

Division of Aging and Adult Services



Directory of Resources

for Older Adults & Adults with Disabilities



Department of Community and Human Services

703.746.5999

www.alexandriava.gov/Aging

Directory of Resources for Older Adults and Adults with Disabilities

Please contact us for more information regarding:

- Adult Day Services Center
- Adult Protective Services
- Assistance for Persons with Disabilities
- Assisted Living Facility Placement
- Case Management
- Health Insurance Counseling
- In-Home Services
- Legal Services
- Meals on Wheels
- Nursing Facility Placement
- Safety Alert System
- Senior Centers with Daily Lunches
- Support for Caregivers
- Transportation

You can reach us at: **703.746.5999 option 1**, Monday - Friday, 8 a.m. - 5 p.m.

You can also visit our website at: **www.alexandriava.gov/Aging**

Stayed informed with news and events through aging eNews. Sign up at:
<https://enews.alexandriava.gov/register.php>

The listings, contents and summary of information contained in this directory are for general reference or resource purposes. The directory listings are in alphabetical order. It is the reader's responsibility to thoroughly review the listed agencies, including licensing status or other credentials, prior to his or her personal selection.



Published by:
Division of Aging and Adult Services
Department of Community and Human Services
Phone: 703.746.5999
Fax: 703.746.5975

Directory of Resources for Older Adults and Adults with Disabilities

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City of Alexandria Services Phone Numbers

For more information visit: www.alexandriava.gov

Abandoned Vehicles.....	703.746.4444
Adopting Pets	703.746.4774
Animal Bites and Control	703.746.4774
Bedbugs	703.746.4910
Cable Television Complaints	703.746.4350
Car Decal, Tax, and Registration	703.746.3901
Cat and Dog Licensing	703.746.4774
City Manager's Office	703.746.4300
Complaints about City Services	703.746.4800
Courthouse Information (Alexandria)	703.746.4141
Crime Concerns (Non-Emergency)	703.838.4636
Deeds	703.746.4044
Delinquent Taxes	703.746.3909
Disposal of a Vehicle	703.746.3901
Emergency Medical Services	911
(Non-Emergency Contact).....	703.746.5200
Farmers' Markets	703.746.3200
Graffiti	703.838.4444
Grass and Weed Problems	703.746.4200
Hazardous Waste Disposal	703.746.4410
Landlord-Tenant Issues	703.746.4990
Leaf Collection Program.....	703.746.LEAF (5323)
Mayor, Vice-Mayor and Council Members.....	703.746.4500
Mulch Program	703.746.4410
Noise Complaints	703.746.4065
Notaries Public	703.746.4044
Parking Tickets	703.746.3902
Paving	703.746.4488
Personal Property (Vehicle) Tax	703.746.3901
Police Reports	703.838.4444
Potholes	703.746.4488
Rabies	703.746.4774
Recycling.....	703.746.4410
Residential Parking Permits	703.746.3902
Rodent Control	703.746.4200
Sidewalks	703.746.4488
Smoke Detector Request	703.746.5260
Snow	703.746.4488
Solid Waste	703.746.4410

Street Lights	888.667.3000
Streets	703.746.4488
Towed Vehicles.....	703.746.4200
Trash	703.746.4410
Vehicle Decals, Taxes, Registration	703.746.3901 / 703.746.5030
Wills and Probate	703.746.4044

Teletypewriters (TTYs for the Hearing Impaired)

Alexandria Redevelopment and Housing Authority (ARHA).....	703.836.6425
Alexandria Library (Talking Books).....	703.746.1790
Communications and Public Information	703.838.5056
Fire Department	703.838.4896
Human Services	703.836.1493
Human Resources (Employment)	703.838.5035
Police Department (Communications).....	703.746.4444
TES/Transit Services.....	703.838.5056
Women's Shelter (Voice TTY)	703.746.4911

Emergency Numbers

Fire/Police	911
American Red Cross	703.549.8300
Adult Protective Services	703.746.5778
Domestic Violence.....	703.746.4911
Child Abuse/Neglect.....	703.746.5800
Crisis Link	211
Poison Control Center	1.800.222.1222
Sexual Assault Hotline.....	703.683.7273
Suicide Hotlines.....	1.800.784.2433
Spanish	1.877.784.2432

Phone Numbers by Categories

Adult Day Health Services

Alexandria Adult Day Services Center	703.746.5676
City of Alexandria, Division of Aging and Adult Services	
Insight Memory Care Center	703.204.4664

Adult Protective Services

Adult Protective Services.....	703.746.5778
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Advocacy

Administration for Community Living (ACL)	202.619.0724
Alexandria Commission on Aging (COA).....	703.746.5999 option 1
Domestic Violence Program	703.746.4911
Northern Virginia Long-Term Care Ombudsman.....	703.324.5861
Sexual Assault Center.....	703.683.7273

Caregiver Resources

Alexandria Adult Day Services Center Caregivers' Support Group	703.746.5999 option 1
CareRing.....	703.516.6770
Eldercare Locator	1.800.677.1116
MedicAlert + Alzheimer's Association Safe Return	1.888.572.8566
Project Lifesaver	703.746.5151
Senior Link (ACTS Helpline).....	703.368.4141
The Source Book, Guide to Retirement Living	703.992.1100 or 1.800.394.9990

Consumer Information

Consumer Affairs.....	703.746.4800
Consumer Product Safety Commission Hotline	1.800.638.2772
National Active and Retired Federal Employees	
National Fraud Information Center	www.fraud.org
U.S. Department of Health and Human Services Civil	
Virginia Department of Agriculture and Consumer Services Consumer	

Counseling Services

Alcoholics Anonymous (Northern VA Intergroup).....	703.293.9753
Center for Pastoral Counseling of Virginia.....	703.903.9696
Haven of Northern Virginia	703.941.7000
Jewish Social Service Agency (JSSA)	703.204.9100
Multicultural Clinical Center.....	703.354.0000
Northern Virginia Family Services (NVFS)	571.748.2840
Widowed Persons Services of Northern Virginia	703.281.9595

Disability Services

Autism Society Northern Virginia Chapter.....	703.495.8444
Brain Injury Association of America	703.761.0750
Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD)	703.641.5451
ENDependence Center of Northern Virginia, Inc.	703.525.3268
Spina Bifida Association of the Mid-Atlantic Region	1.866.938.3407
The Arc of Northern Virginia	703.532.3214
The National Multiple Sclerosis Society National Capital Chapter.....	202.296.5363
United Cerebral Palsy Affiliates	202.269.1500

Educational Opportunities

Adult and Community Education.....	703.824.6845
Encore Learning (formerly ALRI)	703.228.2144
Experience Works (formerly Green Thumb, Inc.)	703.522.7272
Hogar Immigrant Services (Catholic Charities of the Diocese of Arlington)	703.534.9805
Lifetime Learning /Lifelong Learning Institute	703.503.0600
Literacy Council of Northern Virginia, Inc.....	703.237.0866
Northern Virginia Community College - Community Education	703.845.6227
Osher Lifelong Learning Institute (OLLI)	703.503.3384
Road Scholar	1.800.454.5768
Saint Martin de Porres Senior Center.....	703.751.2766

Employment

Experience Works (formerly Green Thumb, Inc.).....	703.522.7272
NCOA Northern Virginia Workforce Resource Center.....	571.335.4027
Senior Employment Resources	703.750.1936
Senior Services of Alexandria.....	703.836.4414
Virginia Employment Commission Job Service	703.813.1300

Financial Assistance

Customer Call Center	703.746.5700
Direct Deposit for Social Security Checks.....	1.800.772.1213
Money Management International	1.866.531.3433
Pension Rights Center	202.296.3776
The United States Social Security Administration	703.274.0145

Food and Nutrition

Alexandria Cooperative Extension Office - Nutrition Education.....	703.746.5544
Liquid Supplement Program	703.746.5999 option 1
Meals on Wheels - Private Pay.....	703.836.4414
Meals on Wheels - Subsidized.....	703.746.5999 option 1
Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps) City of Alexandria, Benefits Programs.....	703.746.5801

SHARE (Food network).....	301.864.3115 or 1.800.217.4273
Health Care Professional Referral Services	
INOVA Alexandria Hospital Physician Referral.....	1.855.694.6682
Health Care Services	
Clinics - General Medical	
City of Alexandria, Health Department.....	703.746.4996
Alexandria Neighborhood Health Services, Inc.....	703.535.5568
Casey Clinic (Flora Krause Casey Health Center).....	703.746.4886
Fort Belvoir Outpatient Clinic	571.231.2408
Queen Street Clinic	703.299.9701
Clinics - Kidney Dialysis	
Alexandria Kidney Center (Dialysis Service).....	703.370.8250
DaVita Dialysis Center	1.800.424.6589
Dental Care	
Alexandria Neighborhood Health Services, Inc. Dental Clinic (ANHSD Dental)	
Howard University, College of Dentistry Dental Clinic	202.806.0008
Northern Virginia Community College Dental Hygiene Clinic	703.822.6673
Northern Virginia Dental Clinic of the Northern VA Dental Society.....	703.820.7170
Eye and Vision Care	
Community Action Agency.....	703.746.5700
Eye Care America.....	www.eyecareamerica.org
Prevention of Blindness Society of Metro Washington	202.234.1010
Prevention of Blindness Society Low Vision Learning Center	703.652.7803
Mental Health	
Alcohol and Drug Abuse Services (Detox)	703.746.3600 or 703.746.3636
Dominion Hospital.....	703.538.2872
First Step	703.538.2872
George Washington University Hospital - Geriatric Center	202.741.2222
INOVA Comprehensive Addiction Treatment Services (CATS)	703.776.7777
Mental Health America.....	703.684.7722
Older Adult Clinical Services	703.746.3400
Mental Health – Day Treatment and Inpatient Programs	
Dominion Hospital.....	703.538.2872
INOVA Fairfax Behavioral Health Services	703.660.8100
Health Education Resources	
ABCD Helpline (After Breast Cancer Diagnosis)	1.800.221.2141
Alzheimer's Association (National Capital Area).....	703.359.4440
Alzheimer's Disease Education and Referral Center	1.800.438.4380
American Cancer Society.....	703.938.5550

American Diabetes Association.....	703.549.1500 or 1.800.342.2383
American Heart Association (Greater Washington Region).....	703.248.1700
Arthritis Foundation (Metropolitan Washington Chapter).....	1.800.365.3811
INOVA Healthsource Senior Services.....	1.855.694.6682
Durable Medical and Rehabilitation Equipment	
Washington Area Wheelchair Society.....	1.855.694.6682
Health Insurance	
Counseling	
State Corporation Commission.....	1.800.552.7945 or 804.371.9741
Virginia Insurance Counseling and Assistance Program (VICAP).....	703.228.1700
Medicaid	
Medicaid Helpline.....	1.804.786.6145
Medicaid Program.....	703.746.5902
Medicare	
Centers for Medicare and Medicaid Services (CMS).....	1.800.MEDICARE
Medicare HMO Appeals Hotline.....	1.888.466.9050
Social Security Administration – Medicare.....	1.800.772.1213
In-Home Care and Assistance	
Companion Service Program.....	703.746.5999 option 1
Door Thru Door (Home Care Partner's, Inc.).....	202.638.0736
Friendly Visitor Program.....	703.836.4414
Senior Services of Alexandria.....	703.836.4414
Snow Buddies.....	703.746.4357
Hospice Services	
National Hospice and Palliative Care Organization.....	703.837.1500
Hospitals	
INOVA Alexandria Hospital.....	703.504.3000
Housing	
Adult Care Residences/Assisted Living	
LaBier Assisted Living.....	703.370.7555
Sunrise Assisted Living of Alexandria.....	703.212.9192
Willow Oaks & District Home Birmingham Green Assisted Living Facility	703.257.0935
Continuing Care Retirement Communities	
Goodwin House.....	703.578.1000
The Hermitage in Northern Virginia.....	703.797.3844
The Fountains at Washington House.....	703.845.5100

