

Aging Well in Alexandria



A Livable Community for All Ages

April 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 April Senior Speaker Series event which will be held on Wednesday, April 13 at Beatley Central Library, 5005 Duke Street, from 9:30 a.m. to Noon. Come be a part of Alexandria's future! City representatives will discuss plans for making Alexandria a "Livable Community" for all ages and improving the lives of senior residents. You will hear about all the programs and opportunities currently available to seniors and help set priorities for the future. Register for this free event by calling Senior Services of Alexandria at 703.836.4414 ext 110 or at www.seniorservicesalex.org.

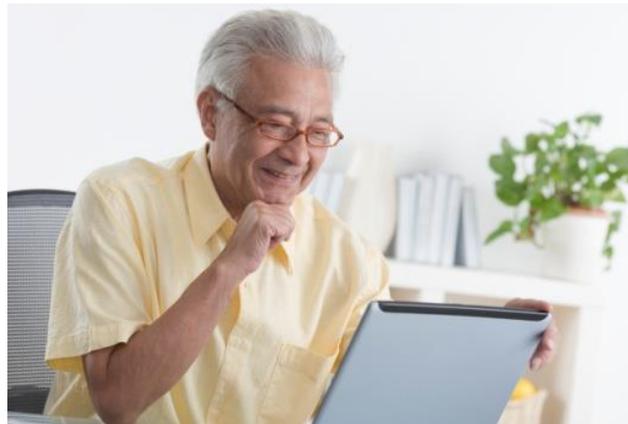
Are you looking for information and programs for seniors and persons with disabilities? The answer may be just a phone call or click away. The City's Division of Aging and Adult Services can provide information regarding transportation, caregiver supports, nutrition programs, long term care information and supports, financial assistance, supportive housing information and much more. Call the office at 703.746.5999 and ask to speak to the social worker on call. Or you can search the Internet at www.alexandriava.gov/aging. Even if you're not sure what information you need, give us a call and we can help you figure it out.

At Home in Alexandria (AHA) and Goodwin House At Home are teaming up to offer "**An Escorted Tour of the New Nutrition Country**," an educational series that focuses on healthy eating. The three sessions will take place the third Wednesday of the month starting April 27 and will be held in the Auditorium, Goodwin House Bailey's Crossroads, 3440 South Jefferson St., Falls Church. The first session, "**How to Digest the Abundance of Nutritional Information**" will feature a nutritionist who will help demystify information about nutrition that bombards us from the media, our healthcare providers, well-meaning family members and friends and the Internet. Also, what impact certain chronic diseases such as diabetes, heart disease and high blood pressure may play in our diets. Wednesday, May 25 "**Menu Planning, Smarter Shopping and Options in Meal Planning**" focuses on planning ahead to achieve healthier eating and shortcuts for meal preparation. The last session Wednesday, June 22 "**Social Sampling – Having Fun With a Blind Test of Favorite Foods**" will feature food prepared by Goodwin House chefs that you get to taste and vote on. All sessions are free and open to the public but registration is suggested. For additional information or to register call the AHA office at 703.231.0824 or visit www.athomeinalexandria.org.

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.