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 Web site 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
4401 Ford Avenue, Suite 103, Alexandria, VA 22302
Phone: 703.746.5999
Email: DAAS@alexandriava.gov
Fax: 703.746.5975
# Directory of Resources for Older Adults and Adults with Disabilities

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For more information visit: www.alexandriava.gov

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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
Emergency information for Spanish-speakers ..................... 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 need socialization or who should not be home alone. The 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.

**Fennell-Sauls Vocational Day Program**
Central Intake ......................................................................................................... 703.746.3400
City of Alexandria
4401 Ford Avenue, Alexandria, VA 22302
www.alexandriava.gov/dchs/adultservices
Day program for adults with a diagnosis of a developmental disability. Individuals volunteer and work in the community. Services are available to City residents.

**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 at a 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, environment for people with dementia and is a practical resource for caregivers.

**West End Wellness Center** ............................................................................. 703.746.3456
City of Alexandria
4480 Ford Avenue, Alexandria, VA 22302
www.alexandriava.gov/dchs/adultservices
The Center offers psychosocial rehabilitation for City residents with mental illness. Individuals are supported through skills training, peer support, education, recreation, and vocational readiness.
Adult Protective Services

Adult Protective Services (APS) .......................................................... 703.746.5778
APS HOTLINE ..................................................................................... 1.888.832.3858
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
APS investigates reports of adult abuse, neglect or exploitation and can arrange a wide variety of health, housing, social, and legal services to stop the abuse and prevent further mistreatment.

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 support, 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, Suite 103, 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.

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 on policies, programs, and legislation affecting Alexandria's residents with physical and sensory disabilities.
Domestic Violence Program ................................................................. 703.746.4911
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/DomesticViolence
www.alexandriava.gov/SexualViolence
Support and resources for those experiencing physical assault, verbal abuse, emotional abuse, sexual abuse, harassment or threats. Volunteers and staff are available 24 hours a day to provide crisis intervention, advocacy, counseling and information and referral.

Northern Virginia Long-Term Care Ombudsman Program .................. 703.324.5861
TTY ....................................................................................................... 711
12011 Government Center Parkway, Suite 708, Fairfax, VA 22035
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.

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.

CareRing ............................................................................................. 703.527.4077
601 South Carlin Springs Road, Arlington, VA 22204
www.prsinc.org
A volunteer telephone support program that monitors physical and emotional well-being through the use of daily phone calls. Volunteers can also provide reminders for medications and doctor’s appointments.

Eldercare Locator ............................................................................... 1.800.677.1116
Online Resource
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**
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 may wander from their homes.

**Project Lifesaver**
2003 Mill Road, Alexandria, VA 22314
www.alexandriava.gov/sheriff
Provides a wristband locator to individuals who wander due to Alzheimer’s, Autism, Down Syndrome or other related disorders.

**Senior Link (ACTS Helpline)**
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**
1800 Alexander Bell Drive, Suite 120, Reston VA 20191
www.retirement-living.com
Online and printed guide that list resources for 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**

**Benefits Checkup**
online resource
251 18th Street South, Suite 500, Arlington, VA 22202
www.benefitscheckup.org
Confidential and free service of the National Council of the Aging (NCOA) that determines whether individuals are eligible for state and/or federal programs.

**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 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
4330 East-West Highway, Bethesda, MD 20814
www.cpsc.gov
This national hotline provides information about the safety of specific consumer products.

Federal Trade Commission (FTC) ......................................................... 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, develop rules to ensure a vibrant marketplace, and educate consumers and businesses about their rights and responsibilities.

National Active and Retired Federal Employees Association (NARFE).........
........................................................................................................... 703.838.7760
606 North Washington Street, Alexandria, VA 22314
www.narfe.org
Telephone assistance for retirement and health care benefits for current and retired federal employees.

National Consumers League.................................................................. 202.835.3323
1701 K Street, NW, Suite 1700, Washington, DC 20006
www.fraud.org
Provides information on telemarketing and Internet fraud and to help consumers report their complaints to law enforcement.

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
200 Independence Avenue, SW, Washington, DC 20201
www.hhs.gov/ocr/index.html
Takes complaints from individuals who feel they have been discriminated by a health care provider or government agency.
Virginia Department of Agriculture and Consumer Services Consumer Protection/Affairs Hotline..........................................................1.800.552.9963
TTY.............................................................................................................1.800.828.1120
102 Governor 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.

