

# SILVER *Streak*

## “Generation to Generation” Gala March 27, 2010

### Honoring

- Mollie Abraham and her granddaughter Mary Reid
- Dr. Frank Carroll and his son Drew Carroll
- Charlie Collum and his son Joseph Collum
- Ferdinand Day and his daughter Gwen Day-Fuller

Please join Senior Services of Alexandria at our annual gala to honor these individuals who represent the importance of generations of civic leaders who create strong and caring communities.

The Gala will be held at the Hilton Alexandria Mark Center to

celebrate community and raise funds to support the programs and services of SSA.

*Visit [seniorservicesalex.org](http://seniorservicesalex.org) or call 703 836-4414 for more information about the Gala tickets and sponsor opportunities.*



*“Generation to Generation” Gala 2009”*

## Congratulations to Meals on Wheels!

The Meals on Wheels program has completed its’ first year of delivering meals on all federal holidays through the generous support of the Bradley Foundation.

Our first year began with the help of the Lyles-Crouch Traditional

Academy PTA who delivered meals on Martin Luther King, Jr. day and continued through Christmas 2009 with the help of local businesses and organizations who have provided volunteers to deliver the holiday meals.

If you are interested in more information about the Meals on Wheels program please contact Nancy McCormick at [mealsonwheels@seniorservice-salex.org](mailto:mealsonwheels@seniorservice-salex.org) or 703 836-4414 ext. 12.

The **Ronald M. Bradley Foundation** has funded the Holiday Meals for 2010 and SSA has so far delivered meals

on New Years, once again on Martin Luther King, Jr. and President’s Day.

## SSA thanks the following groups for delivering Holiday Meals~

- Alexandria Jaycees
- ROBBINSGIOIA
- Best Buy, Landmark
- T.C .Williams HS Key Club
- George Washington Middle School
- T. C. Williams ROTC
- Lyles-Crouch Traditional Academy
- The Mission Continues

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Janet Barnett  
*Executive Director*

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



Photo by Regan Kirelis

Dear Friends,  
The board of directors and program chairs have been actively engaged in working on several new initiatives. While growth is not something that we hear discussed often during this

time of economic uncertainty, there is a growing need for programs and services for seniors, which makes growth for Senior Services of Alexandria a necessary reality.

During the past year, we have been planning to establish a one call Resource Center to provide various levels of information and assistance to seniors, their principal care givers, and family members. Throughout this process, as discussions and planning for our Resource Center have progressed, it has become obvious that the most vital need is for one-on-one client assistance.

Requests are increasing as more people are staying in their homes and seeking many types of assistance to continue to

live in a healthy and safe environment. Currently, SSA employs one part-time person who works with clients to provide assistance with organizing and paying monthly bills, navigating Medicare, providing information on housing issues, and securing additional resources which enable the client to utilize assistance opportunities and other services.

Consequently, the first phase of the Resource Center will be launched by answering the call for one-on-one client assistance. In order to provide the highest quality service, a full time social worker is needed. This requires funding. We hope that as we turn to the Alexandria community for support we will be able to answer this need very soon. Your support in any amount will help us to answer the call to service for seniors in our community.

I hope you will consider participating in our annual "Generation to Generation" Gala to raise funds for the Resource Center.

Thank you for your continued interest and support for SSA.

Sincerely,  
*Mark N. Roth*  
President

## Message from the Executive Director



Photo by Jack Brownand

Dear Friends,  
I look forward to seeing you at our "Generation to Generation" Gala scheduled for Saturday, March 27 at the Hilton Alexandria Mark Center, 5000 Seminary Road from 6:30 p.m. to 11:00 p.m.

The evening features cocktails, a silent auction, dinner, dancing and a brief awards presentation. We are pleased this year to honor three wonderful dads, one wonderful grandma, and four fabulous children. Senior Services of Alexandria honors these individuals to thank them for their willingness to give back to the community throughout their adult lives and for teaching

their children (and grandchild), the beauty of charitable giving, both in time and money. No community or organization prospers unless we have a new generation of leaders, and Senior Services of Alexandria believes these are the folks who will sustain our mission and continue to work to keep Alexandria a vibrant and caring community.

Mollie Abraham, a long-time civic activist, who has held numerous leadership roles, is well-known for her love of community and her steadfast belief of human rights. Along with her granddaughter, Mary Reid, who lovingly calls Mollie "Bubbie," each continues to respond to the needs of Alexandria.

Dr. Frank Carroll practiced family medicine in Alexandria for 40 years, providing free medical

care to members of the clergy who serve Alexandria. His son Drew, who learned about community involvement and generosity from his father, is following in his father's footsteps by giving his time as a basketball, soccer and baseball coach, as a member of the Board of the Alexandria and National Capital YMCA and as the current president of the Alexandria Rotary Club.

