

# Aging Well in Alexandria



## *A Livable Community for All Ages* **February 2016**

A collaborative communication effort between  
*At Home In Alexandria (AHA!),*  
*City of Alexandria Division of Aging and Adult Services,*  
*and Senior Services of Alexandria*

**Save the date for the February Senior Speaker Series event** which will be held on Wednesday, February 10 at Beatley Central Library, 5005 Duke Street, from 9:30 a.m. to noon. The topic will be “Maintaining Memory and Coping with its Loss.” This will be a very informative session, and participants will also have the chance to try out interactive techniques proven to stimulate memory with experts from Arden Courts, Insight Memory Care and the City’s Division of Aging & Adult Services. Register for this free event by calling Senior Services of Alexandria at 703.836.4414 ext. 110 or at [www.seniorservicesalex.org](http://www.seniorservicesalex.org).

You are invited to attend a meeting of the **Alexandria Commission on Aging**, which is a City Council appointed group of residents who advocate for the needs of seniors in Alexandria. The Commission meets the second Thursday of each month (except for July and August), from 4-6:00 p.m., at 2525 Mt. Vernon Avenue. Come and listen to discussions about issues relevant to older adults and their families. If you choose to, you can express your opinions about services and programs needed. No reservation is required. For more information or to request accommodations, please call Debbie Ludington at 703.746.5694 or via email at [Debbie.ludington@alexandriava.gov](mailto:Debbie.ludington@alexandriava.gov).

**Identity theft has been on the rise** as thieves get more creative in how they target potential victims. **Often, this involves access to your computer.** Tips to avoid becoming a victim of computer related identity theft include 1) never disclose your financial or personal information in response to an unsolicited email regardless of who sent it; 2) call the institution directly if you have a concern; 3) never click on a link embedded in an unsolicited email; 4) verify the authenticity of a website before entering financial or personal information via that website by using the site’s certificate of authority, such as VeriSign; 5) go to the website using its specific Internet Protocol (IP) address rather than its web name; 6) check your online accounts regularly for any suspicious activity; 7) keep separate passwords for each account you have online; 8) update anti-virus software weekly and 9) install and run firewalls on your computer.

If you, or someone you know, need assistance in the investigation and/or prosecution of a computer-related identity theft crime, contact the Virginia Office of the Attorney General, Computer Crime Section at 804.786.2071.

**At Home in Alexandria (AHA)** is the city's first "village concept" for aging in place, enables older residents to remain in their homes as they age. Through a network of enriching and supportive services, members enrolled in the fee based program receive assistance with transportation, home repairs, computer support, gardening and much more. AHA also offers social and cultural outings and events. Contact the AA office for additional information at 703.231.0824 or go to [www.athomeinalexandria.org](http://www.athomeinalexandria.org).

**The Division of Aging and Adult Services** is part of Alexandria's Department of Community and Human Services serving seniors, their caregivers, and adults with disabilities. The division serves the diverse needs of Alexandria's residents as they grow older by promoting economic independence, self-sufficiency and security through home and community-based services. Contact 703.746.5999.

**Senior Services of Alexandria (SSA)** operates the Meals on Wheels delivery program and DOT Paratransit reservations for the City of Alexandria; they present education programs, a speaker series, and a monthly cable television production, *Senior Living in Alexandria*. SSA and the Animal Welfare League of Alexandria operate the Animeals on Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. Contact Mary Lee Anderson at 703.836.4414 ext. 111 for more information or go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org).



**Together we can meet the needs of seniors and their caregivers in Alexandria.**