
Call for information on the Gatekeeper Program, large print bills, third party notice, and priority service for life support devices.

Energy Assistance
City of Alexandria, Office of Community Services ................... 703.746.5901
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Financial help to qualified individuals to pay their gas, electric and other utility bills. Ongoing and emergency assistance requests evaluated by DCHS Community Action Agency staff.
Senior Cool Care Program
City of Alexandria, Division of Aging and Adult Services .......... 703.746.5999
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Program provides fans, air conditioners, or air conditioner repairs for low-income persons 60+ with health problems. Program runs May-September annually.

Verizon Telephone Company Lifeline Program .......................... 1.800.837.4966
TTY................................................................................. 1.800.564.0999
140 West Street, New York, NY 10007
www.verizon.com
Provides special service rates for Medicaid, SNAP/food stamp and TANF clients.

Virginia American Water ............................................................. 703.549.7080
2223 Duke Street, Alexandria, VA 22314
www.amwater.com/myh2o
Special programs for seniors and disabled adults.

Washington Gas Company (natural gas) ....................................... 703.750.1000
TTY................................................................................. 703.750.7975
1100 H Street, NW, Washington, DC 20005
www.washingtongas.com
Special programs for seniors and disabled adults.

Weatherization Assistance Program
Community Housing Partners (CHP)................................. 540.665.0200 extension 5103
400 Industrial Drive, N.E., Christiansburg, VA 24073
www.dhcd.virginia.gov
Free program that helps to make the homes of low-income homeowners more energy efficient. Lowers electric, gas, and possibly other utility bills.

Veteran Services

Alexandria VET Center ....................................................... 703.360.8633
6940 South Kings Highway, Suite 204, Alexandria, VA 22310
Provides mental health services to veterans.

Fort Belvoir Outpatient Clinic ............................................. 571.231.2408
9300 Dewitt Loop, Sunrise Pavilion, Fort Belvoir, VA 22060
www2.va.gov
Outpatient services for veterans.
U.S. Department of Veterans Affairs ................................. 1.800.827.1000
810 Vermont Avenue, NW, Washington, DC 20420
www.va.gov
Information regarding services available to service members, veterans, spouses and other eligible beneficiaries.

Virginia Department for Veteran Services ........................... 703.417.9090
6564 Lois Dale Court, Suite 301, Springfield, VA 22150
Provides assistance in preparing claims for Veterans benefits and referrals to other services.

Veterans Health Care Benefits at Fort Belvoir .......................... 571.231.2408
9300 DeWitt Loop (Sunrise Pavilion), Fort Belvoir, VA 22060
Provides medical care and issues Veterans ID Cards.

Veterans (Armed Forces) services through the Red Cross .............. 240.485.3031
2020 East West Highway, Silver Spring, MD 20910
Provides job placement and referral services.

Washington DC VA Medical Center ........................................ 202.745.8000
50 Irving Street NW, Washington, DC 20422
www.washingtondc.va.gov
Outpatient services for veterans.

Vital Records

City of Alexandria County Clerk
Marriage Certificates and Divorce Records ............................... 703.746.4044
520 King Street, Alexandria, VA 22314
www.alexandriava.gov/clerkofcourt

Death Certificates
Virginia Department of Health, Office of Vital Records ................. 804.662.6200
2001 Maywill Street, Richmond, VA 23230
www.vdh.state.va.us/vital_records

Vital Records - Any State
www.vitalrec.com

Volunteering

American Red Cross - Alexandria Chapter ............................... 703.549.8300
123 North Alfred Street, Alexandria, VA 22314
www.redcross.org
Various opportunities to volunteer.
City of Alexandria, Division of Aging and Adult Services .................... 703.746.5999
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Opportunities to work with older persons in senior centers or the Adult Day Services Center.

Senior Services of Alexandria .............................................................. 703.836.4414
700 Princess Street, Alexandria, VA 22314
www.seniorservicesalex.org
Opportunities to volunteer for the friendly visitor program by visiting lonely seniors, or to
deliver groceries or Meals on Wheels to homebound seniors who have difficulty food
shopping and preparing meals on their own.

Volunteer Alexandria ................................................................. 703.836.2176
123 North Alfred Street, 1st Floor, Alexandria, VA 22314
www.volunteeralexandria.org
Opportunities to volunteer with any of over 200 local service agencies.

Voter Information

Alexandria Registrar of Voters ...................................................... 703.746.4050
132 North Royal Street, Room 100, Alexandria, VA 22314
www.alexandriavoter.org
Voter registration information and applications for voter absentee ballots.

Virginia Department of Motor Vehicles .................................... (DMV) 804.497.7100
2681 Mill Road, Alexandria, VA 22314
www.dmv.virginia.gov
Apply to register to vote or make changes to your voter registration.