**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 (BIAA) ............................................. 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 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. 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 20036
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 individuals with disabilities and their families through education, employment, housing, family support and adult day rehabilitation.
Educational Opportunities

Adult Education ..........................................................................................................................
Alexandria Community Public Schools (ACPS)  
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 offers 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  
Membership organization that offers courses, special events, social activities, and non-degree college-level courses to residents of DC Metro area, age 50 and over.

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 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 trips for seniors.

Literacy Council of Northern Virginia, Inc. (LCNV) .................703.237.0866  
2855 Annandale Road, # 114, Falls Church, VA 22042  
www.lcnv.org  
LCNV 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.
Osher Lifelong Learning Institute (OLLI) .............................................. 703.503.3384
George Mason University
4210 Roberts Road, Fairfax, VA 22032
www.olli.gmu.edu
Independent, non-profit membership organization that provides intellectual and cultural experiences for residents in their retirement years.

Road Scholar............................................................................................... 1.800.454.5768
11 Avenue De Lafayette, Boston, MA 02111
www.roadscholar.org
Non-profit organization, offers educational tours in all 50 states and 150 countries to older adults.

Employment

Experience Works (formerly Green Thumb, Inc.) ...................................... 1.866.397.9757
4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203
www.experienceworks.org
A national, community-based organization. Provides training and employment services for seniors.

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 vocational and aptitude testing.

Workforce Development Center......................................................... 703.746.5990
City of Alexandria
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 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, and SNAP (formerly Food Stamps).

Northern Virginia Payee Services (NOVA)......................................................... 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 among 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 meals provided daily to City Residents.

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.
<table>
<thead>
<tr>
<th><strong>Meade Memorial Church</strong></th>
<th>703.549.1333</th>
</tr>
</thead>
<tbody>
<tr>
<td>322 North Alfred Street, Alexandria, VA 22314</td>
<td>Provides bag lunches during weekdays and hot lunches on the weekend during the fall and winter.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Saint Martins de Porres Senior Center</strong></th>
<th>703.751.2766</th>
</tr>
</thead>
<tbody>
<tr>
<td>4650 Taney Avenue, Alexandria, VA 22304</td>
<td>Senior Centers provide socialization, activities, and daily meals to City residents age 60 or older.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>The Senior Center at Charles Houston</strong></th>
<th>703.746.5456</th>
</tr>
</thead>
<tbody>
<tr>
<td>901 Wythe Street, Alexandria, VA 22314</td>
<td>Senior Centers provide socialization, activities, and daily meals to City residents age 60 or older.</td>
</tr>
</tbody>
</table>

### Food - Pantry

<table>
<thead>
<tr>
<th><strong>Alfred Street Baptist Church</strong></th>
<th>703.683.2222</th>
</tr>
</thead>
<tbody>
<tr>
<td>301 South Alfred Street, Alexandria, VA 22314</td>
<td>Provides nonperishable food to City residents.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>ALIVE!, Inc. Food Distribution Program</strong></th>
<th>703.837.9321</th>
</tr>
</thead>
<tbody>
<tr>
<td>2723 King Street, Alexandria, VA 22302</td>
<td>Provides five-day supply of fresh produce and staple food to City residents.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>CCDA St. Lucy Food Pantry at Christ House</strong></th>
<th>703.548.4227</th>
</tr>
</thead>
<tbody>
<tr>
<td>131 South West Street, Alexandria, VA 22314</td>
<td>Nonperishable and fresh food is offered monthly to City residents.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Christ Church Lazarus</strong></th>
<th>703.549.1450</th>
</tr>
</thead>
<tbody>
<tr>
<td>118 N. Washington Street, Alexandria, VA 22314</td>
<td>Provides fresh produce, frozen meat, bread, and nonperishable food products to City residents.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Church of the Resurrection West End</strong></th>
<th>703.998.0888</th>
</tr>
</thead>
<tbody>
<tr>
<td>2280 North Beauregard Street, Alexandria, VA 22311</td>
<td>Provides fresh produce, frozen meat, bread, and nonperishable food products to City residents.</td>
</tr>
</tbody>
</table>
Food For Others........................................................................................................ 703.207.9173
2938 Prosperity Avenue, Fairfax, VA 22031
www.foodforothers.org
The Emergency Food Assistance Program (TEFAP) of the U.S. Department of Agriculture provides monthly food to Northern Virginia clients.

Grace Episcopal Church ....................................................................................... 703.549.1980
3601 Russell Road, Alexandria, VA 22305
Nonperishable food distribution offered monthly to City residents.

Meade Memorial Canned Food Distribution.......................................................... 703.549.1334
323 North Alfred Street, Alexandria, VA 22314
Provides nonperishable food items.