Emergency Shelters and Homelessness Prevention Services

Alexandria Community Shelter

Single Men or Women..... 703.548.0452

Families with children..... 703.746.5700

ALIVE! House

125 Payne St. Alexandria, VA 22314..... 703.684.1430

2723 King St. Alexandria, VA 22314..... 703.837.9300

Carpenter's Shelter..... 703.548.7500

Christ House..... 703.549.8644

Eviction Assistance and Homeless Prevention Program (HPP)..... 703.746.5700

Nursing Homes / Facilities / Services

Birmingham Green Nursing Facility..... 703.257.0935

Envoy of Alexandria..... 703.684.9100

Woodbine Rehabilitation and Health Care Center..... 703.836.8838

Subsidized Housing (Independent Living)

Alexandria Redevelopment & Housing Authority (ARHA)..... 703.549.7115

Annie B. Rose House..... 703.548.4946

Claridge House II..... 703.823.5444

Foxchase of Alexandria..... 571.451.0532

Old Towne West..... 703.549.4343

Other Housing Resources

Apartment Locator Services (FREE) Southern Management..... 1.888.612.7868

Home Ownership Assistance Program..... 703.746.3099 or 703.746.3097

Home Rehabilitation/Repair Loans..... 703.746.4990

Landlord/Tenant Relations..... 703.746.4990

Real Estate Tax/Property Tax Relief/Deferral..... 703.746.3909/3902

Rebuilding Together Alexandria..... 703.836.1021

Rental Accessible Modification Program (RAMP)..... 703.746.4990

Rent Relief Program..... 703.746.5918

Virginia Housing Development Authority Accessibility..... 804.782.1986

Information and Referral

Regional Resources..... 211

Call.Click.Connect..... 703.746.4357

Customer Call Center..... 703.746.5700

SeniorNavigator/disAbilityNavigator (VirginiaNavigator)..... 1.866.393.0957

Senior Helpline (Jewish Council for the Aging of Greater Washington)

..... 703.425.0999

Legal Services

Alexandria Bar Association Lawyer Referral..... 703.548.1106

American Association of Retired Persons (AARP)..... 1.866.330.0753

Commonwealth's Attorney..... 703.746.4100

Human Rights	703.746.3140 or 703.746.5419
Legal Services of Northern Virginia Alexandria Office.....	703.684.5566
Intake Line	703.778.6800
Toll Free	866.534.5243
National Academy of Elder Law Attorneys (NAELA)	703.942.5711
Nationwide Lawyer Referral Service.....	1.800.552.7977
Virginia Department of Aging and Rehabilitation Services, Virginia Division for the Aging (VDA).....	1.800.552.3402

Libraries

Charles E. Beatley, Jr. Central Library	703.746.1702
Ellen Coolidge Burke Branch Library	703.746.1704
James M. Duncan Branch Library	703.746.1705
Kate Waller Barrett Branch Library	703.746.1703

Multicultural Services and Special Populations

Alexandria VET Center	703.360.8633
Christ House, Catholic Charities of Arlington Diocese	
Monetary Assistance	703.548.4227
Shelter	703.549.8644
Ethiopian Community Development Council, Inc. (ECDC)	703.685.0510
Hispanic Committee of Virginia (NVFS)	703.671.5666
Hogar Immigrant Services	703.534.9805
Jewish Community Center of Northern Virginia (JCCNV)	703.323.0880
Jewish Council for the Aging of Greater Washington	703.425.0999 or 301.255.4200
Jewish Social Service Agency.....	703.204.9100 or 703.896.7918
Korean Services (Salvation Army)	703.385.8702 Ext.28
Multicultural Human Services Center (NVFS)	571.748.2800
National Caucus and Center on Black Aged, Inc.	202.637.8400
Older Women's League (OWL)	
Field Services Office.....	1.800.825.3695 or 202.567.2606
Virginia Department for Veteran Services.....	703.813.1529
Veterans Health Care Benefits at Fort Belvoir.....	571.231.2408
Veterans (Armed Forces) services through the Red Cross.....	240.485.3031
U.S. Department of Veterans Affairs	1.800.827.1000

Recreation Activities

City of Alexandria, Department of Recreation, Parks and Cultural Activities	703.746.5575
TTY	711(VA Relay)
Power-Plus 55.....	703.746.5575

Recreation Centers

Charles Houston Recreation Center.....	703.746.5552
Chinquapin Recreation Center.....	703.746.5553

Cora Kelly Recreation Center	703.746.5554
Mount Vernon Recreation Center	703.746.5556
Nannie J. Lee Memorial Recreation Center	703.746.5550
Northern Virginia Senior Olympics	703.228.4721
William Ramsay Recreation Center	703.746.5558
Senior Centers	
Saint Martin de Porres Senior Center	703.751.2766
The Senior Center at Charles Houston	703.746.5456
Other Senior Activities	
YMCA	703.838.8085
Services for Speech, Language and Hearing Impaired Persons	
American Speech-Language Hearing Association (ASHA)	301.296.5700 or 1.800.638.8255
Hearing Loss Association of America	301.657.2248
Northern Virginia Resource Center for Deaf and Hard of Hearing Persons	703.352.9055
Virginia Department for the Deaf and Hard of Hearing Voice/TTY	1.800.552.7917 or 1.804.662.9502
Virginia Relay Center Voice/TTY	1.800.552.7917
Transportation Services	
DASH Bus/Alexandria Transit Company	703.746.3274/703.746.DASH
Senior Transportation Services	703.746.3275
Metrobus/Metrorail	
Old Town Transit Shop	703.229.6227
Washington Metropolitan Area Transit Authority (WMATA)	202.637.7000
Special Transportation Services	
Alexandria Yellow Taxi Cab (24-hour notice for lift vans)	703.549.2500
American Cancer Society	703.938.5550 or 1.888.227.6333
Diamond Transportation Services (24-hour notice for lift vans)	703.912.7606
D.O.T -Transportation for People with Disabilities	703.746.4079
Medicaid Transportation Service (Logisticare)	1.866.386.8331
MetroAccess	301.562.5360
Senior Taxi Yellow Card Program	703.746.5999 option 1
Vehicle Registration and Handicapped Plates and Permits	
Commonwealth of Virginia Department of Motor Vehicles/Alexandria	804.497.1700
Utilities and Utility Assistance	
Dominion Virginia Power (electric company)	1.888.DOM.HELP / 1.888.366.4357

Energy Assistance City of Alexandria, Office of Community Services 703.746.5918

Fan Care Program City of Alexandria, Division of Aging and Adult Services 703.746.5999 option 1

Verizon Telephone Company Lifeline Program 1.800.837.4966

Virginia American Water 703.549.7080

Washington Gas Company (natural gas) 703.750.1000

TTY 703.750.7975

Weatherization Assistance Program 540.955.5630

Vital Records

City of Alexandria County Clerk Marriage Certificates and Divorce Records 703.746.4044 option 0

Death Certificates, Virginia Department of Health, Office of Vital Records 804.662.6200

Vital Records - Any State www.vitalrec.com

Volunteering

American Red Cross - Alexandria Chapter 703.549.8300

City of Alexandria, Division of Aging and Adult Services 703.746.5999 option 1

Volunteer Alexandria 703.836.2176

Voter Information

Alexandria Registrar of Voters 703.746.4050

Virginia Department of Motor Vehicles (DMV) 804.497.1700

Virginia State Board of Elections 1.800.552.9745

TTY: 1.800.260.3466

Phone Numbers Alphabetically By Name

Alexandria Adult Day Services Center.....	703.746.5676
Alexandria Yellow Taxi Cab (24-hour notice for lift vans)	703.549.2500
ABCD Helpline (After Breast Cancer Diagnosis).....	1.800.221.2141
Administration for Community Living (ACL).....	202.619.0724
Adult and Community Education	703.824.6845
Adult Protective Services	703.746.5778
Alcohol and Drug Abuse Services (Detox).....	703.746.3600 or 703.746.3636
Alcoholics Anonymous (Northern VA Intergroup)	703.293.9753
Alexandria Adult Day Health Services Center Caregivers' Support Group	703.746.5999 option 1
Alexandria Bar Association Lawyer Referral.....	703.548.1106
Alexandria Commission on Aging (COA).....	703.746.5999 option 1
Alexandria Community Shelter	
Alexandria Cooperative Extension Office - Nutrition Education	703.746.5544
Alexandria Kidney Center (Dialysis Service)	703.370.8250
Alexandria Marriage Certificates and Divorce Records.....	703.746.4044 Option 0
Alexandria Neighborhood Health Services, Inc. Dental Clinic (ANHSI Dental Clinic).....	703.535.5568
Alexandria Neighborhood Health Services, Inc.	703.535.5568
Alexandria Redevelopment & Housing Authority (ARHA)	703.549.7115
Alexandria Registrar of Voters	703.746.4050
Alexandria VET Center.....	703.360.8633
ALIVE! House	
125 Payne St. Alexandria, VA 22314	703.684.1430
2723 King St. Alexandria, VA 22314	703.837.9300
Alzheimer's Association (National Capital Area)	703.359.4440
Alzheimer's Disease Education and Referral Center.....	1.800.438.4380
American Association of Retired Persons (AARP).....	1.866.330.0753
American Cancer Society	703.938.5550 or 1.888.227.6333
American Diabetes Association	703.549.1500 or 1.800.342.2383
American Heart Association (Greater Washington Region)	703.248.1700
American Red Cross - Alexandria Chapter.....	703.549.8300
American Speech-Language Hearing Association (ASHA)	301.296.5700 or 1.800.638.8255
Annie B. Rose House	703.548.4946
Apartment Locator Services (FREE) Southern Management.....	1.888.612.7868
Arthritis Foundation (Metropolitan Washington Chapter)	1.800.365.3811
Autism Society Northern Virginia Chapter	703.495.8444
Benefits Checkup	www.benefitscheckup.org