Virginia State Board of Elections .................................................. 1.800.552.9745
TTY: ......................................................................................... 1.800.260.3466
1100 Bank Street, Richmond, VA 23219
www.elections.virginia.gov
Questions about voter registration or the status of your voter registration, application or card.
Phone Numbers by Categories

Adult Day Health Services
- Alexandria Adult Day Services Center ........................................... 703.746.5676
- City of Alexandria, Division of Aging and Adult Services
- INOVACares For Seniors PACE Program ........................................ 703.239.5888
- Insight Memory Care Center ..................................................... 703.204.4664

Adult Protective Services
- Adult Protective Services .......................................................... 703.746.5778

Advocacy
- Administration for Community Living (ACL) .............................. 202.401.4634
- Alexandria Commission on Aging (COA) .................................... 703.746.5999
- Alexandria Commission on Persons with Disabilities .................... 703.746.4550
- Domestic Violence Program ..................................................... 703.746.4911
- Northern Virginia Long-Term Care Ombudsman ....................... 703.324.5861
- Sexual Assault Center ............................................................ 703.683.7273

Caregiver Resources
- Caregivers’ Support Group ..................................................... 703.746.5999
- CareRing .............................................................................. 703.527.4077
- Eldercare Locator .................................................................. 1.800.677.1116
- MedicAlert + Alzheimer’s Association Safe Return .................... 1.888.572.8566
- Project Lifesaver .................................................................... 703.746.5002 or 703.746.5136
- Senior Link (ACTS Helpline) .................................................. 703.368.4141
- The Source Book, Guide to Retirement Living ......................... 703.992.1100 or 1.800.394.9990

Consumer Information
- Consumer Affairs .................................................................... 804.786.2042
- Consumer Credit Counseling (Money Management International) .... 703.836.0482
- Consumer Product Safety Commission Hotline ......................... 1.800.638.2772
- Consumer Protection Hotline .................................................. 1.800.552.9963
- Federal Trade Commission ...................................................... 202.326.2222
- National Active and Retired Federal Employees
- National Fraud Information Center ............................................. www.fraud.org
- Silver Service Card ................................................................ 703.836.4414
- U.S. Department of Health and Human Services Office of Civil Rights .................................................. 1.800.368.1019
- Virginia Department of Agriculture and Consumer Services Consumer ............................................... 1.800.552.9963

Counseling Services
- Alcoholics Anonymous (Northern VA Intergroup) .................... 703.293.9753
- Center for Pastoral Counseling of Virginia ................................. 703.903.9696
Haven of Northern Virginia ................................................................. 703.941.7000
Jewish Social Service Agency (JSSA) ...................................................... 703.204.9100
Northern Virginia Family Services (NVFS) ............................................ 571.748.2850

Disability Services

Autism Society Northern Virginia Chapter ........................................... 703.495.8444
Brain Injury Association of America ...................................................... 703.761.0750
Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD) .................................................. 301.306.7070
ENDependence Center of Northern Virginia, Inc ............................... 703.525.3268
Spina Bifida Association of the Mid-Atlantic Region ... 1.800.621.3141 extension 20
The Arc of Northern Virginia ............................................................. 703.208.1119
The National Multiple Sclerosis Society National Capital Chapter ...... 202.296.5363
United Cerebral Palsy Affiliates ......................................................... 202.269.1500

Educational Opportunities

Adult Education .................................................................................. 703.824.6845 or 703.619.8027
Encore Learning (formerly ALRI) ....................................................... 703.228.2144
Experience Works (formerly Green Thumb, Inc.) ............................. 1.866.397.9757
Hogar Immigrant Services (Catholic Charities of the Diocese of Arlington) ....................................................... 703.534.9805
Lifetime Learning /Lifelong Learning Institute..................................... 703.503.0600
Literacy Council of Northern Virginia, Inc ......................................... 703.237.0866
Northern Virginia Community College - Community Education ..... 703.933.5073
Osher Lifelong Learning Institute (OLLI) ............................................. 703.503.3384
Road Scholar .................................................................................. 1.800.454.5768
Saint Martin de Porres Senior Center ................................................. 703.751.2766

Employment

Experience Works (formerly Green Thumb, Inc.) ............................. 1.866.397.9757
NCOA Northern Virginia Workforce Resource Center ......................... 571.335.4027
Senior Employment Resources ......................................................... 703.750.1936
Virginia Employment Commission Job Service ................................ 703.813.1300
Workforce Development Center ....................................................... 703.746.5990

Financial Assistance

Customer Call Center ......................................................................... 703.746.5700
Direct Deposit for Social Security Checks ........................................... 1.800.772.1213
Northern Virginia Payee Service ....................................................... 703.273.4590
Pension Rights Center ........................................................................ 202.296.3776
The United States Social Security Administration .......................... 1.800.772.1213
Food and Nutrition

Food - Meals
Catholic Charities Christ House Evening Meal.......................... 703.746.8644
Downtown Baptist Church Open Table........................................703.549.5544
Meade Memorial Church Bag Lunch..........................................703.549.1333
Meade Memorial Saturday Feeding Program.................................703.549.1334
Old Presbyterian Meeting House Open Table.................................703.549.6670
Senior Center Congregate Meals..............................................
  Charles Houston Senior Center..............................................703.746.5456
  Saint Martin de Porres Senior Center......................................703.751.2766

