

Senior Services OF ALEXANDRIA

Highlights

JULY 1, 2018 - MAY 31, 2019



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

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Dear Friends of Senior Services of Alexandria,

This past year, SSA focused on what it does best: Nutrition, Transportation, Community and Education.

Here are just a few highlights from 2018/2019:

- **Meals on Wheels:** This program continues to expand its outreach to seniors and currently serves 100 clients. This year, SSA made significant enhancements, including hiring new staff and training many of our volunteers on using the new mobile delivery app.
- **Groceries to Go:** This program now delivers weekly from Giant as well as every other week from Safeway. There are 76 clients in this life-sustaining program and we have hired a new part-time assistant to help manage the rapid growth.
- **Senior Academy:** SSA held two sessions in the Fall and Spring. The four-week classes continue to draw seniors who are looking to become engaged in their communities within the City.
- **Senior Ambassadors:** This program, recently lauded by the City's Commission on Aging, recruited and trained 57 ambassadors in just the first year. These leaders represent all areas of the City, providing information about programs and services available to seniors.
- **Silver Service Card:** Over 40 local businesses participate in this free program and provide discounts to Alexandria seniors over 60.
- **Caring Connection:** Our new program, that goes beyond our Meals on Wheels program to provide short-term personalized health and safety monitoring of medically-vulnerable seniors, has served its first clients and was met with warm reception.

It is exciting to see how SSA continues to develop new programs to serve seniors in the City of Alexandria. We thank our supporters because we could not do it without your generosity.

Sincerely,



Jack Fannon
Chairman, Board of Directors



SSA'S CONNECTIONS TO THE COMMUNITY

Since its inception in 1968, SSA has served as a vital connection for older adults in the Alexandria community. As the senior population continues to grow, SSA's programs and services will grow as well to help fill the "gap" when older residents have nowhere else to turn. Current SSA services and programs are featured below.

SENIOR NUTRITION PROGRAMS

Meals on Wheels

This life-sustaining program allows seniors who are unable to leave their homes or who have difficulty preparing a meal, to have two healthy meals a day delivered to their homes. Meals are delivered 365 days a year, including holidays, by over 500 volunteers.

Senior Services, in partnership with the City of Alexandria, is currently serving 100 clients throughout the city.

This year, almost 150 volunteers have been trained using the Mobile Meals application.

Volunteers utilize the app in order to get directions for a delivery route, view client information and get new updates. In addition, Mobile Meals allows volunteers to better serve clients through an immediate notification to SSA regarding any health or well-being concerns noted at the time of meal delivery. The Mobile Meals app has allowed SSA to connect clients with additional resources they need based on this volunteer communication.



Old Presbyterian Meeting House volunteers cheerfully display their cell phones before they deliver using the new Mobile Meals app.

Groceries to Go



Program Director Sandy Freedman poses with Giant Foods on Duke Street employees as they were recognized by the Commission on Aging for their support of SSA's Groceries to Go & Coffee Connection Programs.

The Groceries to Go shopping and delivery program is celebrating its fifth anniversary this year. The program started in the Fall of 2014 with 12 clients and 10 volunteers (6 clients are still in the program, and all 10 original volunteers remain). Today, over 50 volunteers shop for and deliver groceries, with no delivery fee, to over 75 eligible residents who reside within the City of Alexandria. Clients choose between Giant and Safeway, they receive groceries every other week.



Through the Caring Connection program, SSA partners with healthcare entities to provide daily check-ins for seniors recently discharged from a medical facility. Staff conduct in-home visits and change of condition monitoring while also providing meals. The goal of Caring Connection is to provide nutrition and monitoring to vulnerable seniors while sharing critical information to health care professionals in order to reduce the likelihood of readmissions. Seniors will be able to maintain their independence while receiving check-ins, healthy meals, and guidance in the comfort of their own home.

SSA partnered with Woodbine Rehabilitation and Healthcare Facility in December of 2018 and is actively providing check-ins for their discharged patients.

COMMUNITY PROGRAMS

AniMeals

AniMeals continues to expand, providing food for pets of seniors residing in the City of Alexandria. SSA received a grant from Meals on Wheels America that provides funding for supplies including kitty litter, tick and flea medicines, leashes, and other needed pet supplies. SSA is currently delivering pet food and supplies to dogs, cats and birds in 27 households throughout the City.



