

# SILVER *Streak*

## Alexandria's Tablecloth Goes to Atlanta

A tablecloth signature drive to end senior hunger was initiated at our Generation to Generation Gala in March and continued at the Farmers' Market in Old Town and at First Thursday in Del Ray, throughout the summer of 2010.

In conjunction with Meals on Wheels of America, Senior Services of Alexandria participated in a campaign which calls attention to the six million seniors in the United States who face the threat of hunger each day in our great nation. At these events, over 500 people; both residents and visitors to our City, signed their names on our tablecloth expressing their support to end senior hunger. The tablecloth was sent to the Meals on Wheels of America's Annual Conference in Atlanta on September 1 where it was carried in a march across Centennial Olympic Park along with hundreds of others. The tablecloth represents Alexandria's commitment to raise and take notice of this important issue.

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Board Members Marie Schuler and Darryl Edwards explain to a shopper at the Farmer's Market in Old Town Alexandria about Senior Services of Alexandria's collaboration with Meals on Wheels of America to stop senior hunger by 2020.

The shopper prepares to sign her name on the tablecloth signifying her pledge to stop senior hunger.



**SUPPORT SENIOR SERVICES  
BY GOING SHOPPING**

Get your WOW! Pass from Senior Services of Alexandria for \$5. Use the WOW! Pass at any Macy's on Saturday, October 16 and SAVE up to 55% on selected items. SSA gets \$5 and you get a discount, while helping Senior Services of Alexandria provide needed services to Alexandria's elders.

Send an email to [admin@seniorservicesalex.org](mailto:admin@seniorservicesalex.org) requesting the Macy's WOW! Pass and include your name, your address, your phone number, your credit card number, expiration date, and security code; or, send a self-addressed envelope and mail your request with your check to SSA, 700 Princess Street, Alexandria, Virginia 22314.

### Important Dates

**Tuesday, October 12**

Dine-Out to Help-Out  
La Bergerie Restaurant,  
210 N. Lee Street  
Dinner

**Saturdays, November 27,  
December 4, 11, 18**

Holiday gift cards at Market Square  
available from 7:30 a.m. to 9:30 a.m.  
(tax-deductible)

**Wednesday, February 23**

Dine-Out to Help-Out  
Satay Sarinah, 512A S. Van Dorn Street  
Lunch and Dinner

**Saturday, March 26**

Generation to Generation Gala  
Hilton Mark Center, 5000 Beauregard  
St. 6:30 p.m. – 10:30 p.m.

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Janet Barnett  
*Executive Director*

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



Photo by Regan Kiretis

Dear Friends,  
This past June, the Board of Directors completed a two year project encompassing a needs assessment study and the adoption of an updated strategic plan. These two projects were funded with grants

from ACT. Upon adoption of the strategic plan, the Board of Directors established the following goals for SSA:

1) The expansion of the Meals on Wheels program to include meals delivery 7 days a week every week which is also part of our goal to meet the nationwide pledge to end senior hunger by the year 2020;

2) The establishment of a senior resource center which would become the premier one stop or one call center for seniors, and/or their principal caregivers, providing a wide array of referral and other services.

3) The establishment of a speakers' series providing information to seniors, and/or their principal care givers, on a wide range of topics.

The Board of Directors intends to monitor its progress towards achieving the goals

of the strategic plan at its monthly meetings.

To date SSA has received grants from the Ronald M. Bradley Foundation for the delivery of Holiday meals through June 30, 2011, and from Rotary International for meals delivery on 26 Saturdays beginning in November.

SSA views the establishment of the resource center as a expansion of its current programs for home care, transportation, money management and employment, and as a response to the growing needs of its current clients. We are currently seeking funding for the first phase of the center and hope to have begun the first phase of the center's implementation by early 2011.

We are currently in the process of planning a major symposium tentatively scheduled for next May. The date of the symposium is subject to the availability the appropriate space for the event.

We are truly grateful for the generous grants from ACT, the Ronald M. Bradley Foundation, and Rotary International for helping us achieve our goals for the coming year.

Sincerely,  
*Mark N. Roth*

## Message from the Executive Director



Photo by Jack Brounand

It has been a busy summer at Senior Services of Alexandria. The Board of Directors held its' annual meeting on June 24 sponsored by The Washington House, and elected and installed the new officers and six new board members. The staff looks forward to working with President Mark Roth, Vice President Barbara Anderson, Secretary, Darryl Edwards, Treasurer, Linda Durand and Corresponding Secretary, Harvey Gray. We also look forward to working with our returning Board Members along with the new ones.

