Aging Well in Alexandria

A Livable Community for All Ages
February 2017
A collaborative communication effort between
At Home In Alexandria (AHA),
City of Alexandria Division of Aging and Adult Services,
and Senior Services of Alexandria

Senior Services of Alexandria is pleased to present a special Senior Speaker Series event on Wednesday, February 15, 2017 from 10:00 am – noon at Beth El Hebrew Congregation, 3830 Seminary Road, Alexandria. **Come make your voice heard at the SENIOR HOUSING FORUM.** The Alexandria Council of Human Services Organizations (ACHSO) Needs Assessment Report has identified affordable housing as the top issue facing the city and its residents. This forum will explore the current and future situation of affordable housing as it relates to the senior population. There will also be a discussion about staying in one’s home and how to adapt it to make it “age friendly.” Register for this free event by calling Senior Services of Alexandria at 703.836.4414 ext. 110 or go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org).

**Do you want to get in touch with someone in the City Government**, or alert the City to problems such as pot holes, street lights out, or do you need information about services? Try using Call.Click.Connect, a city government customer service initiative that combines people, processes and technology to deliver information, services and solutions to the public through a centralized, streamlined process. At the heart of the initiative is an online system for entering, tracking, and resolving service requests, designed to help the City respond more efficiently to requests from residents and the public. You can call 703.746 HELP(4357), or go to [www.alexandriava.gov](http://www.alexandriava.gov) and search Call Click Connect to easily access information and connect with the City government.

**Do you know how to recognize a stroke?** A stroke happens when one of the blood vessels in your body becomes blocked. This is dangerous because it prevents blood from reaching important parts of the body, especially the brain. Time is critical, so if you see these signs or symptoms, call 911 right away. One-sided weakness on the left or right side of the body, facial droop, usually the person will not be able to smile, slurred speech, really bad headache. What to do while you wait for 911 to arrive? Keep track of when these symptoms started. Make a list of all medications the person has taken and make a list of any allergies. If possible, move the patient closer to the door and turn on any lights. Move any clutter or furniture out of the way and make sure there is a clear path to the patient. Try to remove anything that might get in the way if a stretcher is needed.
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, and the Groceries to Go program makes deliveries to seniors who have difficulty shopping. 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.