

Senior Services OF ALEXANDRIA

Highlights

JULY 1, 2019 - MAY 31, 2020



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

Dear Friends of Senior Services of Alexandria,

Looking back over the course of this past year brings to mind something Duke Ellington once said: “A problem is a chance for you to do your best.”

If that’s true, then the blessing of this year is that Senior Services of Alexandria has been given the chance to excel. And I’m pleased to say it’s a challenge we have met.

Even before the changes necessitated by the Covid-19 pandemic, SSA continued its tradition of providing outstanding services to older adults in Alexandria, and growing its programs. But since the pandemic, SSA staff and volunteers have demonstrated amazing creativity, adaptability, and commitment to the mission, which resulted in successful outcomes under difficult circumstances.

Some of the highlights of this year include:

*In February, SSA delivered 900 meals per week. Now we are delivering 2500 meals per week, with fewer volunteers!

*We have over 100 clients in our Groceries to Go program.

*Scheduling for DOT reservations has continued uninterrupted.

*We began a virtual version of the Friendly Visitor program.

*This year also saw the beginning of a new weekly e-gram, SSA Connection, which includes information ranging from the practical to the uplifting.

*Our Senior Ambassador program now includes 85 ambassadors, who share updates with their communities three times a week.

What was most impressive to me was the rapid development of strict protocols designed to ensure the safety of clients and staff. Much of this great work was done remotely. As Alexandria begins to transition into phased re-opening, SSA staff is gradually returning to the office.

None of these accomplishments would have been possible without the gifts of time, talent, and treasure provided by our supporters, including Board participation in governance, financial support from donors, and time committed by our volunteers. Without this outpouring of generosity, it's hard to imagine how this kind of success could have been achieved.

So, as the program year draws to a close, we gather (virtually) to acknowledge the debt of gratitude to those whose generosity has made this year possible. The challenges will be ongoing, but I'm confident that the SSA community has the resources, talent, and resilience to meet them.

Warmest regards,



Laurie Blackburn
Chair
SSA Board of Directors



SSA Board Members - Past & Present!

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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.

The Meals on Wheels team stepped up to the challenge of providing Meals on Wheels plus a new Frozen Meals program when the pandemic hit Alexandria. Strict health protocols went into place including asking some of SSA's older volunteers to take a break and creating a small corps of younger volunteers, including SSA and City staff. SSA hasn't missed a single day of delivering since the outbreak and is currently delivering 2,500 meals a week.



Families from Lyles-Crouch Elementary School Deliver Meals on Martin Luther King, Jr. Holiday



Volunteer prepares to deliver Meals on Wheels

Groceries to Go



Volunteer Julia finishes shopping for her Groceries to Go Senior.

The Groceries to Go shopping and delivery program celebrated its fifth anniversary last year. What started in the Fall of 2014 with 12 clients and 10 volunteers now has grown to over 100 older adults with 75 volunteers shopping and delivering groceries to their designated seniors every other week. The program has continued during the COVID-19 pandemic and is proving to be an invaluable service to older adults. There are no delivery or other fees, making this program a more appealing option for all seniors but especially for those who pay for their groceries using SNAP Benefits.



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 with healthcare professionals to reduce the likelihood of re-admissions. Seniors will be able to maintain their independence while receiving check-ins, healthy meals, and guidance in the comfort of their own homes. SSA is now partnering with Woodbine Rehabilitation & Healthcare Center and Goodwin House at Home, and has continued providing service during the COVID-19 pandemic.

COMMUNITY PROGRAMS

AniMeals

AniMeals provides food for pets of seniors residing in the City of Alexandria. In partnership with the Animal Welfare League of Alexandria, SSA is currently delivering pet food and supplies for dogs, cats, and birds in 30 households throughout the City.

Thanks to our volunteers who continue to deliver during the COVID-19 pandemic.



Dan picks up his AniMeals deliveries.