Birmingham Green Nursing Facility	703.257.0935
Brain Injury Association of America	703.761.0750
Call.Click.Connect	703.746.4357
CareRing	703.516.6770
Carpenter's Shelter	703.548.7500
Casey Clinic (Flora Krause Casey Health Center)	703.746.4886
Center for Pastoral Counseling of Virginia	703.903.9696
Centers for Medicare and Medicaid Services (CMS)	1.800.MEDICARE
Charles E. Beatley, Jr. Central Library	703.746.1702
Charles Houston Recreation Center	703.746.5552
Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD)	703.641.5451
Chinquapin Recreation Center	703.746.5553
Christ House	703.549.8644
City of Alexandria County Clerk Death Certificates	804.662.6200
City of Alexandria Department of Recreation, Parks and Cultural Activities	703.746.5575
City of Alexandria Division of Aging and Adult Services	703.746.5999 option 1
City of Alexandria Health Department	703.746.4996
Claridge House II	703.823.5444
Commonwealth of Virginia Department of Motor Vehicles/Alexandria	804.497.1700
Commonwealth's Attorney	703.746.4100
Community Action Agency	703.746.5700
Companion Service Program	703.746.5999 option 1
Consumer Affairs	703.746.4800
Consumer Product Safety Commission Hotline	1.800.638.2772
Cora Kelly Recreation Center	703.746.5554
Customer Call Center	703.746.5700
DASH Bus/Alexandria Transit Company	703.746.3274/703.746.DASH
DaVita Dialysis Center	1.800.424.6589
Diamond Transportation Services (24-hour notice for lift vans)	703.912.7606
Direct Deposit for Social Security Checks	1.800.772.1213
Domestic Violence Program	703.746.4911
Dominion Hospital	703.538.2872
Dominion Virginia Power (electric company)	1.888.DOM.HELP / 1.888.366.4357
Door Thru Door (Home Care Partner's, Inc.)	202.638.0736
D.O.T -Transportation for People with Disabilities	703.746.4079
Eldercare Locator	1.800.677.1116
Ellen Coolidge Burke Branch Library	703.746.1704
Encore Learning (formerly ALRI)	703.228.2144
ENDependence Center of Northern Virginia, Inc.	703.525.3268
Envoy of Alexandria	703.684.9100
Ethiopian Community Development Council, Inc. (ECDC)	703.685.0510

Eviction Assistance and Homeless Prevention Program (HPP)	703.746.5700
Experience Works (formerly Green Thumb, Inc.)	703.522.7272
Eye Care America	www.eyecareamerica.org
First Step.....	703.538.2872
Fort Belvoir Outpatient Clinic.....	571.231.2408
Foxchase of Alexandria	571.451.0532
Friendly Visitor Program	703.836.4414
George Washington University Hospital - Geriatric Center.....	202.741.2222
Goodwin House	703.578.1000
Haven of Northern Virginia.....	703.941.7000
Hearing Loss Association of America.....	301.657.2248
Hispanic Committee of Virginia (NVFS).....	703.671.5666
Hogar Immigrant Services (Catholic Charities of the Diocese of Arlington)	703.534.9805
Home Ownership Assistance Program	703.746.3099/3097
Home Rehabilitation/Repair Loans	703.746.4990
Howard University, College of Dentistry Dental Clinic	202.806.0008
Human Rights	703.746.3140/5419
INOVA Alexandria Hospital Physician Referral.....	1.855.694.6682
INOVA Alexandria Hospital.....	703.504.3000
INOVA Comprehensive Addiction Treatment Services (CATS).....	703.776.7777
INOVA Fairfax Behavioral Health Services	703.660.8100
INOVA Healthsource Senior Services	1.855.694.6682
Insight Memory Care Center.....	703.204.4664
James M. Duncan Branch Library	703.746.1705
Jewish Community Center of Northern Virginia (JCCNV)	703.323.0880
Jewish Council for the Aging of Greater Washington	703.425.0999 or 301.255.4200
Jewish Social Service Agency (JSSA).....	703.204.9100 or 703.896.7918
Kate Waller Barrett Branch Library	703.746.1703
Korean Services (Salvation Army)	703.385.8702 Ext.28
LaBier Assisted Living.....	703.370.7555
Landlord/Tenant Relations.....	703.746.4990
Legal Services of Northern Virginia	703.684.5566 (Alexandria Office)
Lifetime Learning /Lifelong Learning Institute.....	703.503.0600
Liquid Supplement Program.....	703.746.5999 option 1
Literacy Council of Northern Virginia, Inc.	703.237.0866
Meals on Wheels (subsidized).....	703.746.5999 option 1
Meals on Wheels (private pay).....	703.836.4414
Medicaid Helpline	1.804.786.6145
Medicaid Program	703.746.5902
Medicaid Transportation Service (Logisticare)	1.866.386.8331
MedicAlert + Alzheimer's Association Safe Return.....	1.888.572.8566
Medicare HMO Appeals Hotline	1.888.466.9050
Mental Health America	703.684.7722

MetroAccess	301.562.5360
Money Management International	1.866.531.3433
Multicultural Clinical Center	703.354.0000
Multicultural Human Services Center (NVFS)	571.748.2800
Nannie J. Lee Memorial Recreation Center	703.746.5550
National Academy of Elder Law Attorneys (NAELA)	703.942.5711
National Active and Retired Federal Employees (NARFE) Association	703.838.7760
National Caucus and Center on Black Aged, Inc.	202.637.8400
National Hospice and Palliative Care Organization	703.837.1500
Nationwide Lawyer Referral Service	1.800.552.7977
NCOA Northern Virginia Workforce Resource Center	571.335.4027
Northern Virginia Community College - Community Education	703.845.6227
Northern Virginia Community College Dental Hygiene Clinic	703.822.6673
Northern Virginia Dental Clinic of the Northern VA Dental Society	703.820.7170
Northern Virginia Family Services (NVFS)	571.748.2840
Northern Virginia Long-Term Care Ombudsman	703.324.5861
Northern Virginia Resource Center for Deaf and Hard of Hearing Persons	703.352.9055
Northern Virginia Senior Olympics	703.228.4721
Old Town Transit Shop	703.229.6227
Old Towne West	703.549.4343
Older Adult Clinical Services	703.746.3400
Older Women's League (OWL) Field Services Office	1.800.825.3695 or 202.567.2606
Osher Lifelong Learning Institute (OLLI)	703.503.3384
Pension Rights Center	202.296.3776
Power-Plus 55	703.746.5575
Prevention of Blindness Society Low Vision Learning Center	703.652.7803
Prevention of Blindness Society of Metro Washington	202.234.1010
Project Lifesaver	703.746.5151
Queen Street Clinic	703.299.9701
Real Estate Tax/Property Tax Relief/Deferral	703.746.3909/3902
Rebuilding Together Alexandria	703.836.1021
Regional Resources Dial 211 Customer Call Center	703.746.5700
Rent Relief Program	703.746.5918
Rental Accessible Modification Program (RAMP)	703.746.4990
Road Scholar	1.800.454.5768
Saint Martin de Porres Senior Center	703.751.2766
Senior Employment Resources	703.750.1936
Senior Helpline (Jewish Council for the Aging of Greater Washington)	703.425.0999
Senior Link (ACTS Helpline)	703.368.4141
Senior Services of Alexandria	703.836.4414
Senior Taxi Yellow Card Program	703.746.5999 option 1
Senior Transportation Services	703.746.3275

SeniorNavigator/disAbilityNavigator (VirginiaNavigator).....	1.866.393.0957
Sexual Assault Center	703.683.7273
SHARE (Food network)	301.864.3115 or 1.800.217.4273
Snow Buddies	703.746.4357
Social Security Administration – Medicare	1.800.772.1213
Spina Bifida Association of the Mid-Atlantic Region.....	1.866.938.3407
State Corporation Commission	1.800.552.7945 or 804.371.9741
Sunrise Assisted Living of Alexandria.....	703.212.9192
Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)	
City of Alexandria, Benefits Programs.....	703.746.5801
The Arc of Northern Virginia.....	703.532.3214
The Fountains at Washington House	703.845.5100
The Hermitage in Northern Virginia	703.797.3844
The National Multiple Sclerosis Society National Capital Chapter	202.296.5363
The Senior Center at Charles Houston	703.746.5456
The Source Book, Guide to Retirement Living	703.992.1100 or 1.800.394.9990
The United States Social Security Administration	703.274.0145
TTY	711(VA Relay)
U.S. Department of Health and Human Services Civil Rights Hotline	
Main.....	1.800.368.1019
TTY.....	1.800.537.7697
U.S. Department of Veterans Affairs.....	1.800.827.1000
United Cerebral Palsy Affiliates.....	202.269.1500
Verizon Telephone Company Lifeline Program	1.800.837.4966
Veterans (Armed Forces) services through the Red Cross	240.485.3031
Veterans Health Care Benefits at Fort Belvoir	571.231.2408
Virginia American Water.....	703.549.7080
Virginia Department for the Deaf and Hard of Hearing	
Voice/TTY	1.800.552.7917 or 1.804.662.9502
Virginia Department for Veteran Services	703.813.1529
Virginia Department of Aging and Rehabilitation Services,	
Virginia Division for the Aging (VDA)	1.800.552.3402
Virginia Department of Agriculture and Consumer Services Consumer	
Virginia Department of Health, Office of Vital Records	
.....	804.662.6200
Vital Records - Any State	www.vitalrec.com
Virginia Department of Motor Vehicles	(DMV) 804.497.1700
Virginia Employment Commission Job Service.....	703.813.1300
Virginia Housing Development Authority Accessibility.....	804.782.1986
Virginia Insurance Counseling and Assistance Program (VICAP)	703.228.1700
Virginia Relay Center Voice/TTY	1.800.552.7917
Virginia State Board of Elections.....	1.800.552.9745
TTY	1.800.260.3466
Volunteer Alexandria	703.836.2176

Washington Area Wheelchair Society.....	1.855.694.6682
Washington Gas Company (natural gas).....	703.750.1000
TTY.....	703.750.7975
Washington Metropolitan Area Transit Authority (WMATA).....	202.637.7000
Weatherization Assistance Program.....	540.955.5630
Widowed Persons Services of Northern Virginia.....	703.281.9595
William Ramsay Recreation Center.....	703.746.5558
Woodbine Rehabilitation and Heath Care Center.....	703.836.8838
YMCA.....	703.838.8085

Adult Day Health Services

Alexandria Adult Day Services Center 703.746.5676

City of Alexandria, Division of Aging and Adult Services

1108 Jefferson Street, Alexandria, VA 22314

www.alexandriava.gov/Aging

Hours: 7:30 a.m. - 5:30 p.m., Monday-Friday

The Center provides respite for caregivers and day services in a safe, supervised environment for older persons who should not be home alone. Program includes therapeutic activities and health monitoring by a registered nurse. Medicaid payment accepted; sliding fee scale for low-income Alexandrians. Transportation can be arranged.

Insight Memory Care Center 703.204.4664

2812 Old Lee Highway, Suite 210, Fairfax, VA 22031

www.alzheimersfdc.org

The center offers a safe, uplifting and engaging environment for people with dementia and is a practical resource for caregivers.

Adult Protective Services

Adult Protective Services 703.746.5778

City of Alexandria, Division of Aging and Adult Services

APS HOTLINE 1.888.832.3858

4401 Ford Avenue, 1st Floor, Alexandria, VA 22302

www.alexandriava.gov/Aging

Provides protective services to adults who are at risk of physical or mental harm due to neglect, abuse or exploitation including abuse of financial or personal assets.