Oakland Baptist Church Food Bank......................................................................... 703.998.9006
3408 King Street, Alexandria, VA 22302
www.obc@alexandriava.org
Provides bread and nonperishable food items.

Salvation Army Emergency Food Program.......................................................... 703.548.0579
1804 Mount Vernon Avenue, Alexandria, VA 22301
Nonperishable and frozen food provided monthly to City residents.

St. Joseph Catholic Church...................................................................................... 703.836.3725
711 North Columbus Street, Alexandria, VA 22314
Small food pantry with frozen meats and nonperishable food items.

St. Paul’s Lazarus Ministry....................................................................................... 703.548.3312
228 South Pitt Street, Alexandria, VA 22314
Provides canned goods and pasta to City of Alexandria residents.

Food - Pets

AniMeals on Wheels ............................................................................................... 703.836.4414 extension 110
Senior Services of Alexandria
www.seniorservicesalex.org
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
Free pet supplies delivered monthly to low-income seniors of Alexandria City.

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 monthly to elderly and disabled residents or to single
parents with young children who are homebound.

Groceries to Go .................................................................................. 703.836.4414 extension 119
Senior Services of Alexandria
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
www.seniorservicesalex.org
Free grocery shopping and delivery services to seniors every other Thursday.

Liquid Supplement Program .................................................................. 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
Monthly delivery of nutritional liquid food supplement for persons aged 60+ who are 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, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
Provides free nutritious meals daily for person’s age 60+ who are homebound, unable to prepare
meals and meet Department of Aging criteria.

Meals on Wheels (Private Pay) ............................................................. 703.836.4414 extension 112
Senior Services of Alexandria
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
www.seniorservicesalex.org
Provides nutritious meals 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 can be used like cash to buy eligible food items from authorized retailers.
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.

Health Care Professional Referral Services

INOVA Alexandria Hospital Physician Referral ........................................... 1.855.694.6682
8110 Gatehouse Road, Falls Church, VA. 22042
https://www.inova.org/physicians
A referral service sponsored by Inova. Find physicians based on your referral needs, preferences of location, specialty, and rotation availability of the physician.

Virginia Department of Health Professions
(Virginia Board of Medicine) ................................................................. 1.800.533.1560
9960 Mayland Drive, Suite 300, Henrico, Virginia 23233
www.dhp.virginia.gov
Provides the ability to check health professional license, enforces standards of practice, and provides health care information to the public.

Health Care Services

Clinics - General Medical

Alexandria Neighborhood Health Services, Inc. (ANHSI) ......................... 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. 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 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+. Accepts Medicaid, private insurance, and provides a sliding-scale fee discount for uninsured patients.

**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, and oral cancer screening, performed by students under supervision.

**Northern Virginia Dental Clinic** .............................................. 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. Contact Department of Community and Human Services, 703.746.5901.
Eye and Vision Care

Office of Community Services (OCS) ............................................................... 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 low-income residents.

Eye Care America .................................................................................. online resource
www.eyecareamerica.org
Referral for eye care for low-income persons aged 65 and older.

Metropolitan Washington Ear ................................................................. 301.681.6636
12061 Tech Road, Silver Spring, MD 20904
www.washear.org
Free services for blind, and visually impaired persons, and those with a physical 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 low-income persons. Client must not be able to receive glasses from a public program, and be unable to afford the full fee of glasses.

Prevention of Blindness Society Low Vision Learning Center......... 703.652.7803
105 South Alfred Street, Alexandria, VA 22314
www.lowvisionservices.org
Offers programs and services for people with low vision including examinations and personalized rehabilitation programs, visual aids, and vision technology.

Mental Health

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

Dominion Hospital .................................................................................. 703.538.2872
2960 Sleepy Hollow Road, Falls Church, VA 22044
www.dominionhospital.com
Mental Health care facility offering adult short-term inpatient and outpatient services, free mental health information and referral, geriatric evaluations, and home visits by psychiatric nurses.
George Washington University Hospital - Geriatric Center ............... 202.741.2222
2150 Pennsylvania Avenue, NW, 4th Floor, Washington, D.C. 20037
www.gwhospital.com
Provides medical and psychiatric evaluations of the elderly.

INOVA Comprehensive Addiction Treatment Services (CATS) ........... 703.289.7560
3300 Gallows Road, Falls Church, VA 22042
www.inova.org
CATS offers a series of inpatient programs, treatment and counseling for patients.

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

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, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/DCHS
Geriatric mental health team provides mental health and substance abuse assessments, case management services, and therapy.

