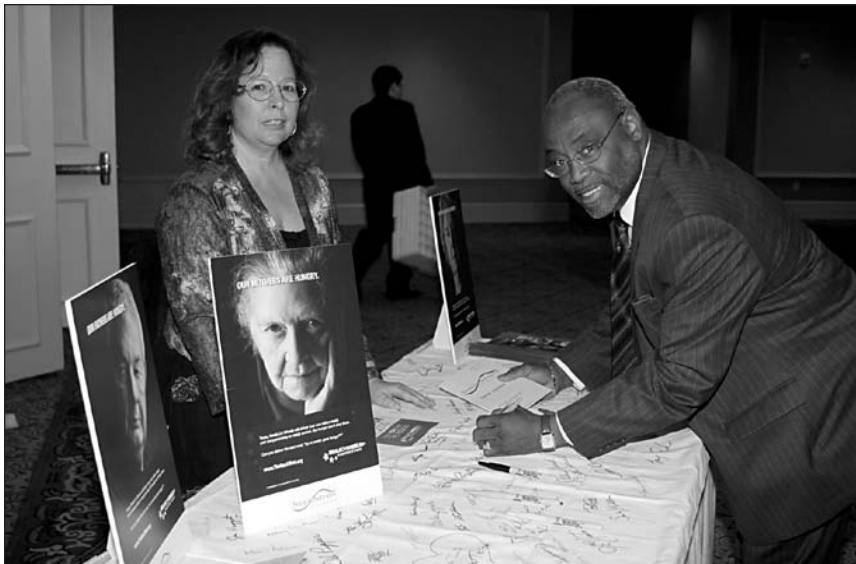


# SILVER Streak

## "Generation to Generation" Gala March 27, 2010



Honorees from left to right, back row; Charlie Collum and his son Joseph Collum, Drew Carroll and his father Dr. Frank Carroll, Mayor William Euille, Gwen Day-Fuller and her father Ferdinand Day. Front: Mollie Abraham and her granddaughter Mary Reid.



Nancy McCormick, Meals on Wheels Program Manager looks on while Mayor William Euille signs the 2020 Vision tablecloth at SSA's "Generation to Generation" Gala to show his support for ending senior hunger.

### 2020 VISION TO END SENIOR HUNGER Take the Pledge

"A groundbreaking research study found that as of 2007, there were nearly 6 million seniors facing the threat of hunger. Our goal is to match that number – with 6 million people who are willing to stand up and pledge to do what it takes to end senior hunger by 2020."

The Meals on Wheels Association of America is leading the challenge to eradicate senior hunger by the year 2020. Senior Services of Alexandria has joined organizations all over the country to support this challenge and raise awareness in Alexandria by asking people to come to the table and sign the "End Senior Hunger" tablecloth and to take the pledge.

When you see us in the community please join this effort by taking the pledge, volunteering, making a donation, and raising awareness about senior hunger.

**Senior Services of Alexandria is collecting signatures and pledges to end Senior Hunger by 2020 - for more information please contact Nancy McCormick at [mealsonwheels@seniorservice-salex.org](mailto:mealsonwheels@seniorservice-salex.org) or 703 836-4414 ext. 12.**

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## Message from Mark Roth President of the Board of Directors



Photo by Regan Kirellis

Dear Friends,  
2010 is proving to be a year of challenge and opportunity for Senior Services of Alexandria. The year began with historic snowstorms that brought the area to a standstill, but the

SSA board, staff and local volunteers rallied to meet the challenge by providing meals to Alexandria seniors. This dedication and commitment to purpose made it possible to take care of Meals on Wheels clients by not only providing them with food, but also making sure they had heat, and were safe in their homes.

The ability to respond to older citizens with a sense of urgency and openness is what makes SSA uniquely qualified to provide services and find appropriate resources for a wide range of needs. While Meals on Wheels and Transportation are two of the most vital programs available for seniors, there is an increasing number of

requests for one-on-one client assistance. These calls come from adult children who need information and assistance with aging parents, or a spouse who needs help with an ailing partner, as well as from neighbors who are concerned with the welfare of an aging person.

To respond to the increasing and diverse needs of the senior community, SSA's board of directors participated in a retreat on May 1, 2010 where the components of our strategic plan were finalized. The plan includes implementing Phase 1 of the Resource Center in the coming year. The Strategic Plan will be finalized at the board of directors meeting in June and will be published in our next newsletter. This Plan is an important part of providing and sustaining programs to serve seniors our community.