Bud and his Holiday Treats

Friendly Visitor



Ken & his Friendly Visitor Reed

Carefully screened and trained volunteers are matched with socially isolated seniors with whom they visit for at least an hour each week. Both volunteers and seniors are interviewed regarding their personal history and interests to facilitate a compatible match. There are currently 60 pairs in the program. Recently, Reed invited Ken (pictured here) to have dinner with his parents.

This year, a research team put together a comprehensive impact study of this program after collecting and analyzing the evaluations from the program's volunteers and clients. The results were overwhelmingly positive.

Senior Ambassador Program

SSA's Senior Ambassador program has been amazingly successful to date. The plan called for 50 ambassadors by 2021, and SSA has already recruited and trained 57 volunteers on the broad array of services and programs available to older residents.

After completion of training, the ambassadors are prepared to share what they have learned with their community, which may be a faith-based group, a condo, a neighborhood or many other types of communities.

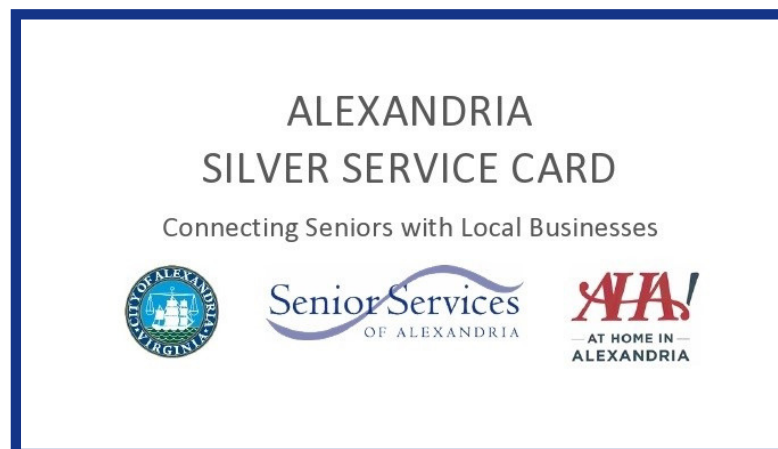


It encourages direct contact by the ambassadors with community members and enables two-way communication. Ambassadors not only provide weekly information updates from SSA, but are resources to those who need assistance, as they can provide appropriate referrals.

This program was recognized by the Commission on Aging as a vital component to Alexandria's Age Friendly Plan for Livable Communities.

Silver Service Card

The Silver Service card encourages Alexandria's older residents to patronize local businesses and restaurants through a targeted discount program. Over 40 businesses throughout the City participate in the Silver Service Card program, and more are added each month. The Zebra now runs a full page ad in each publication dedicated to the program and participating businesses.



Coffee Connection

The first Wednesday of every month, Giant on Duke Street hosts the Coffee Connection, a social opportunity for older adults to connect with others in their City. The morning includes a free Starbucks drink and a guest speaker or activity.



Participants in December's Coffee Connection decorated Christmas stockings for orphaned children as they sipped Starbucks coffee.

Local History Tours & Healthy Food Trend Demonstrations



Participants in May's Historic Tour visited Ft. Ward National Park & Museum.

In partnership with the Alexandria Public Library System, SSA organizes monthly historic tours and healthy food trend demonstrations. The Historic Tours include transportation and an educational tour of some of Alexandria's unique museums and historical sites. The Healthy Food Trend Demonstrations are taught by a local, registered dietitian.

EDUCATION AND OUTREACH

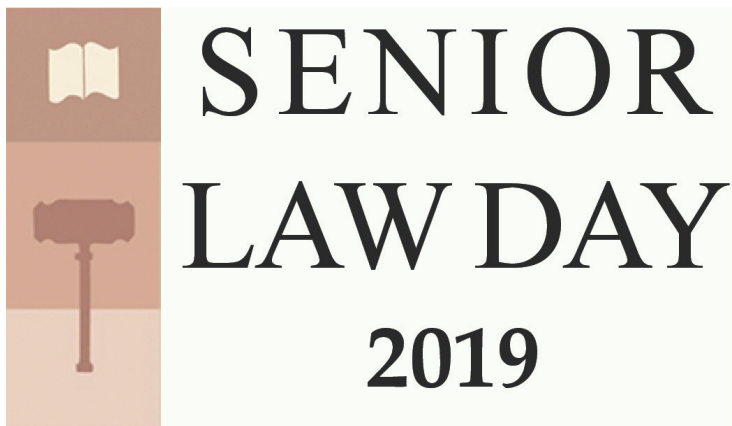
Speaker Series

SSA's Senior Speaker Series draws a large crowd of older adults, community members, and caregivers. This year's topics included managing your money in retirement; staying connected to your community; telling your story: leaving a legacy; and fall prevention.



