

Silver Streak

Vol. 8 No. 4

Senior Services of Alexandria

Winter 2008

Message from the Executive Director

I have served as Executive Director of SSA since early November. I am honored to be a part of this organization after 34 years with the City's Department of Recreation, Parks and Cultural Activities. I am surrounded by a committed Board of Directors, caring staff and volunteers, and a strong partnership with City of Alexandria. This relationship is one of the best examples of a public and private partnership and together we provide services which are crucial to the well-being of Alexandria Seniors.

President Carl Behnke has outlined several important goals that I am committed to achieving. We must make SSA more financially secure and we must enhance SSA's visibility; to many in Alexandria, SSA is one of the City's best kept secrets and one that they need to know about. We must also explore the needs of a growing Senior population to ensure that we continue to provide the necessary level of services so that seniors can continue to live independently with dignity and enjoy meaningful lives.

I will be recommending to the Board that we conduct an assessment of the current and future needs of Alexandria's Seniors. For the past 40 years, SSA has been visionary in creating programs for Alexandria Seniors. We must assure that SSA is at the cutting edge of providing necessary services to the Baby Boomer

generation which represents a significant growth in Seniors' population.

Please mark your calendars for the annual gala on Saturday, May 17 at the Crowne Plaza Hotel. We will honor the Founders of SSA, whose vision 40 years ago was remarkably ahead of its' time. The staying power of SSA and all it has accomplished in the past 40 years is a tribute to their vision. Please consider becoming a sponsor or take advantage of underwriting opportunities by calling Arthur Peabody at 703-212-8770.

As long as SSA is strong, Alexandria seniors will never go hungry; they will always have a ride to important destinations; and they will have daily personal contact with caring SSA volunteers. In many instances, the best part of a seniors' day is their contact with SSA. Next to family, SSA might be the most important part of Alexandria Senior's lives. We have a great obligation to fulfill in order to maintain SSA's crucial role for all the citizens of Alexandria.



I would like to meet each of you personally. Please call or stop by the office. I can be reached at 703.836.4414 ext. 11.

My email address is;
DirectorSSA@comcast.net

Janet Barnett

USEFUL INFORMATION!!

SeniorNavigator is a free, statewide public-service, nonprofit, whose mission is to provide comprehensive health and aging information to seniors and their caregivers, supporting independence, confidentiality, dignity and quality of life. SeniorNavigator is Virginia's one-stop resource for health and aging information.

In the beginning over 1,000 individuals participated in focus groups and community steering committees to ensure that this site would truly address the needs of seniors, their family members, caregivers and the professional aging network. What were consumers looking for? A safe and confidential online environment where they could easily find the answers about their health and aging concerns and also find a comprehensive listing of available local resources for

medical, long-term care, legal, financial, and housing services.

SeniorNavigator serves the entire aging population regardless of education and income level or locality within the state through its community access network. SeniorNavigator Centers serve as community access points for individuals without computers or Internet capabilities. Senior Services of Alexandria serves as a SeniorNavigator Center which means it assists seniors and caregivers in finding the health and aging information they so critically need.

Visit SeniorNavigator at: www.SeniorNavigator.org, or call Senior Services of Alexandria at 703-836-4414.

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Janet Barnett
Executive Director

ABOUT OUR STAFF:



We are saying goodbye to our Meals on Wheels Manager, Brenda Walls, after three years of exemplary service to Senior Services of Alexandria. Brenda will finish her Masters Degree in Nonprofit

Management from Regis University in Denver, Colorado. In the interim, she will be working with the Navajo Nation in New Mexico, Utah and Arizona to help the Nation implement new programs and procedures for their local grassroots nonprofit organizations which will help address American Indian issues. We will miss Brenda, and wish her the best.



We are also saying goodbye to Tom Smith, our billing and IT coordinator. Tom has been with SSA for nearly six years. We wish Tom well and the best of luck.



