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Silver Streak

Vol. 7 No. 1

Senior Services of Alexandria

Spring 2006

"Honoring the Best"

Senior Services Salutes Colonel Underwood!

Senior Services of Alexandria declared Ethel S. Underwood, Col. USAFR (Ret.) to be "2006 Senior Extraordinaire!" at its annual spring gala "Honoring the Best." Now in its third year, the event was held at the Radisson Hotel in Old Town on March 31.

Senior Services Board President Susan Winn introduced Brigadier General Wilma Vaught, USAF (Ret.), President of the Women in Military Service for America Memorial Foundation, who provided introductory remarks about Colonel Underwood.

General Vaught stressed the contributions of women in the military, citing Colonel Underwood's military service achievements and her status as the first African American to achieve the rank of Colonel in the USAFR Nurse Corps. Former SSA President George A. Pera, host for the evening's activities, detailed the breadth



Col. Ethel L. Underwood, USAFR, (Ret)

and depth of Colonel Underwood's volunteer service to Alexandria following her military retirement. Col. Underwood became the director of nursing for Woodbine Nursing and Convalescent Center in 1985 and retired again in 1989. Her volunteer service includes chair of the Alexandria Commission on Aging, advocacy and development work to create the Alexandria Adult Day Care Center, trustee of Hopkins House, and board director for (Inova) Alexandria Hospital.

SSA Executive Director Eileen Longstreet read a proclamation from the Virginia General Assembly honoring Colonel Underwood's volunteerism. She then presented the honoree with the SSA "Senior Extraordinaire" award, an engraved crystal vase. The Colonel, clearly moved by the expressions of others, expressed her thanks and reflected that because she enjoys all the volunteer work she does "being honored for doing what you love is a wonder." She then spoke of her motto "Much can be accomplished if we don't worry about who gets the credit." Mayor William D. Euille then presented the honoree with a gold "Key to the City" and Alfred Street Baptist Church presented her with a plaque recognizing her service to the church.

In her closing remarks, Ms. Longstreet thanked SSA's staff, the evening's guests, SSA's

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Contributors: Eileen Longstreet and Judy Drewry; Production by John Drummond

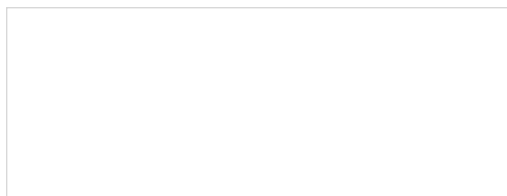


CFC #8311



Please designate Senior Services in the United Way and Combined Federal Campaign Agency #8311

Our Mission:
As Senior Services of Alexandria, our mission is to provide accessible, comprehensive and affordable services to seniors within the City of Alexandria and adjacent areas, and to promote the independence and self-sufficiency which enable seniors to age with dignity in their own community.



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Move Planned for SSA Offices!

Senior Services of Alexandria will move this spring a few blocks from its 30-year location at 121 North St. Asaph Street to a new location.

The NEW OFFICES are located at 330 North Washington Street in Old Town Alexandria.

The building is at the northwest corner of Princess and Washington Streets, in the Wachovia Bank Build-

ing. There is a bus stop in front of the building and parking in the rear. The SSA offices will be located on the mezzanine level and the offices are handicapped accessible. More information will be available soon regarding the exact moving date, currently anticipated to be June 1, 2006. Telephone and fax numbers will remain the same.

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From the Executive Director...

To our Seniors

Did you know that reading regularly... reading anything... stimulates your brain? And that stimulating your brain keeps it more active? And can somewhat lessen the effects of aging?

Did you know that exercise increases oxygen flow to brain? And that this is another means of helping to 'maintain your brain' power?

Did you know that standing next to a kitchen counter, wall or chair for safety and balancing on one foot for one to two minutes (and then alternating to the other foot) will improve your overall balance? Did you know that some stumbling is a normal part of aging? That walking and balancing are activities that help.

Did you know that regular interaction with others helps to maintain your mental wellbeing? Even a brief daily conversation via telephone with a friend, family member or neighbor, sending emails or writing letters can help give you a sense of being

'connected'... something that is very important to avoid feelings of isolation and loneliness.

Did you know that senior centers are great places to socialize, make new friends and participate in various activities and events? Swim? Play cards? Exercise? Laugh with others?

Did you know that asking others for help allows them to feel good about being helpful to you? Did you know that most people *like* to help others and so asking for help is a way to help others feel good? (It's true.)