**Health Education Resources**

**ABCD Helpline (After Breast Cancer Diagnosis) ......................... 1.800.221.2141**
This 24-hour, hotline offers breast cancer information, resources, mentors, and support.

**Alzheimer's Association (National Capital Area) ......................... 703.359.4440**
24-hour/7-day helpline .............................................................. 1.800.272.3900
8180 Greensboro Drive, Suite 400, McLean, VA 22102
www.alz.org/nca
Patient care information and support groups for families of Alzheimer's patients.

**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, of treatment, and for research into Alzheimer's Disease 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, rehabilitation, and transportation to treatments.

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 ..................................................................................................... 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.

Johns 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

Counseling

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
Provides information about health insurance companies and processes inquiries, or complaints about insurances.

Virginia Insurance Counseling and Assistance Program (VICAP) ...... 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, Suite 103, Alexandria, VA 22302
Free Medicare education and counseling regarding Medicare health insurance options.
Educational workshops offered 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
This office administers Medicaid, a medical insurance program for eligible low-income individuals.

Medicare

Centers for Medicare and Medicaid Services (CMS) ....................... 1.800.633.4227
www.medicare.gov
www.cms.gov
Speak to a representative regarding enrollment, drug coverage, preventive services, durable medical equipment competitive bidding program, billing and claims, and general questions.

Medicare Rights Center.................................................................. 1.600.333.4114
www.medicarerights.org / www.medicareinteractive.org
A 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.
The Social Security Administration administers Medicare, a Federal health insurance program for persons 65 and older and persons with disabilities.

**In-Home Care and Assistance**

**At Home in Alexandria (AHA)**
3139 Mount Vernon Avenue, Alexandria, VA 22305
www.athomeinalexandria.org
A membership organization offering services to enable seniors to remain at home. Services include, transportation, errands, home organization, minor home repairs, gardening, and social events.

**Homemaker/Personal Care Program**
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, Suite 103, 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**
Senior Services of Alexandria
700 Princess Street, Mezzanine Level, Alexandria, VA 22314
www.seniorservicesalex.org
Volunteer program offering weekly socialization visits to elderly residents of Alexandria City. The goal is to provide socialization by relieving loneliness and isolation experienced by many of the City’s seniors.

**Snow Buddies**
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 matches 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
Non-profit organization that improves care for those facing life-limiting illness through direct support of patients and their families, public education, and public advocacy.

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. Offers programs and materials to enhance understanding of hospice and palliative care.

Hospitals

INOVA Alexandria Hospital ........................................................................... 703.504.3000
4320 Seminary Road, Alexandria, VA 22304
www.inova.org/iah
A 318-bed community hospital that offers a full range of healthcare services. The hospital also offers home healthcare through the INOVA Visiting Nurses Association of Northern Virginia, 571.432.3100.

Housing

Assisted Living Facilities

District Home at Birmingham Green Assisted Living Facility .......... 703.257.0935
8605 Centreville Road, Manassas, VA 20110
www.birminghamgreen.org
District Home offers 45 private, and semi-private rooms. Respite and short-stay emergency admissions available upon request

Sunrise Assisted Living of Alexandria ......................................................... 703.348.1022
3520 Duke Street, Alexandria, VA 22304
www.sunriseseniorme.com
Private-pay assisted living units, Alzheimer’s and memory care units, 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.
Continuing Care Retirement Communities

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 ............................................... 703.746.3660
2355B Mill Road, Alexandria, VA 22314
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
Shelter for individuals and families. Provides an overnight hypothermia unit in winter.

Homeless Services Assessment Center (HSAC).......................... 703.746.5700
City of Alexandria, Office of Community Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Central intake for Alexandria Community Shelter and Carpenter’s Shelter. HSAC also provides emergency rental payment, security deposit, and assistance with furniture storage in eviction cases for Alexandria city residents facing homelessness.

Nursing Facilities

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
111-bed skilled nursing center, offering Alzheimer’s and dementia care, short-term rehabilitation and therapy services.

Woodbine Rehabilitation and Health Care Center.......................... 703.836.8838
2729 King Street, Alexandria, VA 22302
www.woodbinerehab.com
Skilled nursing center, offering Alzheimer’s and dementia care, respite, short-term rehabilitation, respiratory, and therapy services.

Independent Living

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

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
3438 Peachtree Road, NE, Suite 1500, Atlanta, GA 30326
www.apartmentfinder.com
An apartment search tool that allows you to browse several properties nationwide.

**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 city resident’s.

**Home Rehabilitation/Repair Loans** .................................................. 703.746.4990
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, or persons with disabilities to make home or accessibility improvements. Also offers Home Ownership Assistance Program for all eligible City residents.