Friendly Visitor



Porter and Friendly Visitor Dafina keep busy painting tables and getting an indoor AeroGarden up and running to grow tomatoes and basil.

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 65 pairs in the program, who have been in contact weekly since the beginning of the COVID-19 crisis.

SSA has been partnering with local assisted living facilities to match isolated seniors with volunteers to visit virtually by phone or written notes because of the COVID-19 pandemic restrictions. There are currently 20 new virtual matches with residents from Woodbine Homecare & Rehabilitation, Goodwin House Alexandria, the Hermitage, and Sunrise Senior Living of Alexandria.

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.

SSA has continued to handle reservations during the pandemic to allow clients to keep medical appointments and get essential items such as groceries. It has been a lifesaver for people who rely on this service.



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

Silver Service Card

The Silver Service card encourages Alexandria's older residents to patronize local businesses and restaurants through a targeted discount program. Over 50 businesses throughout the City participate in the Silver Service Card program, and more are added each month.



EDUCATION AND OUTREACH

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 85 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, condo, neighborhood, city agency, or corporation.

Since the COVID-19 pandemic, we have increased our communication with the Senior Ambassadors, passing along important information at least three times a week about how to stay safe during this challenging time.



Senior Ambassadors' summer
2019 gathering

Due to the COVID-19 Pandemic, the following in-person education programs had to go on hiatus. We have introduced *SSA Connection*, a weekly electronic email with links to interesting, uplifting videos and events for older adults who want to stay engaged with the community.

Coffee Connection

This year started off strong with programs featuring a representative from the Prevention of Blindness Society, Giant Food's store nutritionist, and an information session on home care payment options and long-term care insurance.



Participants at the December Coffee
Connection make holiday stockings for a
local non-profit.

Local History Tours & Creative Connections



Participants enjoy a beautiful day at Ft. Ward Park, learning about its history.

In partnership with the Alexandria Public Library System, SSA organized monthly historic tours. The Historic Tours include transportation and an educational tour of some of Alexandria's unique museums and historical sites.

Creative Connections is a new program where SSA works with local creative outlets to provide a connection to arts organizations, including sessions on crafting and dancing!

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 wellness, transportation, home safety, caregiving, and technology.



Martin Barna with the City's Transportation Department discusses senior-friendly transit options at the November Speaker Series.

Senior Information Corners

Volunteers stocked senior information corners with current literature for seniors at 22 locations, including City libraries, major recreation centers, and senior communities.



Senior Living in Alexandria

SSA's monthly cable TV program is in its 7th 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.



Program Host Jim Roberts talks with Elaine Scott with the City of Alexandria about City Academies.

Senior Academy



2019 Fall Senior Academy Class

SSA offered the Fall session of the Senior Academy in September. The Spring session was canceled due to the COVID-19 pandemic.

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.

