

# Silver Streak

Vol. 10 No. 1

Senior Services of Alexandria

Spring 2009

## “Generation to Generation” Gala

*Ferdinand Day and Honoree T.J. Fannon*



*John McEnearney and Maureen Dunn*



*Mary Catherine Gibbs and Bud Hart*



Photos by Delta Sullivan



*Ericka Miller and Melvin Miller*



*State Senator Patsy Ticer, Honoree Vola Lawson,  
Member of Congress James P. Moran*



*Vola Lawson and Peter Lawson*

On March 28, Senior Services hosted a “Generation to Generation” Gala to honor local Alexandrians who represent the importance of generations of civic leaders who help create strong and caring communities.

Alexandria is fortunate to be as rich in generations of remarkable families as it is in historic property and well documented events. Parents and children honored at Senior Services of Alexandria recent “Generation to Generation” included T. J. Fannon and his son Thomas Fannon, Bud Hart and his daughter Mary Catherine Gibbs, Vola Lawson and her son Peter Lawson, John McEnearney and his daughter Maureen Dunn, and Melvin Miller and his daughter Ericka Miller.

These families have served Alexandria through their businesses, faith communities, and civic organizations. Their contributions have created a better place to live and set an important example in our community.

Senior Services of Alexandria is for-

fortunate to have the support of the City of Alexandria, the business community, donors and volunteers, many of whom attended the Gala.

A number of Alexandria Living Legends were there, three former mayors, State Senator Patsy Ticer, Representative Jim Moran and Kerry Donley, and current Mayor Bill Euille. City council members, past and present, Alexandria Police Chief David Baker, Sheriff Dana Lawhorne, and Assistant City Manager Mark Jinks and School Superintendent Dr. Morton Sherman also attended.

An inspiring video presentation featuring the honorees reminded the audience of the importance of a community bound together by shared commitment and the spirit of generosity handed down through generations.

The proceeds from the event will support Meals on Wheels, Transportation, Services and in-home assistance for seniors in Alexandria.

## Message from the Executive Director

### Board of Directors 2008-2009

#### Officers

Carl D. Behnke  
*President*

Mark N. Roth  
*Vice President*

H. Arthur Sauer  
*Secretary / Treasurer*

#### Members

Barbara S. Anderson

Barbara Beach

Barbara Brenman

Jennifer Brown

Darryl Edwards

Constance Frogale

Harvey L. Gray

C.B. Harris, Jr.

Connie Hart

Susan C. Longstreet

Merrie Morris

Mimi Olinger

Carol O'Shaughnessy

Arthur Peabody

Joan M. Richardson

Marie Schuler

Paul C. Smedberg

John W. Wilson III

Fitz W.M. Woodrow Jr.

Janet Barnett  
*Executive Director*



*Executive Director Janet Barnett and Mayor Euille*

In my last message, I thanked our many loyal donors for continuing to support our programs and services. Now I sincerely thank the faith-based communities for their assistance.

In recent months, we have received generous donations from several local churches and organizations. Their leaders tell me that they are thankful that Senior Services of Alexandria provides services to the elderly so they are able to age in their own homes with dignity and purpose.

We thank Blessed Sacrament Church located on Braddock Road for donating a recent Sunday morning offering, which totaled approximately \$1,700. Likewise, Westminster Presbyterian Church located on Cameron Mills Road continues to support SSA on a routine

basis as do the volunteers from the Christ Church Gift Shop on Washington Street.

We are grateful to the Memorial Chapel Outreach Committee at the Goodwin House located on Fillmore Avenue for its donation of \$3,105. Senior Services of Alexandria was named the recipient of the Lenten Soup Suppers, a program where residents enjoyed a simple supper and gave a free will offering. We thank Admiral Mike McCaffree, Ed Hammerbeck, Milton Jobe, Mary Ellen Bishop, Virginia Backus, Jim Carroll, Reverend Bruce Stewart and Harry Baldwin for working closely with SSA staff throughout this past year.

These generous donations will cover costs associated with our holiday Meals on Wheels program, and will offset costs associated with our Senior Taxi program.

I also thank Shiloh Baptist Church for collaborating with SSA in an effort to improve and enhance the lives of the wonderful senior citizens living in our community.

Finally, I thank everyone who supported the Generation to Generation Gala on March 28 at the Mark Hilton Hotel. Enjoy the photos of this memorable evening!