**Landlord/Tenant Relations** ................................................................. 703.746.4990
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.

**Real Estate Tax/Property Tax Relief/Deferral** ................................. 703.746.3909/3902
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 for those with a total or permanent disability that meet income criteria.

**Rebuilding Together Alexandria** ..................................................... 703.836.1021
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)** .......................... 703.746.4990
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 ........................................................................................................... 703.746.5918
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
PO Box 35305, Charlotte, NC 28235
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
601 S. Belvidere Street, Richmond, VA 23220
www.vhda.com
Helps improve accessibility in homes for people with physical and sensory disabilities.

Information and Referral

REGIONAL RESOURCES ........................................................................................................... 211

AARP Virginia.............................................................................................................. 1.866.542.8164
707 East Main Street, Suite 910, Richmond, VA 2319
www.local.aarp.org/alexandria-va
Resources, support, financial workshops, and events for people age 55 and older.

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 email access to 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.

Information and Referral Program ...................................................................................... 703.746.5999
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
Provides free information and referral to Alexandria City programs and services for older adults, persons age 18-59 with a disability, and their caregivers.
**SeniorNavigator/disAbilityNavigator (VirginiaNavigator) .................. 1.866.393.0957**
https://seniornavigator.org
A free public service and Web site for Virginians seeking resources for seniors and persons with disabilities.

**Jewish Council for the Aging of Greater Washington ..................... 703.425.0999**
Senior Helpline
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 lawyers who provide consultations for a nominal fee.

**Commonwealth’s Attorney ........................................................................ 703.746.4100**
City of Alexandria, Office of the Commonwealth’s Attorney
Courthouse, 520 King Street, Suite 301, Alexandria, VA 22314
www.alexandriava.gov/commattorney
This office is responsible for prosecution of criminal and traffic offenses in Virginia. Provides assistance to crime victims and witnesses.

**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 free legal advice to persons age 60+ and 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.
Office of 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 and disability.

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 referrals to attorneys 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 (DARS) . 1.800.552.3402
1610 Forrest Avenue, Suite 100, Henrico, VA 23229
www.vda.virginia.gov
DARS 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 Web
site or call the branch.

Charles E. Beatley, Jr. Central Library ................................................... 703.746.1702
Talking Book Service ..............................................................................703.746.1760
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.

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.

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.ccdsa.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, Suite 110, 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
services and legal, services for the disabled, and English as a Second Language classes.

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
services.
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
Non-sectarian, volunteer opportunities, and information and referrals to services in Northern Virginia.

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
Information and referral service to Korean speaking population.

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 and 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
Program 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, NW, Suite 600, 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
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/recreation

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.

Power-Plus 55 ........................................................................................................ 703.746.5575
City of Alexandria, Department of Recreation, Parks and Cultural Activities
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/recreation
Recreation programs for older adults ages 55 and over, including classes, clubs, one-day adventures, sports, Senior Olympics, and other services.

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.

Recreation Centers

Charles Houston Recreation Center................................................................. 703.746.5552
901 Wythe Street, Alexandria, VA 22314
Art for Seniors, Pickle Ball open play, and fitness passes.

Chinquapin Recreation Center................................................................. 703.746.5553
3210 King Street, Alexandria, VA 22302
Variety of fitness passes offered with access to indoor pool and diving well.

Cora Kelly Recreation Center ................................................................. 703.746.5554
25 West Reed Avenue, Alexandria, VA 22302
Line Dancing Club, lunch time Hatha Yoga for men and women, and senior fellowship luncheon.

Mount Vernon Recreation Center ................................................................. 703.746.5556
2701 Commonwealth Avenue, Alexandria, VA 22301
American Sign Language Club, art classes, Del Ray Senior Group, Knitting Club, Pinochie Club, Square Dance Program, and 55+ Game Night.

Nannie J. Lee Memorial Recreation Center .......................................................... 703.746.5550
1108 Jefferson Street, Alexandria, VA 22314
Bridge Club, Jewelry Club, Pickle Ball open play, Senior Basketball, and fitness passes.

William Ramsay Recreation Center ................................................................. 703.746.5558
5650 Sanger Avenue, Alexandria, VA 22311
Strength and Conditioning Club, Table Tennis Tuesdays, and fitness passes.

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.ccdac.net/programs_elderly.php
Non-denominational senior center serving City residents aged 60 and over. Offers daily socialization and wellness activities. A nutritious lunch is served daily. Transportation to the center is available through the Division of Aging and Adult Services.

