

Silver Streak

Meals on Wheels Volunteer Appreciation Luncheon



Photos by Janet Barnett

Keynote speaker Sheriff Dana Lawhorne and Assistant City Manager Debra Collins.



Meals on Wheels 20+ years volunteers and Senior Services of Alexandria board members.



Our heroes - volunteers who have delivered meals for over 20 years.

Over 100 Meals on Wheels volunteers were honored at a luncheon hosted by The Washington House on October 14. It was a rare occasion to find this group, who are usually delivering meals throughout the city, all in one place enjoying a meal together.

The inspiring stories included a 90 year old volunteer who began delivering meals 20 years ago after her husband died, and another who retired from the government and wanted to give back. She has been delivering meals for 37 years.

Continued on page 4

We would especially like to acknowledge our 20+ year volunteers:

Buster Adams	Heddie Henderson	Lois Nagle	John Smucker
Walter Bauman	Iva Hutchins	Harold Poland	Madge Smith
Bob Bussler	Helen Jagodzinski	Leetha Poland	Edie Thomas
Margaret Cox	Marian Kelso	Otis Seward	
Don Dere	Nancy Macklin	Dan Shilling	
Jeanette Dere	Betsy Miller	Jean Shilling	

To find out more about Meals on Wheels or become a volunteer contact Nancy McCormick at mealsonwheels@seniorservicesalex.org or 703 836-4414.ext. 12

Inside ~

	Page
Message from the President	2
Message from the Executive Director	2
Programs & Services	3
Community Partners	4
Wine Tasting	4
Updates	5
In Memoriam	6

“Generation to Generation” Gala

March 27, 2010

Honorees

*Mollie Abraham and Mary Abraham
Dr. Frank Carroll and Drew Carroll
Charlie Collum and Joseph Collum
Ferdinand Day and Gwen Fuller Day*

More info at www.seniorservicesalex.org
Or call 703 836-4414 ext.14

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Janet Barnett
Executive Director

Message from Mark Roth President of the Board of Directors



Photo by Regan Kirellis

Dear Friends,
The new Board of Directors for Senior Services of Alexandria (SSA) has been very busy over the last few months working on reviewing and

updating our mission statement, engaging in productive discussion on how to deliver the most relevant services to seniors in our community, developing a strategic plan, and exploring new program options.

While this process is vital to sustaining reliable programs and services, we are committed to continuing to provide and improve our current services.

This issue of "Silver Streak" is devoted to recognizing and appreciating our volunteers. We are aware of the importance of the dedicated people who make it possible to serve our clients, but

more importantly, they care and watch out for the people they are in touch with every day.

Because of this level of awareness, a volunteer was able to help one of the Meals on Wheels recipients who had taken a fall and needed help. If the volunteer had not been attentive and called for emergency assistance, the client may have suffered greater distress.

To everyone who is currently volunteering and those who have helped in the past, thank you. To those who have yet to become involved we hope you will come to know and experience the satisfaction of helping SSA clients.

Sincerely,
Mark N. Roth
President

Message from the Executive Director



Photo by Jack Broward

Dear Friends,
We want to congratulate the 21 Meals on Wheels Volunteers who received special recognition at a luncheon held at **The Washington House** on October 14. These dedicated individuals, who care deeply for homebound seniors, were recognized for their 20 plus years of service to the program. Not only do they deliver hot and cold meals to older Alexandrians who may not eat otherwise, but they also visit for a few minutes and sometimes serve as their "eyes and ears" should they suspect a problem. Senior Services of Alexandria salutes these fine individuals.

We also extend a hearty thank you to all of the individual volunteers who deliver Meals on Wheels as well as the faith based groups, the realtors and other volunteer organizations. These volunteers are the "back-bone" of the program.