Advocacy

Administration for Community Living (ACL) 202.619.0724

One Massachusetts Avenue, NW, Washington, DC 20001

www.acl.gov

ACL includes the Administration on Aging, the Administration on Intellectual and Developmental Disabilities, and the HHS Office on Disability and serves as the Federal agency responsible for increasing access to community supports, while focusing attention and resources on the unique needs of older Americans and people with disabilities.

Alexandria Commission on Aging (COA)..... 703.746.5999 option 1
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Composed of 21 city residents appointed by The Alexandria City Council, the COA studies and makes recommendations for proposed programs to serve seniors and advocates for aging issues. Monthly public meetings; call for times and locations.

Domestic Violence Program..... 703.746.4911
City of Alexandria, Domestic Violence and Sexual Assault
421 King Street, Suite 400, Alexandria, VA 22314
www.alexandriava.gov/DomesticViolence
Support and resources for those experiencing physical assault, verbal abuse, emotional abuse, sexual abuse, harassment or threats.

Northern Virginia Long-Term Care Ombudsman..... 703.324.5861
TTY 711
www.fairfaxcounty.gov/dfs/olderadultservices/lcombudsman
Investigates complaints regarding care in nursing homes, assisted living facilities and home health agencies in the City of Alexandria, Fairfax, Arlington and Loudoun Counties.

Sexual Assault Center 703.683.7273
City of Alexandria, Domestic Violence and Sexual Assault
421 King Street, Suite 400, Alexandria, VA 22314
www.alexandriava.gov/SexualViolence
Volunteers and staff are available 24 hours a day to provide crisis intervention, advocacy, counseling and information and referral.

Caregiver Resources

Alexandria Adult Day Health Services Center
Caregivers' Support Group 703.746.5999 option 1
City of Alexandria, Division of Aging and Adult Services
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/Aging
Monthly support group that provides educational, emotional, and social support for caregivers of adults with medical and aging-related issues.

CareRing 703.516.6770
2503 D North Harrison Street, PMB#114, Arlington, VA 22207
www.crisislink.org
A telephone support program offered by CrisisLink. Through daily phone calls, volunteers monitor physical and emotional well-being. They can also provide reminders for medications and doctor's appointments.

- Eldercare Locator.....1.800.677.1116**
www.eldercare.gov
 Nationwide service provided by the National Association of Area Agencies on Aging (N4A) to help families and friends find information about resources, services and programs for older adults and persons with disabilities.
- MedicAlert + Alzheimer's Association Safe Return 1.888.572.8566**
 3701 Pender Drive, Suite 400, Fairfax, VA 22030
www.alz.org/care/dementia-medic-alert-safe-return.asp
 This program of the Alzheimer's Association of the National Capital Area provides ID bracelets for persons with memory loss who wander.
- Project Lifesaver 703.746.5151**
 2003 Mill Road, Alexandria, VA 22314
www.alexandriava.gov/sheriff
 Program locates wandering adults and children through a wristband. Caregivers notify the sheriff's office that a loved one is missing and a search and rescue team responds with tracking equipment.
- Senior Link (ACTS Helpline)..... 703.368.4141**
 Free call reassurance program that provides scheduled phone calls to senior citizens or physically disabled persons who are homebound.
- The Source Book, Guide to Retirement Living.....703.992.1100 or 1.800.394.9990**
 1919 Gallows Road, Suite 200 Vienna, VA 22182
www.retirement-living.com
 Magazine that lists senior housing options, including independent living options, assisted living facilities, nursing facilities, home care agencies, other care resources, services and information for senior residents and their family members.

Consumer Information

- Consumer Affairs 703.746.4800**
TTY 703.838.5056
City of Alexandria, Office of Communication and Public Information
 301 King Street, City Hall, Alexandria, VA 22314
www.alexandriava.gov/Consumers
 Provides information and referral to help resolve issues involving consumer issues and complaints.
- Consumer Product Safety Commission Hotline..... 1.800.638.2772**
www.cpsc.gov
 This national hotline provides information about the safety of specific consumer products.

Benefits Checkup www.benefitscheckup.org

A program of the National Council of the Aging (NCOA) that determines whether individuals are eligible for state and/or federal programs. Confidential and free service that does not require the provision of a name, address or Social Security number.

National Active and Retired Federal Employees (NARFE) Association 703.838.7760

P.O. Box 17112, Alexandria, VA 22302

www.narfe.org

Telephone assistance for retirement and health care benefits for current and retired federal employees.

National Fraud Information Center www.fraud.org

Gives consumers needed information to avoid becoming victims of telemarketing and Internet fraud and to help them get their complaints to law enforcement quickly and easily.

U.S. Department of Health and Human Services Civil Rights Hotline

Main..... 1.800.368.1019

TTY 1.800.537.7697

www.hhs.gov/ocr

Information regarding discrimination on the basis of race, national origin, religion, disability, age or gender identity, in state and federal health and human services programs.

Virginia Department of Agriculture and Consumer Services Consumer Protection/Affairs Hotline 1.800.552.9963

TTY 1.800.828.1120

1100 Bank Street, Suite 100, Richmond, VA 23219

www.vdacs.virginia.gov

Provides protection to consumers against fraudulent, deceptive, and illegal practices in the marketplace. Also provides assistance with consumer complaints, advice on consumer issues, dispute resolution alternatives, and information on how to become a smarter consumer.

Counseling Services

Alcoholics Anonymous (Northern VA Intergroup) 703.293.9753

10400 Eaton Place, Suite 106, Fairfax, VA 22030

www.nvintergroup.org

Provides support and help to those with alcohol dependency through self-help support groups.

Center for Pastoral Counseling of Virginia 703.903.9696

3737 Seminary Road, Alexandria, VA 22304

www.pastoralcounseling.com

Professional counseling for individuals, couples, adolescents, children and families.

- Haven of Northern Virginia** **703.941.7000**
 4606 Ravensworth Road, Annandale, VA 22003
www.havenofnova.org
 A non-profit, non-sectarian community organization of trained volunteers that offers emotional support to the bereaved, the seriously ill, the dying and to their families and friends. Provides education to the community about the needs of those who are grieving.
- Jewish Social Service Agency (JSSA)** **703.204.9100**
 3018 Javier Road, 2nd Floor, Fairfax, VA 22031
www.jssa.org
 Non-sectarian organization that provides information and referral, counseling, home visit assessments, and friendly visiting for older persons.
- Multicultural Clinical Center** **703.354.0000**
 6563 Edsall Road, Springfield, VA 22151
www.mccva.com
 Therapy in a wide range of languages including Farsi, Spanish, Korean, Vietnamese, Sign Language and several Middle Eastern languages. Accepts Medicaid for home-based services.
- Northern Virginia Family Services (NVFS)** **571.748.2840**
 5249 Duke Street, Suite 308, Alexandria, VA 22304
www.nvfs.org
 Empowers individuals and families to improve their quality of life, and to promote community cooperation and support in responding to family needs. Provides counseling on a sliding fee scale.
- Widowed Persons Services of Northern Virginia** **703.281.9595**
 Support for newly widowed individuals including telephone assistance, monthly meetings, and special activities.

Disability Services

- Autism Society Northern Virginia Chapter** **703.495.8444**
 98 North Washington Street, Falls Church, VA 22046
www.asnv.org
 Provides information regarding treatment, education, research and advocacy for individuals who have autism and their families.
- Brain Injury Association of America** **703.761.0750**
 1608 Spring Hill Road, Suite 110, Vienna, VA 22182
www.biausa.org
 Assists with increasing access to quality health care and raising awareness and understanding of Brain Injuries through advocacy, education and research.

- Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD)** **703.641.5451**
P.O. Box 2645, Fairfax, VA 22031
www.chadd.org
Non-profit organization providing education, advocacy and support for individuals who have Attention Deficit Hyperactivity Disorder; publishes material on research, medications and treatments.
- ENDependence Center of Northern Virginia, Inc.**..... **703.525.3268**
2300 Clarendon Boulevard, Suite 305, Arlington, VA 22201
www.ecnv.org
Community-based resource and advocacy center managed by and for people with disabilities. Provides peer counseling, independent living skills and travel training.
- Spina Bifida Association of the Mid-Atlantic Region**..... **1.866.938.3407**
4590 MacArthur Boulevard, NW Suite 250, Washington, DC 20007
www.sbamar.org
Supports individuals who have Spina Bifida and similar conditions and their families.
- The Arc of Northern Virginia** **703.532.3214**
2755 Hartland Road, Suite 200, Falls Church, VA 22043
www.thearcofnova.org
Promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community. Offers information on guardianship, Medicaid Waivers, community education, transition resources and referrals.
- The National Multiple Sclerosis Society National Capital Chapter**..... **202.296.5363**
1800 M. Street NW, Suite 750, South Washington, DC 22036
www.nationalmssociety.org/index.aspx
Addresses challenges of living with Multiple Sclerosis and offers programs for individuals and their families.
- United Cerebral Palsy Affiliates** **202.269.1500**
3135 8th Street NE, Washington, DC 20017
www.ucp.org
Serves all individuals who have disabilities and their families through education, employment, housing, family support and adult day rehabilitation.

Educational Opportunities

Adult and Community Education..... 703.824.6845

T.C. Williams High School

3330 King Street, Alexandria, VA 22302

www.acps.k12.va.us/forms/adult-highschool

Classes include basic education, English as a Second Language (ESL), employment training, GED and high school diplomas and other training programs.

Adult Learning Center..... 703.461.4179

Stonewall Jackson Building

25 South Quaker Lane, Room 28, Alexandria, VA 22314

www.acps.k12.va.us/interim-education

Offers GED preparation, basic computer classes, basic reading for non-readers, and English as a Second Language (ESL) classes for foreign-born persons. Call for fees.

Encore Learning (formerly ALRI) 703.228.2144

2110 Washington Boulevard, Arlington, VA 22204

www.arlingtonlri.org

Offers courses, special events, social activities, and non-degree college-level courses in social sciences, history, arts and humanities, law, politics, science, engineering, health and wellness, and public affairs. Open to anyone in DC Metro area, age 50 and over. Annual membership dues.

Experience Works (formerly Green Thumb, Inc.) 703.522.7272

4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203

www.experienceworks.org

A national, charitable, community based organization originally named Green Thumb.

Experience Works helps low-income seniors with multiple barriers to employment get the training they need to find good jobs in their communities.

Hogar Immigrant Services

(Catholic Charities of the Diocese of Arlington)..... 703.534.9805

6201 Leesburg Pike, Suite 307, Falls Church, VA 22044

www.hogarimmigrantservices.org

Offers a combination of legal consultation and representation, naturalization assistance, English-language instruction and other adult education programs.

Lifetime Learning /Lifelong Learning Institute 703.503.0600

Northern Virginia Community College

8333 Little River Turnpike, Annandale, VA 22003

www.lli.nova.org

Offers non-credit classes, discussion groups, seminars, and trip for seniors.