Congratulations to DOT reservationist Donna Harrington. Donna completed the Computer C.O.R. E. program, and received a certificate of completion acknowledging her ability to use

Microsoft Word, Excel and Power Point. We are so proud of Donna for working hard to advance her skills which will be a big asset to our organization.

WE ARE NOT FOOLING!!!!

Dine out on Tuesday, April 1 at Tempo Restaurant, at 4231 Duke Street anytime between 5:30 p.m. and 10:00 p.m.

Senior Services of Alexandria will receive a portion of the proceeds from all dinner receipts which will help us provide important services to the older citizens of our City. Call 703-370-7900 to make a reservation. Enjoy a delicious meal, have fun, and contribute to a wonderful cause. See you Tuesday, April 1.

“What people are saying about Senior Services of Alexandria.”

Our Mayor says

“Senior Services of Alexandria fulfills a crucial function for Alexandria seniors and their families. The partnership between the City of Alexandria and Senior Services benefits our entire community.”

William D. Euille, Mayor, City of Alexandria

Our clients say

“I can’t hardly write my bills out as I used to. I have allergies real bad, so my eyes always flow. I appreciate you helping me, I surely do! I’m very thankful for your help.”

Money Management client

“We want to express our deep appreciation for the Meals on Wheels services extended to our family. If anything, they exceeded our expectations. The volunteers are remarkable.”

Dan, family member of a Meals on Wheels recipient

“I am greatly thankful for the administrator, the people who prepared the food, the volunteers who distributed with their cheerful personalities; they brightened my days.”

S., a Meals on Wheels recipient

“I simply call Senior Services of Alexandria when I need to go to the grocery store or to my doctor. The friendly reservationists arrange for a taxi to take me and bring me back home. I am so grateful for the service.”

Bernie, a Senior Taxi client



Board Member Barbara Anderson holds a framed drawing of children sledding at the Masonic Temple created by local artist Deron DeCesare. DeCesare, an award winning printmaker and painter worked with local artist Tom Jennings (not shown) and calendar coordinator Judy Drewry (not shown), in creating drawings of Alexandria scenes for the 2008 Alexandria Calendar, sponsored by Senior Services each year. Calendars are still available at 3 for \$25.

We thank our benefactors, page sponsors and patrons for supporting the calendar through their generous donations.

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A full listing of donors, honorials and memorials will be listed in the spring issue of Silver Streak

THIS IS YOUR SPACE!!!!

Each edition of Silver Streak will provide this space for any senior to provide a photograph, a short story, a poem, a joke or any creative expression. Send your submission and share it with our readers.

Our first submission is from Mary McElveen, who is the City's Poet Laureate. Mary encourages all readers to participate. Don't be shy!!!!



Orange Cup

I make my Monday tea in an orange cup
 Telling myself that sunshine appears on any day
 That I have eyes to see it.
 Scattering Friday's stormclouds,
 The rain of 'ought-to's and 'should-have's
 I shrug into my raincoat.

I make my Monday tea with sugar
 Reveling in the sweetness
 And shelter of family and friends, the kindnesses of strangers.
 Pocketing the bitterness of unrelenting failure.
 I start anew.

I make my Monday tea with cream,
 Knowing life is rich with possibility
 No matter the portents of the week before.
 Today is sunshine-bright, and warm within my grasp;
 Sweet and rich and whatever I make it
 In my orange cup.

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 14

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**Send your tax deductible contributions to SSA
700 Princess Street, - Mezzanine
Alexandria, Virginia 22314**

*For information about making a bequest in your will,
call 703-836-4414 Ext. 10
or visit www.seniorservicesalex.org*

Save the date! "FOUNDERS BALL"

Saturday, May 17, 2008
Crowne Plaza Hotel
901 North Fairfax Street
Alexandria, Virginia

Honorees:

Nelson E. Greene
Nancy Kelly
Mary Ann Ormes
Lewis Stearman
William F. Vosbeck

For ticket information and
table sponsor opportunity, please call
703-836-4414
Founder's Ball Chair: Arthur Peabody

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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.


CATALOGUE FOR
PHILANTHROPY

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



CFC #8311