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. Transportation to the Center is available through the Division of Aging and Adult Services.

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
A professional, scientific, and credentialing association that provides information on speech, language and hearing.

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
Administrative headquarters for the Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers for persons who are deaf or hard-of-hearing.

Virginia Relay Center Voice .................................................. 711 or 1.800.828.1140
www.varelay.org
This free service relays conversations between people who can hear and people who are deaf, hard-of-hearing, blind, or speech-disabled.

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 service after rush hour to and from Metro Stations.

Senior Transportation Services .................................................. 703.746.3275
City of Alexandria, Division of Aging and Adult Services
3550 Wheeler Avenue, Alexandria, VA 22304
www.alexandriava.gov/Aging
City residents aged 60 and older receive transportation to senior centers and grocery stores.

Metrobus/Metrorail

Washington Metropolitan Area Transit Authority (WMATA) ................. 202.637.7000
TTY ......................................................................................... 202.638.3780
600 5th Street, NW, Washington, DC 20001
www.wmata.com
Metro, bus and train 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 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 cancer treatment appointments for people who have cancer but 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, shuttle buses, and services for persons with intellectual disabilities.

City of Alexandria, Transit Services
*D.O.T. - Transportation for People with Disabilities......................... 703.746.4079
Reservations .................................................................................... 703.836.5222
421 King Street, Suite 235, Alexandria, VA 22314
www.alexandriava.gov/Transit
Taxicab or wheelchair-accessible van service for persons unable to use public transportation and who have a certification of disability.

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. An application and functional assessment required to determine eligibility.

*MTS Transportation, Inc................................................................. 703.652.0816
101 South Whiting Street, Suite 207a, Alexandria, VA 22304
www.mtstransportationinc.com
Private transportation services 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, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
Discount taxi program available to Alexandria residents age 60 and older who meet income
requirements.

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
Motor vehicle office administering driver's license, vehicle registration, driving records, and
disability programs.

Utilities and Utility Assistance

Assurance Wireless Lifeline Assistance Program ......................... 1.888.898.4888
P.O. Box 686, Parsippany, NJ 07054
www.assurancewireless.com
Free cellular service for individuals with low-incomes or individuals receiving public assistance.

Dominion Virginia Power (electric company)........ 1.866.DOM.HELP / 1.866.366.4357
www.dominionenergy.com
Provides braille and large-print billing, third-party notices, 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 assist with 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, Suite 103, 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, and TANF clients.

Virginia American Water .................................................................. 703.549.7080
2223 Duke Street, Alexandria, VA 22314
www.amwater.com/myh2o
Company that provides water and wastewater services.

Washington Gas Company (natural gas) ....................................... 703.750.1000
TTY ................................................................................................. 703.750.7975
1100 H Street, NW, Washington, DC 20005
www.washingtongas.com
Company that offers gas services to residents in Alexandria City.

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.

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 Loisdale 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
Hospital providing healthcare 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

Volunteer Opportunities

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, Suite 103, Alexandria, VA 22302
www.alexandriava.gov/Aging
Opportunities to work with older persons in senior centers or at the Adult Day Services Center. Volunteers also provide Medicaid counseling or general office tasks.
RSVP of Northern Virginia ................................................................. 703.246.3460
10530 Page Avenue, Fairfax, VA 22030
www.volunteerfairfax.org
Volunteer network for people age 55 and older. Volunteers serve Arlington County, City of Alexandria, and Fairfax County.

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

Volunteer Alexandria ................................................................. 703.836.2176
123 North Alfred Street, 1st Floor, Alexandria, VA 22314
www.volunteeralexandria.org
Opportunities to volunteer with more than 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 absentee ballots.

Virginia Department of Motor Vehicles ....................................... (DMV) 804.497.7100
2681 Mill Road, Alexandria, VA 22314
www.dmv.virginia.gov
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
- Fennell-Sauls Vocational Day Program (Central Intake): 703.746.3400
- INOVACares For Seniors PACE Program: 703.239.5888
- Insight Memory Care Center: 703.204.4664
- West End Wellness Center: 703.746.3456

### 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
- Sexual Assault Center: 703.683.7273
- Northern Virginia Long-Term Care Ombudsman: 703.324.5861

### 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
- Benefits Checkup: www.benefitscheckup.org
- Consumer Affairs: 804.786.2042
- Consumer Protection Hotline: 1.800.552.9963
- Consumer Credit Counseling (Money Management International): 703.836.0482
- Consumer Product Safety Commission Hotline: 1.800.638.2772
- National Active and Retired Federal Employees Association: 703.838.7760
- National Consumers League: 202.835.3323
- 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: 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