*Janet Barnett*

## "Generation to Generation" Gala

Thank you to our generous Sponsors

### *Platinum*

Carl and Susan Behnke

### *Gold*

Mark N. Roth

### *Silver*

Robert and Susan Dawson

McEneaney Associates, Inc.

H. Arthur Sauer

Allan R. and Susan Winn

### *Bronze*

Alexandria Yellow Cab

Kenneth and Janet Barnett

L&Z Transportation, Inc., White  
Top Cab Companies

Honorable James P. Moran

Arthur Peabody, Jr. and Lucy  
Thomson

Paul and Clara Beth Van de Water

### *Crystal*

Alexandria Transit (DASH) and  
First Transit, Inc.

Alan and Barbara Anderson

Burke & Herbert Bank &  
Trust Co.

Bob and Sandy Calhoun

The William D. Euille Founda-  
tion

Dash and First Transit

Diamond Transportation.

C.B and Nancy Harris

Bud and Connie Hart

The Hermitage

Claudia A. Kostel

Kova Contractors

Eva and Frank Manning

Pentagon Federal Credit Union

Portifino Restaurant

Renner & Co.

Dr. Morton Sherman and Mrs.  
Debbie Sherman

Simpson Development Company

Virginia Paving Company

The Washington House

Mr. and Mrs. Fitz Woodrow, Jr.

## *Senior Services of Alexandria Program News*

Photos by Regan Kirellis



Mayor Euille and Roy Jefferson



Roy Jefferson, Nancy McCormick and Mayor Euille



Volunteer John Smucker

### ***Meals on Wheels***

MOW would like to acknowledge the long time service of one of our volunteers, Barbara Cameron, who delivered meals with her partner, Sarah Fewell. Barbara Cameron died suddenly and her time given to Emmanuel Episcopal, on the First Monday of each month, to deliver meals will be greatly missed and mourned.

Senior Services of Alexandria Meals on Wheels Program has been invited to take part with MOWAA, the national association, in “The Mission Continues”. This is an exciting program involving active service personnel who wish to volunteer their services here in their community.

On Memorial Day, May 25, 2009, MOWAA will hold an early morning press conference at their headquarters, 203 S. Union Street, Alexandria, VA. The teams of service personnel will then join Senior Services of Alexandria Meals on Wheels at The Hermitage to pick up the meals and make this special holiday delivery to all the Alexandria City MOW recipients.

This collaboration will create an opportunity to expand awareness and volunteer manpower for Meals on Wheels.

Please contact Nancy McCormick at 703 836-4414 ext. 12 if you, your organization, or business would like to volunteer to deliver meals.

***Kudos to our Meals on Wheels volunteers for their loyal commitment.***

<b><i>Meals Delivered</i></b>	
January .....	3,828
February .....	4,040
March .....	4,342
April .....	4,374

### ***Transportation***

Senior Taxi is not immune to the budget restraints that the City of Alexandria is facing during this challenging economic climate, which means SSA must find other revenue sources to provide this vital service for clients. To meet a \$29,000 shortfall the following initiatives are in place:

For the first time a rate increase of \$.50 per ride was made effective March 1, 2009.

Two grants have been submitted requesting funds to assist with expenses.

<b><i>Senior Taxi Rides Provided</i></b>	
January .....	771
February .....	780
March .....	1,063
April .....	1,260

### ***Money Management***

***Credit Cards – A Blessing or a Curse?***

*By Moya Atkinson*

As a daily money manager over the last four years, I have helped clients with serious, as well as easily resolved banking problems. Some bank managers, once they understand the clients’ problems, are willing to deduct late fees, finance charges and maintenance service fees; but it has been more difficult to get banks to remove protection fees, fees for credit reports, and life and disability insurance.

I have also tried to help clients better understand and control their use of credit cards. In one case, Consumer Credit Counseling Service (CCCS), a nonprofit community service organization was able to establish a debt repayment plan. In other cases, credit card companies write off

clients' debts after I've written letters to them, because there is nothing of value for them to garnish. While a few clients have been irresponsible in their use of credit cards, the majority have used credit cards in desperation because of mounting health care and other bills and total dependence on their small pensions. Once in "over their heads", it has been virtually impossible to dig themselves out.

Thanks to increasing concern about these practices, two competing and similar bills, one in the House of Representatives and one in the Senate, are being negotiated and could eventually make their way to President Obama to sign. Additionally, the Federal Reserve Bank has issued changes in credit card practices that will become effective - regardless of what happens to the House and Senate bills - in July of 2010. The changes should help those with credit cards better manage their overall credit and personal finance, without having to pay excessive and unnecessary fees.