Food - Pantry
Alfred Baptist Church..........................................................703.683.2222
ALIVE! Food Distribution Program............................................703.837.9321
CCDA St. Lucy Food Pantry at Christ House.................................703.548.4227
Christ Church Lazarus................................................................703.549.1450
Church of the Resurrection West End......................................703.998.0888
Food For Others.......................................................................703.207.9173
Grace Episcopal Church..........................................................703.549.1980
Meade Memorial Canned Food Distribution.................................703.549.1334
Oakland Baptist Church Food Bank............................................703.998.9006
Salvation Army Emergency Food Program..................................703.548.0579
St. Joseph Catholic Church.......................................................703.836.3725
St. Paul's Lazarus Ministry......................................................703.548.3312
AniMeals on Wheels................................................................703.836.4414 extension 110

Food - Programs
Alexandria Cooperative Extension Office - Nutrition Education.....703.746.5544
ALIVE! Home Delivery Food Program.........................................703.549.3692
Groceries to Go......................................................................703.836.4414 extension 119
Liquid Supplement Program......................................................703.746.5999
Meals on Wheels - Subsidized...................................................703.746.5999
Meals on Wheels - Private Pay..................................................703.836.4414 extension 112
Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)
  City of Alexandria, Benefits Programs..................................703.746.5801
SHARE (Food network)..............................................................301.864.3115 or 1.800.217.4273

Health Care Professional Referral Services
INOVA Alexandria Hospital Physician Referral............................1.855.694.6682

Health Care Services
Clinics - General Medical
City of Alexandria, Health Department....................................703.746.4996
Alexandria Neighborhood Health Services, Inc..........................703.535.5568
Casey Clinic (Flora Krause Casey Health Center) ........................................ 703.746.4886

Clincs - Kidney Dialysis
DaVita Dialysis Center ................................................................. 1.800.422.6589
Fresenius Care (Dialysis Service) .................................................. 703.370.8250

Dental Care
Alexandria Neighborhood Health Services, Inc. Dental Clinic (ANHSI Dental)
Howard University, College of Dentistry Dental Clinic .................................. 202.806.0008
Northern Virginia Community College Dental Hygiene Clinic .................. 703.822.6673
Northern Virginia Dental Clinic of the Northern VA Dental Society ........ 703.820.7170

Eye and Vision Care
Community Action Agency ................................................................ 703.746.5700
Eye Care America .............................................................................. www.eyecareamerica.org
Metropolitan Washington Ear ......................................................... 301.681.6636
Prevention of Blindness Society of Metro Washington ....................... 202.234.1010
Prevention of Blindness Society Low Vision Learning Center ............ 703.652.7803

Mental Health
Alcohol and Drug Abuse Services (Detox) ......................................... 703.746.3600 or 703.746.3636
Dominion Hospital ............................................................................. 703.538.2872
First Step .......................................................................................... 703.538.2872
George Washington University Hospital - Geriatric Center .............. 202.741.2222
INOVA Comprehensive Addiction Treatment Services (CATS) .......... 703.289.7560
Mental Health America ..................................................................... 703.684.7722
Older Adult Clinical Services .......................................................... 703.746.3400

Mental Health – Day Treatment and Inpatient Programs
Dominion Hospital ............................................................................. 703.538.2872
INOVA Fairfax Behavioral Health Services ....................................... 703.660.8100

Health Education Resources
ABCD Helpline (After Breast Cancer Diagnosis) ............................... 1.800.221.2141
Alzheimer's Association (National Capital Area) ............................... 703.359.4440
Alzheimer's Disease Education and Referral Center ......................... 1.800.438.4380
American Cancer Society .................................................................. 1.800.227.2345
American Diabetes Association ......................................................... 703.549.1500 or 1.800.342.2383
American Heart Association (Greater Washington Region) ............ 703.248.1700
Arthritis Foundation Helpline (Metropolitan DC Office) ................. 1.844.571.4357

Durable Medical and Rehabilitation Equipment
Americoast Maryland LLC/Mid Atlantic Health Care ....................... 800.946.9943
Armor Medical .................................................................................. 703.204.1213
John Hopkins Pharmaquip Inc/Respicare ......................................... 703.440.3600
Medical House Supply Group .......................................................... 703.533.2290
Health Insurance
Counseling
State Corporation Commission........................................1.800.552.7945 or 804.371.9741
Virginia Insurance Counseling and Assistance Program (VICAP) ........703.746.5999

Medicaid
Medicaid Program................................................................703.746.5801

Medicare
Centers for Medicare and Medicaid Services (CMS) .............1.800.MEDICARE
Medicare Rights Center...........................................................1.800.333.4114
Social Security Administration – Medicare.............................1.800.772.1213

In-Home Care and Assistance
Homemaker/Personal Care Program ........................................703.746.5999
Friendly Visitor Program.......................................................703.836.4414 extension 120
Snow Buddies.......................................................................703.746.4357

Hospice Advocacy
Capital Caring .......................................................................703.538.2065
National Hospice and Palliative Care Organization ..............703.837.1500

Hospitals
INOVA Alexandria Hospital.......................................................703.504.3000

Housing
Adult Care Residences/Assisted Living
Sunrise Assisted Living of Alexandria .....................................703.348.1022
Willow Oaks & District Home Birmingham Green Assisted Living Facility
..................................................................................703.257.0935