Of course you already know these things! We just thought we'd mention them to you in case you haven't thought about them in a while. Oh, and do you know that Senior Services of Alexandria's sole purpose is to help seniors? So don't forget to call on us, either. We're here to help.

Now, I need to get back to my balancing-on-one-foot exercise. Until next time.

Eileen

The Mark and Catherine Winkler Foundation recently made a generous donation to Senior Services of Alexandria. The money will be placed in a newly-created fund to start an endowment to secure SSA's financial future.

Donations were made In Memory of

Evelyn S. Lee

by the Staff at Senior Services and Brian and Cathi Saybe

Harriett Grant

by RSM McGladrey, Inc.

Rita and George Schmitt

by Grace M. Schmitt

Karen Duncker

by Bonnie and Wayne Jefferson

John W. Triplett

by his sister Phyllis Triplett Bickham

John C. and Claire R. Parsons

by their Children Charles R. Parsons, Martha P. Paine and Grandchildren John C. Duncker, James P. Duncker and Caroline D. Carlson.

Reminders

Stroke Symptom Observations -

If a stroke is suspected, make following requests of victim: Be guided by the answers as to whether or not to call 911 immediately!

Smile! (Be looking for a crooked one)

Speak a Complete sentence.

Raise both arms at the same time.

Stick out your tongue! (If it is crooked, dial at once.)

Donations were made In Honor of

Col. Ethel Underwood, USAFR (Ret.)

by Harold W. and Barbara R. Gossett & Thelma Jack

Senior Services Gratefully Acknowledges the Professional Services Donations of John Drummond, Production Artist Halt, Buzas & Powell, Ltd. Renner & Company, CPA, PC.

Honoring the best, Continued from page 1

supporters and board members, and requested of them their continued financial support of SSA's services into the future.

Board Members responsible for success of the event are Claudia Kostel, Events Committee Chair; Joan Richardson

and Ruby Tucker, Gala Committee Co-Chairs; Sandra Calhoun, Judy Drewry, Arthur Peabody, Mark Roth, SSA President Susan Winn, Fitz Woodrow, and honorary-Events Committee member George A. Pera.



Susan & Allan Winn



Mr. & Mrs. Lewis Spearman

Col. Underwood's Family, the Greenes from New York



Eugene & Ruby Tucker



Susan Winn & General Wilma L. Vaught, USAF (Ret)



Jack and the Honorable Patsy Tiger

HAPPENINGS at SSA!

Realty Group Leads the Way -- Sponsors Route for Meals on Wheels

McEnearney Associates, a community based Alexandria real estate firm, is supporting SSA's Meals on Wheels service by sponsoring a meal-delivery route for a full year. President and CEO John McEnearney said "We couldn't think of a better way to help Senior Services aid seniors and other home-bound citizens in our community." If you or your company is interested in sponsoring a delivery route, call Meals on Wheels Program Manager, Brenda Walls at 703-836-4414, ext. 4. Your company name will be prominently listed at the top of the delivery route sheets so volunteers and clients can learn of your financial support.

"Mayors for Meals"

Mayor William D. Euille and Vice Mayor Redella "Del" Pepper

pitched in to help deliver meals to Alexandria's homebound seniors on Wednesday March 22. They participated, along with hundreds of mayors around the country, to draw attention to the needs of homebound seniors. The "Mayors for Meals" event was created by the Meals on Wheels Association of America, of which SSA's Meals on Wheels service is a member. Meal-recipients were of course surprised to find Mayor Euille or Vice Mayor Pepper when they opened their doors!

Both Mayor Euille and Vice Mayor Pepper indicated they support "this very worthwhile program to help our seniors" and Mayor Euille added his "appreciation for the time, energy and commitment of all the volunteers who make possible the delivery of some 54,000 meals a year." Senior Services Board President Susan Winn also delivered meals and SSA board

member Fitz Woodrow is a regular volunteer each month.

Seniors who live alone and are homebound are among the most vulnerable in our community. Inadequate food and nutrition intake is a major problem among seniors and the cause of many hospital admissions and early entrance into nursing homes.

Meals are delivered to approximately 115 seniors each day Monday through Friday, between 10:30am and 12:30, and each person receives two meals. While many recipients pay for their meals, very low-income recipients receive meals paid for by the Alexandria Office on Aging and Adult Services. Others are subsidized by SSA. Volunteers for driving and delivering meals to the homes are always welcome. If you can help, call SSA program director Brenda Walls at 703- 836-4414 ext.4.