In particular, I want to thank **The Washington House** for sponsoring the luncheon, and **Jennifer Brown**, Sales Manager at The Washington House, and an SSA Board Member and **Chef Eli Ayoub** for their warm hospitality. Both Jennifer and Eli made our volunteers feel welcome, and provided SSA a special way to show our appreciation to our volunteers.

Please mark your calendars for **Saturday, March 27, 2010** when we will hold our **Generation to Generation Gala** at the Hilton Alexandria Mark Center. Our honorees will be recognized as examples of commitment to community and creating generations of caring citizens.

Finally, I say thanks to all of our loyal donors and supporters who enable us to meet the needs of our senior population and continue our mission to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.

Janet Barnett

Senior Services of Alexandria Program News

Meals on Wheels

It was an education, a privilege and an adventure to attend the 2009 Annual MOWAA Conference in San Diego, California. Over 400 participants came to learn the important techniques to improve their programs.

I signed up to attend all the Volunteer Workshops; “From Recruitment to Retention – A Primer for an Effective Volunteer Management Program”,

“From Baby Boomers to Millennials – A multi-Generational Volunteer Corps”, and “Managing and Marketing Volunteer Programs”.

Each of these workshop programs provided information which would be essential to continue the success of the Meals On Wheels volunteers who deliver meals throughout our city Monday – Friday.

I met many executive directors of not for profit organizations, who are the independent Meals on Wheels Program for part of their state. There were stories of volunteers who must drive through rural Kansas with refrigerator trucks to deliver several days of frozen meals to clients. Another story is of a client in Minnesota who lives in an isolated area with inclement weather. A volunteer skis to deliver this client’s meals in an insulated back pack.

The MOWAA Conference pledged “No Senior Will Be Hungry By 2020”. I am fortunate to be a member of Senior Services of Alexandria organization, who has pledged to find the resources to increase the delivery of meals on holidays and weekends the entire year for our senior citizens in the City of Alexandria. With your help and our loyal volunteers we will reach that goal.

Nancy McCormick

For more information about Meals on Wheels contact Nancy McCormick at 703 836-4414 ext.12. or mealsonwheels@seniorservicesalex.org

<i>Meals Delivered</i>	
August	3,933
September	4,012
October	4,010

Transportation

Seniors Are on the Move

DOT/Para-transit added over 30 new clients during August and September. The Senior Taxi program also experienced growth with over 25 new taxi riders signed up for August and September.

We are pleased to know that this service is reaching so many of our Alexandrian citizens who are experiencing some freedom from being home bound, and anticipate an even greater need during cold weather.

While the number of rides is one measure of our work, it only tells part of the story. Many of our clients

rely on our staff of reservationists to not only arrange rides, but work with them to problem solve and understand when they have special needs.

Many callers are frequent users of SSA’s transportation services and are given an extra measure of concern and assistance from the reservationists who understand their needs.

Rosie Borders

For more information about transportation services contact Rosie Borders at 703 836-4414 ext.16. or transportation@seniorservicesalex.org

<i>Senior Taxi Rides Provided</i>	
July	1,023
August	998

<i>DOT/PARATRANSIT</i>	
July	5,512
August	5,262

Money Management

Very recently, I was helping a client with her bank reconciliation and noticed something very strange. The balance said zero, yet her pension had been deposited into her checking account. My client called her bank and gave permission for me to speak with the bank teller. Apparently someone had transferred the money into her savings account, and that account, as well as her checking account had a balance of zero. After putting me on hold while the bank teller investigated, she told me that she and her manager had checked signatures, and found that the savings account signature was different from my client’s. The bank manager has handed over the matter to the Loss Prevention Department for further investigation. In the meantime, my client is holding on financially, but just barely.

This is a “who dun’ it” case. What is most disturbing is the frequency with which such cases happen. Was this client persuaded by a family member or friend to withdraw her money? Why were the signatures different? Was it a stranger? Or someone at the bank? A banking error? I hope that by the next issue of the “Silver Streak” I will be able to report a favorable outcome.

