

Aging Well in Alexandria



A Livable Community for All Ages **March 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

Save the date for the March Senior Speaker Series event which will be held on Wednesday, March 16 at Beth El Hebrew Congregation, 3830 Seminary Road from 9:30 a.m. to noon. The topic will be “Living an Active and Rewarding Life.” Learn about AARP’s “Life Reimagined” program and rewarding volunteer opportunities, get some fun exercise tips, and discover where to find the best classes designed for seniors who want to expand their horizons! There will be participants from AARP, Alexandria Department of Parks, Recreation & Cultural Activities, Encore Learning, and Volunteer Alexandria. Register for this free event by calling Senior Services of Alexandria at 703.836.4414 ext. 110 or at www.seniorservicesalex.org.

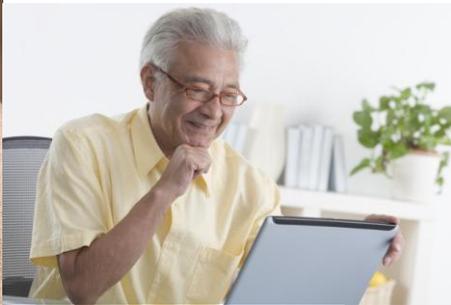
The Office of the Attorney General is partnering with the Virginia Department of Veterans Services and the Virginia State Bar, to host a **Veterans Legal Services Clinic to provide free estate planning services to low-income veterans**. Simple Wills, Powers of Attorney and Advance Medical Directives will be offered at this Clinic. Friday, March 4, 2016, 9:00 a.m. – 5:00 p.m. at Northern Virginia Community College, Annandale Campus, Building CA, Conference Room 111, 8333 Little River Turnpike, Annandale, VA 22003. By appointment only – no walk ups will be accepted. For more information about the program, or to complete your intake form online, call 804.786.2071 or go to <http://ag.virginia.gov/index.php/veteranslegalservices>.

The Alexandria Commission on Aging is looking for nominations of individuals and organizations that have demonstrated making a favorable difference in the lives of Alexandria seniors. The four awards include: the **Annie B. Rose Lifetime Achievement Award** for an individual who has for not fewer than ten years advanced social justice and aging issues within the Alexandria community; the **Lois Van Valkenburgh Excellence in Aging Award** for an individual of any age who has made outstanding contributions to elevating the quality of life for older Alexandrians within the past year; the **Excellence in Aging Award for an Organization** serving Alexandria seniors; and the **Public Service Award** to recognize one City of Alexandria employee who has contributed to making Alexandria a more livable community for all ages. Nominations must be received by April 1, 2016. For more information visit www.alexandriava.gov/aging or call Debbie Ludington at 703.746.5694. The Award Ceremony will take place May 10 at City Hall.

At Home in Alexandria (AHA) is 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 AA 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. The division serves the diverse needs of Alexandria's residents as they grow older by promoting economic independence, self-sufficiency and security through home and community-based services. Contact 703.746.5999.

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.