

# Silver Streak

Vol. 6 No. 3

Senior Services of Alexandria

Fall 2005

## *Caring for the Caregivers*

One of the most demanding jobs in the world, as some 50 million people across the United States could tell you, is that of “Caregiver” which is usually unpaid. Whether the care is for a disabled spouse, an elderly dependent or another person in need, the daily personal commitment can be grueling and sometimes debilitating.

The Family Caregiver Alliance suggests not only the means of respite which can and should be offered, but reminds caregivers that it is also up to them to **accept** offers of assistance. Forget “thank you, but

I really don’t need any help,” and make a list of things which would lighten your load. “Respite” for the caregiver can take many forms and can provide that rare commodity, some time to him-or-herself. Suggested options of help are reading to the dependent, walking the dog or taking him to the vet, picking up items from the grocery store, phoning to provide some adult conversation, spending time with the disabled so the caregiver can go to a religious or other service – or even to just take a peaceful nap!

November has been design-

ated as National Family Caregivers Month, seeking to “draw attention to the many challenges facing family caregivers,” and to “raise awareness about community programs” that support them.

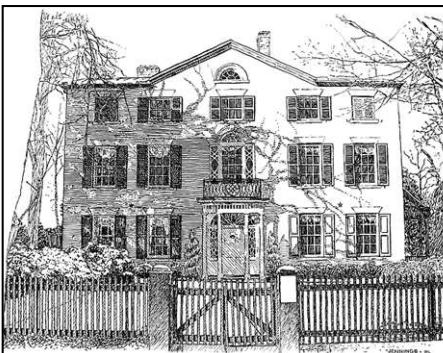
The simple things that can relieve the burden on a caregiver are, for the most part, things that each of us can do. Maybe, all we have to do is **ask!**

And maybe all the caregivers need to do is **accept!**

In our community, assistance and support for in home help can be found by calling 703-894-0311

## *The Alexandria Calendar 2006*

**Will be Available for Holiday Gift Giving!**



A scene from the Alexandria Calendar 2006

The two fine pen-and-ink artists who drew last year’s handsome calendar have been again working their magic on scenes of Alexandria’s Old Town for *The Alexandria Calendar 2006*. The drawing displayed here is one of the first completed.

Sponsorship and sale of the Calendar contributes substantially to the ability of Senior Services to continue their im-

portant programs for seniors. To meet the increasing needs of Alexandria’s growing senior population, the work of this nonprofit organization must rely on the generosity of its citizens. The Calendar will sell for \$10.00 each ( less in bulk) and will be available at local shops and at SSA offices in November. Call (703) 370-1948 or (703) 836-4414, ext. 0, for further information.

*“The spiritual eyesight improves  
as the physical eyesight declines.”  
.....Plato*

**In Memory of**

**Marion Frazao**

by Jane Allshouse

**Mrs. Louise Jones**

by Phyllis T. Bickham

**Edward Sanders**

by Mike & Freddie Fox, Ndimyake Mwakalyelye, Hope L. Corrigan, H. Arthur Sauer, Robert Shaw, Susan & Carl Benke, Theodore & Betty Shaw, Claudia Charest, Sertoma of Alexandria, Darlyne Christianson, Sylvia Palmer, John & Charlotte Drummond, Susan Dawson, Mr. & Mrs. William K. Collins, George A. Pera, Flora Jane Gatley & Eunice Toussaint

**Rita A. Schmitt**

by her loving daughter Grace M. Schmitt

**Fern Davidson**

beloved mother of Mary Frogale  
by Constance Frogale

**Mrs. Caroline Hodgkin**

by William J. Abernethy, Mr. & Mrs. George Weber, Mr. Milton L. Jobe, Barbara Briggs, Frederick T. Kieferle, Jr.

**Karen Parsons Duncker**

by her brother, Charles, and Elfrieda Parsons

**Rabbi Arnold Fink**

by John & Charlotte Drummond

**Phyllis J. Bogle**

by Susan Dawson, John & Charlotte Drummond, Judy Drewry

**Barbara Stephens**

by Susan Dawson

**Madeleine A. Wilson**

by her daughter, Joan W. Wodbury

**In Honor of**

**The staff of Senior Services DOT program**

by Shirley N. Tyler

**Ms. Gloria Marshall**

in celebration of her 60<sup>th</sup> Birthday  
by Phyllis T. Bickham

**The Al-Banna family**

by Amira Al-Banna

*“The fear of being ‘old and infirm’ keeps us from becoming ‘old and infirm’.”  
.....Mark Twain*

**From the Executive Director...**

“Hospice Care.” The words conjure up different meanings for some people. For those with a life-ending condition, the words sometimes imply that there are only a few days or weeks of life that remain. For family members, the words mean that it is a service that is only *available* for the last few days or weeks of life. In fact, hospice care uses a caring, family-centered approach to respond to physical, emotional, and spiritual needs during illness and the families’ bereavement. And care generally is provided for up to six months and regardless of your ability to pay.

Capital Area Hospice, which serves this area, recently captured the real nature of its service in the words “It’s about LIFE.” That’s because it’s about focusing the end of life process on LIFE, not exclusively on dying and death.