Sincerely,  
*Mark N. Roth*

*For more information about Senior Services go to [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or visit us on Facebook.*

## Message from the Executive Director



Photo by Jack Broward

Dear Friends,  
On March 27, Senior Services of Alexandria held its annual Generation to Generation Gala at the Hilton Alexandria Mark Center to recognize four individuals for passing along the credo of giving back. In each family, we honored a senior member who has spent a lifetime in civic leadership and steady service to community, along with a younger relative who absorbed those lessons and continues to serve and lead today.

The honorees were Mollie Abraham and her granddaughter Mary Reid, Dr. Frank Carroll and his son Drew Carroll, Charlie Collum and his son Joseph Collum, and Ferdi-

nand Day and his daughter Gwen Day-Fuller. Their stories unfolded for the hundreds of attendees in video interviews where the inter-generational pairs talked about what civic responsibility meant to them. With each person, we saw how the example of a beloved parent or grandparent provided the impetus for the younger person to carry on the tradition. Our volunteers had given time, talent and effort in the areas of civil rights, labor, gender equality, medical care, education, scouting, and faith communities, all in service to the ideal of the betterment of one's community.

We are proud to recognize our community's elder leaders, and especially important to recognize the next generation of leaders who will carry the torch for Senior Services of Alexandria, as well as other

nonprofits in our City.

The Gala, an important source of funding for Senior Services, featured a silent auction, and along with the formal presentations and dinner, music and dancing for the enjoyment of all. Even some of our most senior honorees were seen dancing the night away. What a lovely evening!

On another note, on behalf of the SSA Board of Directors and the staff, I wish our Daily Money Manager Moya Atkinson a fond farewell. While helping our clients with bill paying, organizing and trouble-shooting, Moya did so many "additional duties as assigned," and for that we are grateful. Best of luck Moya.

Sincerely,  
*Janet Barnett*

# Senior Services of Alexandria Program News

## Meals on Wheels

The Blizzard of 2010 began on Friday, February 5, 2010. On this day, all the MOW clients received two sets of meals to sustain them during the storms. During the following week, schools were closed up tight! but MOW volunteers stepped up, and meals were delivered on Tuesday, Thursday, and Friday. In addition, Holiday meals were ordered, picked up and delivered for President's Day, February 15. Everyone deserves a big hug of gratitude for coming out in the dangerous conditions which prevailed throughout our city. The seniors of Alexandria were nourished over the most challenging weather conditions this area has ever faced.



Senior Services of Alexandria has joined in the national initiative to pledge To End Senior Hunger by 2020. Over one hundred twenty Generation to Generation 2010 Gala attendees signed the MOWAA tablecloth showing their concern and support to stop senior hunger. Senior Services of Alexandria will bring this tablecloth to other public areas and events in the city to ask people to sign their names and take the pledge. The tablecloth will be taken to the MOWAA Annual Conference in Atlanta, Georgia where all the signed tablecloths from throughout the United States will be displayed. Our tablecloth will demonstrate the hundreds of Alexandria citizens who believe that this is an important issue for which to stand up and be counted.

Once again, we wish to thank Mayor William Euille for participating in the annual "Mayor For Meals" delivery day, March 24, 2010. Our mayor was out there delivering meals on one of the longest MOW delivery routes. Senior Services of Alexandria appreciates Mayor Euille's time and dedication to the Meals on Wheels program.

### Meals Delivered

January .....	3,540
February .....	3,380
March .....	4,230

**For more information about Meals on Wheels contact Nancy McCormick at 703 836-4414 ext.12, or [mealsonwheels@seniorservicesalex.org](mailto:mealsonwheels@seniorservicesalex.org)**

## Transportation

### Senior Taxi

While one day in advance reservations are preferred, senior taxi riders can now make same day reservations to go to medical appointments, the grocery store, or the pharmacy. Callers are served between 9:00 a.m. and 4:00 p.m.

For over 20 years, Senior Taxi has provided curb-to-curb service to and from medical appointments, the grocery store and the pharmacy. The cost to the client is \$2.00 for a one-way ride.

### Senior Taxi Rides Provided

January .....	928
February .....	693

### DOT Transportation Services

DOT Transportation provides safe and reliable curb-to-curb taxi service seven days a week in compliance with the Americans with Disabilities Act (ADA) for residents of Alexandria unable to use public transportation. Clients pay \$2.50 per trip.

