

Aging Well in Alexandria



A Livable Community for All Ages

June 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 June 15 Senior Speaker Series event, “**Educational & Cultural Activities and Civic Engagement for Seniors**” is taking place at Beatley Central Library at 5005 Duke Street from 10 am to 12 noon (Registration starting at 9:30). It will be a fun event with speakers from Visit Alexandria, Carlyle House and the Office of Historic Alexandria talking about Alexandria’s historic sites and events, including the making of the PBS program “Mercy Street” which is based on Civil War events that took place in Alexandria. There will also be a discussion about local theatre and the upcoming September class of the “Senior Academy” offered to seniors in the City who want to learn more about how the City operates and how they can make a difference! The event is FREE with light refreshments. To register go to www.seniorservicesalex.org or call 703-836-4414, ext. 110.

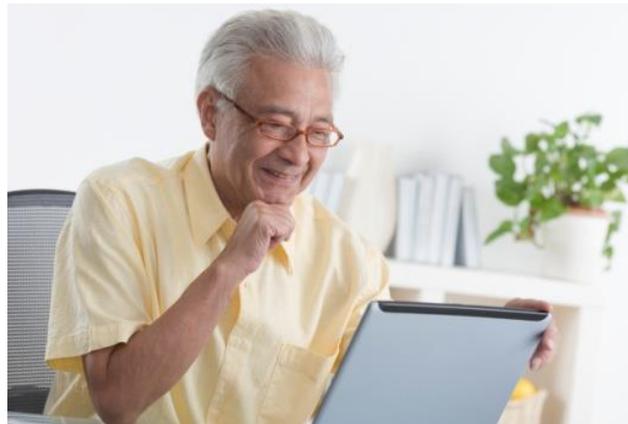
PACE, Program of All-Inclusive Care for the Elderly, is a model of care that is newly available to residents of Alexandria. Most seniors who enroll in PACE want to age in place in their homes, or are living in the home of their loved ones, who are helping as caregivers. Caregivers often feel that it would be better if you could have all of your loved ones needs met by one team, in one place. InovaCares for Seniors is the first and only PACE program in Northern Virginia. Working together, the InovaCares for Seniors PACE interdisciplinary team organizes and manages all medical and nutritional needs as well as home health services, personal care, hospitalizations, therapies and skilled nursing. For more information, please visit their website at inova.org/pace or call 703-239-5888.

Come join us for "**Social Sampling: Having Fun With a Blind Test of Favorite Food**" the last session of the series "Navigating Nutrition: A Journey to Good Health" co-sponsored by At Home in Alexandria (AHA) and Goodwin House at Home. The event takes place June 22 from 2:00 - 4:00 PM at Goodwin House Bailey's Crossroads, 3440 South Jefferson Street, Falls Church. As a follow-up to the May 25 session, Goodwin House chefs will prepare a variety of samples in which they have substituted healthier ingredients in your favorite foods. Participants are encouraged to bring their favorite healthy recipes which will be distributed electronically following the series. Sessions are free and open to the public but registration is suggested. RSVP by calling 703-575-5202 or e-mailing athome@goodwinhouse.org. Complimentary parking will be provided.

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.