It’s about engaging the patient in a life-affirming outlook, and preparing families who will be left behind. It is supportive care that ‘taps into’ the patient’s personal spirituality, values and more. In brief, it’s about the quality of the person’s remaining life.

Too many people associate hospice care with pain relief. Yes, adequate pain management is an absolute in hospice care. However, there is so much more. And care can be provided at home (or in a hospice facility when there is one in the area).

I had two personal friends who used hospice for the last six months of their lives. Both told me how much hospice meant to them and how glad they were that they didn’t wait too long to use it. Hospice care-takers are some of most special and wonderful people you will ever meet. Each one is very dedicated to every patient they serve.

If you, a loved one, or a friend has a terminal illness or is frail and elderly, I urge you to find out what hospice care can provide. And remember, “It’s about LIFE.” So please call! Eileen H. Longstreet  
Capital Area Hospice – (703) 383-9222

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In Honor of / In Memory of (Circle one)

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Person to notify regarding donation

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State / Zip .....

Send your gift to

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

*For more information, please call 703-836-4414 Ext. 0  
or visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org)*

## *SSA Welcomes Seven New Board Members at Annual Meeting, June 22, 2005*

Remarks by MaryAnn Griffin, Director of the Alexandria Office of Aging and Adult Services, headlined the program at SSA's Annual Meeting helping everyone to understand more fully the issues posed by the aging in our society. She was introduced by out-going President Bill Harris, who then asked Dr. George Pera for the invocation.

Mary Ann Ormes, former SSA

Director, presented retired staff member Charlotte Drummond with a recognition award for 18 years of dedicated service. This followed the annual report given by Executive Director Eileen H. Longstreet, copies of which were distributed.

Vice Mayor Dell Pepper graciously took the podium to induct the new officers: SSA President Susan Winn; Alfred P. Duncker,

H. Arthur Sauer, Mary Jane Nugent and Judy Drewry. Installed as new Board Members were: Carl Behnke, Susan Cimbalo, Arthur Peabody, Joan Richardson, Mark Roth, Marie Schuler and John B. Smith, II.

Newly elected President Winn expressed her confidence in the new Board and said she was looking forward to serving with them.

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## *Stay at home! Affordable In-Home Care and Chore Help*

By Ron Hoekstra; Program Manager

Most seniors indicate they want to live at home for as long as possible. And familiar surroundings, church ties, neighborhood sounds and sights, favorite restaurants, and long-time pets sustain the health of many seniors. Even frail and infirm seniors want to maintain their independence for as long as possible. This is where Senior Services of Alexandria can help.

Over 45 job seekers were placed by Senior Services of Alexandria (SSA) in full or part-time assignments since March 2005 to provide some kind of home based service. Some care-

givers provide companionship. Where frailty and infirmity have progressed, others provide more extensive care – sometimes including “live-in” services. Licensed caregivers serve those using their Long-term Care Insurance benefits and also those who require “skilled nursing” care.

Whatever the level of care that might be required, SSA does its best to match the Senior who needs help with job seekers' talents, skills, and experience. SSA also regularly receives requests for chore services. Chore services range from yard and garden work, to gutter cleaning, to paint-

ing and simple carpentry, and general cleaning. In nearly every situation, matching the caregiver to a person requiring home care or chore services takes just a few days.

NOTE: All in-home workers must provide SSA with current documentation confirming they do not have TB. A current criminal record check is also required. SSA will not refer anyone whose documentation is not current.

**Anyone interested in obtaining help or learning more about in-home care or chore services should call 703-894-0311 and ask for “Ron.”**



Some of the many Volunteers who attended the August 17th “Meals on Wheels Volunteer Recognition Event at “St. Joseph’s Church!”

### *Attention Seniors!*

*Looking for a job?*

*Senior Services of Alexandria can help!*

*We specialize in Seniors 55 and over*

*703-894-0311*

*“No one can avoid aging,  
but aging productively is something else.”*

*.....Katharine Graham*



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# Silver Streak

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### 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



CFC #8311



The Silver Streak is a quarterly publication of Senior Services of Alexandria.  
Contributors: Eileen Longstreet and Judy Drewry; Production by John Drummond

### Senior Services Contact Information

DOT: .....703-836-5222  
Senior Taxi: .....703-836-4414, ext 1  
Employment Counseling  
and In-Home Care: .....703-894-0311  
Meals on Wheels: .....703-836-4414, ext 4  
Money Management for  
Alexandria Seniors: .....703-836-4414, ext 7  
Money Management Services for  
Arlington Seniors: .....703 528-0162, ext 207  
Executive Director: .....703-836-4414, ext 2  
Administration: .....703-836-4414, ext 0  
"The Alexandria Calendar"  
Judy Drewry .....703-370-1948



### Board of Directors 2005-2006

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**SSA and INOVA will host a  
"Fight the FLU" flu injection clinic.  
Please call SSA after October 15  
for information regarding  
the location and times.  
Call 703-836-4414, ext. 0.**