

# Aging Well in Alexandria



## *A Livable Community for All Ages* **August 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*

The “**Senior Academy**” is a four-week course designed to provide Alexandria’s seniors with an opportunity to gain exposure to the City’s various government functions, learn about local organizations that provide services and programs for our senior community, and help seniors get involved! Classes will be held each Wednesday from 10am-noon on September 7, 14, 21 and 28. The topics included are:

- Getting to know your City and How you can Make a Difference!
- Community Resources
- City Services for Seniors
- Leisure, Cultural and Educational Opportunities.

Space is limited to just 25 City residents aged 60+, the program is free and we will be serving light refreshments each morning. Registration closes on August 12, and more information is available by calling Senior Services of Alexandria at 703-836-4414, ext. 111 or at [www.seniorservicesalex.org](http://www.seniorservicesalex.org)

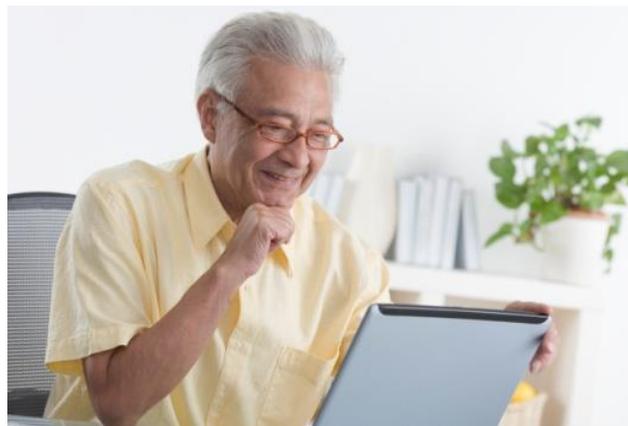
**Legal Services of Northern Virginia (LSNV)** is a non-profit public interest law firm that provides free legal assistance to low income residents of Northern Virginia, including Alexandria residents. Their mission is to promote justice by providing high quality legal advocacy and information for those who face the loss of critical needs such as personal safety, income, housing, medical benefits, education or family stability. For more information contact LSNV at 703-778-6800.

**Are you or someone you know looking for Accessible Rental Housing?** The Virginia Housing Development Authority (VHDA) offers a free resource to help renters find housing that meets both their physical needs and their budgets. **AccessVA.org** ([www.accessva.org](http://www.accessva.org)) offers an on-line search tool that allows renters to search for accessible rental housing, accessible housing resources, and locations of Virginia Centers for Independent Living. Rental housing can be searched based on criteria such as location, bedroom size, rent, proximity to public transit, Veteran status, and Housing Choice voucher holder status. The housing search tool includes listings from all over the state of Virginia and is updated directly by housing providers. For more information, call VHDA at 804.782.1986.

**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](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. 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](http://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. SSA also operates a Groceries to Go Program for seniors who have difficulty shopping. 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.**