In cooperation with Diamond Transportation and White Top Cab companies and the City of Alexandria, Senior Services reservationists schedule rides for clients.

*Rosie Borders*

### DOT/PARATRANSIT

January .....	4,654
February .....	3,362

**For more information about transportation services contact Rosie Borders at 703 836-4414 ext.15, or [transportation@seniorservicesalex.org](mailto:transportation@seniorservicesalex.org)**

## Money Management

### Help Seniors Avoid Fraud

In October, 2008 CNN reported that "Fannie Mae forgives loan for woman who shot herself". Addie Polk, a ninety-year old homeowner attempted to commit suicide rather than face eviction from her home of 38 years. Her ordeal sparked national outrage and Fannie Mae decided to "forgive whatever outstanding balance she had on the loan and give her the house."

The case raises many questions. Why, at age 86, did she take out a 30-year, mortgage on the same day she took out a line of credit, for a total of \$68,000? Was this reasonable? Was she being financially exploited? Was she competent to make decisions? How could the local department of human services or Adult Protective Services have intervened in this situation – if they had even known about it? What role did the lender play in Mrs. Polk's decision to assume a mortgage?

This scenario repeats itself everyday.

*Continued on page 4*

A similar case was recently reported on March 27, 2010, by the Salinas, California Police. "The 82 year old victim received a phone call in early March informing her she won \$500,000 and in order to collect, she needed to pay fees and taxes. Between March 9 and March 25 the victim sent over \$50,000 to the Philippines. She was going to send another large amount of cash, but a local bank teller got suspicious and called police. The victim said that she sent another large amount of cash to another probable scam earlier this year. The case is being investigated as financial fraud of an elderly person. The teller made an excellent decision to call authorities and stopped the cycle of theft."

All of us, as relatives, friends, or neighbors should ask questions and be vigilant to help prevent an increasing number of scams and exploitation directed toward the elderly. It is important to encourage laws and regulations

to protect vulnerable seniors and work with local organizations who can provide assistance and support to seniors, such as the Alexandria Adult Protective Services Unit or the Sheriff's office.

This is my last article for SSA as I look forward to the next chapter of my life. I am especially grateful to my clients for what they have taught and given me, as we've worked together to solve problems and smooth out life's wrinkles.

I wish SSA Board members and staff the very best as SSA moves forward to meet the increasing needs of elderly Alexandrians and their families.

Moya Atkinson

**For information or assistance contact Janet Barnett at 703 836-4414 ext.11 or [moneymgmtalex@seniorservicesalex.net](mailto:moneymgmtalex@seniorservicesalex.net)**

## Seniors Want to be Counted

SSA Executive Director, Janet Barnett took a call from a senior who had moved recently and was concerned that she had not received her Census Form in the mail. With the deadline approaching, she wanted to know how she could get a form so she could fill it out and mail it before the due date.

Janet picked up a Census Form at the local library and delivered it to the woman the next day.

"Sometimes it's a little thing that we can quickly

remedy to relieve a worry," commented Janet. Mrs. S left a message saying "You really went out of your way – and that, I will never forget."

Many calls for assistance are received in the course of the day at SSA. Some can be answered by a simple but generous gesture, others are more complex and require ongoing efforts. We are here to serve both and gratified when we can help.

## Senior Services of Alexandria is grateful for the generous support of the following individuals and organizations as 2010 "Generation to Generation" Gala Sponsors

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Mollie Abraham and Ferdinand Day dance the night away.

# It's Never Too Late to Start Exercising!

*By Rosemarie D. Rose, MD*

## What can exercise do for you?

Whether you are 60 or 90, exercise is one of the most important things older adults can do to help stay independent and increase their years of ability. Exercise affects so many of our bodies' functions in beneficial ways. Here is just a short list:

- Helps control blood sugar in people with diabetes or glucose intolerance (pre-diabetes).
- Builds muscle and helps maintain the ratio of muscle to fat in our bodies.
- Improves balance and can decrease falls by strengthening the muscles involved in walking.
- Helps with blood pressure control and improves heart function.
- Increases feelings of overall well-being.

And most importantly, exercise never stops helping, even for the frail and very elderly, 90 years and older.

Many people feel there are too many barriers for them to exercise regularly. They can't get to a gym or senior center, the weather is bad, they are too weak to start, they have no equipment. But exercise is adaptable to any situation or individual.