Charlie Collum is a native Alexandrian who has spent his life serving the city as a business and civic leader. This year, he retired as president and CEO of Burke & Herbert Bank after nearly 40 years there. He is a longtime member of the Alexandria Chamber of Commerce. His son Joe also works at Burke & Herbert, where he is a vice president. He is also a member

# Senior Services of Alexandria Program News

## Meals on Wheels



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

### Meals Delivered

November .....	3,940
December .....	4,046
January .....	3,629

## Transportation

### Senior Taxi

For over 20 years Senior Taxi has provided door-to-door service to and from medical appointments, the grocery store and the drug store. Reservations are required to be made one day in advance. The cost to the client is \$2.00 for a one-way ride within the city limits.

### DOT Transportation Services

For residents of Alexandria unable to use public transportation, DOT Transportation provides safe and reliable curb-to-curb taxi service seven days a week in compliance with the Americans with Disabilities Act (ADA). Clients pay \$2.00 per trip for destinations within the City of Alexandria and \$2.50 for Fairfax County and parts of Arlington, Falls Church and Vienna.

*Rosie Borders*

*For more information about transportation services contact Rosie Borders at 703 836-4414 ext.16. or [transportation@seniorservicesalex.org](mailto:transportation@seniorservicesalex.org)*

### Senior Taxi Rides Provided

September .....	990
October .....	1,090

### DOT/PARATRANSIT

September.....	5,393
October .....	5,655

## Money Management

One of Senior Services of Alexandria's most important services is providing companionship and assistance to older Alexandrians. This service, titled Daily Money Management, was developed to help seniors write checks, and to ensure their bills were paid on time. While SSA provides this service, its' caring staff also assists with other issues pertaining to older citizens.

Our Money Manager, Moya Atkinson, began her career with SSA in 2004. She has made a difference in the lives of many seniors, easing their way by troubleshooting, helping them by writing checks so their bills are paid on time and by balancing their checkbook. She provides information and referrals and she often spends time just listening to life stories from her clients. In many ways, Moya has become almost like a personal assistant to older people, helping them with day to day issues.

One of her clients asked us to tell our readers about her experience with Moya and Senior Services of Alexandria.

"I am Mrs. M. and Moya has been helping me for over six months. My son who lives with me has severe cerebral palsy, and my other son died last year, succumbing to several serious health problems. My husband died a little over two years ago.

I was desperate to get help with completing applications for a federal disability pension and Social Security Disability Insurance. I needed help around my house. I was refereed to Senior Services of Alexandria, and the organization arranged for Moya to visit me to help me with these tasks.

Moya now visits regularly and helps me whenever I need assistance. She also recommended a very fine gentleman who does yard work and some housework for me and helps me organize my clutter.

I don't know what I would do without Moya and Senior Services of Alexandria. Special people come into lives, and Moya came into mine."

*Moya Atkinson*

*For information or assistance contact Moya Atkinson at 703 836-4414 ext.13 or [moneymgmtalex@seniorservicesalex.net](mailto:moneymgmtalex@seniorservicesalex.net)*



*Moya Atkinson working with clients at SSA*

*Message from Executive Director from page 2*

of the Chamber, a member of the steering committee of Leadership Alexandria and is a volunteer youth basketball coach.

Ferdinand Day was born in Alexandria 91 years ago and has dedicated his life to making Alexandria a better place to live. He is a member of the Departmental Progressive Club, a former member of the Alexandria School Board and was a member of the Secret Seven, the shadow City Council that helped to shape the policies that desegregated Alexandria. His daughter

Gwen Day-Fuller is a member of the Alexandria Library Board and of the Concerned Citizens Network. A teacher, Gwen has spent her life working on behalf of children.

By the examples set by these individuals through their personal and professional lives, we hope to attract a new generation of caring people who will get involved in the community and specifically with Senior Services of Alexandria.

The event promises to be fun and enjoyable. It is Senior Services of Alexandria major fundraiser for the

year, and we are hopeful that our donors, their friends and families will join us. These are tough economic times, and I know you are pulled and pushed in many directions, but I ask you in spite of this, to please come to the event. From the evening's proceeds, we will be able to sustain our current programs and work to expand our services to meet the needs of the growing population of seniors in our City.

I can't wait to greet you on Saturday, March 27.

