

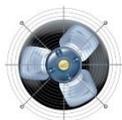
## Aging Well in Alexandria



### A Livable Community for All Ages

**July 2015**

A collaborative communication effort between  
*At Home In Alexandria (AHA),  
City of Alexandria Division of Aging and Adult Services,  
and Senior Services of Alexandria*



**Do you need a fan to beat the heat this summer?** You may be eligible to receive a free fan to help you keep cool. If you are over 60 and would benefit from having a fan, please call the Division of Aging and Adult Services at 703.746.5999 for more information. Household income guidelines apply to this program. The number of fans available is limited and the program ends September 30, 2015, so please call as soon as possible.



Senior Services of Alexandria (SSA) and Giant Foods on Duke Street are partnering to provide a **grocery shopping and delivery service** for seniors living in the City of Alexandria. To participate, you must be over 60 years of age, be a City resident, have a debit or credit card, and have difficulty grocery shopping on your own. Grocery orders are placed over the phone. There is no delivery fee and no minimum order. For more information, please contact Sarah Drexler at Senior Services of Alexandria, 703-836-4414, x120 or by email at [friendlyvisitor@seniorservicesalex.org](mailto:friendlyvisitor@seniorservicesalex.org).

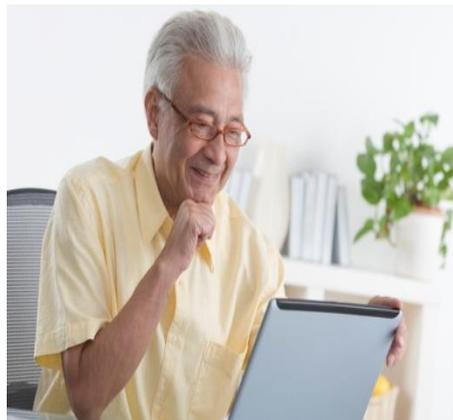


**Is downsizing the right option for you?** If so, this invariably means going through your "stuff" to decide what to keep, what to store or what to give away. It may also involve organizing your current space to make it more suitable in meeting your future needs. And, should you decide to move to a new home, that part of the decision making is already done. To learn more, come join the discussion, **"Managing Your Space and Your Possessions," Wednesday, July 15 from 1:00 - 3:00 pm at Goodwin House, Bailey's Crossroads, 3440 South Jefferson St., Falls Church, VA 22311.** Tad Relocation professionals will share tips and information on how to make this process a positive experience. To register or for more information, contact Ann Lam at [alam@goodwinhouse.org](mailto:alam@goodwinhouse.org) or call 703.575.5202.

**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.

**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** operates the Meals on Wheels delivery program and DOT Paratransit reservations for the City of Alexandria, presents 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. 11.



**Together we can meet the needs of seniors and their caregivers in Alexandria.**