Continuing Care Retirement Communities
Goodwin House ....................................................................703.578.1000
The Hermitage in Northern Virginia .......................................703.797.3844
The Fountains at Washington House ....................................703.845.5100

Emergency Shelters and Homelessness Prevention Services
Alexandria Community Shelter .............................................703.746.3660
ALIVE! House .......................................................................703.837.9300
Carpenter's Shelter ................................................................703.548.7500
Christ House .........................................................................703.549.8644
Homeless Services Assessment Center (HSAC) .................703.746.5700

Nursing Homes / Facilities / Services
Birmingham Green Nursing Facility .......................................703.257.0935
Envoy of Alexandria ..............................................................703.684.9100
Woodbine Rehabilitation and Heath Care Center ................703.836.8838
Subsidized Housing (Independent Living)

Alexandria Redevelopment & Housing Authority (ARHA) .................. 703.549.7115
Annie B. Rose House .................................................................... 703.548.4946
Beasley Square Apartments ......................................................... 703.853.0638
Bellefonte Gardens ........................................................................ 703.746.3400
Claridge House II .......................................................................... 703.823.5444
Foxchase of Alexandria ................................................................. 571.451.0532
Ladrey Hi-Rise .............................................................................. 703.549.7115
Old Towne West ............................................................................ 703.549.4343
Pendleton Park ............................................................................... 703.271.8400

Other Housing Resources

Apartment Locator Services (FREE) Southern Management .......... 1.888.612.7868
Home Ownership Assistance Program ........................................ 703.746.3099 or 703.746.3097
Home Rehabilitation/Repair Loans ................................................ 703.746.4990
Landlord/Tenant Relations ............................................................. 703.746.4990
Real Estate Tax/Property Tax Relief/Deferral ................................. 703.746.3909/3902
Rebuilding Together Alexandria ..................................................... 703.836.1021
Rental Accessible Modification Program (RAMP) ......................... 703.746.4990
Rent Relief Program ..................................................................... 703.746.5918
Virginia Housing Development Authority .................................... 1.877.428.8844
Virginia Housing Development Authority Accessibility ............... 804.782.1986

Information and Referral

Regional Resources ....................................................................... 211
Call.Click.Connect ......................................................................... 703.746.4357
Customer Call Center ................................................................... 703.746.5700
SeniorNavigator/disAbilityNavigator (VirginiaNavigator) ............ 1.866.393.0957
Senior Helpline (Jewish Council for the Aging of Greater Washington) .......................................................... 703.425.0999

Legal Services

Alexandria Bar Association Lawyer Referral ................................. 703.548.1106
Commonwealth's Attorney ............................................................. 703.746.4100
Human Rights .............................................................................. 703.746.3140
Legal Services of Northern Virginia Alexandria Office .................. 703.684.5566
Intake Line ..................................................................................... 703.778.6800
Toll Free ....................................................................................... 866.534.5243
National Academy of Elder Law Attorneys (NAELA) ................. 703.942.5711
Nationwide Lawyer Referral Service ............................................ 1.800.552.5777
Statewide Senior Legal Helpline ................................................ 1.844.802.5910
Virginia Department of Aging and Rehabilitation Services, Virginia Division for the Aging (VDA) ................................. 1.800.552.3402
Libraries

Charles E. Beatley, Jr. Central Library ................................................................. 703.746.1702
Ellen Coolidge Burke Branch Library ................................................................. 703.746.1704
James M. Duncan Branch Library ........................................................................ 703.746.1705
Kate Waller Barrett Branch Library ..................................................................... 703.746.1703

Multicultural Services and Special Populations

Christ House, Catholic Charities of Arlington Diocese
Monetary Assistance ................................................................................................. 703.548.4227
Ethiopian Community Development Council, Inc. (ECDC) ....... 703.685.0510
Hispanic Committee of Virginia (NVFS) ............................................................. 703.671.5666
Hogar Immigrant Services ...................................................................................... 703.534.9805
Jewish Community Center of Northern Virginia (JCCNV) .................. 703.323.0880
Jewish Council for the Aging of Greater Washington ......................... 703.425.0999 or 301.255.4200
Jewish Social Service Agency .............................................................. 703.204.9100 or 703.896.7918
Korean Services (Salvation Army) .......................................................... 703.385.8702 extension 28
Multicultural Clinical Center ............................................................... 703.354-0000
Multicultural Human Services Center (NVFS) .................................. 571.748.2800
National Caucus and Center on Black Aged, Inc. ........................... 202.637.8400
Older Women's League (OWL) Field Services Office ............... 202.567.2606

Recreation Activities

City of Alexandria, Department of Recreation, Parks and Cultural Activities
................................................................................................................................. 703.746.5419
TTY ............................................................................................................................ 711(VA Relay)
Power-Plus 55 ......................................................................................................... 703.746.5575

Recreation Centers

Charles Houston Recreation Center ................................................................. 703.746.5552
Chinquapin Recreation Center ........................................................................... 703.746.5553
Cora Kelly Recreation Center ............................................................................ 703.746.5554
Mount Vernon Recreation Center ....................................................................... 703.746.5556
Nannie J. Lee Memorial Recreation Center .................................................... 703.746.5550
Northern Virginia Senior Olympics .............................................................. 703.228.4721
William Ramsay Recreation Center ............................................................... 703.746.5558