Storyteller Anne Bolen spoke at the January Speaker Series

Senior Law Day



The Alexandria Bar Association and SSA will present the 8th annual Senior Law Day with the theme of "Stand Up For Yourself and Your Community: How to Avoid Scams" on Saturday, June 22nd.

Senior Information Corners

Volunteers stock senior information corners with current literature for seniors at 20 locations, including City libraries, major recreation centers, and senior communities.



Senior Living in Alexandria

SSA's monthly cable TV program is in its 6th year of production. Each episode features interviews with representatives from local nonprofits, government agencies, and service providers. The show is broadcast on Comcast cable channel 70 each Sunday at 2 pm in Alexandria, and on channel 69 in Arlington. You can also watch it on our website and YouTube.



Senior Living in Alexandria's host Jim Roberts demonstrates cooking a healthy recipe each episode.

Senior Academy



2019 Spring Senior Academy Class during their graduation at City Hall.

SSA offered two sessions of the Senior Academy in the Fall and Spring. This 4-week course provides Alexandria's seniors with an overview of the City's government functions, programs and services for seniors, and ways to get involved.

Department of Transportation (DOT) Paratransit Call Center

Since 1984, SSA has managed the (DOT) Paratransit Program Call Center for the City of Alexandria. SSA schedules reduced-rate rides for over 1,200 City of Alexandria residents with physical or mental disabilities. Parvez Kakar joined SSA in September 2018 as the Program Supervisor.



The DOT team was thanked by the City of Alexandria for their commitment to their clients.

**In February, SSA moved its
office to 206 N. Washington
Street, Suite 301.
Please come visit us!**



DEVELOPMENT

Fundraising highlights include the following:

The 2019 Annual Gala, honoring Jen Walker, Congressman Don Beyer and his daughter Stephanie Beyer Kirby, and the Hon. Lynnwood Campbell was our most attended Gala ever. It was hosted at the Westin Alexandria and raised over \$100,000!

The fall Oktoberfest Celebration raised over \$23,000.

One hundred and nine donors gave to SSA during Spring2ACTion, Alexandria's day of online community-wide giving, and we raised \$10,100!

We were the fortunate recipients of many in-kind donations, including approximately \$4,000 worth of pet supplies through our partnership with the Animal Welfare League of Alexandria; catering from Logan Sausages, Federal City Catering, and Cabot Creamery; gift cards and coffee from Giant Food, and wine from Unwined.

The Catalogue for Philanthropy once again selected SSA as one of the best local non-profits in the area.