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
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

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

**Food - Pantry**
- Alfred Street 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

**Food - Pets**
- 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

  **Clinics - 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 .................................................................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 ..........................................................................703.746.3600
Detox ......................................................................................................................703.746.3636
Dominion Hospital ................................................................................................703.538.2872
George Washington University Hospital - Geriatric Center .................................202.741.2222
INOVA Comprehensive Addiction Treatment Services (CATS) .................703.289.7560
INOVA Fairfax Behavioral Health Services ........................................................703.660.8100
Mental Health America ..........................................................................................703.684.7722
Older Adult Clinical Services .................................................................................703.746.3400

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 ..............................................................................................1.844.571.4357

Durable Medical and Rehabilitation Equipment
Americoast Maryland LLC/Mid-Atlantic Health Care .........................................800.946.9943
Armor Medical ....................................................................................................703.204.1213
Johns 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) ....................................1.800.633.4227
Medicare Rights Center .......................................................................................1.800.333.4114
Social Security Administration – Medicare ................................................. 1.800.772.1213

In-Home Care and Assistance
At Home in Alexandria ................................................................. 703.231.0824
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
Assisted Living Facilities
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
Homeless Services Assessment Center (HSAC) ................................. 703.746.5700

Nursing Services
Birmingham Green Nursing Facility ............................................... 703.257.0935
Envoy of Alexandria ..................................................................... 703.684.9100
Woodbine Rehabilitation and Health Care Center ............................ 703.836.8838

Independent Living
Alexandria Redevelopment & Housing Authority (ARHA) .................. 703.549.7115
Anniversary 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
AARP Virginia .......................................................................................... 1.866.542.8164
Call.Click.Connect ................................................................................ 703.746.4357
Customer Call Center ........................................................................... 703.746.5700
Division of Aging and Adult Services ................................................. 703.746.5999
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
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 ................................................. 1.800.552.7977
Office of Human Rights ........................................................................ 703.746.3140
Statewide Senior Legal Helpline ...................................................... 1.844.802.5910
Virginia Department of Aging and Rehabilitation Services (DARS) 1.800.552.3402

Libraries

Charles E. Beatley, Jr. Central Library ............................................. 703.746.1702
Talking Book Service ........................................................................... 703.746.1760
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)
Northern Virginia Senior Olympics ......................................... 703.228.4721
Power-Plus 55 ........................................................................ 703.746.5575
YMCA ...................................................................................... 703.838.8085

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
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

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
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 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
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

Assurance Wireless Lifeline Assistance Program ......................... 1.888.898.4888
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

Volunteer Opportunities

American Red Cross - Alexandria Chapter ............................................. 703.549.8300
City of Alexandria, Division of Aging and Adult Services .................. 703.746.5999
RSVP of Northern Virginia ..................................................................... 703.246.3460
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
Phone Numbers Alphabetically By Name