Another elderly woman had her identity stolen by her dentist’s assistant. She used the client’s credit card to make purchases, including tanks of gasoline. When the client realized there was something wrong after reviewing her credit card statement she contacted the credit card company. The culprit was arrested and spent several months in prison.

Because she wasn’t getting anywhere in her efforts to clean up her credit report as a result of the stolen credit card number, she requested help. After numerous

Continued on page 5

Meals on Wheels from page 1

These are just two of the quiet heroes in our community who go about making life better one person at a time.

Sheriff Dana Lawhorne, the keynote speaker, recalled that two of his neighbors were Meals on Wheels recipients and he remembered how much that daily visit meant to them. It was more than just a meal – “Some-

one had prepared it and brought it to them. It was the highlight of their day”.

The event was reminder to the board and staff at SSA that there are many generous people in the community who help us keep our mission alive. SSA is grateful for each one of the volunteers who everyday give the gift of sustenance and touch so many lives.



Photos by Janet Barnett

Weichert Realty MOW volunteers.



Westminster Presbyterian Church volunteers.

Community Partners

The Washington House has been a very generous partner to Senior Services of Alexandria. In addition to hosting our Annual Meeting in June, most recently they provided a lovely and delicious lunch for our volunteers and staff in September. They also purchased and gave away two tickets to the Wine Tasting which was held on October 25. Many thank to Jennifer Brown, Chef Ayoub and their staff at The Washington House.

Many friends and supporters attended a dine out

event at **La Begerie** on September 16. We are grateful to Laurent Janowski for generously giving us a percentage of the evening sales.

Thanks you to **Tempo** and **The Warehouse** who gave us door prizes for our Wine Tasting event on October 25.

We hope you will be sure and mention Senior Services of Alexandria when you frequent these restaurants and let them know how much their support means.

Wine Tasting Event



Staff Photos

SSA Executive Director Janet Barnett with Au Domaine wine experts and SSA Board President Mark Roth.



Rick Raunswinder, owner of Au Domaine and his staff enjoy discussing their wines with guest Ann Kavaljian

On Sunday, October 25, Senior Services hosted a Wine Tasting event at The Athenaeum. Au Domaine provided the wine from around the world and experts to discuss the finer points of their selections. It was a special bonus to have New Zealand vintner Judy Fowler from Puriri Hills New Zealand attending to discuss her winery. Wonderful food to compliment each wine was provided by Tasteful Affairs.

Senior Services is very grateful to the sponsors for this event ~

Au Domaine European Wine Source, Bernstein Management Corporation/Mason Hall Apartments, Buchanan & Company, PLLC and Tasteful Affairs

The proceeds from this event will support our programs and services.

Supporting Senior Services of Alexandria

Your contribution of any size makes an important difference in the lives of seniors in Alexandria.
Ways of giving include:

Individual donations

Can be made online at www.seniorservicesalex.org or by mailing your contribution to Senior Services of Alexandria, 700 Princess Street ~ Mezzanine Level, Alexandria, VA 22314. You can also call us at 703 836-4414 ext. 14 to make a gift with your credit card.

An Annual Gift

If you would like to make an annual gift payable on a date of your choice or to be paid in installments please contact June Geoffray at 703 836-4414 ext. 14.

Stock and Property

Stock and property gifts are often a more favorable way to give because they can provide a tax benefit for the donor.

Matching Gifts

Employers will often match charitable gifts making a donor's gift more valuable. If you have a company or work for one that would be interested in participating please contact June Geoffray at 703 836-4414 ext. 14.

Bequests

In addition to creating a wonderful legacy of caring, a charitable bequest can also help save on estate tax.

Money Management from page 3

phone calls and letters to the police, we were able to get all three credit card bureaus – Equifax, Experian and Transunion to clear her record and give her a clean slate.