Senior Centers

Saint Martin de Porres Senior Center ............................................................... 703.751.2766
The Senior Center at Charles Houston ............................................................. 703.746.5456

Other Senior Activities

YMCA ....................................................................................................................... 703.838.8085
Services for Speech, Language and Hearing Impaired Persons

American Speech-Language Hearing Association (ASHA) ......................................................... 301.296.5700 or 1.800.638.8255
Hearing Loss Association of America ......................................................... 301.657.2248
Northern Virginia Resource Center for Deaf and Hard of Hearing Persons .......................................................... 703.352.9055
Virginia Department for the Deaf and Hard of Hearing
Voice/TTY ................................................................. 1.800.552.7917 or 1.804.662.9502
Virginia Relay Center Voice/TTY ................................................................. 1.800.552.7917

Transportation Services

DASH Bus/Alexandria Transit Company .......................................................... 703.746.3274/703.746.DASH
Senior Transportation Services ................................................................. 703.746.3275

Metrobus/Metrorail

Washington Metropolitan Area Transit Authority (WMATA) ................. 202.637.7000

Special Transportation Services

Alexandria Yellow Taxi Cab (24-hour notice for lift vans) ................. 703.549.2500
American Cancer Society ................................................................. 1.800.227.2345
Diamond Transportation Services (24-hour notice for lift vans) .... 703.912.7606
D.O.T - Transportation for People with Disabilities ........................................... 703.746.4079
D.O.T - Reservations ........................................................................ 703.836.5222
Medicaid Transportation Service (Logisticare) .................................................. 1.866.386.8331
MetroAccess ......................................................................................... 301.562.5360
MTS Transportation, Inc ........................................................................ 703.652.0816
Senior Taxi Yellow Card Program ................................................................. 703.746.5999

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles/Alexandria ................................................................. 804.497.7100

Utilities and Utility Assistance

Dominion Virginia Power (electric company) ................................................ 1.866.DOM.HELP / 1.866.366.4357
Energy Assistance City of Alexandria, Office of Community Services ......................................................... 703.746.5901
Senior Cool Care Program City of Alexandria, Division of Aging and Adult Services ......................................................... 703.746.5999
Verizon Telephone Company Lifeline Program ........................................... 1.800.837.4966
Virginia American Water ........................................................................ 703.549.7080
Washington Gas Company (natural gas) .................................................. 703.750.1000
TTY ...................................................................................................... 703.750.7975
Weatherization Assistance Program ......................................................... 540.665.0200 extension 5103

Veteran Services

Alexandria VET Center ........................................................................ 703.360.8633
Fort Belvoir Outpatient Clinic ................................................................. 571.231.2408
U.S. Department of Veterans Affairs .................................................. 1.800.827.1000
Virginia Department for Veteran Services ........................................... 703.417.9090
Veterans Health Care Benefits at Fort Belvoir .................................... 571.231.2408
Veterans (Armed Forces) services through the Red Cross ................... 240.485.3031
Washington DC VA Medical Center ..................................................... 202.745.8000

Vital Records
City of Alexandria County Clerk Marriage Certificates and Divorce Records .................................................. 703.746.4044
Death Certificates, Virginia Department of Health, Office of Vital Records .......................................................... 804.662.6200
Vital Records - Any State ................................................................... www.vitalrec.com

Volunteering
American Red Cross - Alexandria Chapter ........................................... 703.549.8300
City of Alexandria, Division of Aging and Adult Services ..................... 703.746.5999
Senior Services of Alexandria ............................................................. 703.836.4414
Volunteer Alexandria ....................................................................... 703.836.2176