- Literacy Council of Northern Virginia, Inc..... 703.237.0866**
 2855 Annandale Road, Falls Church, VA 22042
www.lcnv.org
 LCNV-trained volunteers and paid instructors teach a personalized curriculum that helps adults improve their employment opportunities, become citizens, acquire consumer skills, and increase their involvement in their children's education.
- Northern Virginia Community College - Community Education 703.845.6227**
 3001 North Beauregard Street, Alexandria, VA 22311
www.nvcc.edu
 Free, non-credit courses to persons 60+ on space available basis if not part of certification program.
- Osher Lifelong Learning Institute (OLLI) 703.503.3384**
 George Mason University
 4210 Roberts Road, Fairfax, VA 22032
www.olli.gmu.edu
 Independent, non-profit institute that provides intellectual and cultural experiences for residents in their retirement years. Annual membership fee.
- Road Scholar 1.800.454.5768**
 11 Avenue De Lafayette, Boston, MA 02111
www.roadscholar.org
 Offers educational tours in all 50 states and 150 countries. Older adults can experience in-depth and behind-the-scenes learning opportunities from cultural tours and study cruises to walking and biking.
- Saint Martin de Porres Senior Center..... 703.751.2766**
 4650 Taney Avenue, Alexandria, VA 22304
www.cdda.net/programs_elderly.php
 Conducts English as a Second Language (ESL) classes and computer skills training for individuals over age 60.

Employment

- Experience Works (formerly Green Thumb, Inc.)..... 703.522.7272**
 4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203
www.experienceworks.org
 Job placements for seniors through "Experience Works" staffing service. A national non-profit organization that provides training and employment services to mature workers.

NCOA Northern Virginia Workforce Resource Center 571.335.4027

85 South Bragg Street, Suite 301, Alexandria, VA 22312

Manages and operates the Senior Community Service Employment Program (SCSEP—also known as Title V). SCSEP matches eligible older adults with part-time jobs in community service organizations.

Senior Employment Resources 703.750.1936

P. O. Box 1324, Annandale, VA 22003

www.seniorjobs.org

Provides information and resources for seniors to help them locate suitable job openings and to enhance their ability to secure interviews and receive job offers.

Senior Services of Alexandria 703.836.4414

700 Princess Street, Alexandria, VA 22314

www.seniorservicesalex.org

Provides placement assistance for in-home care professionals seeking work with a senior citizen.

Virginia Employment Commission Job Service 703.813.1300

5520 Cherokee Avenue, Alexandria, VA 22312

www.vec.virginia.gov

Referral, placement and screening services for work-ready applicants; unemployment benefits, counseling and related vocational and aptitude testing.

Financial Assistance

Customer Call Center 703.746.5700

City of Alexandria, Department of Community and Human Services

2525 Mount Vernon Avenue, Alexandria, VA 22301

www.alexandriava.gov/DCHS

Eligibility services for Virginia public benefits, including Medicaid, SNAP (formerly Food Stamps) and General Relief.

Direct Deposit for Social Security Checks 1.800.772.1213

TTY 1.800.325.0778

6295 Edsall Road, Suite 190, Alexandria, VA 22312

www.ssa.gov/deposit

Senior citizens are encouraged to use Direct Deposit to checking or savings accounts to prevent delay or theft of federal benefit payments. Call local Social Security Administration at number above.

Money Management International 1.866.531.3433

www.cccswdc.org

Counsels families and individuals with financial problems. Provides assistance in renegotiating delinquent home mortgages and other credit payments. Also assists those needing reverse mortgages and first-time home buyers.

Pension Rights Center..... 202.296.3776
1350 Connecticut Avenue, NW, Washington, DC 20036
www.pensionrights.org
Non-profit organization helps with pension questions and problems.

The United States Social Security Administration 703.274.0145
Toll-Free 1.800.772.1213
TTY 1.800.325.0778
6295 Edsall Road, Suite 190, Alexandria, VA 22312
www.ssa.gov
Administers Social Security Retirement Benefits and Survivors Insurance, Disability Insurance and Supplemental Security Income (SSI). Assists applicants to file for benefits/answers inquiries.

Food and Nutrition

Alexandria Cooperative Extension Office - Nutrition Education 703.746.5544
1108 Jefferson Street, Alexandria, VA 22314
www.ext.vt.edu
Free nutrition education for individuals and groups.

Liquid Supplement Program 703.746.5999 option 1
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Once a month delivery of nutritional liquid food supplement (3 flavors available) for low-income persons aged 60+ who are unable to prepare meals and have a doctor's prescription for the supplement.

Meals on Wheels 703.746.5999 option 1
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Provides two nutritious meals, one hot and one cold, delivered at mid-day, seven days a week for person's age 60+ who are homebound, meet Department of Aging criteria and cannot afford to pay for meals.

Meals on Wheels 703.836.4414
Senior Services of Alexandria
700 Princess Street, Alexandria, VA 22314
www.seniorservicesalex.org
Provides two nutritious meals, one hot and one cold, delivered seven days a week for private pay clients.

Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps)
City of Alexandria, Benefits Programs **703.746.5801**
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.dss.virginia.gov/benefit
SNAP (formerly Food Stamps) can be used like cash to buy eligible food items from authorized retailers. A SNAP account is established for eligible households and automatic deposits are made into the account each month.

SHARE (Food network)..... **301.864.3115 or 1.800.217.4273**
5170 Lawrence Place, Hyattsville, MD 20781
www.sharedc.org
A cooperative food program which enables registered participants to get food once a month at a bargain rate. Monthly value packages cost just \$20 and include \$40-\$50 worth of basic and healthy groceries.

Health Care Professional Referral Services

INOVA Alexandria Hospital Physician Referral..... **1.855.694.6682**
Virginia Department of Health Professions
(Virginia Board of Medicine)..... **1.800.533.1560**
www.dhp.virginia.gov
Enforces standards of practice and provides health care information to health practices and public. License look up.

Health Care Services

Clinics - General Medical

Alexandria Neighborhood Health Services, Inc. **703.535.5568**
www.anhsi.org
Federally qualified low-cost health center for all ages and genders. All insurances accepted and there is no City residency requirement.

Casey Clinic (Flora Krause Casey Health Center)..... **703.746.4886**
1200 North Howard Street, Alexandria, VA 22304
General medical and specialty care to Alexandria residents who meet state income guidelines. Services include clinics for medical, surgery follow-up, urology, ear, nose and throat, allergies, oncology, nutrition counseling, audiology screenings, and pharmacy.

City of Alexandria, Health Department..... **703.746.4996**
4480 King Street, Alexandria, VA 22302
www.alexhealth.org
Services include blood pressure screening, blood sugar testing, chest clinic, speech therapy, home visits for counseling and supervision of health conditions.

Fort Belvoir Outpatient Clinic 571.231.2408

9300 Dewitt Loop, Sunrise Pavilion, Fort Belvoir, VA 22060

www2.va.gov

Outpatient services for veterans.

Queen Street Clinic 703.299.9701

1000 Queen Street, Alexandria, VA 22314

This clinic is for the medically uninsured, provides full check-ups and diagnoses for any illness or concern.

Clinics - Kidney Dialysis

Alexandria Kidney Center (Dialysis Service) 703.370.8250

4141 Duke Street, Alexandria, VA 22304

www.dialysiscenters.org

Provides kidney dialysis, Continuous Ambulatory Peritoneal Dialysis and support services.

DaVita Dialysis Center 1.800.424.6589

5999 Stephenson Avenue, Suite 100, Alexandria, VA 22304 **703.751.3892**

5150 Duke Street, Alexandria, VA 22304 **703.823.7945**

www.davita.com

Provides a complete range of dialysis treatments and support services for patients living with chronic kidney failure.

Dental Care

Alexandria Neighborhood Health Services, Inc. Dental Clinic

(ANHSI Dental Clinic) 703.535.5568

4480 King Street, 1st Floor, Alexandria, VA 22302

www.anhsi.org

Dental care for low-income children and seniors 60+. Medicaid, Commercial/Private Insurance and sliding scale fee discount for the uninsured.

Howard University, College of Dentistry Dental Clinic 202.806.0008

600 W Street, NW, Washington, D.C. 20059

Extensive range of dental treatments and oral health care services for adults and children.

Northern Virginia Community College Dental Hygiene Clinic 703.822.6673

6699 Springfield Center Drive, Springfield, VA 22150

www.nvcc.edu

Free routine preventive services such as examination, cleaning, polishing and oral cancer screening, performed by students under supervision.

Northern Virginia Dental Clinic of the Northern VA Dental Society 703.820.7170
5827 Columbia Pike, Suite 405, Falls Church, VA 22041
www.nvds.org/northern-virginia-dental-clinic
Preventive dental exams, regular dental care, and dentures. Sliding scale fees. Referral needed from Department of Community and Human Services 703.746.5901.

Eye and Vision Care

Community Action Agency..... 703.746.5700
City of Alexandria, Department of Community and Human Services
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Coordinates with the Lions Club to provide eyeglasses to the financially needy. DCHS may also be able to assist with the cost of an eye exam.

Eye Care America..... www.eyecareamerica.org
Referral for eye care for needy persons aged 65 and older. Referrals must be done via website.

Prevention of Blindness Society of Metro Washington 202.234.1010
1775 Church Street, NW, Washington, DC 20036
www.youreyes.org
Offers eyeglasses to the financially needy. Client must not be able to receive glasses from a public program, and be unable to afford the full fee of glasses. Appointment required. No residency required.

Prevention of Blindness Society Low Vision Learning Center 703.652.7803
103 South Alfred Street, Alexandria, VA 22314
www.youreyes.org
Offers a variety of programs and services for people with low vision including examinations and personalized rehabilitation programs. They also provide individuals the opportunity to test the latest visual aids and low vision technology.

Mental Health

Alcohol and Substance Abuse Services (Detox).....703.746.3600 or 703.746.3636
City of Alexandria, Department of Community and Human Services
2355A Mill Road, Alexandria, VA 22314
www.alexandriava.gov/DCHS
Detox Center offers detox services as well as drug and alcohol treatments services.

Dominion Hospital..... 703.538.2872
2960 Sleepy Hollow Road, Falls Church, VA 22044
www.dominionhospital.com
Assessments conducted at the hospital. Third party payments accepted.

First Step..... 703.538.2872

2960 Sleepy Hollow Road, Falls Church, VA 22044

www.dominionhospital.com

Free, confidential mental health information, assessment and referral service.

George Washington University Hospital - Geriatric Center 202.741.2222

2150 Pennsylvania Avenue, NW, Room 5-425, Washington, D.C. 20037

www.gwhospital.com

Medical and psychiatric evaluations of the elderly. Call for appointment.

INOVA Comprehensive Addiction Treatment Services (CATS) 703.776.7777

3300 Gallows Road, Falls Church, VA 22042

www.inova.org

Inpatient Program: admission by scheduled appointment, 24 hours per day, 7 days per week. CATS offers a series of structured programs for patients and their concerned others, tailoring services according to individual needs. Treatment and counseling are provided by a professional staff of addiction specialists, including physicians, psychiatrists, nurses, certified addiction counselors and licensed professional counselors.

Mental Health America 703.684.7722

2000 North Beauregard Street, 6th Floor, Alexandria, VA 22311

www.nmha.org

Advocacy, community outreach and education for persons with mental health disorders.

