

Aging Well in Alexandria



A Livable Community for All Ages **November 2015**

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

The November Senior Speaker Series event will be held on Wednesday, November 18, at Westminster Presbyterian Church, 2701 Cameron Mills Road, from 9:30 a.m. to Noon. The topic will be “Finding Your Passion: Leaving Your Legacy”. This will be a fun event, providing a connection to several local non-profits who will share information about their programs and how seniors can get involved with organizations whose work resonates with their “passionate” interests. This free event is co-sponsored by Senior Services of Alexandria and Act for Alexandria. Call 703 836 4414 ext. 110 or go to www.seniorservicesalex.org to register.

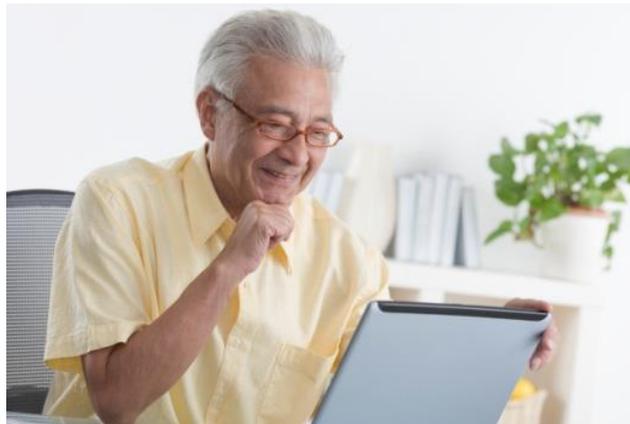
Medicare Part D Open Enrollment: October 15 to December 7 is when ALL people with Medicare Part D can change their Medicare prescription drug coverage for 2016. You can call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov/find-a-plan for plan information. Many plans change from year to year in terms of what drugs are covered and at what cost. Everyone is encouraged to see if their plan has changed. If a person is satisfied that their current plan will meet their needs for next year, they don't need to do anything. Or you can change plans if you choose. If you need more information about Medicare Part D and the Open Enrollment Period, the Virginia Insurance Counseling and Assistance Program, VICAP, can help. VICAP provides free and confidential information to persons living in Alexandria who are 60 and over, as well as Medicare beneficiaries under age 60 and their families. Call 703-746-5999 and ask to speak with a trained VICAP Medicare Counselor.

The **Long-Term Care Ombudsman Program** helps older individuals stay safe as well as enjoy a maximum quality of life. The mission of the Long-Term Care Ombudsman Program is to advocate for the highest possible quality of life and care for persons receiving long-term care services, including individuals in nursing or assisted living facilities and people attending adult day care centers or receiving home care services. Program goals include: receiving, investigating and attempting to resolve complaints made by or on behalf of long-term care residents; to protect resident's rights; to provide information about long-term care providers to help consumers make informed choices; to educate the community about long-term care issues; to visit long-term care facilities on a weekly basis through the volunteer ombudsman program; to train long-term care staff and to consult with long-term care providers for quality services. For additional information or to learn more about volunteering for the Ombudsman Program, call 703.324.5861.

At Home in Alexandria (AHA), 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 AHA office for additional information at 703.231.0824 or go to 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. Promoting economic independence, self-sufficiency and security through home and community based services; the division serves the diverse needs of Alexandria residents as they grow older. For more information call 703.746.5999 or go to www.alexandriava.gov/aging

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



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