Voter Information
Alexandria Registrar of Voters ......................................................... 703.746.4050
Virginia Department of Motor Vehicles (DMV) .................................. 804.497.7100
Virginia State Board of Elections ......................................................... 1.800.552.9745
TTY: ........................................................................................................ 1.800.260.3466
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<thead>
<tr>
<th>Phone Numbers Alphabetically By Name</th>
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<td>American Speech-Language Hearing Association (ASHA) ...............................</td>
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<td>AniMeals on Wheels .......................................................................................</td>
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<td>Bellefonte Gardens ................................................................................--------</td>
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Benefits Checkup........................................................................www.benefitscheckup.org
Birmingham Green Nursing Facility ...............................703.257.0935
Brain Injury Association of America .................................703.761.0750
Call.Click.Connect .................................................................703.746.4357
Capital Caring .................................................................703.538.2065
Caregivers' Support Group ..................................................703.746.5999
CareRing ........................................................................703.536.9000
Carpenter's Shelter ...............................................................703.548.7500
Casey Clinic (Flora Krause Casey Health Center) ....................703.746.4886
Catholic Charities Christ House Evening Meal ......................703.549.8644
CCDA St. Lucy Food Pantry at Christ House .........................703.548.4227
Center for Pastoral Counseling of Virginia .........................703.903.9696
Centers for Medicare and Medicaid Services (CMS) ..............1.800.MEDICARE
Charles E. Beatley, Jr. Central Library .................................703.746.1702
Charles Houston Recreation Center ....................................703.746.5552
Charles Houston Senior Center ............................................703.746.5456
Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD) ........................................301.306.7070
Chinquapin Recreation Center .............................................703.746.5553
Christ Church Lazarus ............................................................703.549.1450
Christ House ......................................................................703.549.8644
Church of the Resurrection West End ..................................703.998.0888
City of Alexandria County Clerk Death Certificates .................804.662.6200
City of Alexandria County Clerk Marriage Certificates and Divorce Records .................................................................703.746.4044
City of Alexandria Department of Recreation, Parks and Cultural Activities .................................................................703.746.5419
City of Alexandria Division of Aging and Adult Services ...........703.746.5999
City of Alexandria Health Department ....................................703.746.4996
City of Alexandria Office of Community Services ...................703.746.5901
Claridge House II ..................................................................703.823.5444
Commonwealth of Virginia Department of Motor Vehicles/Alexandria .................804.497.7100
Commonwealth's Attorney ....................................................703.746.4100
Community Action Agency ....................................................703.746.5700
Consumer Affairs ................................................................804.786.2042
Consumer Credit Counseling (Money Management International) ....703.836.0482
Consumer Product Safety Commission Hotline ...........1.800.638.2772
Consumer Protection Hotline .............................................1.800.552.9963
Cora Kelly Recreation Center .................................................703.746.5554
Customer Call Center ..........................................................703.746.5700
DASH Bus/Alexandria Transit Company ..........................703.746.3274/703.746.DASH
DaVita Dialysis Center ......................................................1.800.424.6589
Diamond Transportation Services (24-hour notice for lift vans) ....703.912.7606
Direct Deposit for Social Security Checks ..........................1.800.772.1213
Domestic Violence Program ................................................................. 703.746.4911
Dominion Hospital ........................................................................... 703.538.2872
Dominion Virginia Power (electric company) .................. 1.866.DOM.HELP / 1.866.366.4357
D.O.T -Transportation for People with Disabilities ...................... 703.746.4079
D.O.T. - Reservations .................................................................... 703.836.5222
Downtown Baptist Church Open Table ............................................ 703.549.5544
Eldercare Locator ......................................................................... 1.800.677.1116
Ellen Coolidge Burke Branch Library .............................................. 703.746.1704
Encore Learning (formerly ALRI) .................................................... 703.228.2144
ENDependence Center of Northern Virginia, Inc. ....................... 703.525.3268
Envoy of Alexandria .................................................................... 703.684.9100
Ethiopian Community Development Council, Inc. (ECDC) ... 703.685.0510
Experience Works (formerly Green Thumb, Inc.) ...................... 1.866.397.9757
Eye Care America ........................................................................ 703.836.5222
Federal Trade Commission ............................................................. 202.326.2222
First Step ....................................................................................... 703.538.2872
Food For Others ........................................................................... 703.836.5222
Fort Belvoir Outpatient Clinic ....................................................... 571.231.2408
Foxchase of Alexandria ................................................................. 571.451.0532
Fresenius Care (Dialysis Service) ................................................... 703.370.8250
Friendly Visitor Program ................................................................. 703.836.4414
George Washington University Hospital - Geriatric Center ... 202.741.2222
Goodwin House .......................................................................... 703.578.1000
Grace Episcopal Church ................................................................. 703.549.1980
Groceries to Go ........................................................................... 703.836.4414 extension 119
Haven of Northern Virginia ............................................................ 703.941.7000
Hearing Loss Association of America ........................................... 301.657.2248
Hispanic Committee of Virginia (NVFS) ....................................... 703.671.5666
Hogar Immigrant Services (Catholic Charities of the Diocese of Arlington) 703.534.9805
Home Ownership Assistance Program ...................................... 703.746.3099/3097
Home Rehabilitation/Repair Loans .............................................. 703.746.4990
Homeless Services Assessment Center ................................. 703.746.5700
Homemaker/Personal Care Program ........................................... 703.746.5999
Howard University, College of Dentistry Dental Clinic ............. 202.806.0008
Human Rights .......................................................................... 703.746.3140
INOVA Alexandria Hospital Physician Referral .................. 1.855.694.6682
INOVA Alexandria Hospital ......................................................... 703.504.3000
INOVA Cares for Seniors PACE Program ............................... 703.239.5888
INOVA Comprehensive Addiction Treatment Services (CATS) ... 703.289.7560
INOVA Fairfax Behavioral Health Services .............................. 703.684.9100
Insight Memory Care Center ..................................................... 703.204.4664
James M. Duncan Branch Library ................................................. 703.746.1705
Jewish Community Center of Northern Virginia (JCCNV) .... 703.323.0880
Jewish Council for the Aging of Greater Washington ...... 703.425.0999 or 301.255.4200
Jewish Social Service Agency (JSSA) .................................................. 703.204.9100 or 703.896.7918
John Hopkins Pharmaquip Inc/Respicare ........................................... 703.440.3600
Kate Waller Barrett Branch Library ................................................. 703.746.1703
Korean Services (Salvation Army) .................................................. 703.385.8702 extension 28
Ladrey Hi-Rise ............................................................................. 703.549.7115
Landlord/Tenant Relations .......................................................... 703.746.4990
Legal Services of Northern Virginia ................................................. 703.684.5566 (Alexandria Office)
Lifetime Learning /Lifelong Learning Institute ................................ 703.503.0600
Liquid Supplement Program ....................................................... 703.746.5999
Literacy Council of Northern Virginia, Inc. ..................................... 703.237.0866
Meade Memorial Canned Food Distribution ..................................... 703.549.1334
Meade Memorial Church Bag Lunch ............................................. 703.549.1333
Meade Memorial Saturday Feeding Program ................................... 703.549.1334
Meals on Wheels (subsidized) ..................................................... 703.746.5999
Meals on Wheels (private pay) .................................................... 703.836.4414 extension 112
Medical House Supply Group ...................................................... 703.533.2290
Medicaid Helpline ........................................................................ 1.804.786.6145
Medicaid Program ........................................................................ 703.746.5801
Medicaid Transportation Service (Logisticare) ............................... 1.866.386.8331
MedicAlert + Alzheimer’s Association Safe Return ........................ 1.888.572.8566
Medicare Rights Center ................................................................ 1.800.333.4114
Mental Health America .................................................................. 703.684.7722
MetroAccess ............................................................................... 301.562.5360
Metropolitan Washington Ear ...................................................... 301.681.6636
Money Management International ............................................... 703.836.0482
MTS Transportation, Inc .............................................................. 703.652.0816
Multicultural Clinical Center ........................................................ 703.354.0000
Multicultural Human Services Center (NVFS) ................................. 571.748.2800
Nannie J. Lee Memorial Recreation Center ................................ 703.746.5550
National Academy of Elder Law Attorneys (NAELA) ..................... 703.942.5711
National Active and Retired Federal Employees (NARFE) Association 703.838.7760
National Caucus and Center on Black Aged, Inc. ............................ 202.637.8400
National Hospice and Palliative Care Organization ........................ 703.837.1500
Nationwide Lawyer Referral Service ............................................ 1.800.552.7977
NCOA Northern Virginia Workforce Resource Center ..................... 571.335.4027
Northern Virginia Community College - Community Education .... 703.933.5073
Northern Virginia Community College Dental Hygiene Clinic ........... 703.822.6655
Northern Virginia Dental Clinic of the Northern VA Dental Society .... 703.820.7170
Northern Virginia Family Services (NVFS) ........................................ 571.748.2850
Northern Virginia Long-Term Care Ombudsman ............................ 703.324.5590
Northern Virginia Payee Service ................................................. 703.273.4590
Northern Virginia Resource Center for Deaf and Hard of Hearing Persons 703.352.9055
Northern Virginia Senior Olympics ............................................. 703.228.4721
Oakland Baptist Church Food Bank ................................................ 703.998.9006