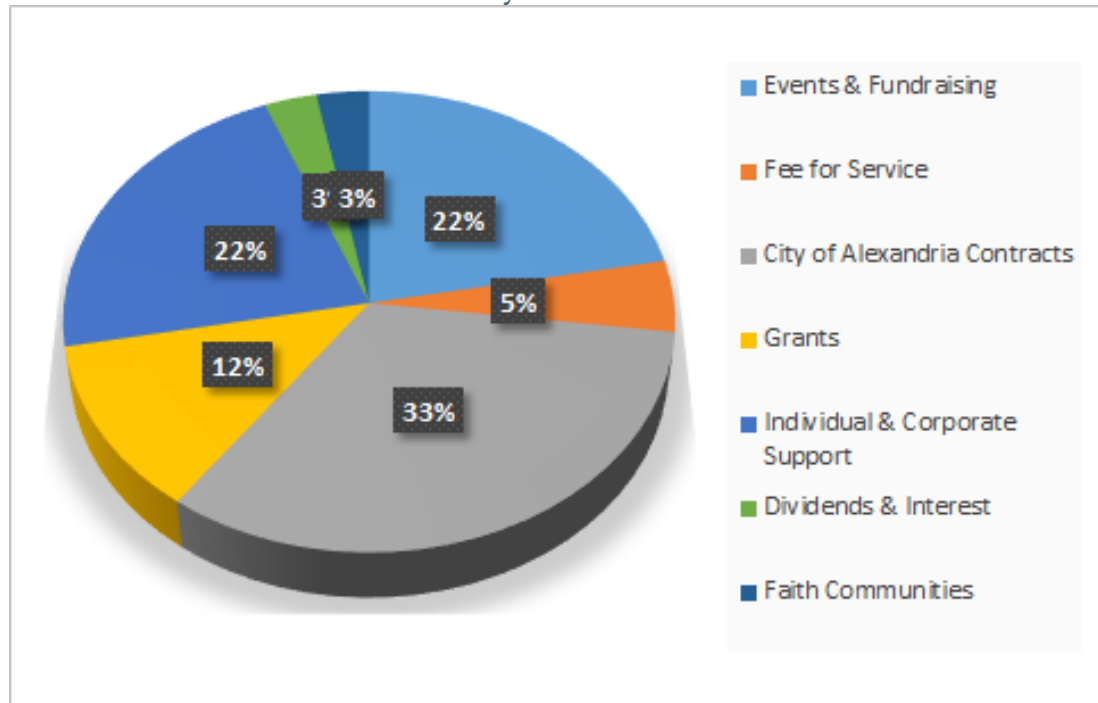


McEneaney Associates served as the Presenting Sponsors for Senior Services of Alexandria' Annual Gala.

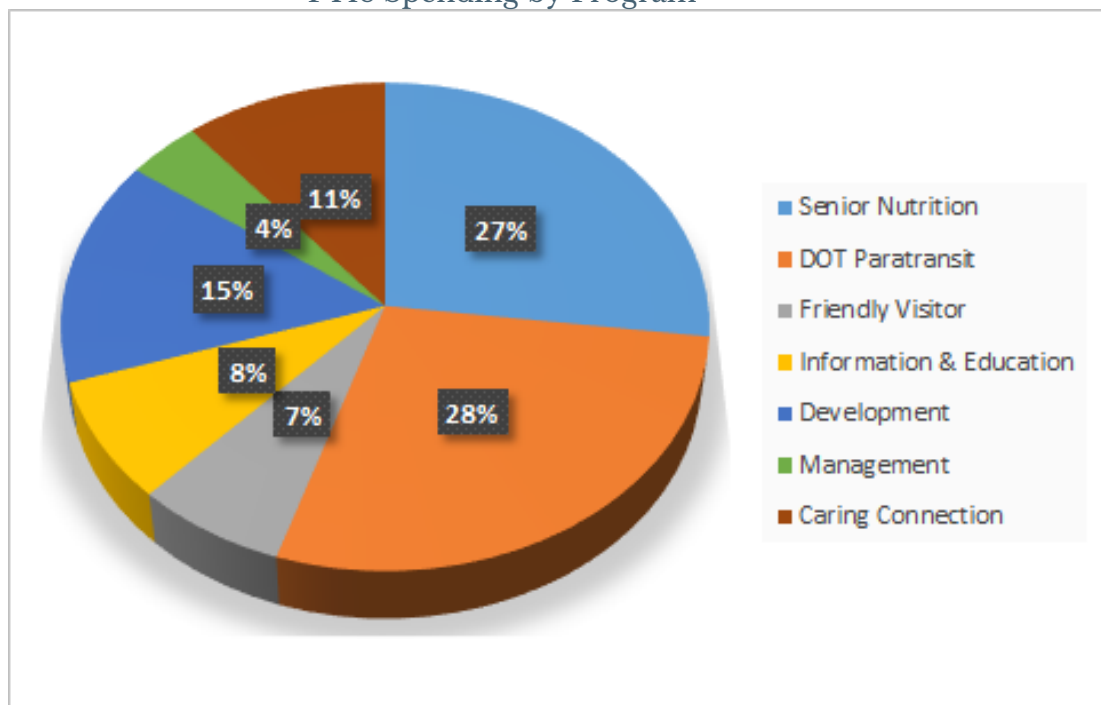
FINANCIAL PICTURE

July 1, 2018 - May 31, 2019

FY18 Revenue by Source



FY18 Spending by Program



Thank you to SSA's Volunteer Groups!

