

# Aging Well in Alexandria



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

Would you like to form a lasting friendship with a senior in our community? **Senior Services of Alexandria's Friendly Visitor Program** is looking for volunteers who would like to be matched with an Alexandria senior for a weekly visit. The goal of the program is to relieve loneliness and isolation and provide a personal connection to the community. It's a wonderful way to make a difference in someone's life! To learn more, contact SSA at (703) 836 4414 ext. 120 or email [FriendlyVisitor@seniorservicesalex.org](mailto:FriendlyVisitor@seniorservicesalex.org)

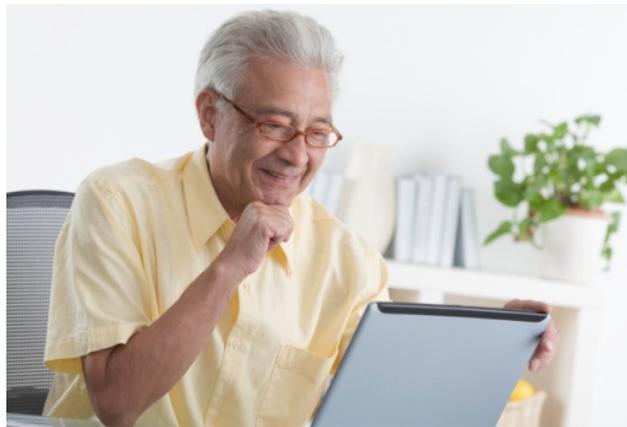
Good news! Alexandria has been approved as being in the AARP/WHO network of **Age Friendly Communities**. In order to fulfill this designation, the Alexandria Commission on Aging will be developing a plan of action which includes utilizing **Community Ambassadors** to interact with the City's many diverse communities. If YOU are interested in being part of this effort, please contact Jane King by Email at [kingjane0@gmail.com](mailto:kingjane0@gmail.com).

**Are you a Family Caregiver?** If so, you may want to attend the 30<sup>th</sup> Annual Caregivers Conference on Friday, November 11, from 8am - 3:30pm at The First Baptist Church in Alexandria. Topics covered at the conference include 'Progression Through Dementia', 'Changing Resistance to Care into Participation', 'Alzheimer's Is Not the Only Cause of Dementia' and 'Meaningful Activities at Home'. The cost is only \$30 and includes breakfast, lunch, snack and all handouts. For more information, please call 703-324-5425 or you can register online at <https://nvdcc2016.eventbrite.com> (**this link will be available soon**). Conference registration deadline is November 1<sup>st</sup>. Limited free in home respite care for a family member with dementia is available on the day of the conference by calling GraceFul Care at 703-904-3994. Respite care needs to be requested by October 19.

**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.**