In spite of the heat, loyal Board Members Darryl Edwards, Christine Hall, Buzzie Harris, Connie Hart,

Greg Murphy, Mitch Opalski, Gay Pasley Mark Roth, Marie Schuler and Lawrence Singer spent several Saturdays at Market Square's Farmers' Market to raise money for Meals on Wheels. Market shoppers were encouraged to sign the Meals on Wheels tablecloth pledging to end senior hunger by 2020. SSA joined Meals on Wheels of America in this endeavor. Over 500 signatures were obtained and \$558.80 was raised. The tablecloth was sent to Atlanta Georgia to the annual Meals on Wheels Association Conference accompanied by SSA's meals volunteer Kim Carter. The money raised at the Market will be used towards SSA's meals on wheels program.

We thank Debra Monihan, owner of La Muse gift shop in Old Town, and Hand Crafted Alexandria for selecting Senior Services of Alexandria as its' charity for July. Handcrafted

Alexandria is a group of shops located throughout Old Town that hold special events and provide special offers, and choose a charity to benefit each month. By selling raffle tickets, Debra and her team raised money for Senior Services and the lucky winner of the raffle won a gift from one of the 13 participating stores of Handcrafted Alexandria.

We are proud to announce that Senior Services of Alexandria was the recipient of two grants this summer. The United Way of the National Capital Area has provided funds to cover weekend rides for Senior Taxi. The Senior Taxi currently operates on week days, but for a limited time, because of the generous grant, SSA will be able to provide weekend rides. Please see page 3 for the exciting details.

Likewise we are honored that

*Continued on page 4*

# Senior Services of Alexandria Program News

## *Meals on Wheels*

### *Youth Contribute to the Elderly*

The confirmation class at Westminster Presbyterian Church selected SSA's Meals on Wheels program to support as part of its' class project. Under the leadership of Associate Pastor Patrick Hunnicut, the youth raised and donated \$275 to the program. This donation supports the delivery of nutritious meals to homebound seniors in our city. Mrs. Edie Thomas, the church's Meals on Wheels Volunteer Coordinator, told the class about the homebound seniors who depend on the meal delivery because they can no longer prepare their own meals. She shared stories about the wonderful people she met through her many years of volunteering for this vital service. Senior Services is grateful for this generous gift.



*Westminster Presbyterian Church Meals Volunteers present the youth confirmation class check to Meals Program Manager Nancy McCormick.*

*Back left to right: Lowell Fisher, Edie Thomas, Fitz Woodward, Becky Cornic, Gennie Sheaffer,*

*Front left to right: Ann Coro, Dolores Viehman, Meals Volunteer Coordinator, Janet Rixsen, Nancy McCormick, Mary Ann Quarles, John Davies, Kathy Stenzel*

***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 travels on weekends (For a limited time)*

Senior Services of Alexandria is pleased to announce that it will offer weekend rides thanks to a generous grant from The United Way of the National Capital Area beginning in November. Normally Senior Taxi operates weekdays only.

In collaboration with Alexandria Yellow Cab, seniors will have the opportunity to schedule taxi rides to churches, synagogues, historical sites, movies, or to visit a friend or relative within the City of Alexandria. The fare is \$2 per trip and the weekend rides will be available between 9:00 a.m. and 4:30 p.m.

Reservations should be made Monday through Friday between 9:00 a.m. and 4:00 p.m. Monday through Friday by calling 703-836-4414, ext.15.

We are excited about this wonderful opportunity to provide our seniors with weekend rides. Please take the opportunity to participate in this limited program.

Again, we acknowledge and extend our heartfelt

appreciation to The United Way of the National Capital Area for its' generous donation. For information on this limited program, please call Rosie Borders at 703-836-4414, ext. 11.

*Rosie Borders*

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

## *Bella Italia*

Over 60 people enjoyed Italian wines selected by Alexandria's Au Domaine European Wine Source and tasted matched cuisines from Tasteful Affairs Catering at Senior Services of Alexandria's second annual wine tasting at the Athenaeum on Sunday, September 19.