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Old Presbyterian Meeting House Open Table ........................................... 703.549.6670
Old Towne West ......................................................................................... 703.549.4343
Older Adult Clinical Services ...................................................................... 703.746.3400
Older Women’s League (OWL) Field Services Office .................. 202.567.2606
Osher Lifelong Learning Institute (OLLI) .................................................. 703.503.3384
Pendleton Park .............................................................................................. 703.271.8400
Pension Rights Center .............................................................................. 202.296.3776
Power-Plus 55 .............................................................................................. 703.746.5575
Prevention of Blindness Society Low Vision Learning Center .................. 703.652.7803
Prevention of Blindness Society of Metro Washington ...................... 202.234.1010
Project Lifesaver ....................................................................................... 703.746.5002 or 703.746.5136
Real Estate Tax/Property Tax Relief/Deferral ........................................ 703.746.3909/3902
Rebuilding Together Alexandria ............................................................... 703.836.1021
Regional Resources Dial 211 Customer Call Center ......................... 703.746.5700
Rent Relief Program ................................................................................. 703.746.5918
Rental Accessible Modification Program (RAMP) ..................... 703.746.4990
Road Scholar ............................................................................................... 1.800.454.5768
Salvation Army Emergency Food Program ............................................... 703.548.0579
Saint Joseph Catholic Church ................................................................. 703.836.3725
Saint Martin de Porres Senior Center ..................................................... 703.751.2766
Saint Paul’s Lazarus Ministry .................................................................... 703.548.3312
Senior Cool Care Program ................................................................. 703.746.5999
Senior Employment Resources ............................................................... 703.750.1936
Senior Helpline (Jewish Council for the Aging of Greater Washington) ............................................................................ 703.425.0999
Senior Link (ACTS Helpline) ................................................................. 703.368.4141
Senior Services of Alexandria ................................................................. 703.836.4414
Senior Taxi Yellow Card Program .............................................................. 703.746.5999
Senior Transportation Services ............................................................... 703.746.3275
SeniorNavigator/disAbilityNavigator (VirginiaNavigator) .................. 1.866.393.0957
Sexual Assault Center ............................................................................. 703.683.7237
SHARE (Food network) ........................................................................... 301.864.3115 or 1.800.217.4273
Silver Service Card ................................................................................. 703.836.4414
Snow Buddies ............................................................................................ 703.746.4357
Social Security Administration – Medicare .............................................. 1.800.772.1213
Spina Bifida Association of the Mid-Atlantic Region ......................... 1.800.621.3141 extension 20
State Corporation Commission .................................................................. 1.800.552.7945 or 804.371.9741
Statewide Senior Legal Helpline ............................................................. 1.844.802.5910
Sunrise Assisted Living of Alexandria ................................................... 703.348.1022
Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)
City of Alexandria, Benefits Programs ................................................... 703.746.5801
Talking Book Service ................................................................................ 703.746.1760
The Arc of Northern Virginia ................................................................. 703.208.1119
The Fountains at Washington House ..................................................... 703.845.5100
The Hermitage in Northern Virginia ..................................................... 703.797.3844
The National Multiple Sclerosis Society National Capital Chapter ..................................... 202.296.5363
The Senior Center at Charles Houston .......................................................... 703.746.5456
The Source Book, Guide to Retirement Living ........................................ 703.992.1100 or 1.800.394.9990
The United States Social Security Administration ........................................... 1.800.772.1213
TTY ........................................................................................................ 711 (VA Relay)

