

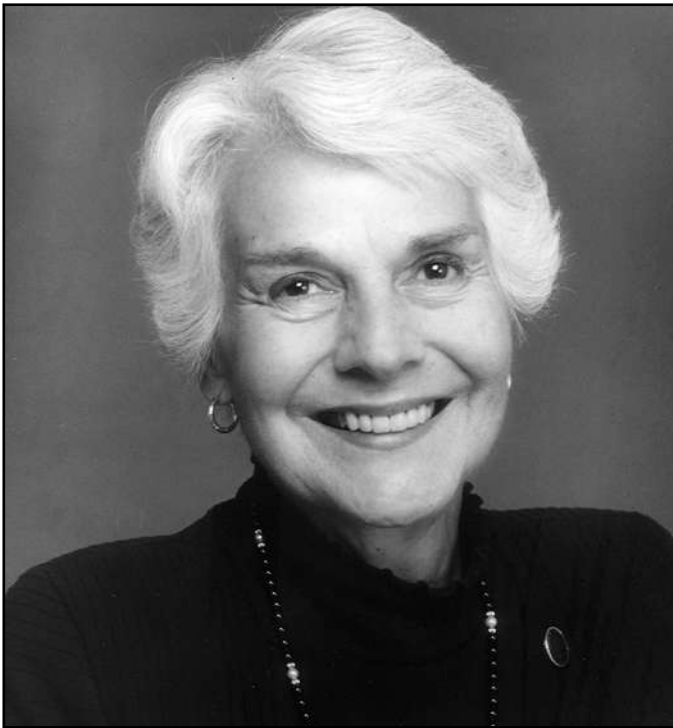
Silver Streak

Vol. 5 No. 1

Senior Services of Alexandria

March 2004 - April 2004

SENIOR SERVICES TO SALUTE TICER AT MARCH 26 GALA



"Strong and decisive" are the words Senator Patsy Ticer's tennis partner Murney Kelleher uses to describe the Senator's game. These words also describe the leadership style that contributed to making Senator Ticer Senior Services' 2004 "Senior Extraordinaire." On March 26, she becomes the first person to receive this honor at a Gala Dinner and Dance at the Radisson Hotel, Old Town. Senior Services invites you to join us at this festive celebration.

Senator Ticer's contributions to Alexandria, including its seniors, illustrate why she is being honored. Alexandrians elected Patsy Ticer to the Virginia Senate in 1995, 1999, and 2003. Senate service continues the path she began with her leadership in local organizations such as TWIG, four PTAs, Alexandria Hospital Women's Association, Residential Youth Services, and FISH. Elected to City Council in 1982, Senator Ticer

became the first woman Mayor of Alexandria in 1991.

Senator Ticer chairs the Advisory Committee for Alexandria's successful "Aging Expos" which began in 1999. This innovative series initiated the first community dialogue on the challenges and opportunities of growing older and brought together experts on aging, representatives from local service agencies and community seniors.

In Richmond, Senator Ticer is guarding our natural resources and protecting citizens' privacy from technological intrusion. She believes children are our future and works to assure them the best education, health care, and child-care possible. On City Council, Senator Ticer sponsored the review of Alexandria's Master Plan and staved off plans to build a stadium at Potomac Yard. She chaired the City's Economic Development Board and began the Mayor's Outreach Program to aid small businesses. She led efforts to create Alexandria's Early Childhood Development Commission, was Vice Chair of the Governor's Council on Child Day Care and Early Childhood Programs, and chaired the Northern Virginia Planning District Commission and the Metropolitan Washington Council of Governments Board. From the last, she received the prestigious Scull Award.

Senator Ticer has lived in Alexandria since she was 12 years old, graduated from George Washington High School and Sweet Briar College and is married to former Councilman Jack Ticer. They have four children and five grandchildren.

Tickets to the Gala dinner and dance honoring Patsy Ticer are \$75 each.

To request an invitation, contact Gwen Mullen at gmullen@seniorservicesalex.org or call 703-836-4414, Extension 2. Please include your name and address in your message.

Contributions have been made to Senior Services in the name of the following friends and loved ones.