***Among the key provisions of the "Credit Cardholders' Bill of Rights Act" are prohibitions on:***

- Bait-and-switch interest rate and fee hikes for any or no reason at all during the life of the card;
- Assessing hidden and unfair interest rate charges by charging interest on balances already paid off;
- Unjustifiably maximizing interest charges by requiring consumers to pay off balances with lower interest rates before those with higher rates;
- Charging late fees when consumers mail their payments seven days in advance of the due date; and
- Applying certain unfair interest rate hikes retroactively to balances incurred under the old rate.

Through the Money Management Program, Senior Services of Alexandria has been able to help many elderly and disabled Alexandrians to resolve their individual financial and daily living problems. SSA can also support systemic changes within the finance industry by advocating for legislation and regulations that will benefit all segments of society. If anyone is interested in discussing this matter, please call me at 703-836-4414, ext. 13.

***"Generation to Generation" Gala Silent Auction donors***

Abby Joy	MacNair Travel
Alexandria Fire Chief	Mango Mike's
Alexandria Symphony	John Martins
Artcraft	Susan Merritt Nelson
Janet & Kenneth Barnett	Oerth Gallery
Megan Beyer	Mimi Olinger
William D. Euille	Potomac Riverboat Company
Fern Street Gourmet	Radiance Yoga Studio
Connie Frogale	Joan Richardson
Goldworks	RT's Restaurant
Hart	Dr. Morton Sherman, Superintendent of Schools
Roy Jefferson	The Warehouse
J&J Oriental Rug Gallery	The Wharf
Kings Jewelry	TOPS
La Bergerie	Westfield's
La Muse	The Wharf
Little Theatre of Alexandria	
Susan Longstreet	

***Gala Donors***

**Alexandria Redevelopment & Housing Authority**  
**Comcast**  
**Flowers Unique by Marchand**  
**Hilton Alexandria, Mark Center**  
**Keiva Lewis**  
**Derek Lymus**  
**Doug Rogers and the T. C. Williams Jazz Ensemble**  
**Marie Schuler**  
**Delia Sullivan**  
**Callie Terrell**

## *Medicare* *Important facts you should know*

Medicare is a government program that nearly everyone thinks they understand except when they don't, so here are some basics.

Medicare is a health insurance program for three categories of people; those age 65 and over; those under 65 with certain disabilities and those of any age with End-Stage renal disease, permanent kidney failure requiring dialysis or a transplant.

Getting Medicare, part A, hospital insurance, is easy. Most people get it automatically and for free when they turn 65. That is because he or she or a spouse paid Medicare taxes while they were working. Medicare part B, provides doctor's services, outpatient care and other health services. Medicare, part B is not free and you must enroll. You can sign up for part B anytime during 7-month period that begins three months before you turn 65 by calling Social Security at 1-800-772-1213 or visit or call your local Social Security office to sign up. If you are collecting Social Security, or Railroad Retirement or Civil Service retirement, the cost of part B, \$96.40 a month for most people, is automatically taken out. If you are still working or are not collecting Social Security, you will be billed every three months.

Getting part B is a choice and many people who

continue working full time past 65 and have health insurance from their employers or are insured under a spouse opt not to. In the past that might have been the sensible thing to do but it might not be now. In the first place if you choose not to sign up for part B when you first had a choice you will pay more. The cost of part B goes up 10 percent for every 12-month period that you could have had Part B but did not sign up for it. And you will have to pay this penalty as long as you have Medicare, part B. Secondly there is no guarantee in this economy that you will continue to be covered by your employer. Many employers who are strapped are cutting out health insurance or asking those eligible to go on Medicare. You are better off if you plan ahead so you are not caught without insurance.

A third issue to consider is how you decide to get Part D coverage. You may want to get a Medicare Prescription Drug Plan. Or you might want to join an HMO or a PPO. They will require that you are already enrolled in Medicare A and B.

For more detailed information and answers to specific questions go to [Medicare.gov](http://Medicare.gov)

*Thanks to Mary Anne Weber for sharing her experience and knowledge about Medicare for this publication.*

### ***THIS IS YOUR SPACE!!!!***

*A poem from Alexandria's Poet Laureate*

#### **Spring Song**

Spring scribbles color on the landscape  
like a four-year-old with a thousand crayons:  
    redbud pink on rain-dark bark,  
Forsythia stars, shining yellow on fountain branches,  
    the shiny green of ivy, emerging on its vines,  
    Re-papering a rose-brick wall,  
And tulips marching in their military reds and golds.