AARP Virginia .......................................................... 1.866.542.8164
ABCD Helpline (After Breast Cancer Diagnosis) .......................................... 1.800.221.2141
Administration for Community Living (ACL) ........................................... 202.401.4634
Adult Education .............................................................................. 703.619.8027 or 703.824.6845
Adult Protective Services ................................................................. 703.746.5778
Alcohol and Drug Abuse Services ....................................................... 703.746.3600
Alcoholics Anonymous (Northern VA Intergroup) ...................................... 703.293.9753
Alexandria Adult Day Services Center .................................................. 703.746.5676
Alexandria Bar Association Lawyer Referral .......................................... 703.548.1106
Alexandria Commission on Aging (COA) ............................................... 703.746.5999
Alexandria Commission on Persons with Disabilities ................................ 703.746.4550
Alexandria Community Shelter ............................................................ 703.746.3660
Alexandria Cooperative Extension Office - Nutrition Education ............. 703.746.5544
Alexandria Marriage Certificates and Divorce Records ............................. 703.746.4044
Alexandria Neighborhood Health Services, Inc. Dental Clinic (ANHSI Dental Clinic) .......................................................... 703.535.5568
Alexandria Neighborhood Health Services, Inc ........................................ 703.535.5568
Alexandria Redevelopment & Housing Authority (ARHA) ..................... 703.549.7115
Alexandria Registrar of Voters ................................................................ 703.746.4050
Alexandria VET Center ........................................................................ 703.360.8633
Alexandria Yellow Cab (24-hour notice for lift vans) ................................ 703.549.2500
Alfred Street Baptist Church ...................................................................... 703.683.2222
ALIVE! Food Distribution Program ....................................................... 703.837.9321
ALIVE! Home Delivery Food Program ................................................... 703.549.3692
ALIVE! House .................................................................................. 703.837.9300
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
American Red Cross - Alexandria Chapter ............................................. 703.549.8300
American Speech-Language Hearing Association (ASHA) ...................... 301.296.5700 or 1.800.638.8255
Americoast Maryland LLC/Mid-Atlantic Health Care ............................. 800.946.9943
AniMeals on Wheels ............................................................................. 703.836.4414 extension 110
Annie B. Rose House ............................................................................ 703.548.4946
Apartment Locator Services (FREE) Southern Management ................... 1.888.612.7868
Armor Medical .................................................................................... 703.204.1213
Arthritis Foundation ............................................................................ 1.844.571.4357
Assurance Wireless Lifeline Assistance Program ...................................... 1.888.898.4888
At Home in Alexandria .......................................................................... 703.231.0824
Autism Society Northern Virginia Chapter ........................................ 703.495.8444
Beasley Square Apartments .......................................................... 703.853.0638
Bellefonte Gardens ........................................................................ 703.746.3400
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) ................... 1.800.633.4227
Charles E. Beatley, Jr. Central Library ........................................... 703.746.1702
Charles Houston Recreation Center .............................................. 703.746.5552
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
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
Detox ............................................................................................ 703.746.3636
Diamond Transportation Services (24-hour notice for lift vans) ........................................703.912.7606
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 ..............................................................................................................www.eyecareamerica.org
Federal Trade Commission ...............................................................................................202.326.2222
Fennel-Sauls Vocational Day Program (Central Intake) ..................................................703.746.3400
Food For Others ...............................................................................................................703.207.9173
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 ..................................................202.806.0009
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 .....................................................................703.660.8100
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
Johns Hopkins Pharmaquip Inc. ........................................ 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
MediAlert + 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 Association (NARFE) 703.838.7760
National Caucus and Center on Black Aged, Inc. ............... 202.637.8400
National Consumers League ............................................ 202.835.3323
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 ........................................ 703.820.7170
Northern Virginia Long-Term Care Ombudsman ............... 703.324.5861
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
Office of Human Rights ................................................................. 703.746.3140
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
RSVP of Northern Virginia ......................................................... 703.246.3460
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 .............................................................. 703.683.7273
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
TTD..................................................................................................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 of the Aging and Rehabilitation Services (DARS)….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 Agriculture and Consumer Services..........1.800.552.9963
TTY..................................................................................................1.800.828.1120
Virginia Department of Health, Office of Vital Records...................804.662.6200
Vital Records - Any State..................................................................www.vitalrec.com
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
West End Wellness Center...............................................................703.746.3456
William Ramsay Recreation Center................................................703.746.5558
Woodbine Rehabilitation and Health Care Center.........................703.836.8838
Workforce Development Center......................................................703.746.5990
YMCA.............................................................................................703.838.8085
<table>
<thead>
<tr>
<th>Address</th>
<th>Services</th>
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</thead>
<tbody>
<tr>
<td>1900 North Beauregard Street, Alexandria, VA 22311</td>
<td>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</td>
</tr>
<tr>
<td>2525 Mount Vernon Avenue, Alexandria, VA 22301</td>
<td>Child Welfare, 703.746.5757, Community Services, 703.746.5901, Eligibility Programs, 703.746.5801, Women’s Initiatives, 703.746.5030</td>
</tr>
<tr>
<td>421 King Street, Alexandria, VA 22314</td>
<td>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</td>
</tr>
<tr>
<td>720 North Saint Asaph Street, Alexandria, VA 22314</td>
<td>Administrative Offices, Community Services Board, 703.746.3400, Emergency Services, 703.746.3401, MH/ID/SA Intake, 703.746.3535, Outpatient Mental Health Services, 703.746.3400</td>
</tr>
<tr>
<td>4480 King Street, Alexandria, VA 22302</td>
<td>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</td>
</tr>
<tr>
<td>4401 Ford Avenue, Alexandria, VA 22302</td>
<td>Aging and Adult Services, 703.746.5999, Alexandria Vocational Services, 703.746.3333, Intellectual Disability Case Management, 703.746.3333</td>
</tr>
<tr>
<td>2355 Mill Road, Alexandria, VA 22314</td>
<td>Detox Center, 703.746.3636, Homeless and Ex-Offender Services, 703.746.5912, Substance Abuse Services, 703.746.3600</td>
</tr>
</tbody>
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703.746.5999 [www.alexandriava.gov/Aging](http://www.alexandriava.gov/Aging)