Please be careful and help others you know to be cautious. As SSA's Money Manager, I am happy to help you or someone you know who needs assistance with fraudulent or potentially fraudulent activity. Working with TRIAD - which is a cooperative effort of law enforcement agencies (police/fire/sheriffs), senior citizens, and senior organizations, focused on reduc-

ing crimes against our most vulnerable citizens: our seniors," we can bring the resources to help people recover from potentially devastating financial calamities. The Alexandria TRIAD contact is Chief Deputy Tim Gleeson. He can be reached at tim.gleeson@alexandriava.gov or 703 746-5006.

Moya Atkinson

For information or assistance contact Moya Atkinson at 703 836-4414 ext.13 or moneymgmtalex@seniorservicesalex.net

Benefactor's Circle

We are please to announce that Ronald M. Bradley is the founding chair of the Benefactor's Circle

Senior Services of Alexandria has created a Benefactor's Circle to acknowledge the support of individual donors, businesses, and organizations who make an extraordinary commitment through their donation of \$2,500 or more annually. These funds provide critical support for the programs and services that SSA provides for seniors in our community.

Benefactor Circle members also engage the community by encouraging others to support the work of SSA.

To learn more about SSA or participate in the Benefactor Circle go to www.seniorservicesalex.org or contact June Geoffray at development@seniorservicesalex.org or 703 836-4414 ext. 14.

SSA News

Congratulations to Board Member **Dr. Lawrence Singer** for being selected as the recipient of the Chamber of Commerce Professional Service Business of the Year award for NOVA Smiles. Dr. Singer's practice was selected for providing "a spa-like feel" with "a wide range of treatment from general cleaning and exams to full mouth reconstruction." In addition The Chamber noted that Dr. Singer "has helped numerous assault and trauma patients and is an assistant clinical professor surgery at GW University Hospital." You can read the entire article in the Alexandria Times.

Staff News

Lindsay Hemphill joined the SSA staff in September. We are very pleased to have Lindsay as part of the SSA organization. Her experience and skills will be put to good use. In the few short weeks she has been on staff she has been a wonderful asset.

New to the Transportation Dept. are **Bellen Joyner** and **Keri Turner**.

Keri is working part-time while attending Northern Virginia Community College (NOVA) as a full-time student.

Senior Services of Alexandria has modified our new mission statement.

"To promote independence, foster self-sufficiency, enabling seniors within the City of Alexandria."

DOT: Para-transit.....	703-836-5222	In-Home Care & Chore help:.....	703-836-4414, ext 13
Senior Taxi:.....	703-836-4414, ext 15	Meals on Wheels:.....	703-836-4414, ext 12
Employment Counseling.....	703-836-4414, ext 13	Money Management for Elderly:	703 836-4414, ext 13

**Donations were made
to SSA in Memory of**

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By Barbara Brenman

Wayne Cofer
By Mr. & Mrs. Walter Baumann

Marie Crank
By Doris L. Carscaddon

Wendy and Khadija
By Anna J. McDermott

**Patricia Hayes and
Mr. & Mrs. James Hayes**
By Richard J. Hayes

Mrs. Vera L. Willis
By Mr. Rance Willis

The mission statement of Senior Services of Alexandria has been revised. The organization is committed "To promote independence, foster self-sufficiency, enabling seniors within the City of Alexandria.

If you or someone you know would like more information about Seniors Services of Alexandria please contact us at;

Senior Services of Alexandria
700 Princess Street, Mezzanine
Alexandria, VA 22314
703 836-4414 ext. 14

The Silver Streak is a quarterly publication of Senior Services of Alexandria.

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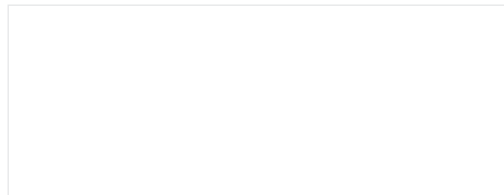
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The mission of Senior Services of Alexandria is to promote independence, foster self-sufficiency, enabling seniors within the City of Alexandria.