

Silver Streak

Annual Meeting



Photo by Regan Kirellis

Back Left to Right: Harvey L. Gray, Carl D. Behnke, John Wilson, Mark N. Roth, Dr. Lawrence Singer; Jennifer Brown
Front Left to Right: Barbara S. Anderson, Ronald M. Bradley, H. Arthur Sauer; Linda M. Durand

The Washington House hosted SSA's Annual Meeting on June 25 and served guests a delicious and beautifully presented lunch while past board president Carl Behnke welcomed everyone and presented the nominees for office and new board members.

After the election of officers and board members, new board president Mark Roth introduced Dr. Lisa Kaplowitz, Director of the Alexandria Health Department to discuss Healthy Lifestyles and initiatives to create a Healthier Alexandria.



Photo by Regan Kirellis

Dr. Lisa Kaplowitz and Outgoing President Carl D. Behnke at the 2009 Annual Meeting

We are very pleased to announce the following SSA Officers and Board of Directors.

- | | | |
|--|------------------------|--------------------------|
| President: Mark N. Roth | Barbara P. Beach | Merrie Morris |
| Vice President: Barbara S. Anderson | Ronald M. Bradley | Gregory L. Murphy |
| Secretary: Darryl Edwards | Jennifer M. Brown | Carol O'Shaughnessy |
| Treasurer: H. Arthur Sauer | Linda M. Durand | Hon. Arthur Peabody, Jr. |
| Corresponding Secretary: Harvey L. Gray | Constance Frogale | Joan M. Richardson |
| | C.B. Harris, Jr. | Marie Schuler |
| | Connie Hart | Dr. Lawrence Singer |
| | Susan C. Longstreet | Hon. Paul C. Smedberg |
| | Hon. Blanche D. Maness | John W. Wilson, III |

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“Young At Art”

23rd ANNUAL EXHIBIT

Durant Center
1605 Cameron Street
Alexandria, Virginia

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

**Board of Directors
2009-2010**

Officers

Mark N. Roth
President
Barbara S. Anderson
Vice President
Darryl Edwards
Secretary
H. Arthur Sauer
Treasurer
Harvey L. Gray
Corresponding Secretary

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Barbara P. Beach
Ronald M. Bradley
Jennifer M. Brown
Linda M. Durand
Constance Frogale
C.B. Harris, Jr.
Connie Hart
Susan C. Longstreet
Hon. Blanche D. Maness
Merrie Morris
Gregory L. Murphy
Carol O'Shaughnessy
Hon. Arthur Peabody Jr.
Joan M. Richardson
Marie Schuler
Dr. Lawrence Singer
Hon. Paul C. Smedberg
John W. Wilson III

Janet Barnett
Executive Director

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



Photo by Regan Kirelits

Dear Friends,
It is with great pleasure and optimism that I accepted the position of President of the Board of Directors of Senior Services of Alexandria. After serving on the board for the last four years, it has become apparent to me that SSA has a unique place in our community and the potential to have an even stronger presence and call to service in the future.

During the past year, I chaired the Village Exploratory Committee. The committee researched and collected data on community organizations throughout the country that provide support services for seniors. The results

of this effort will help SSA to structure a plan to address the need for a program that would provide additional resources for seniors in Alexandria as part of our Strategic Plan.

It is my desire to build on the valuable work of our past president Carl Behnke, and board members to continue delivering quality programs and services and to create a vision for the future of Senior Services.

With the help of our community partners, donors and volunteers, I look forward to working with the SSA staff to fulfill our mission to serve each client, every day.

Sincerely,
Mark N. Roth
President

Message from the Executive Director



Photo by Jack Broward

I want to welcome the new officers and board of directors who will lead us through the coming year. We will be working on our strategic plan, updating our policies and procedures, and we will continue to work closely with the City of Alexandria

and other partners to provide the best possible services to our seniors.

It has been my pleasure to work with **Carl Behnke**, past president, who led the organization during a time when there was no executive director, just prior to my arrival in November, 2007. Carl welcomed me to the organization and provided guidance so that I could take over the leadership. I extend my heartfelt appreciation to Carl for his support and generosity.

On July 16, I had the pleasure to be the guest of **Mayor William D. Euille**, along with **Col. Ethel Underwood**, **Assistant City Manager Debra Collins**, and **The Honorable Blanche D. Maness** at the AARP's Town Hall Meeting with **Vice President Joe Biden** at the Durant Recreation Center

to discuss health care and the possibilities that lie ahead for insurance for all Americans. **Secretary of Health Kathleen Sebelius**, and **White House Director of Health Reform Nancy Ann DeParle** accompanied the Vice President.

Please feel free to call our offices (703-836-4414, ext. 11) if you have questions about the proposed plan. We will be happy to work with you to find the answers through our collaborative resources.