First of all, it can be done at home. Second, for those starting with very little strength, even just moving parts of your body while sitting in a chair can have significant benefits. And third, if you have a chair and a couple cans of food that you can hold, then you have all the equipment you need for a good start.

Before adding regular exercise into your life, check with your doctor. Chances are, she or he will be delighted you have decided to take such a positive step. People with all sorts of diseases including heart disease, arthritis, diabetes, cancer, and many others can exercise safely and reap the benefits. People with mobility problems will need to modify

some exercises, and those who are frail should have a family member or friend help them get started.

There are two kinds of exercise, endurance and strengthening, and you should include some of each in your exercise routine. Endurance (or aerobic) exercise involves keeping your body in motion for a period of time to get your heart pumping and your lungs breathing deeply. Walking is the endurance exercise available to most of us. (If walking is difficult for you, see the next paragraph for some other suggestions.) How intensely should you perform your endurance exercise? You should be able to talk while you exercise; if you are too out of breath to talk, you are working too hard. If you can sing while you are exercising, you are not working hard enough.

The amount of endurance exercise a person can do will depend on their condition when they start. People with a low level of fitness can benefit by walking for 5 or 10 minutes 3 or 4 days a week. Need to start with less than that? Try marching in place behind a chair that you can use to help balance for 3 to 5 minutes and increase your time as you are able. For the frail or those with difficulty walking, try sitting and moving your legs and feet up and down as if marching. The general goal for endurance exercise is 30 minutes 4 days a week. But remember, start with what you can do and increase it as you are able. You may never reach the goal for the population as a whole, but if you improve your own health with the amount you can do, you have succeeded.

The second type of exercise is strengthening which involves using your muscles to move weights repeatedly. It doesn't have to be much weight or many repetitions to help build your muscles and improve tone. A simple set of exercises repeated 2 to 3 times a week can build enough

strength to make a difference in the ease and safety of your daily activities. Starting with simple one pound weights or cans of food will provide sufficient resistance to work with. (If you cannot grasp a weight or can, try rolling a can up in a kitchen towel, grab both ends of the rolled towel in one hand, and use that as an easy-to-hold weight.) For people starting with very little strength, just moving the weight of your arms and legs will allow you to build up strength to later start adding a small amount of weight.

There are many simple strengthening movements you can do at home. An excellent description of various exercises is available in the free publication "Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging". To obtain your guide, visit <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm> on the internet to order a copy or download a copy to your computer. Or you can call the National Institute on Aging at 1-800-222-2225 to request a copy be mailed to you.

Lastly, remember to make your exercise fun. Put on some music or your favorite TV show while you are marching behind your chair or doing a few strengthening movements. Share your exercise with a friend or family member. It will lift your mood and your fitness level at the same time. Claim the benefits of exercise for yourself and you can improve and prolong your years of ability.

Dr. Rose practices medicine in Alexandria and has been board certified in Family Medicine since 1992. She currently focuses on treatment of diseases like depression, migraine, attention deficit disorder and fibromyalgia with individualized nutritional supplements. To learn more, visit her website at [www.rosemd.com](http://www.rosemd.com).

DOT: Para-transit..... 703-836-5222

Meals on Wheels:.....703-836-4414, **ext 12**

Senior Taxi:..... 703-836-4414, **ext 15**

Money Management for Elderly: ..... 703 836-4414, **ext 11**

In-Home Care & Chore help:..... 703-836-4414, **ext 11**

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**Important Dates**

**June 24**

Senior Services of Alexandria  
Annual Meeting.  
The Washington House  
5100 Fillmore Avenue

**September 19**

Wine Tasting at The Athenaeum.  
201 Prince Street Alexandria

**Remember Senior Services of Alexandria**

*if you have an insurance policy that could be designated as a contribution to SSA  
or if you are considering a worthy non profit to receive a bequest.*

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

Contributors: Janet Barnett, June Geoffray, Moya Atkinson, Rosie Borders, Mark Roth, Nancy McCormick and Rosemarie D. Rose.

Gala Photos by Delia Sullivan. Production by John Drummond

*Correction: The Money Management article which appeared in the Winter 2010 issue was mistakenly credited as written by Moya Atkinson.*

**Senior Services of Alexandria**



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*The mission of Senior Services of Alexandria is to foster  
independence and self-sufficiency, enabling seniors within  
the City of Alexandria to age with dignity.*