Older Adult Clinical Services 703.746.3400

City of Alexandria, Clinical and Emergency Services

4401 Ford Avenue, 1st Floor, Alexandria, VA 22302

www.alexandriava.gov/DCHS

Geriatric mental health evaluation team provides a professional assessment of mental health and substance abuse problems, provides case management services, one-on-one therapy and makes referrals to appropriate services.

Mental Health – Day Treatment and Inpatient Programs

Dominion Hospital..... 703.538.2872

2960 Sleepy Hollow Road, Falls Church, Virginia 22044

www.dominionhospital.com

Offers senior adult inpatient and partial hospitalization programs, free mental health information and referral, geriatric evaluations, and home visits by psychiatric nurses.

INOVA Fairfax Behavioral Health Services 703.660.8100

6910 Richmond Highway, Suite 110, Alexandria, VA 22306

www.inova.org

Psychiatric day hospital for adults.

Health Education Resources

ABCD Helpline (After Breast Cancer Diagnosis)..... 1.800.221.2141

This 24 hours hot line offers breast cancer information and support.

Alzheimer's Association (National Capital Area)..... 703.359.4440

1.800.272.3900 24 hour/7 day helpline

3701 Pender Drive, Suite 400, Fairfax, VA 22030

www.alz.org/nca

Patient care information and support groups for families of Alzheimer's patients in all stages of dementia.

Alzheimer's Disease Education and Referral Center 1.800.438.4380

3701 Pender Drive, Suite 400, Fairfax, VA 22030

Alzheimer's Support Group Helpline 703.359.4440

www.alzheimers.org/clintrials

Information on diagnosis, treatment, and research of Alzheimer's Disease. Services for patients and families.

American Cancer Society..... 703.938.5550

124 Park Street, SE, Vienna, VA 22180

www.cancer.org

Services to cancer patients and their families including education, patient services and rehabilitation. For transportation to treatments call 1.888.227.6333.

American Diabetes Association.....703.549.1500 or 1.800.342.2383

1701 North Beauregard Street, Alexandria, VA 22311

www.diabetes.org

Provides information and advice to people with diabetes and their families, including books, brochures, magazine articles and nutrition information.

American Heart Association (Greater Washington Region)..... 703.248.1700

4301 North Fairfax Drive, Suite 530, Arlington, VA 22203

www.americanheart.org

Information on heart disease and stroke, blood pressure screenings, CPR and nutrition classes.

Arthritis Foundation (Metropolitan Washington Chapter)..... 1.800.365.3811

4720 Montgomery Lane, Bethesda, MD 20814

www.arthritis.org

Information and education on arthritis, related diseases, self-help courses and support groups.

INOVA Healthsource Senior Services..... 1.855.694.6682

8110 Gatehouse Road, Falls Church, VA 22042

www.inova.org

Information on health education classes and the Senior Health Access Resources and Education Program (SHARE). Health and service discounts, health screenings, newsletters, emergency ID cards, and educational presentations.

Durable Medical and Rehabilitation Equipment

Washington Area Wheelchair Society 1.855.694.6682

8220 Mayor Lane, Silver Spring, MD 20901

Collects, refurbishes, and distributes used durable medical equipment to the medically and financially needy in Virginia, Maryland, and Washington, DC. Information and referral services to assist those with medical insurance, Medicare or Medicaid.

Health Insurance

Counseling

State Corporation Commission 1.800.552.7945 or 804.371.9741

Bureau of Insurance

P.O. Box 1157, Richmond, VA 23209

www.scc.virginia.gov/boi

Processes inquiries or complaints about insurances. Provides information about insurance companies and facilities licensed by the state.

Virginia Insurance Counseling and Assistance Program (VICAP) 703.228.1700

2100 Washington Boulevard, 4th Floor, Arlington, VA 22204

Free Medicare education and counseling regarding Medicare health insurance options and assistance with medical insurance forms. Educational workshops offered to public on Medicare insurance issues.

Medicaid

Medicaid Program 703.746.5902

City of Alexandria, Benefits Programs

2525 Mount Vernon Avenue, Alexandria, VA 22301

www.alexandriava.gov/CommonHelp

Medicaid is an assistance program that pays medical service providers for medical services to eligible low-income individuals.

Medicare

Centers for Medicare and Medicaid Services (CMS)..... 1.800.MEDICARE

www.medicare.gov

www.cms.gov

Speak to a representative regarding enrollment, drug coverage, preventative services, durable medical equipment competitive bidding program, billing and claims, and general questions.

Medicare HMO Appeals Hotline 1.888.466.9050

www.medicarerights.org

The Medicare Rights Center operates a national Medicare HMO hotline to assist Medicare HMO members who are appealing HMO denials of care or coverage.

Social Security Administration – Medicare..... 1.800.772.1213

6295 Edsall Road, Suite 190, Alexandria, VA 22312

www.ssa.gov

Federal health insurance program for persons 65+ and persons of any age with certain certifiable disabilities.

In-Home Care and Assistance

Companion Service Program 703.746.5999 option 1

City of Alexandria, Division of Aging and Adult Services

4401 Ford Avenue, 1st Floor, Alexandria, VA 22302

www.alexandriava.gov/Aging

Companion Service Program provides free assistance with housekeeping, laundry and shopping for eligible persons.

Door Thru Door (Home Care Partner's, Inc.) 202.638.0736

1234 Massachusetts Avenue, NW, Suite C-1002, Washington, D.C. 20005

Service provides a free home health aide to accompany clients to medical appointments. Client provides or arranges transportation.

Friendly Visitor Program 703.836.4414

Senior Services of Alexandria

700 Princess Street, Alexandria, VA 22314

Volunteers make weekly visits to elderly people residing in the City of Alexandria. The goal of the program is to relieve loneliness and the feelings of isolation experienced by many of the City's seniors.

Senior Services of Alexandria..... 703.836.4414

700 Princess Street, Alexandria, VA 22314

www.seniorservicesalex.org

This non-profit organization helps seniors and their families arrange companion and home care services for private pay clients.

Snow Buddies..... 703.746.4357

City of Alexandria, Office of Communication and Public Information

301 King Street, Room 1900, Alexandria, VA 22314

Provide snow removal assistance for low-income, homeowners or occupants who are elderly or disabled. The City and Volunteer Alexandria will match eligible residents with volunteers who can shovel their snow.

Hospice Services

National Hospice and Palliative Care Organization 703.837.1500

1731 King Street, Suite 100, Alexandria, VA 22314

www.nhpco.org

Organization advocates for the terminally ill and their families. Develops public and professional educational programs and materials to enhance understanding and availability of hospice and palliative care, provides technical informational resources to its membership, conducts research, monitors Congressional and regulatory activities and works closely with other organizations that share an interest in end of life care.

Hospitals

INOVA Alexandria Hospital 703.504.3000

4320 Seminary Road, Alexandria, VA 22304

www.inova.org/iah

Also offers home healthcare through the INOVA Visiting Nurses Association of Northern Virginia.

Housing

Adult Care Residences/Assisted Living

District Home

Birmingham Green Assisted Living Facility 703.257.0935

8605 Centreville Road, Manassas, VA 20110

www.birminghamgreen.org

Private pay assisted living facility offering private and semi-private rooms.

Sunrise Assisted Living of Alexandria 703.212.9192

3520 Duke Street, Alexandria, VA 22304

www.sunriseseniorliving.com

Private pay assisted living. Includes assisted living units, Alzheimer's and memory care unit and short term stay units.

LaBier Assisted Living..... 703.370.7555

Dawes House, 5708 Dawes Avenue, Alexandria, VA 22311

David Lane House, 4009 David Lane, Alexandria, VA 22311

Private pay assisted living facilities for residents with Alzheimer's disease, dementia or other related conditions that need daily assistance.

Willow Oaks

Birmingham Green Assisted Living Facility 703.257.0935

8605 Centreville Road, Manassas, VA 20110

www.birminghamgreen.org

Assisted living facility for adults eligible for Auxiliary Grant Program. Private and semi-private rooms. Admission available through Division of Aging and Adult Services. Call 703.746.5999 option 1.

Continuing Care Retirement Communities

A continuing Care Retirement Community (CCRC) is a retirement community that offers independent living, assisted living and skilled nursing all on one campus.

Goodwin House..... 703.578.1000

4800 Fillmore Avenue, Alexandria, VA 22311

www.goodwinhouse.org

The Hermitage in Northern Virginia..... 703.797.3844

5000 Fairbanks Avenue, Alexandria, VA 22311

www.hermitage-nova.com

The Fountains at Washington House 703.845.5100

5100 Fillmore Avenue, Alexandria, VA 22311

www.watermarkcommunities.com/washingtonhouse

Emergency Shelters and Homelessness Prevention Services

Alexandria Community Shelter

City of Alexandria, Office of Community Services

2355B Mill Road, Alexandria, VA 22314

Single men or women..... **703.548.0452**

Families with children..... **703.746.5700**

65-bed shelter for single men, single women and families.

ALIVE! House

125 Payne St. Alexandria, VA 22314 703.684.1430

2723 King St. Alexandria, VA 22314..... 703.837.9300

www.alive-inc.org

Shelter for single or married women, with or without children, and men with children.

Carpenter's Shelter 703.548.7500

930 North Henry Street, Alexandria, VA 22314

www.carpentersshelter.org

Single men and women **703.548.0452**

Families with children **703.746.5700**

Shelter for individuals and families. Provides an overnight hypothermia unit in winter.

Christ House 703.549.8644

Catholic Charities of Arlington Diocese

131 South West Street, Alexandria, VA 22314

www.cdda.net

Soup kitchen offers meals at 5 p.m. daily.

Eviction Assistance and Homeless Prevention Program (HPP) 703.746.5700

City of Alexandria, Department of Community and Human Services

2525 Mount Vernon Avenue, Alexandria, VA 22301

www.alexandriava.gov/DCCHS

Provides emergency rental payment, security deposit and assistance with furniture storage in eviction cases for Alexandria residents facing homelessness.

Nursing Homes / Facilities / Services

Nursing home care is for those persons who require less than the acute care provided by a hospital, but for whom adequate nursing services are not available at home, in the community. Call 703.746.5999 for information on area nursing homes.

Birmingham Green Nursing Facility 703.257.0935

8605 Centreville Road, Manassas, VA 20110

www.birminghamgreen.org

Skilled, intermediate care and a specialized dementia unit. Call the Division of Aging and Adult Services, 703.746.5999 for state assistance.

Envoy of Alexandria 703.684.9100

900 Virginia Avenue, Alexandria, VA 22302

www.envoycare.com

Woodbine Rehabilitation and Health Care Center 703.836.8838

2729 King Street, Alexandria, VA 22302

www.woodbinerehab.com

Subsidized Housing (Independent Living)

In subsidized, or government assisted HUD housing, tenants pay about 30% of their income for rent. Residents must be age 62+ or be disabled and be income eligible. Call the following for specific rental costs and waiting list information.

Alexandria Redevelopment & Housing Authority (ARHA)..... 703.549.7115

18 Roth Street, Alexandria, VA 22314

Information and applications for housing vouchers, subsidized housing and public housing for low-income persons.