Senior Services of Alexandria is here to provide services to our older citizens. If you know of any senior who needs our help, or if you are an adult child whose parent needs assistance, we are ready to help you.

Finally, on behalf of the Board, our clients and our staff, I thank Mr. Jay Hoffman for his extremely generous contribution to Senior Services of Alexandria. Mr. Hoffman told me that he is grateful to SSA because we advocate for older people.

I hope you are having a restful summer.

Janet Barnett

Senior Services of Alexandria Program News

Meals on Wheels

It has been especially gratifying to welcome several new community partners to the Meals on Wheels program. Since the initiation of the Holiday Meals on Wheels deliveries, several community organizations have signed up to deliver meals on federal holidays.

In addition, businesses and other volunteer organizations in Alexandria have also provided an opportunity for their employees to give back to the community. We are very pleased to welcome **Best Buy, RobinsGioia,** and the **Alexandria Jaycees** as new volunteer groups delivering meals.

If you are part of a community group or work for a company that would like to help please let us know.

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

<i>Meals Delivered</i>	
May	4,310
June	4,142
July	3,194

Transportation

As reported in the last newsletter, Senior Taxi was facing a budget shortfall due to budget restraints. SSA initiated a first time increase of \$.50 per ride, an appeal for financial assistance was requested in the newsletter, and funding requests were sent to local organizations to help. We are very pleased to report that we received funds to fully support Senior Taxi for the fiscal year.

We appreciate the generosity of the following organizations who contributed to Senior Taxi:

ACT for Alexandria, Rotary Club of Alexandria and United Way Community Impact Fund.

SSA also thanks many individual donors who sent contributions in response to the appeal in the spring newsletter.

For more information about transportation services contact Rosie Borders at 703 836-4414 ext.12. or transportation@seniorservicesalex.org

<i>Senior Taxi Rides Provided</i>	
May	1,197
June	1,148

<i>DOT/PARATRANSIT</i>	
May	4946
June	5261

Money Management

Senior Services of Alexandria is a Safety Net for the Most Vulnerable.

During the past three years SSA's Money Management program manager has worked with clients that have one thing in common – their need for someone unbiased to help them take care of their day-to-day finances.

Most of our clients are considered poor, with a monthly income as low as \$675 for an individual and \$1,012 for a couple. An increasing number of older people fall into the category of the “near poor”, with an income of \$1,354 for an individual and \$1,821 for a couple. Understandably, some of them are facing foreclosure or eviction. SSA works with other service agencies to prevent this from happening, and some clients have been able to remain in their homes.

In many cases, often due to health related problems or frailty, people forget to pay bills, balance their checkbook, or make unnecessary purchases from TV marketing or other solicitations. By developing a simple system, we are able to create order to manage their financial responsibilities.

Helping clients apply for food stamps or Medicare's QMB, SIMB and Q11 programs frees up funds that can be used for prescriptions and other necessities. Navigating Medicare options can be confusing and clients often need assistance with how to apply, review their status online, or they can be referred to and expert for advice.

Sorting through bills to identify fraudulent charges is another way to spare clients needless expense, such as paying for internet service when they have no computer.

For clients who can afford to pay, SSA has a sliding fee scale. While many seniors are able to maintain their daily living routine, they often are not comfortable managing contracts and payment to service providers. Even honest mistakes by contractors and others can cause clients to overpay and create a hardship.

With help, these issues can be resolved.

The recession has had an impact on seniors as well. SSA works with City of Alexandria agencies and local organizations to meet the needs of a growing population of older residents and serves as a safety net. All of these problem solving services make a striking difference in the lives of seniors who may feel confused or overwhelmed.

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

Community Partners

Judy Drewry Day

Proclaimed by Mayor William D. Euille



Photo by Janet Barnett

Judy Drewry and Patsy Ticer

On June 29th, a group of friends and colleagues honored Judy Drewry at a luncheon at her favorite restaurant, La Bergerie. On behalf of Mayor Euille, State Senator Patsy Ticer, read a Proclamation recognizing Judy's years of service to Senior Services of Alexandria and the production of the SSA calendar, which she managed for many years. The proclama-

tion also recognized the day, June 29th, as "Judy Drewry Day" in Alexandria.

Judy's friends reminisced about her enduring devotion to Senior Services of Alexandria and the production of the SSA calendar. While the Calendar has raised funds and been a source of community outreach for SSA, it has been retired due to the decrease in the use of paper calendars and the variety of calendars that come to our homes.

The occasion gave Senior Services an opportunity to applaud Judy for her community service and commitment and to celebrate her spirit.

The Christ Church Gift Shop



Photo by Regan Kirellis

Back row l to r, Sharon Van Meter; Kathy Moore, Joyce Soyster, Barney Nolan, Sam Brathwaite, Bill Mattison, Jeanie Thompson, Ruth Arnold.
Front row l to r, Sunny Nolan, Bitsey Moore, Mary Beth Doirty, Peg Cothorn.

