

Senior Services

OF ALEXANDRIA

Highlights

July 1, 2014 - May 31, 2015



Senior Services of Alexandria (SSA) fosters independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.

*Special thanks to
The Fountains at Washington House*



*for their generosity and hospitality in
sponsoring SSA's Annual Meeting and
other events throughout the year.*

Board of Directors

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Dear Friends,

This year, Senior Services of Alexandria:

- Received the Alexandria Chamber of Commerce Non-Profit of the Year Award, the AARP Virginia Community Partner of the Year Award, the Alexandria Commission on Aging Excellence in Aging Award for an Organization and the Alexandria Chamber of Commerce and the Commission on Persons with Disabilities “2015 Disability Awareness” Award.
- Expanded long-standing programs and services that now include AniMeals and Groceries to Go.
- Enjoyed greater involvement and participation in information and education programs, which reflects the organization’s mission of enhancing senior living in Alexandria.
- Presented the first SSA Philanthropist Award of the Year to Ronald M. Bradley for his support of Holiday Meals on Wheels.

Thanks to the Board and staff for their commitment to the mission and purpose of Senior Services, and to all of our donors, partners and volunteers for their incredible contributions. Because of you, Senior Services is stronger financially and able to provide more programs and services to Alexandria’s seniors than at any other time in its 47 year history. In the years ahead, with your continued generosity and support, Senior Services of Alexandria will continue to respond effectively to the needs of Alexandria’s seniors.

Sincerely,



David P. Baker
Chairman, Board of Directors



Senior Nutrition Program: *Meals on Wheels & SSA Direct*

In partnership with the City of Alexandria, SSA provides a *Senior Nutrition Program* through which meals are delivered to homebound City *Meals on Wheels* (MOW)

clients and SSA Direct clients. SSA Direct clients may need meal

delivery because they are recovering from surgery or suffer from chronic medical conditions that make it difficult for them to shop and prepare meals. Meals are prepared by Jeffrey's Catering and delivered by volunteers. A pool of over 300 volunteers, working as groups or individuals, delivers 45,000 meals per year to seniors in need, donating over 10,000 hours per year of their time.



*Pictured (top): Burgundy Farm Country Day School
Pictured (bottom): Mary Lee Anderson with Jane King and Patrick Killeen (Commission on Aging)*

Senior Nutrition Program: Groceries to Go

SSA partnered with the Duke Street Giant and successfully developed and implemented the new Groceries to Go Program. Groceries are currently delivered every other week supported by a cadre of 10 wonderful volunteers. SSA staff is currently working to grow the program, and hopes to have a total of 50 clients by December 2015! Groceries to Go receives funding from Old Presbyterian Meeting House, Alexandria Rotary Foundation and Community Foundation for Northern Virginia.



Pictured: Irene Mields and Ellie Fossier

AniMeals

Senior Services of Alexandria, in partnership with the Alexandria Animal Welfare League, delivers pet food to eligible seniors' residences. These monthly deliveries occur on the second Thursday of each month. Participants have the option of receiving 10 cans of wet food OR 10 lbs. of dry food. With funding from Banfield Charitable Trust, volunteers now also deliver needed pet supplies.



*Pictured: Dan Bernstein
and Tom Irvin, SSA
Volunteers*

**Thank you, Senior Nutrition Program/
Meals on Wheels Volunteer Groups!**

Alexandria Black Firefighters Association/ Alexandria City Council/ Alfred Street Baptist Church/ Beth El Hebrew Congregation/ Braddock Commercial Real Estate Services/ Beyer Automotive Group/ Burgundy Farm Country Day School/ Church of Jesus Christ of Latter-Day Saints/ DCMetro Church/ Downtown Baptist Church/ Dream Dog Foundation/ Emmanuel Episcopal Church/ Fairlington United Methodist Church/ First Baptist Church/ First Christian Church/ Girl Scouts/ Grace Episcopal Church/ Historic Christ Church/ Immanuel Church-on-the-Hill/ Lyles Crouch Elementary School/ Meals on Wheels America/ Mt. Vernon Community Elementary School/ Old Presbyterian Meeting House/ Rotary Club of Alexandria/ SSA Board of Directors/ St. Coletta's School/ St. John's Community Services/ St. Joseph Catholic Church/ St. Paul's Episcopal Church/ St. Stephen's-St. Agnes High School/ T.C. Williams High School National Honor Society/ U.S. Patent and Trademark Office/ Weichert Realtors/ Washington Street United Methodist Church/ Westminster Presbyterian Church and over 150 individual volunteers!