Annie B. Rose House 703.548.4946

399 Pendleton Street Alexandria, VA 22314

Claridge House II 703.823.5444

301 North Ripley Street Alexandria, VA 22304

Foxchase of Alexandria 571.451.0532

320 North Jordan Street Alexandria, VA 22304

Old Towne West..... 703.549.4343

500 South Alfred Street Alexandria, VA 22314

Other Housing Resources

Apartment Locator Services (FREE) Southern Management..... 1.888.612.7868

2 Sun Court, NW, Suite 300, Norcross, GA 30092

www.apartmentfinder.com

Home Ownership Assistance Program 703.746.3099/3097

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

Office of Housing offers affordable homeownership opportunities for low-income City resident homebuyers.

Home Rehabilitation/Repair Loans 703.746.4990

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

www.alexandriava.gov/Housing

Offers interest free home rehabilitation loans and grants to qualified persons with low-income or persons with disabilities to make home or accessibility improvements. Also offers Home Ownership Assistance Program for all eligible City residents.

Landlord/Tenant Relations 703.746.4990

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

www.alexandriava.gov/Housing

Investigates and mediates disputes between landlords and tenants involving rental housing.

Real Estate Tax/Property Tax Relief/Deferral 703.746.3909/3902

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

www.alexandriava.gov/Housing

Real estate and property taxes can be forgiven or deferred for qualified persons over 65 or those with a total or permanent disability who meet income criteria.

Rebuilding Together Alexandria 703.836.1021

700 Princess Street, Mezzanine Suite 206, Alexandria, VA 22314

www.rebuildingtogetheralex.org

Volunteers make repairs free of charge to the homes of low-income elderly and disabled persons.

Rental Accessible Modification Program (RAMP)..... 703.746.4990

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

www.alexandriava.gov/Housing

Program assists low and moderate income renters with physical disabilities in completing modifications to improve accessibility to their residences.

Rent Relief Program..... 703.746.5918

City of Alexandria, Office of Community Services

2525 Mount Vernon Avenue, Alexandria, VA 22301

www.alexandriava.gov/DCHS

Grants available for qualified renters 65 years and older or those with a permanent disability.

Virginia Housing Development Authority Accessibility..... 804.782.1986

www.vhda.com

Helps improve accessibility in homes for people with physical and sensory disabilities.

Information and Referral

REGIONAL RESOURCES DIAL 211

Call.Click.Connect..... 703.746.4357

City of Alexandria, Office of Communications and Public Information

301 King Street, Room 1900, Alexandria, VA 22314

www.alexandriava.gov/ContactUs

Information and referral to services in the City of Alexandria and a means of communicating with City officials and staff.

Customer Call Center..... 703.746.5700

City of Alexandria, Department of Community and Human Services

2525 Mount Vernon Avenue, Alexandria, VA 22301

www.alexandriava.gov/DCHS

Information on social services and public benefits assistance; mental health, intellectual disability and substance abuse services; and support initiatives for women.

SeniorNavigator/disAbilityNavigator (VirginiaNavigator)..... 1.866.393.0957

www.virginiannavigator.org

A free public service and website for Virginians seeking resources for seniors and persons with disabilities.

Senior Helpline

(Jewish Council for the Aging of Greater Washington)..... 703.425.0999

12320 Parklawn Drive, Rockville, MD 20852

www.accessjca.org

Provides information and referral on a wide range of senior services.

Legal Services

Alexandria Bar Association Lawyer Referral..... 703.548.1106

520 King Street, Suite 202, Alexandria, VA 22314

www.alexandriabarva.org

Referral to members of the private bar. Consultations at a nominal fee.

American Association of Retired Persons (AARP)

AARP Legal Services Network..... 1.866.330.0753

www.aarplsnyge.org

Free access to AARP legal network directory of attorneys. Free initial consultation with a lawyer in your neighborhood, for members.

Commonwealth's Attorney 703.746.4100

City of Alexandria, Office of the Commonwealth Attorney

Courthouse, 520 King Street, Suite 301, Alexandria, VA 22314

www.alexandriava.gov/commattorney

This office is responsible for prosecution of criminal and traffic offenses in Virginia. Provides assistance to crime victims and witnesses.

Human Rights 703.746.3140/5419

City of Alexandria, Office of Human Rights

421 King Street, Suite 400, Alexandria, VA 22314

www.alexandriava.gov/HumanRights

Enforces the non-discrimination provisions of the City's Human Rights Ordinance, including discrimination based on age.

Legal Services of Northern Virginia

Alexandria Office 703.684.5566

Intake Line 703.778.6800

Toll Free 866.534.5243

603 King Street, Alexandria, VA 22314

www.lsnv.org

Non-profit public interest law firm that provides advice to person's age 60+ regardless of income. Provides free legal assistance to low-income residents of Northern Virginia.

National Academy of Elder Law Attorneys (NAELA) 703.942.5711

1577 Spring Hill Road, Suite 220, Vienna, VA 22182

www.naela.org

A non-profit association that provides information, education, networking and referrals to those with specialized issues involving the elderly or persons with special needs.

Virginia State Bar Nationwide Lawyer Referral Service 1.800.552.7977

707 East Main Street, Suite 1500, Richmond, Virginia 23219

www.vsb.org

Provides a referral to an attorney that is in good standing with the Virginia State Bar.

Virginia Department of Aging and Rehabilitation Services,

Virginia Division for the Aging (VDA) 1.800.552.3402

1610 Forrest Avenue, Suite 100, Richmond, VA 23229

www.vda.virginia.gov

VDA works with 25 local Area Agencies on Aging (AAAs) as well as other public and private organizations to help older Virginians, their families and loved ones find the services and information.

Libraries

Alexandria libraries host a variety of events and programs. For calendars, please visit the website or call the branch.

Charles E. Beatley, Jr. Central Library 703.746.1702

5005 Duke Street, Alexandria, VA 22304

www.alexandria.lib.va.us

Houses the Alexandria Library Talking Book Department which offers reading machines that play pre-recorded tapes that contain complete, unabridged books for the blind and physically challenged. These tapes are professionally recorded through The National Library Service of the Library of Congress.

Ellen Coolidge Burke Branch Library..... 703.746.1704

4701 Seminary Road, Alexandria, VA 22304

www.alexandria.lib.va.us

James M. Duncan Branch Library 703.746.1705

2501 Commonwealth Avenue, Alexandria, VA 22301

www.alexandria.lib.va.us

Kate Waller Barrett Branch Library..... 703.746.1703

Special Collections/Local History..... 703.746.1706

717 Queen Street, Alexandria, VA 22314

www.alexandria.lib.va.us

Houses the Special Collections Division which includes information regarding Alexandria and Virginia history. Activities include generating online exhibits, collection guides and genealogy indexes.

Multicultural Services and Special Populations

Alexandria VET Center..... 703.360.8633

6940 South Kings Highway, Suite 204, Alexandria, VA 22310

Provides mental health services to veterans.

Christ House, Catholic Charities of Arlington Diocese

Monetary Assistance..... 703.548.4227

Shelter 703.549.8644

131 South West Street, Alexandria, VA 22314

www.cdda.net

Emergency assistance, counseling, immigration service, legal assistance and information and referral.

Ethiopian Community Development Council, Inc. (ECDC)..... 703.685.0510
 901 South Highland Street, Arlington, VA 22204
www.ecdcus.org
 Responds to the needs of newcomers from diverse cultural backgrounds.

Hispanic Committee of Virginia (NVFS) 703.671.5666
 5827 Columbia Pike, Suite 200, Falls Church, VA 22041
www.nvfs.org
 Information and referral, English as a Second Language and citizenship classes, immigration services, employment, education, social services, home buying, and entrepreneurial projects.

Hogar Immigrant Services..... 703.534.9805
Catholic Charities of Arlington Diocese
 6201 Leesburg Pike, Suite 307, Falls Church, VA 22044
www.hogarimmigrantservices.org
 Adoption, counseling, elderly services, crisis pregnancy counseling, food pantry, immigration, legal, services for the disabled, English as a Second Language classes, and prison ministry.

Jewish Community Center of Northern Virginia (JCCNV) 703.323.0880
 8900 Little River Turn Pike, Fairfax, VA 22031
www.jccnv.org
 Educational, social and recreational activities for senior adults, and information and referral.

Jewish Council for the Aging of Greater Washington 703.425.0999 or 301.255.4200
TTY 301.881.5263
 12320 Parklawn Drive, Rockville, MD 20852
www.accessjca.org
 Provides transportation, volunteer opportunities, information and referrals in Northern Virginia. Services are non-sectarian.

Jewish Social Service Agency703.204.9100 or 703.896.7918
 3018 Javier Road, 2nd Floor, Fairfax, VA 22031
www.jssa.org
 Provides information and referral, employment, counseling, home visit assessments, friendly visiting, volunteer opportunities, hospice, bereavement, disability, services and home care.

Korean Services (Salvation Army).....703.385.8702 Ext.28
Social Services Alexandria..... 703.548.0579
Shelter referral..... 703.329.2080
Transitional housing 703.836.2427
 4915 Ox Road, Fairfax, VA 22030
www.salvationarmysouth.org
 Korean information and referral service.

- Multicultural Human Services Center (NVFS)..... 571.748.2800**
6400 Arlington Boulevard, Suite 110, Falls Church, VA 22046
www.nvfs.org
Domestic violence programs. Programs for survivors of torture and severe trauma and multicultural mental health treatment and services in a variety of languages.
- National Caucus and Center on Black Aged, Inc. 202.637.8400**
1220 L Street, NW, Suite 800, Washington, D.C. 20005
www.ncba-aged.org
Goal is to improve the quality of life for elderly African Americans and low income minorities.
- Older Women's League (OWL)**
Field Services Office 1.800.825.3695 or 202.567.2606
1625 K Street NW Suite 1275 Washington DC 20006
www.owl-national.org
National association that works to improve the status and quality of life for midlife and older women.
- U.S. Department of Veterans Affairs..... 1.800.827.1000**
810 Vermont Avenue, NW Washington, DC 20420
www.va.gov
Information regarding services available to service members, veterans, spouses and other eligible beneficiaries.
- Virginia Department for Veteran Services..... 703.813.1529**
5520 Cherokee Avenue, Suite 100, Alexandria, VA 22312
Provides assistance in preparing claims for Veterans benefits and referrals to other services.
- Veterans Health Care Benefits at Fort Belvoir..... 571.231.2408**
9300 DeWitt Loop (Sunrise Pavilion), Fort Belvoir, VA 22060
Provides medical care and issues Veterans ID Cards.
- Veterans (Armed Forces) services through the Red Cross..... 240.485.3031**
2020 East West Highway, Silver Spring, MD 20910
Provides job placement and referral services.

Recreation Activities

City of Alexandria,
Department of Recreation, Parks and Cultural Activities 703.746.5575
TTY 711(VA Relay)
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/recreation

Power-Plus 55..... 703.746.5575
City of Alexandria, Department of Recreation, Parks and Cultural Activities
1108 Jefferson Street, Alexandria, VA 22314
www.alexandriava.gov/recreation
Recreation programs for older adults ages 55 and over. Including Power-Plus classes, clubs, one-day adventures, sports, senior Olympics and other services.