Alexandria Black Firefighters Association/ Alexandria City Council/Beyer Automotive Group/ Burgundy Farm Country Day School/ Caffi Services, Inc/ DC Metro Church/ Emmanuel Episcopal Church/ Everly-Wheatley Funeral Home/ Fairlington United Methodist Church/ First Baptist Church/ First Christian Church/ Goodwin House Alexandria/ Grace Episcopal Church/ Historic Christ Church/ Immanuel Church-on-the-Hill/ Jen Walker Team/ Lyles Crouch Elementary School/ Meals on Wheels America/ 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/ SYNERGY HomeCare/ T.C. Williams High School National Honor Society/ T.C. Williams High School Key Club/U.S. Patent and Trademark Office/ Washington Street United Methodist Church/ Westminster Presbyterian Church and over 600 individual volunteers!

Program Supporters

Alexandria City Division of Aging
and Adult Services
Beyer Subaru of Alexandria
Cafritz Foundation
Christ Church Gift Shop
Cloudbreak Foundation
Downtown Baptist Church
John Edward Fowler Memorial Foundation
Goodwin House Alexandria
Griswold Foundation
Hoffman Company
Impact 1890
Ivakota Foundation
Maple Tree Foundation
Meals on Wheels America
Old Presbyterian Meeting House
Rotary Club of Alexandria
United Way of the National Capital Area
Walmart Foundation
Westminster Presbyterian Church

And all of our individual supporters



Thanks to
Goodwin House Alexandria
for hosting SSA's
Caring Connection Luncheon.



Thanks to
Brandywine Living at Alexandria
for their generosity and hospitality
in hosting SSA's Board Meetings
throughout the year.

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

Senior Law Day
Saturday, June 22, 2019
TC Williams High School

Oktoberfest Celebration
Wednesday, October 2, 2019
Port City Brewery

Annual Gala
Saturday, March 14, 2020
The Westin Alexandria

A special thank you to
Brandywine Living at Alexandria
for graciously hosting
the 2019 Annual Meeting.

Staff Members and Contact Information

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Nathan Toews – Director
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Brittany Tryzbiak -- Caring Connection Program Manager

Tanya Edwards - Meals on Wheels Program Manager
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Diana Franklin- On-site Weekend Volunteer Coordinator

Friendly Visitor

Mary Giordano - Program Director
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Groceries to Go

Sandy Freedman - Program Director
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Medea Ranck- Program Coordinator

DOT Paratransit Call Center

Parvez Kakar - Supervisor
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Reservationists: Misgana Aregai, Donna Browning, Kenneth Burton
and Tiana Ward

Administration

Lindsay Hemphill
703-836-4414, ext. 110,
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Monday-Friday: 8:30 am – 4:30 pm

www.seniorservicesalex.org
Facebook – Senior Services of Alexandria
Instagram -- seniorservicesalex

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

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

A YEAR IN REVIEW: Faces of SSA



JULY: Goodwin House Alexandria, including former Board President David Baker and former Board member Mike McCaffree



AUGUST: Groceries to Go Program Volunteers



SEPTEMBER: Enjoying a Pimento Cheese Sandwich when Cabot Creamery's "Gratitude Grille" visited SSA's Senior Academy



OCTOBER: Volunteers of the Year with Mayor Silberberg, Councilwoman (former SSA Board Member) Del Pepper, and City Officials



NOVEMBER: Past Board President Susan Winn, Past Board Member George Pera and Goodwin House Alexandria Exec. Dir. Barbara D'Agostino at the Caring Connections luncheon at Goodwin House



DECEMBER: Gerry Cooper, Mary Lee Anderson, Former Board President Barbara Anderson & Alan Anderson at a holiday party hosted by Jack and Kelly Fannon

A YEAR IN REVIEW: Faces of SSA



JANUARY: SSA's Development Director Cassie Chesson delivered donuts to thank Beyer Subaru for their participation in the Share the Love Campaign supporting Meals on Wheels



FEBRUARY: Seniors enjoying the February tour of the Lee-Fendall House & Museum



MARCH: Mayor Justin Wilson, Jen Walker, Lynnwood Campbell, Stephanie Beyer Kirby and Don Beyer at SSA's Annual Gala



APRIL: The 6th Senior Academy Class at Police Department Headquarters



MAY: SSA Staff, along with longtime volunteer Chris Dale, and Carter Florence of MOWA celebrating Tom Irvin's many years of service



JUNE: Laurie and Phil from Dance Studio Lioudmila gave a mini rumba lesson at June's Coffee Connection.



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



Featured in the Catalogue for Philanthropy
(2009/10, 2013/14, 2017/18 and 2018/19) as
"One of the best small charities in the
Greater Washington region."



Guide Star "Platinum" participant.