

# Aging Well in Alexandria



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

Register now for the sixth annual **Senior Law Day**, which will be held on Saturday, October 15, at the First Baptist Church of Alexandria from 8:30 a.m. to 12:30 p.m. The topic will be "Determining your Destiny: Understanding the Need to Plan". Local experts will discuss the importance of planning for the future, including knowing what legal instruments and documents everyone should have in place and the consequences of lack of preparation. The featured speaker will be Robert Blancato, National Coordinator for the Elder Justice Coalition. This free event is co-sponsored by Senior Services of Alexandria and the Alexandria Bar Association. Call 703.836.4414 ext 110 or go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org) to register.

Seniors who stay involved in the community make for a more vibrant Alexandria. **Volunteer Alexandria - RSVP** offers a variety of opportunities for YOU to make an impact on the lives of Alexandrians. RSVP Northern Virginia is a local partnership sponsored by Volunteer Alexandria, Volunteer Fairfax, and Volunteer Arlington. RSVP is America's largest volunteer network for people who are 55 and older and is a program of the Corporation for National and Community Service (CNCS). Volunteers choose how, where, and how often they want to serve.

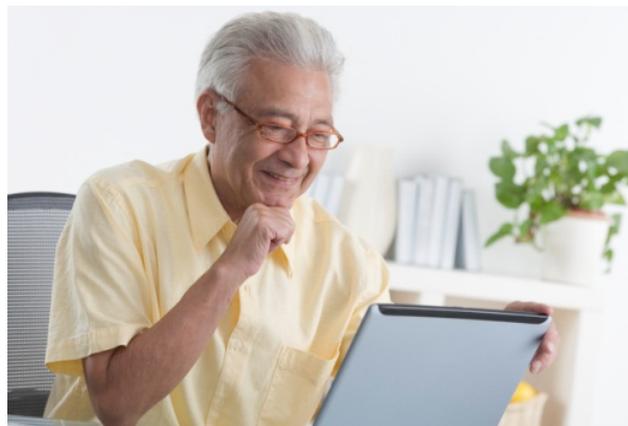
Interested? Simply attend a one-time, one-hour RSVP Orientation, complete the online Volunteer Information Form, and RSVP will match you with an activity that is right for you. For more information, visit [www.VolunteerAlexandria.org](http://www.VolunteerAlexandria.org) or call 703.403.5360.

Caregivers - It's Okay to Take Care of Yourself. How do you do this? Consider having your loved one go to the **Alexandria Adult Day Services Center** located at 1108 S. Jefferson Street. This program is designed for older adults with memory impairments or other health issues who need supervision during the day. The program operates Monday through Friday from 7:30 a.m. until 5:30 p.m. and has a registered nurse and therapeutic recreation professionals on staff. Medical supervision, meals, transportation and stimulating, age appropriate activities are offered daily. The Center is hosting its 30th Anniversary Celebration on September 15th from 4 -6pm. Stop by the Center, enjoy great refreshments and talk to the staff and other Caregivers. For more information, or to RSVP for the Anniversary Celebration, call 703-746-5676.

**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.**