U.S. Department of Health and Human Services Office of Civil Rights
Main ........................................................................................................ 1.800.368.1019
TTY ........................................................................................................ 1.800.537.7697

U.S. Department of Veterans Affairs ................................................................ 1.800.827.1000

United Cerebral Palsy Affiliates ..................................................................... 202.269.1500

Verizon Telephone Company Lifeline Program ............................................ 1.800.837.4966

Veterans (Armed Forces) services through the Red Cross .......................... 240.485.3031
Veterans Health Care Benefits at Fort Belvoir ............................................. 571.231.2408
Virginia American Water ........................................................................... 703.549.7080

Virginia Department for the Aging (VDA) .................................................. 1.800.552.3402

Virginia Department for the Deaf and Hard of Hearing
Voice/TTY .................................................................................................. 1.800.552.7917 or 1.804.662.9502

Virginia Department for Veteran Services .................................................... 703.417.9090

Virginia Department of Aging and Rehabilitation Services,
Virginia Department of Agriculture and Consumer Services Consumer
Virginia Department of Health, Office of Vital Records
...................................................................................................................... 804.662.6200

Virginia Department of Motor Vehicles ....................................................... (DMV) 804.497.7100
Virginia Employment Commission Job Service............................................. 703.813.1300
Virginia Housing Development Authority ..................................................... 1.877.428.8844
Virginia Housing Development Authority Accessibility .................................. 804.782.1986
Virginia Insurance Counseling and Assistance Program (VICAP) ............... 703.746.5999
Virginia Relay Center Voice/TTY .................................................................. 1.800.552.7917
Virginia State Board of Elections .................................................................. 1.800.552.9745
TTY ........................................................................................................ 1.800.260.3466

Volunteer Alexandria .................................................................................... 703.836.2176
Washington DC VA Medical Center ............................................................. 202.745.8000
Washington Gas Company (natural gas) ...................................................... 703.750.1000
TTY ........................................................................................................ 703.750.7975

Washington Metropolitan Area Transit Authority (WMATA) ....................... 202.637.7000
Weatherization Assistance Program ............................................................... 540.665.0200 extension 5103
William Ramsay Recreation Center .............................................................. 703.746.5558
Woodbine Rehabilitation and Heath Care Center ......................................... 703.836.8838
Workforce Development Center ................................................................... 703.746.5990

YMCA ....................................................................................................... 703.838.8085
DCHS Program Site Directory

1900 North Beauregard Street
AlexandriaWorks!, 703.746.5865
Center for Alexandria’s Children, 703.838.4381
Early Childhood Division, 703.746.5437
JobLink Adult Employment, 703.746.5940
TeensWork!, 703.746.5880

2525 Mt. Vernon Avenue
Child Welfare, 703.746.5757
Community Services, 703.746.5901
Eligibility Programs, 703.746.5801
Women’s Initiatives, 703.746.5030

421 King Street
Alexandria Campaign on Adolescent Pregnancy, 703.746.3131
Domestic Violence Program, 703.746.4911
Sexual Assault Center, 703.683.7273
School-Age Youth Development, 703.746.3436
Substance Abuse Prevention Coalition of Alexandria, 703.746.3670

720 North Saint Asaph Street
Administrative Offices, CSB, 703.746.3400
Emergency Services, 703.746.3400
MH/ID/SA Intake, 703.746.3535
Outpatient Mental Health Services, 703.746.3400

4480 King Street
Child Assessment and Treatment Center, 703.838.4708
Parent Infant Education Program, 703.746.3350
Residential Services Administrative Offices, 703.746.3500
West End Wellness Center (formerly Clubhouse), 703.746.3456

4401 Ford Avenue
Aging and Adult Services, 703.746.5999
Alexandria Vocational Services, 703.746.3333
Intellectual Disability Case Management, 703.746.3333

2355 Mill Road
Detox Center, 703.746.3636
Homeless and Ex-Offender Services, 703.746.5912
Substance Abuse Services, 703.746.3600

703.746.5999 www.alexandriava.gov/Aging