There are the soft pastels of springtime sounds and smells:  
the spice of daffodils, the sharp, dark tang of mulch  
spread round chilly pansy toes and primrose feet,  
and, singing through the hopeful, new-bud green  
    of flowers, shrubs and trees,  
the April forecast of sun and showers  
    with a chance of lilacs.

*Mary McElveen  
April 2009*

### ***Staff news***

Kenneth Burton has rejoined the Senior Services staff as a Senior Taxi reservationist.

Everyone is very pleased to have "Kenny" back at SSA.

Congratulations to June Geoffray, Director of Development of Senior Services of Alexandria who has been selected to receive the "Heart of Gold" award by The Campagna Center. The award is given annually by The Junior Friends to recognize outstanding service and commitment to the mission of The Center.

A special thank you to Satay Sarinah, an Indonesian restaurant who has generously donated a portion of their lunch and dinner business to Senior Services on January 22.

DOT: Para-transit..... 703-836-5222  
Senior Taxi:..... 703-836-4414, **ext 15**  
Employment Counseling..... 703-836-4414, **ext 13**

In-Home Care & Chore help:.....703-836-4414, **ext 13**  
Meals on Wheels:.....703-836-4414, **ext 12**  
Money Management for Elderly: ..... 703 836-4414, **ext 13**

## *Important Dates*

Tempo Restaurant                      Wednesday, May 20, 2009

SSA's Annual Meeting                  Thursday, June 25, 2009  
(sponsored by The Washington House)

### Donations were made to SSA in Honor of

**Vola Lawson & Peter Lawson**  
by Peter and Sharon Labovitz,  
Mr. & Mrs. Joseph Ward  
and S.L. Yamamoto

**Continuous excellent services  
to senior citizens**  
by Mr. and Mrs. Samuel Ziskind

### Donations were made to SSA in Memory of

**Annie B. Rose**  
by Marguerite Harris

**Mary Patricia Hayes and  
Mr. & Mrs. James Hayes**  
by Richard J. Hayes

**Nancy Dunning**  
by Mr. & Mrs. Lawrence Lowe

**Raymond Stabinsky**  
by R.M. Seligmann

**Mrs. Marie Crank**  
by Phyllis Triplett-Bickham

### Please use the enclosed envelope to help us keep Senior Taxi funded.

While the City of Alexandria provides funding for Senior Taxi, budget limitations will not cover all Senior Taxi expenses for this year.

**\$8.00** will provide 2 roundtrip rides to a medical appointment or the grocery store for an SSA client. Your tax deductible contributions are always appreciated.

You may also make your contribution online at

**www.seniorservicesalex.org**

### Contributions

Enclosed is a donation of \$ ..... from

Name .....

Address .....

State / Zip .....

Phone number .....

email Address .....

In Honor of.....\*

In Memory of.....\*

\*Send Notice of Donation to:

Name .....

Address .....

State / Zip .....

5/09

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

Contributors: Janet Barnett, June Geoffray, Moya Atkinson, Mary McElveen, and Nancy McCormick. Production by John Drummond

## Senior Services of Alexandria *Silver Streak*

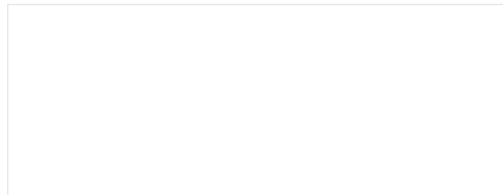
A Publication of

**Senior Services of Alexandria**

700 Princess Street-Mezzanine  
Alexandria, VA 22314

Address Service Requested

NON-PROFIT ORG.  
U.S. POSTAGE PAID  
ALEXANDRIA, VA  
PERMIT NO. 253



CATALOGUE FOR  
PHILANTHROPY

Please designate Senior Services of Alexandria in the United Way Campaign, Combined Federal Campaign and the Combined Virginia Campaign.



United Way  
#8311

CVC #8200



CFC #97867

*The mission of Senior Services of Alexandria is to provide comprehensive, accessible, and affordable services to seniors who reside in the City of Alexandria which support the independence and self-sufficiency that enable seniors to age with dignity in their homes and this community.*