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

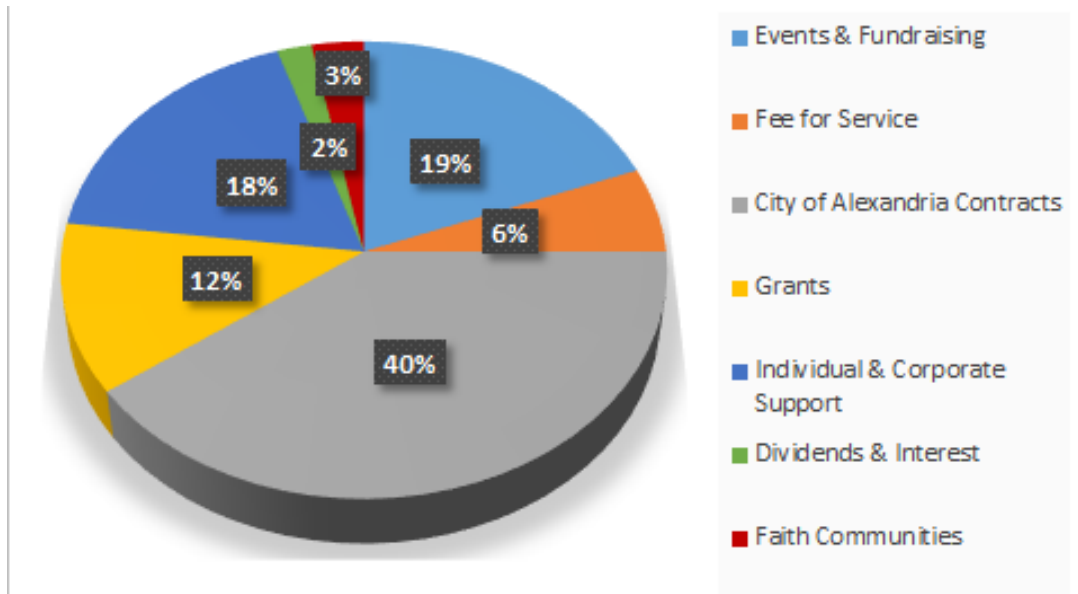
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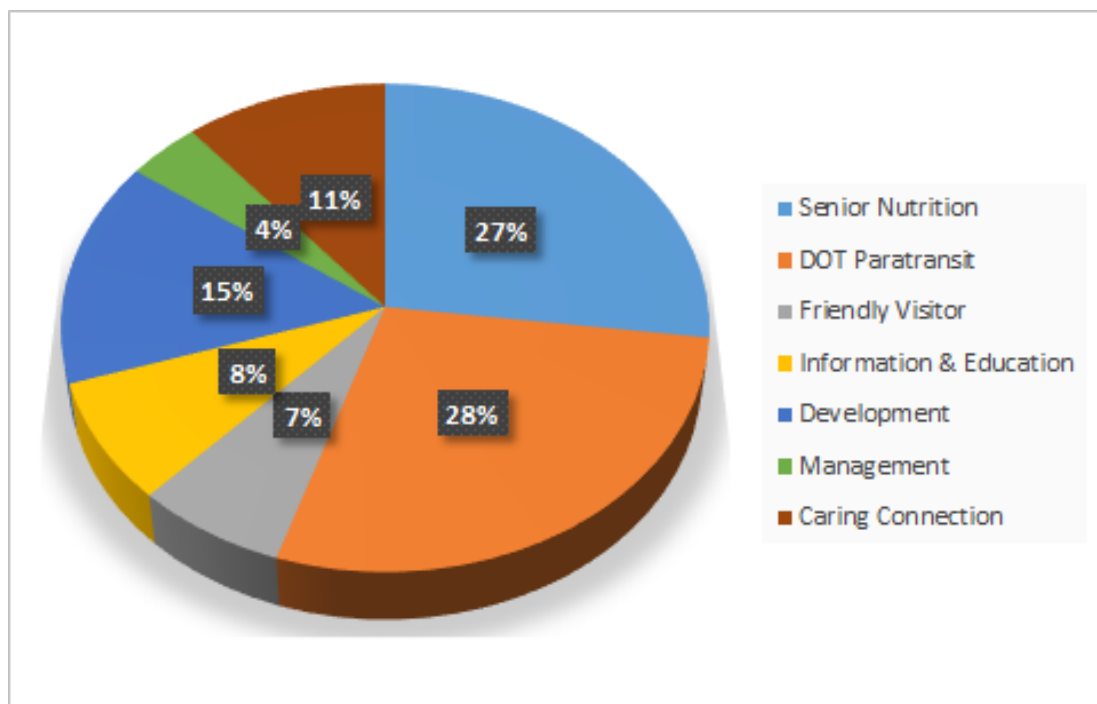
FINANCIAL PICTURE

July 1, 2019 - May 31, 2020

FY20 Revenue by Source



FY20 Spending by Program



DEVELOPMENT



BRANDYWINE LIVING
at Alexandria
Life is Beautiful



H. Arthur Sauer

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Senior Services of Alexandria would like to thank all of our 2020 Gala and Silent Auction sponsors, donors, and volunteers for their generous support. We regret that we must cancel our 2020 Gala in response to continued concern over COVID-19, and we are deeply grateful for the many generous supporters and sponsors who have allowed us to keep their event contribution in this time of need. We look forward to seeing all of you again in person in the future.