The purpose of the event was to raise funds for the programs and services offered by Senior Services.

Rick Raunswinder, of Au Domaine, offered high praise to all of the staff at SSA, who helped make this important event a great success and looks forward to another great event next year! "It's always a good thing when people are able to have a good time while helping to support programs for seniors in need" Rick said.

The choice of wines included Erbuluce and Barbera matched with poached eggs on artichoke bottoms and potato gnocchi, Coda di Volpe and Agliancinco matched with grilled sausage and chicken cacciatore and Moscato and Brachetto matched with mini tarts and hand rolled truffles. Other wines and foods were also featured. A silent auction indulged the guests as they sipped their wine throughout the evening.

SSA is grateful to sponsors Buchanan and Company PLLC, certified accountants and to the Alexandria Gazette Packet. We also thank Arts Afire, Imagine Art Wear and many of our board members for donating items to the silent auction.



*Wine tasters Mitch Opalski and Linda Hemphill talk with guest wine makers Luciana Currado-Viatti and Peg Downey.*

## Volunteer Corner



Congratulations to Meals on Wheels Volunteer Julie Hall!!!

“Julie Hall, associate broker and sales associate at Weichert Realty, was named winner for the company’s new campaign, “You Make the Weichert Difference,” that spotlights the ways its sales associates make a difference to their customers, colleagues and the community. For the past five years, Julie has led the support of the Senior Services of Alexandria Meals on Wheels program. As the coordinator, Julie manages the volunteer schedule to ensure that agents are available to deliver food to senior citizens who are unable to prepare their own meals.” (parts excerpt from The Alexandria Times).

Senior Services of Alexandria salutes Julie Hall for her efforts in making a difference in lives of our elders.



Many thanks to Barbara Allen for her assistance with filling a gap with home care assistance, employment and resource and referral. She has been instrumental in matching seekers with providers and helping seniors and their adult children find some answers. She has done some amazing things for SSA such as:

Making a home visit to assist an elderly widow with some issues regarding her insurance and spent at least one hour on the phone to correct the problems;

Making a home visit to an elderly couple at the request of their daughters to conduct an assessment, recommend services to the couple and the daughters and got them to accept Meals on Wheels;

Placing a senior as an assistant to a caterer at a local faith-based organization, and so much more.

Barbara is a retired licensed social worker from Fairfax County, and we are so lucky to have her with us.

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## Senior Services of Alexandria Board Members



*Back R to L – Carter Flemming, Darryl Edwards, Gordon Kromberg, Jennifer Brown, Mark Roth, Dr. Lawrence Singer, Harvey Gray, Linda Durand  
Front R to L – Mitchell Opalski, Connie Hart, Buzzie Harris, Councilwoman Redella S. Pepper, Gay Pasley, Barbara Anderson, Christine Hall*

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### *Executive Director from page 2*

The Rotary Club of Alexandria and The Rotary International of Carshalton, England has provided funding a grant in the amount of \$27,000 to deliver meals to our clients on 26 Saturdays. Currently funding does not allow this Saturday meal service, but thanks to the commitment of the club and its’ passion for improving lives, meals will be delivered on Saturdays by Rotary Club members to over 100 clients starting in late October.

Sadly, but happy for her, we say goodbye to Development Director June Geoffray who has decided to relocate,

and plans to fulfill her dream of writing. We will miss June, but she promises to keep in touch.

Speaking of keeping in touch, you do the same. Senior Services of Alexandria is here to assist elders and their families. We take our mission seriously; “To foster independence and self-sufficiency, enabling seniors within the city of Alexandria to age with dignity.”

Sincerely,  
*Janet Barnett*

# GIVING OPPORTUNITIES

## Benefactors Circle

Benefactors Circle members make an extraordinary commitment to Senior Services of Alexandria (SSA) through their donations of \$2,500 or more annually. These funds represent critical support for the programs and services that SSA provides for seniors in our community.

Benefactors Circle members also engage the community by encouraging others to support the work of SSA.

There are four levels of support available to donors.