In Memory of

Karen Duncker
By Mary Kay Rose

John C. Green
By Robert & Vivian Miller

John C. Leary
By Nancy S. Leary

Annie B. Rose
By Marguerite B. Harris

Lorraine Funn Atkins and Ellyn Carpenter (Chisley)
By Mrs. Westine F. Jamieson

In Honor of

Al Duncker
By Mr. & Mrs. Charles Parsons

Bill Harris
By John & Miriam Hofmann

George Pera
By Debra L. Hinkle

Senior Services Staff
By Barbara Brenman
for all that they do for Alexandria's Seniors.

Spring Fundraising Campaign

I/We are enclosing a gift for \$ _____

This gift is from:

Name _____

Address _____ zip _____

Phone number _____

To honor _____
(optional)

To remember _____
(optional)

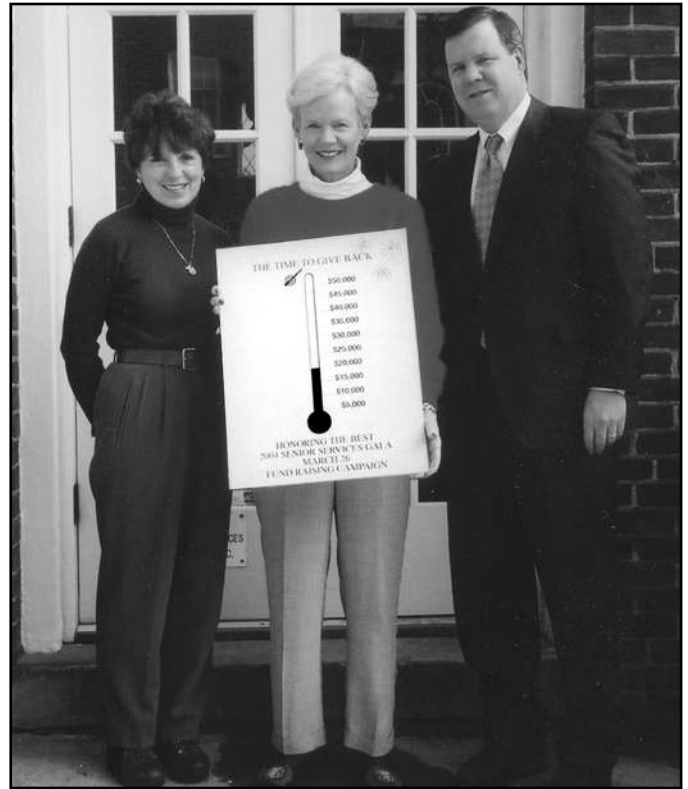
Name _____

Address _____ zip _____

Mail your gift to

Senior Services, 121 North St. Asaph Street,
Alexandria, Virginia 22314

For more information, please call 703-836-4414
or visit www.seniorservicesalex.org



Thank you...

former Presidents of the Board Linda Couture, Donnan Wintermute, Rick Cole, pictured above, Jack Hughes, George Pera and Bill Vosbeck for assisting the Board of Directors in the Spring Fundraising campaign. On January 30, 2004, the "Honor the Best" thermometer registered \$17,500 pledged. As of February 20, \$32,300 has been pledged.

Join us on March 26 to honor Patsy Ticer, to celebrate the successful completion of a \$50,000 fundraising campaign and to have a good time! If you would like to make a gift during our Spring Campaign, you may use the gift form to the left.

Tickets to the Gala dinner and dance are \$75 each. To request an invitation, contact Gwen Mullen at gmullen@seniorservicesalex.org or call 703-836-4414. Extension 2. Please leave your full name and address with zip code in your message.

Did You Know?

That if you or a loved one comes home from the hospital, gets sick or just needs help with some personal services or chores around the house, Senior Services of Alexandria's (SSA) **Home Care Chore Service Matching Program** has a solution for you?

The process for finding a home care or chore service worker through SSA's free "Solutions" program is as follows:

1. The client (that's you) calls SSA's employment specialist at 703-894-0311 Monday through Friday between 9:00 a.m. and 4:00 p.m. to schedule a telephone assessment interview.
2. At the scheduled time of your interview, the counselor telephones you and assists you in

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Former Executive Director Susan Dawson Honored at Staff Party



Seated from left: Dorothy Carter, Verdene Holmes, Beatrice Taylor, Susan Dawson and Charlotte Drummond; standing from left: Marie Joiner, Mary Alice Butler-Brown, Tom Smith, Grace Lynch, Martha Contreras and Mary Louise Simpson.