Just a few doors off King Street, in the 100 block of North Columbus lies a wonderful gem on the grounds of Christ Church. Since 1915, The Christ Church Gift Shop has been run by volunteers and raises money to donate to those who are less fortunate in Alexandria and around the world.

The Shop has come along way in 94 years. In its early days, the shop inventory probably consisted of pencils and trinkets to appeal to the history of the Church in connection to Gen. George Washington and Robert E. Lee. Since 1979, with Sunny Nolan at the helm, the shop has become an interesting, eclectic and loving enterprise. Today, a large variety of gifts for all

occasions, including books, jewelry and food items are available for purchase.

Over the years, many volunteers have served the community through their shared commitment to their faith and their desire to help others by staffing The Christ Church Gift Shop. SSA is fortunate to be the recipient of regular contributions for Meals on Wheels because of their efforts.

This dedicated work force keeps the store open Tuesday through Saturday 10:00 a.m. - 4:00 p.m. and on Sunday from 8:45 a.m. - 1:00 p.m. The shop is located at 121 North Columbus Street, Alexandria, VA 22314 and the phone number is 703.836.5258. Stop in for a visit sometime soon!

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.seniorservice-salex.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.

Staff news

Nancy McCormick will represent SSA at the Meals on Wheels Association of America's annual conference in San Diego September 2-4. SSA was awarded a scholarship for Nancy to attend the conference through "Share the Love" sponsored by Subaru of America, Inc.

Nancy has also been asked to once again, serve as co-chair of the Mayor's Unity Breakfast,

which is scheduled for Wednesday, November 25. We are delighted that Senior Services of Alexandria will be represented in a leadership role through the work of Nancy.

We welcome **Maria Perez** and **Megan Lawhorne**, our two new Taxi Reservationists to Senior Services of Alexandria. We are delighted to have them as a part of our team!

Congratulations to former Senior Services of Alexandria Board Member Ruby Tucker. The Alexandria Housing and Redevelopment Commission renamed a unit at 322 Tancil Court "The Ruby Tucker Family Center." The facility

will be used for computer training and after school activities. This honor is well-deserved for a person who has long dedicated herself to community service. Congratulations, again, Ms. Tucker!

Guests at SSA's annual meeting on June 19 at The Washington House



L to R – Former City Manager Vola Lawson chats with SSA Board Member Jennifer Brown at the annual meeting.



L to R – Marjorie Ann Scott, Delegate Adam Ebbin, Tonya Singer and SSA Board Member Dr. Lawrence Singer.

Photos by Regan Kirellis

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

“Young at Art” August 3 to October 30, 2009
 Exhibit at The Durant Center
 La Bergerie Dine Out Event September 15, 2009
 Wine Tasting Fundraiser October 25, 2009

Donations were made to SSA in Honor of

Judy Drewry
 By The Honorable Patricia S. Ticer
 Rev. George Pera
 The Staff and Board of Directors
 at Senior Services of Alexandria
 Susan Winn
 Joan Argiro
 Donnie Wintermute
 Art Sauer
 Claudia Kostel
 Mary Ann Ormes
 Shawn McLaughlin

Carl D. Behnke
 By Janet Barnett

Louis Barnett
 By Richard Safren-Safren Sales

Susan and Louis Barnett
 By Norma Safren

**Col. Ethel Underwood
 and CD (Ret) Jane Cotton**
 By Ellen McCord

Donations were made to SSA in Memory of

James J. Burke
 By Stella M. Burke

**Marie Crank
 (a former DOT reservationist)**
 By Susan Lee Dawson

Capt. Robert F. Reilly
 By Mr. & Mrs. Peter M. Frank

Douglas E. Fox
 By Page Heath Fox

Karen Parsons Duncker
 By Mary Kay Rose

Barbara T. Smith
 By Philip A. Smith

Rita and George Schmitt
 By Grace Schmitt

Beulah Sutherland
 By Richard Hayes

John Leary
 By Nancy Leary

Please use the enclosed envelope to make your contributions to Senior Services of Alexandria.

Your tax deductible contributions are always appreciated.
 You may also make your contribution online at
www.seniorservicesalex.org

Contributions

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 In Honor of.....*
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*Send Notice of Donation to:
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8/09

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

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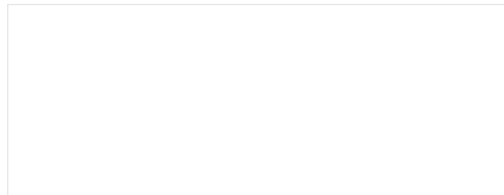
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Please designate Senior Services of Alexandria in the United Way Campaign, Combined Federal Campaign and the Combined Virginia Campaign.



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.