Senior Nutrition/Meals on Wheels Supporters

*Alexandria Fund for Human Services
Christ Church Gift Shop
City of Alexandria, DAAS
Downtown Baptist Church
Meals on Wheels America
Old Presbyterian Meeting House
Safeway Foundation
Subaru of America
United Way of the National Capital Area
Westminster Presbyterian Church
and all of our Individual Supporters*

**Specially Prepared Meals
on City Holidays**

The Ronald M. Bradley Foundation

Friendly Visitor Program

The *Friendly Visitor Program (FVP)* continues to grow, expand, and enhance the lives of many seniors living in the City of Alexandria. Over 128 seniors have been enrolled in the program since 2012. One of the highlights of the year is the



completion of a formal study to measure the impact that the program is having on both the seniors and their volunteers. We are happy to report that both seniors and volunteers have developed very close friendships, and they report great enjoyment from the weekly visits. The Friendly Visitor Program has successfully identified seniors in the City of Alexandria who could benefit from having a regular visitor, and has recruited a cadre of dedicated volunteers who visit their seniors every week. This social interaction has had profound positive and psycho-social effects on both the seniors who are served by the program, as well as the individuals who visit them.

Pictured above: Joseph Slye with Sylvia Kassalow

Friendly Visitor Supporters
Adult Companion Care
Downtown Baptist Church
Griswold Foundation
Maple Tree Fund

Information & Education

Senior Speaker Series

SSA completed its fourth *Senior Speaker Series*. SSA works to ensure that each *Speaker Series* program has local experts on the topic and provides the most up-to-date, accurate information. Each program is created collaboratively in partnership with City agencies and non-profits who are also invited to set up tables to share their information.

SSA worked with many local non-profits to produce these programs including: AARP; ACT for Alexandria; AHA!; Alexandria Library; Alexandria Department of Recreation, Parks, and Cultural Activities; Animal Welfare League of Alexandria; Alexandria Division of Aging and Adult Services.



Pictured (from l to r): John Porter, Sally Hurme, Mark Friese, and Mitch Opalski

SSA wants to give a huge thank you to Beatley Library; Beth El Hebrew Congregation; First Baptist Church; Immanuel Church-on-the-Hill; Lee Recreation Center; Vola Lawson Animal Shelter; and Westminster Presbyterian Church for hosting these events!

Speaker Series Sponsors
Susan and Carl Behnke

Senior Law Day

The Alexandria Bar Association and Senior Services of Alexandria co-present *Senior Law Day* each fall to inform the Alexandria community about the importance of early Estate Planning and Long-Term Care.

Senior Information Corners

Senior Information Corners are stocked by volunteers with current literature for seniors at 14 locations, including City libraries, the major recreation centers, residential senior facilities, and the faith community.

Caregiver Support Group

Senior Services of Alexandria partnered with Griswold Home Care in conjunction with Immanuel Church-on-the-Hill to provide a monthly support group for family and caregivers.

Senior Living in Alexandria

SSA is in the 2nd year of production of our monthly cable television show, *Senior Living in Alexandria*, with assistance and training by Arlington Independent Media.



Each show highlights and expands on the information shared at the most recent Speaker Series and includes special features such as cooking demonstrations and exercise tips.

Summer 2014 Senior Living in Alexandria programming featured a special series called "Finance 101" sponsored by Mark Friese of Merrill Lynch's Special Needs Group that featured local experts talking about all aspects of financial planning.

Senior Living in Alexandria is broadcast on Comcast cable channel 70 Sundays at 2 pm and is also available on our website, seniorservicesalex.org and YouTube. The show is also now aired monthly at Goodwin House Alexandria.



Pictured: Jim Roberts and Sandy Modell

Senior Living in Alexandria is graciously moderated by Jim Roberts. Guests have included Bonnie Moore, The Golden Girls Network; Shane Cochran, Alexandria's Office on Housing; Sandy Modell, City of Alexandria's Transit Company (DASH); Carolyn Jones, Workforce Development Center; Jane King, Alexandria's Commission on Aging; Chris Thiel, Rebuilding Together Alexandria; Vanessa Greene, Director, Charles Houston Senior Center; and many others.

Demonstrations have included:

- Cooking healthy food with Chef Hans of Inova Alexandria Hospital
- Healthy walking and exercise techniques with Dr. Daniel Kulund, creator of the Robust Walking program
- Community Calendar with Mary Lee Anderson.

Senior Living in Alexandria Sponsors



*Merrill Lynch Elder Care & Special Needs
Group*

Department of Transportation (DOT) Paratransit Program Call Center

Under contract to the City of Alexandria, SSA has staffed the Department of Transportation (DOT) Paratransit Program Call Center since 1984. Seven days a week, SSA coordinates reduced-cost Americans with Disabilities Act (ADA)-compliant sedan and van transportation for over 1,600 City of Alexandria residents with physical or mental disabilities. SSA's reservationists schedule client rides, which are provided by Diamond Transportation and White Top Cab companies. SSA's DOT Paratransit Call Center assists with approximately 50,000 one-way trips per year.