*Janet Barnett*



*Janet Barnett accepted the Senior Services of Alexandria "Appreciation of Services Award" from Roy Priest, Executive Director and CEO of the Alexandria Redevelopment and Housing Authority in a program held on January 22, 2010. SSA was recognized for helping to build community partnerships and serving the Alexandria community.*

## Important Dates

### *February 25*

Dine Out for SSA at Satay Sarinah for lunch or dinner. Located at 512-A Van Dorn Street, Alexandria, VA

### *March 1*

Meals on Wheels Month kick off rally at Market Square

### *March 27*

"Generation to Generation" Gala at the Hilton Alexandria Mark Center

### *April 26*

Dine Out for SSA at Tempo located at 4231 Duke Street, Alexandria, VA

## Benefactor's Circle

**Ronald M. Bradley, Chair of SSA's Benefactors Circle welcomes the following people and organizations as members of the Benefactors Circle as of February 1, 2010.**

**Janet Barnett**

**Carl D. Behnke**

**Ronald M. Bradley Foundation**

**Brooksie Koopman**

**Betsy Lewis**

**McEneaney Associates**

**Jay Hoffman**

**Gregg Murphy**

**Arthur Peabody, Jr.**

**Mark N. Roth**

**Lawrence Singer**

**Anita Williams**

**Donnan C. Wintermute**

**The Washington House**

*For more information about the Benefactors Circle please contact June Geoffray at [development@seniorservicesalex.org](mailto:development@seniorservicesalex.org)*

# 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.seniorservicesalex.org](http://www.seniorservicesalex.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**

An annual gift to SSA can be paid on a date of your choice or paid in installments. Please consider participating if you have a company or work for one that would like to support SSA.

## **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.

*For more information or questions please contact June Geoffray at [development@seniorservicesalex.org](mailto:development@seniorservicesalex.org) or call 703 836-4414 ext.14*

## **100 Simple Secrets**

I just read a great book titled, *The 100 Simple Secrets of The Best Half of Life* by David Niven, PhD. The book focuses on how to make the second half of your life the best based on principles that scientists have studied to tell us how to use them for ourselves. 'Simple Secrets' consists of 100 short stories to make its' points. You probably already know the positive life lessons of many of the stories. Titles of the stories include "Happiness Is Not an Accident," "Keep Going," "Try Something New," "Happy Looks for Happy," "Believe You Can," and "The Future Can Be Brighter." These are all wonderful thoughts that are not new. What is new is that Dr. Niven gives scientific data to support each of the stories.

In each Chapter, Dr. Niven "presents a core research conclusion, an example of the conclusion, and the basic advice experts recom-

mend." For example, in the chapter titled "See a New Way," a corporate executive faces a brutal daily commute for his well-paying, but long hours in a stressful job. He wonders why he does it. And finally after thinking differently, takes a job in his own community with lower pay and a three minute commute.

"In the corporate world, I saw it as important for me to do as well as I could do financially, but I now realize it's important for me to be closer to home, to do something that feeds my spirit," says the former executive.

Dr. Niven takes data from a 2001 study that says "Among those experiencing low life satisfaction, a willingness to think creatively about their problems was associated with an 11% shorter duration of negative feelings."

In the chapter "Avoid Generational Competition," a grandmother describes the tension between her

and her daughter about raising children. The grandmother has her ideas about dressing a child, teaching, manners and discipline, which are different from her daughter's. After taking a class on grand parenting, the grandmother learns to not want control, to leave her ego at the door, and not to say, "I know what to do, I raised you."

Dr. Niven uses data from a 2002 study that says "nine in ten parents said there were significant differences in their approach to parenting compared with that of their parents. The majority said these differing approaches were a source of intergenerational tension."

I am happy to lend you the book. Think about the next half of your life. Consider volunteering with Senior Services of Alexandria and give back to the community, while helping so many wonderful folks.

*Janet Barnett*

DOT: Para-transit.....	703-836-5222
Senior Taxi:.....	703-836-4414, <b>ext 15</b>
Employment Counseling.....	703-836-4414, <b>ext 13</b>

In-Home Care & Chore help:.....	703-836-4414, <b>ext 13</b>
Meals on Wheels:.....	703-836-4414, <b>ext 12</b>
Money Management for Elderly: .....	703 836-4414, <b>ext 13</b>

## Donations were made to SSA in Memory of

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& Mr. Roland Vaughan, Jr.

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**Mary Jane Bankert's birthday**  
by Ms. Susan Blake

**Dolores G. Benavides**  
by Mr. Sam Crutchfield

**Suzanne Fedder**  
by Mr. Kirk Fedder

**Mollie Abraham and Mary Abraham**  
by Ms. Doris Gazin

**Bernie Greifer's 88th birthday**  
by Mr. & Mrs. Ruth & Bernard Greifer

**Anna J. McDermott**  
By Wendy and Khadija

**Meals on Wheels**  
by Ms. Sedonia Lambeth

**Mark Roth**  
by Ms. Eileen Longstreet

**Virginia Wight Lamb**  
by Mr. & Mrs. Bob Pasley

**SSA**  
by Mr. & Mrs. Samuel Ziskind

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

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### Senior Services of Alexandria



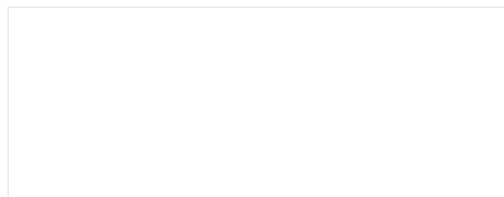
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United Way  
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CVC #8200

CFC #97867

*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.*