Senior Services staff members gathered to express their appreciation to Susan Dawson for her dedication, warmth and concern for others and to present her with an engraved crystal vase which read: Susan L. Dawson, Executive Director, 1997 – 2003.

The community will remember her leadership in expanding SSA programs to include Guardianship, Senior Taxi Extension, Arlington Money Management and Home Care/Chore Services Matching. She was also instrumental in getting City support for SSA to assist local volunteers with the Alexandria Meals on Wheels Program.

Ms. Dawson is a tireless advocate for Alexandria Seniors. As a member of the Commission on Aging, she spearheaded the movement to get a city-wide public hearing on senior needs and successfully advocated for the development of a city-wide senior needs assessment. That assessment will be made available to the public this spring.

Did You Know? from page 2

assessing exactly what chores and activities you need help with - fixing meals, bathing, laundry, mowing the lawn, transportation? (These workers are not licensed to administer medications. Call the City's Office on Aging Information and Referral line to get information about health care services you might need. The number is: 703-838-0900.)

3. The counselor identifies at least three home care/chore service workers who meet your specifications and gives each one your name and telephone number. All workers referred have been screened (see below).

4. These workers will then call you to arrange for an interview with you at your home.

5. You meet with each one and offer the job to the best candidate.

6. You then call *Solutions* to report a "match" has been made and an information package will be sent to you.

7. Please report to *Solutions* each subsequent time you hire a home care worker referred through Senior Services. (This is important because our funding sources require that we count "matches". The more matches we make the more likely we are to secure funding.)

8. *Solutions* makes a follow-up call, and/or mails a questionnaire to you, to determine if it was a successful match.

How does Senior Services screen home care/chore service workers?

The counselors develop a database listing of home care and chore service workers. Each

worker fills out an application and has a face-to-face interview with the counselor. The counselor then checks his/her references, validates training and credentials and screens each one via a criminal record check. Home care workers must also provide a negative TB test result to Senior Services. *The screening and matching service is free to you.*

How much can I expect to pay for a home care/chore service worker?

Each worker bases his/her rate on the specific tasks needed (for instance, light housekeeping and companion care would cost less than personal care for a bed-bound incontinent client), the number of hours worked in a day or week, and sometimes, how close and convenient your home is to public transportation. So, as you can see, the rate varies. *The important thing to remember is that Senior Services of Alexandria does not set home care or chore service rates. Our workers are independent contractors and you must negotiate directly with them regarding their rates.*

What if the match doesn't work out?

Please let us know. We will make every effort to find you a home care or chore service worker who meets your expectations.

Fortunately, the solutions provided by our workers are affordable. Call 703/894-0311 to reach someone who can handle Home Care Chore Service matching and employment requests, and answer any questions you might have about the program.



121 North St. Asaph Street
Alexandria, VA 22314

Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE PAID
ALEXANDRIA, VA
PERMIT NO. 253

Our Mission:

As Senior Services of Alexandria, our mission is to provide accessible, comprehensive and affordable services to seniors within the City of Alexandria and adjacent areas, and to promote the independence and self-sufficiency which enable seniors to age with dignity in their own community.

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



Whom to Call for Senior Services

Senior Services of Alexandria.....703-836-4414
(Fax) 703-836-1252
(e-mail) gmullen@seniorservicesalex.org
(web site) www.seniorservicesalex.org

Executive Director: Gwen C. Mullen703-836-4414 Ext. 2

Deputy Director: Grace Lynch, MSW703-836-4414 Ext. 3

Administrative Assistant: Marie Joiner.....703-836-4414 Ext. 0

Employment and Home Care.....703-894-0311

Employment Counselor: Mary Alice Butler-Brown

Guardianship/Conservatorship 703-836-4414 Ext. 4

Program Director: Moya Atkinson

Services Coordination

Martha Contreras,703-836-4414 Ext. 0

Transportation

DOT 703-836-5222

Program Manager: Mary Louise Simpson

Reservationists: Dorothy Carter, Addie Frundt, Verdine Holmes, Camilo Marquez and Tom Smith

Senior Taxi.....703-836-4414 Ext. 1

Program Manager: Marie Joiner

Reservationists:

Dorothy Carter, Charlotte Drummond, Camilo Marquez and Beatrice Taylor



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