Recreation Centers

Recreation centers have activities geared toward persons of all ages including trips, special events, classes, and special interest clubs. Fitness and exercise programs are available at many locations. For more information, see [alexandriava.gov/Recreation Centers](http://alexandriava.gov/RecreationCenters). For information, to register for any of the City Recreation Center-based activities listed below, or to be placed on a mailing list, call the Senior Program Office **703.746.5575**.

Charles Houston Recreation Center..... 703.746.5552
901 Wythe Street, Alexandria, VA 22314

Chinquapin Recreation Center..... 703.746.5553
3210 King Street, Alexandria, VA 22302

Cora Kelly Recreation Center..... 703.746.5554
25 West Reed Avenue, Alexandria, VA 22302

Mount Vernon Recreation Center 703.746.5556
2701 Commonwealth Avenue, Alexandria, VA 22301

Nannie J. Lee Memorial Recreation Center 703.746.5550
1108 Jefferson Street, Alexandria, VA 22314

Northern Virginia Senior Olympics..... 703.228.4721
www.nvso.us

The Northern Virginia Senior Olympics Program is held annually in September and open to all resident ages 50 years and older. Senior adults are offered the opportunity for competition and fellowship through the Senior Olympics experience.

William Ramsay Recreation Center..... 703.746.5558
5650 Sanger Avenue, Alexandria, VA 22311

Senior Centers

Saint Martin de Porres Senior Center..... 703.751.2766

City of Alexandria, Division of Aging and Adult Services

4650 Taney Avenue, Alexandria, VA 22304

www.ccda.net/programs_elderly.php

Non-denominational senior center serving City residents aged 60 and over. Offers wellness classes, exercise, English as a Second Language (ESL) classes, blood pressure screenings, support groups and social services. A nutritious lunch is served daily. Transportation is available through the Division of Aging and Adult Services at **703.746.3275**.

The Senior Center at Charles Houston 703.746.5456

City of Alexandria, Division of Aging and Adult Services

901 Wythe Street, Alexandria, VA 22314

www.alexandriava.gov/RecreationCenters

Serves City residents aged 60 and over with wellness classes, blood pressure screenings, support groups, recreational and social activities. Lunch is served daily. Door-to-door bus transportation service to the Center is available through the Division of Aging and Adult Services at **703.746.3275**.

Other Senior Activities

YMCA..... 703.838.8085

420 East Monroe Avenue, Alexandria, VA 22301

www.ymca.net

Helps clients remain fit using indoor pool, ladies health center, and the men's athletic club. Discount memberships for seniors 65 and older.

Services for Speech, Language and Hearing Impaired Persons

American Speech-Language Hearing Association

(ASHA).....301.296.5700 or 1.800.638.8255

2200 Research Boulevard, Rockville, MD 20852

www.asha.org

Brochures, booklets, lists of centers for assistive devices, practical tips and referrals.

Hearing Loss Association of America 301.657.2248

TTY 301.657.2249

7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814

www.hearingloss.org

Education, support and self-help motivation to hard of hearing people.

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons 703.352.9055
TTY 703.352.9056

Pender Drive, Suite 130, Fairfax, VA 22030

www.nvrc.org

Information and referral, advocacy with public agencies, and community education.

Virginia Department for the Deaf and Hard of Hearing Voice/TTY 1.800.552.7917 or 1.804.662.9502

1602 Rolling Hills Drive, Suite 203, Henrico, Virginia 23229

www.vddhh.org

The Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers between persons who are deaf or hard of hearing and those who are hearing.

Virginia Relay Center Voice/TTY 1.800.552.7917

1602 Rolling Hills Drive, Suite 203, Richmond, VA 23229

www.varelay.org

This free service connects people who are deaf, hard of hearing, deaf blind or speech disabled and relays the conversation between both parties.

Transportation Services

DASH Bus/Alexandria Transit Company 703.746.3274/703.746.DASH

3000 Business Center Drive, Alexandria, VA 22314

www.dashbus.com

City of Alexandria fixed route bus system, including after rush hour service to and from Metro Stations.

Senior Transportation Services 703.746.3275

City of Alexandria, Division of Aging and Adult Services

2900 Business Center Drive, Alexandria, VA 22314

www.alexandriava.gov/Aging

The Aging and Adult Services bus is available for various trips: grocery shopping, to/from senior centers, and some of their outings. Service is for City residents aged 60+ on specially scheduled routes. Fare: Donation requested, but not required. Special “chartered” trips may be arranged for a fee by reservation.

Metrobus/Metrorail

Old Town Transit Shop 703.229.6227

1775-C Duke Street, Alexandria, VA 22314

www.alexandriava.gov/Localmotion

Reduced fare tickets for Metro for seniors 65 and above. Obtain passes, tokens, Smartrip cards, schedules and transit information around the Washington Metro area.

Washington Metropolitan Area Transit Authority (WMATA)..... 202.637.7000
TTY 202.638.3780
600 5th Street, NW, Washington, DC 20001
www.wmata.com
Metro Information including schedules, fares, parking, and services for seniors and adults with disabilities.

Special Transportation Services

*Denotes vehicles with wheelchair lift van equipment to transport persons with disabilities.

***Alexandria Yellow Taxi Cab (24-hour notice for lift vans) 703.549.2500**
3014 Colvin Street, Alexandria, VA 22314
www.alexandriayellowcab.com
Dispatch service to taxicabs that provides immediate service.

American Cancer Society 1.888.227.6333
www.cancer.org
The American Cancer Society Road to Recovery program provides transportation to and from treatment for people who have cancer who do not have a ride or are unable to drive themselves.

***Diamond Transportation Services (24-hour notice for lift vans) 703.912.7606**
7307C Highland Street, Springfield, VA 22315
www.diamondtransportation.us
Paratransit service with wheelchair accessible vans, services for persons with intellectual disabilities and shuttle buses.

***D.O.T -Transportation for People with Disabilities 703.746.4079**
City of Alexandria, Transit Services
301 King Street, Room 4100, Alexandria, VA 22314
www.alexandriava.gov/Transit
City of Alexandria taxi cab or wheelchair accessible van service for persons unable to use public transportation. Must have doctor's certification of disability. DOT provides service throughout Alexandria, Falls Church, Fairfax City and Arlington and Fairfax Counties seven days a week. Call for an application or information.

Medicaid Transportation Service (Logisticare) 1.866.386.8331
Dialysis appointments 1.866.836.1570
620 Herndon Parkway, Suite 100, Herndon, VA 20170
www.transportation.dmas.virginia.gov
Free round-trip transportation to medical appointments for people who have Medicaid and FAMIS clients.

MetroAccess 301.562.5360
TTY 301.588.7535
600 5th Street, NW, Washington, DC 20001
www.wmata.com/accessibility/metroaccess_service
Shared ride transit service for people with disabilities who are unable to use fixed-route public transportation. The service provides daily trips throughout the entire Metropolitan region. Accepts Metrorail fare cards as a form of payment. To qualify, you must complete an application and participate in a functional assessment to determine which services best meet your needs.

Senior Taxi Yellow Card Program 703.746.5999 option 1
City of Alexandria, Division of Aging and Adult Services
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Available to Alexandria residents age 60 and older who meet income requirements. Allows eligible riders to schedule taxi rides directly with Yellow Cab 24 hours a day, 7 days a week with no destination restrictions.

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles/Alexandria 804.497.1700
TTY 1.800.272.9268
2681 Mill Road, Alexandria, VA 22314-4680
www.dmv.state.va.us
Driver's license, vehicle registration, driving records and disability programs.

Utilities and Utility Assistance

Dominion Virginia Power (electric company)..... 1.888.DOM.HELP / 1.888.366.4357
www.dom.com
Call for information on the Gatekeeper Program, large print bills, third party notice, and priority service for life support devices.

Energy Assistance

City of Alexandria, Office of Community Services 703.746.5918
2525 Mount Vernon Avenue, Alexandria, VA 22301
www.alexandriava.gov/DCHS
Financial help to qualified individuals to pay their gas, electric and other utility bills. Ongoing and emergency assistance requests evaluated by DCHS Community Action Agency staff.

Fan Care Program

City of Alexandria, Division of Aging and Adult Services 703.746.5999 option 1

4401 Ford Avenue, 1st Floor, Alexandria, VA 22302

www.alexandriava.gov/Aging

Program provides fans, air conditioners, or air conditioner repairs for low-income persons 60+ with health problems. Program runs May-September annually.

Verizon Telephone Company Lifeline Program 1.800.837.4966

TTY 1.800.564.0999

140 West Street, New York, NY 10007

www.verizon.com

Provides special service rates for Medicaid, SNAP/food stamp and TANF clients.

Virginia American Water 703.549.7080

2223 Duke Street, Alexandria, VA 22314

www.amwater.com/myh2o

Special programs for seniors and disabled adults.

Washington Gas Company (natural gas) 703.750.1000

TTY 703.750.7975

1100 H Street, NW, Washington, DC 20005

www.washingtongas.com

Special programs for seniors and disabled adults.

Weatherization Assistance Program 540.955.5630

448 Depot Street, Christiansburg, VA 24013

www.dhcd.virginia.gov

Free program that helps to make the homes of low-income homeowners more energy efficient. Lowers electric, gas, and possibly other utility bills.

Vital Records

City of Alexandria County Clerk

Marriage Certificates and Divorce Records 703.746.4044 option 0

520 King Street, Alexandria, VA 22314

www.alexandriava.gov/clerkofcourt

Death Certificates

Virginia Department of Health, Office of Vital Records 804.662.6200

2001 Maywill Street, Richmond, VA 23230

www.vdh.state.va.us/vital_records

Volunteering

American Red Cross - Alexandria Chapter 703.549.8300
123 North Alfred Street, Alexandria, VA 22314
www.redcross.org
Various opportunities to volunteer.

City of Alexandria, Division of Aging and Adult Services 703.746.5999 option 1
4401 Ford Avenue, 1st Floor, Alexandria, VA 22302
www.alexandriava.gov/Aging
Opportunities to work with older persons in senior centers or the Adult Day Services Center.

Volunteer Alexandria 703.836.2176
123 North Alfred Street, 1st Floor, Alexandria, VA 22314
www.volunteeralexandria.org
Opportunities to volunteer with any of over 200 local service agencies.

Voter Information

Alexandria Registrar of Voters703.746.4050
132 North Royal Street, Room 100, Alexandria, VA 22314
www.alexandriavoter.org
Voter registration information and applications for voter absentee ballots.

Virginia Department of Motor Vehicles..... (DMV) 804.497.1700
2681 Mill Road, Alexandria, VA 22314
www.dmv.virginia.gov
Apply to register to vote or make changes to your voter registration.

Virginia State Board of Elections 1.800.552.9745
TTY: 1.800.260.3466
1100 Bank Street, Richmond, VA 23219
www.sbe.gov
Questions about voter registration or the status of your voter registration, application or card.



Department of Community and Human Services
Division of Aging and Adult Services

703.746.5999

www.alexandriava.gov/Aging