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Special thanks to Alexandria Gazette Packet



Fundraising highlights include the following:

The Fall Oktoberfest Celebration, attended by more than 150 people, raised over \$25,000.

Over 175 donors gave to SSA during Spring2ACTion, Alexandria's day of online community-wide giving, and we raised over \$25,000.



BRANDYWINE LIVING

Life is Beautiful

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



Thanks to the *Alexandria Gazette Packet*
for continued support.



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Thanks to
Arlington Independent Media for
helping SSA create and produce
Senior Living in Alexandria
each month.

Thanks to
the *Zebra* for its generosity and
support of SSA and its programs
throughout the year.



Staff Members and Contact Information

Executive Director

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

Communications & Outreach

MaryAnne Beatty – Director
703-836-4414, ext. 113
communications@seniorservicesalex.org

Chris Condeelis – Outreach Coordinator
703-836-4414, ext. 113
outreach@seniorservicesalex.org

Development

Medea Ranck – Director
703-836-4414, ext. 114
development@seniorservicesalex.org

Senior Nutrition Programs

Meals on Wheels/Caring Connection

Nathan Toews – Director
703-836-4414, ext. 115
mealprograms@seniorservicesalex.org

- Misgana Aregai –Meals on Wheels Volunteer Coordinator
volunteer@seniorservicesalex.org; 703-836-4414, ext. 126
- Diana Franklin – On-site Weekend Volunteer Coordinator
- Cate Peabody – Meals on Wheels Program Manager
mealsonwheels@seniorservicesalex.org; 703-836-4414, ext. 112
- Brittany Tryzbiak – Caring Connection Program Manager

Friendly Visitor

Tanya Edwards – Program Director
703-836-4414, ext. 120
friendlyvisitor@seniorservicesalex.org

Groceries to Go

Sandy Freedman – Program Director
703-836-4414, ext. 119
groceries@seniorservicesalex.org

Marc Schulwolf – Program Coordinator
groceriestogo@seniorservicesalex.org

DOT Paratransit Call Center

Parvez Kakar – Program Director
703-836-4414, ext. 116
transport@seniorservicesalex.org
Reservationists: Donna Browning, Kenneth Burton, Ronnie Campbell,
and Tiana Ward

Administration

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



**206 N. Washington St., Suite 301
Alexandria, VA 22314
(703) 836-4414**

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: Summer Gathering of the Senior Ambassadors



AUGUST: Nathan & Mary Lee at Meals on Wheels National Conference



SEPTEMBER: Senior Academy Fall Session



OCTOBER: Oktoberfest - Mark and Eileen Jinks with Councilwoman Del Pepper



NOVEMBER: Volunteers of the Year with Assistant Police Chief Hayes, Councilwoman Pepper, Deputy Sheriff Morgan Garner, SSA's Mary Lee Anderson & Laurie Blackburn



DECEMBER: Coffee Connection Group makes Holiday Stockings for local non-profit

A YEAR IN REVIEW: Faces of SSA



JANUARY: Meals on Wheels Volunteers from Lyles-Crouch Elementary School deliver on Martin Luther King Holiday



FEBRUARY: Friendly Visitor Volunteer Leah Spellman with Ms. Rose & Ms. Sallie



MARCH: March for Meals Proclamation - Councilwoman Pepper, SSA's Mary Lee Anderson, Nathan Toews & MaryAnne Beatty



APRIL: Groceries to Go Volunteer Will Goodman



MAY: Woodbine Rehabilitation & Healthcare provided special gift bags to Meals on Wheels clients



JUNE: SSA Meals on Wheels Volunteer Coordinator Misgana Aregai honored by Alexandria Chamber of Commerce



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