- Platinum** \$10,000+
- Gold** \$7,500 - \$9,999
- Silver** \$5,000 – \$7,499
- Bronze** \$2,500 - \$4,999



***We are grateful to our founding Benefactor's Circle Members!***

Alexandria Yellow Cab  
 Janet and Kenneth Barnett  
 Carl and Susan Behnke  
 The Ronald M. Bradley Foundation  
 Burke and Herbert Bank  
 Brooksie Koopman  
 Barbara Lewis  
 McEneaney Associates

Hubert N. Hoffman, III  
 The Honorable Arthur Peabody and Lucy Thomson  
 Mark N. Roth  
 H. Arthur Sauer  
 Dr. and Mrs. Lawrence Singer  
 The Washington House  
 Anita Williams  
 Donnan C. Wintermute



***Circle of 100***

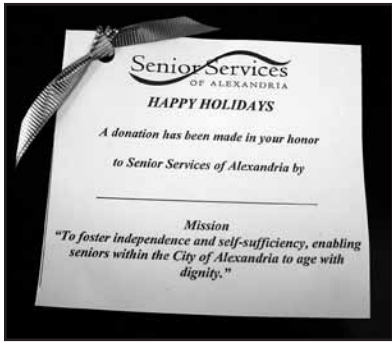
The Circle of 100 donors pledge \$1,000 annually to support Seniors Services of Alexandria.

***Gift Cards***

When you send a gift card to friends and family you provide a vital service to a senior.  
 A gift of meals or rides is a thoughtful way to acknowledge a birthday or holiday.  
 Purchase a gift card in any amount and designate the program you want to support.  
 You can send your gift with your own greeting card or we can send it for you.

***Generation Gifts***

Make a gift that includes all the generations – grandparents, children, and grandchildren.  
 Even a small donation from each family member expresses the importance of giving and helps seniors in our community. Your family will be listed on our Generation Gifts membership roster.



*Tablecloth from page 1*

The City of Alexandria partners with Senior Services of Alexandria in providing meals five days a week to our homebound seniors. Through the generosity of the Ronald M. Bradley Foundation, SSA also provides meals on all Federal holidays. Now SSA is delighted to announce that it will expand meal delivery to seniors for 26 Saturdays beginning in November thanks to a grant from the Alexandria Rotary Club and Rotary International of Carshalton, England. The members

of the Alexandria Rotary Club, their family members and neighbors will also be the Saturday volunteers delivering these meals. Expanding the delivery of meals to Saturdays provides the basic nutrition our seniors need. This service brings us one step closer to ending senior hunger in the City of Alexandria. Our goal is to provide meals seven days a week - - and we are determined to get there.

DOT: Para-transit..... 703-836-5222	Meals on Wheels:.....703-836-4414, <b>ext 12</b>
Senior Taxi:..... 703-836-4414, <b>ext 15</b>	Money Management for Elderly: ..... 703 836-4414, <b>ext 13</b>
In-Home Care & Chore help:..... 703-836-4414, <b>ext 11</b>	

**Donations were made to  
SSA in Memory of**

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

**Edith Agnes Lemley**  
by The Honorable Constance H. Frogale

**Ruby Tucker**  
by Jack and Rosa Byrd

**Eleanor Cooperman**  
by Rita Golub

**Donations were made to  
SSA in Honor of**

**Ruth Greifer's 88th birthday**  
by Bernard Greifer

**Connie Hart**  
by John and Claudia Waller

**The Caregivers at the Fountains  
at Washington House**  
by Anna McDermott

**David Thomas**  
by Blonnie Thomas

Senior Services of Alexandria is grateful for all contributions and we continue to be grateful to our faith-based organizations that consistently support our efforts. Heartfelt appreciation is extended to the good people of:

**Christ Church Gift Shop**

**First Baptist Church**

**Old Presbyterian Meeting House**

**Westminster Presbyterian Church**

**DO YOU NEED A WHEELCHAIR?**

Thanks to the generosity of the The Wheelchair Foundation, Senior Services of Alexandria has 30 wheelchairs available. If you need one, or know of someone who does, please call Janet Barnett, Executive Director at 703-836-4414, ext. 11. We also thank The Washington House for transporting and storing the wheelchairs for us.

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

Contributors: Janet Barnett, Rosie Borders, Joe Shumard, Lindsay Hemphill, Judy Drewry, Mark Roth, and Nancy McCormick. Production by John Drummond

**Senior Services of Alexandria**



A Publication of

**Senior Services of Alexandria**

700 Princess Street-Mezzanine  
Alexandria, VA 22314

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



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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.*