*Rosie Borders,
Transportation
Supervisor*

Development

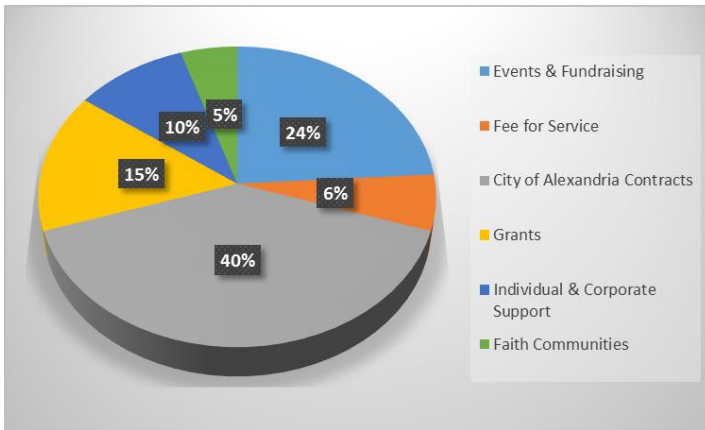
Fundraising highlights include the following:

- SSA again participated in a very successful Spring2ACTion Day, Alexandria's day of online community-wide giving held on April 22nd. On this day, SSA was able to raise more than \$9,000 for Alexandria's seniors from over 100 donors.
- SSA's annual Oktoberfest Celebration raised over \$16,000.
- The 2015 Annual Generation to Generation Gala raised nearly \$95,000.
- SSA appreciates the continued support of our many individual, faith community supporters, and corporate donors, who donated over \$100,000.
- Foundation support for SSA continues to grow. In the past year, SSA received many grants for its programs and services including the Morris and Gwendolyn Cafritz Foundation, the Safeway Foundation, The Rotary Club of Alexandria, the Alexandria Fund for Human Services, and The Community Foundation of Northern Virginia.

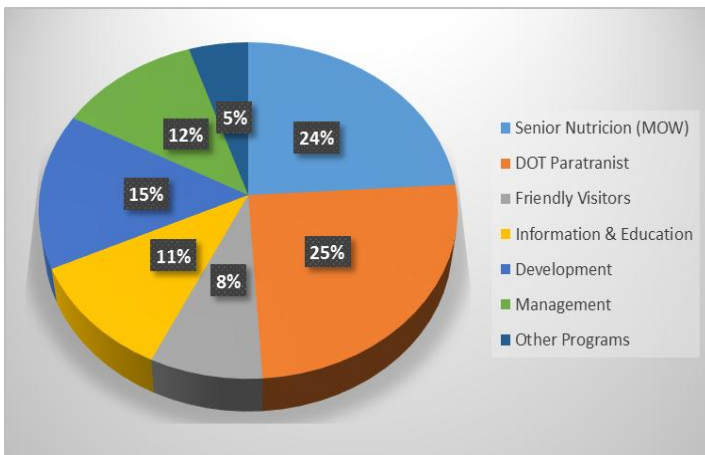
Financial Picture

July 1, 2014 - May 31, 2015

FY15 REVENUE BY SOURCE



FY15 SPENDING BY PROGRAM AREA



Staff Members and Contact Information

Mary Lee Anderson - Executive Director
executivedirector@seniorservicesalex.org
703-836-4414, ext. 111

Jane Marcus - Development Director
development@seniorservicesalex.org
703-836-4414, ext. 114

MaryAnne Beatty - Communications & Outreach Dir.
communications@seniorservicesalex.org
703-836-4414, ext. 113

Meals on Wheels

Alex Garcia - Program Coordinator
mealsonwheels@seniorservicesalex.org
703-836-4414, ext. 112

Dolores Viehman - Volunteer Coordinator
volunteer@seniorservicesalex.org
703-836-4414, ext. 115

Diana Franklin - On-Site Volunteer Coordinator

Friendly Visitor & Groceries to Go

Sarah Drexler - Program Director
friendlyvisitor@seniorservicesalex.org
703-836-4414, ext. 120

DOT Paratransit Call Center

Rosie Borders - Supervisor
transport@seniorservicesalex.org
703-836-4414, ext. 116

Reservationists: Ashley Alawi, Donna Browning,
Kenneth Burton, Kecia Fearrington, Camilo Marquez,
and Tiana Ward.

Administration

Lindsay Hemphill
admin@seniorservicesalex.org
703-836-4414, ext. 110

***Please Save the Date for the
following Senior Services of
Alexandria events:***

***Young at Art Reception
Wednesday, August 26, 2015
Durant Arts Center
(co-sponsor: Goodwin House Foundation)***

***Oktoberfest Celebration
Wednesday, October 7, 2015
Port City Brewery***

***Senior Law Day
Saturday, October 17, 2015
First Baptist Church
(co-sponsor: Alexandria Bar Foundation)***

***Generation to Generation Gala
Saturday, March 12, 2016
Hilton Alexandria Mark Center***

Charitable Giving

Your charitable donations to SSA help provide needed services to Alexandria seniors, their families, and caregivers. SSA relies on a variety of financial resources, and your individual donations play a vital role. Your contributions to SSA are tax-deductible, since SSA is a 501(c)3 charitable organization.

Tax ID #54-0842806



United Way #8311
Combined Federal Campaign (CFC) #97867



Featured in the Catalogue for Philanthropy (2009/10 and 2013/14) as "One of the best small charities in the Greater Washington region."



700 Princess Street, Mezzanine Level
Alexandria, VA 22314
(703) 836-4414

www.seniorservicesalex.org

Monday-Friday: 8:30 am - 4:30 pm

DOT Paratransit Reservation Line
(703) 836-5222
Daily, except Holidays