

DIVISION OF AGING AND ADULT SERVICES

**THE FOLLOWING DIRECTORY INCLUDES RESOURCES FOR
OLDER ADULTS & ADULTS WITH DISABILITIES**

SEE PAGES 2-63

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**, Monday - Friday, 8:30 a.m. – 4:30 p.m.

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

Stay informed with news and events through aging eNews. Sign up at:
<https://member.everbridge.net/1332612387832027/login>

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
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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 |
| Affordable Homeownership Units (Set-Aside Program)..... | 703.746.4990 |
| Affordable Rental Units (Set-Aside Program)..... | 703.746.4990 |
| Alex311..... | 703.746.4311 or 311 from mobile phone |
| Animal Bites and Control..... | 703.746.4774 |
| Bedbugs | 703.746.4910 |
| Cable Television Complaints | 703.746.HELP (4357) |
| 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.HELP (4357) |
| Courthouse Information (Alexandria) | 703.746.4141 |
| Crime Concerns (Non-Emergency)..... | 703.746.4444 |
| 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 |
| Eviction Storage..... | 703.746.5700 |
| Fair Housing Testing | 703.746.4990 |
| Farmers' Markets | 703.746.3200 |
| Fuel Assistance..... | 703.746.5700 |
| Financial Management Training | 703.746.4990 |
| Graffiti | 703.838.4444 |
| Grass and Weed Problems | 703.746.HELP (4357) |
| Hazardous Waste Disposal | 703.746.HELP (4357) |
| Homebuyer Counseling | 703.746.4990 |
| Homelessness Prevention | 703.746.5700 |
| Homeownership Assistance Loans | 703.746.4990 |
| Home Rehabilitation Loan Program | 703.746.4990 |
| Human Rights Concerns..... | 703.746.3140 |
| 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.HELP (4357) |
| Noise Complaints..... | 703.746.4065 |
| Notaries Public..... | 703.746.HELP (4357) |
| Parking Tickets | 703.746.3902 |

| | |
|---|-----------------------------|
| Paving..... | 703.746.HELP (4357) |
| Personal Property (Vehicle) Tax | 703.746.3901 |
| Police Reports and Non-Emergency Line | 703.746.4444 |
| Potholes..... | 703.746.HELP (4357) |
| Rabies | 703.746.4774 |
| Recycling | 703.746.HELP (4357) |
| Relocation Assistance | 703.746.4990 |
| Rent Relief | 703.746.5700 |
| Rental Accessibility Modification Program | 703.746.3084 |
| Residential Parking Permits | 703.746.3902 |
| Rodent Control..... | 703.746.HELP (4357) |
| Senior Recreation Power Plus Office | 703.746.5414 |
| Senior Tax Relief..... | 703.746.4800 |
| Sidewalks..... | 703.746.HELP (4357) |
| Smart911 | 703.746.HELP (4357) |
| Smoke Detector Request..... | 703.746.5260 |
| Snow..... | 703.746.HELP (4357) |
| Solid Waste..... | 703.746.HELP (4357) |
| Street Lights..... | 888.667.3000 |
| Streets | 703.746.HELP (4357) |
| Towed Vehicles | 703.746.4200 |
| Trash..... | 703.746.HELP (4357) |
| 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 |
| Nationwide Crisis and Emergency Services | 211 |

| | |
|---|----------------|
| Poison Control Center..... | 1.800.222.1222 |
| Sexual Assault Hotline | 703.683.7273 |
| Suicide Hotlines | 1.800.784.2433 |
| Emergency information for Spanish-speakers..... | 1.877.784.2432 |

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 need socialization or who should not be home alone. The 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.

Cherry Blossom PACE..... 571.789.0770

1901 North Beauregard Street, Suite 110, Alexandria, VA 22311

www.cherryblossompace.com

PACE is a comprehensive, coordinated healthcare program and adult day health center.

Fennell-Sauls Vocational Day Program

Central Intake703.746.3400

City of Alexandria

6101 Stevenson Avenue, Alexandria, VA 22304

www.alexandriava.gov/dchs/adultservices

Day program for adults with a diagnosis of a developmental disability. Individuals volunteer and work in the community. Services are available to City residents.

Insight Memory Care Center 703.204.4664

3953 Pender Drive, Suite 100, Fairfax, VA 22030

www.insightmcc.org

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

West End Wellness Center.....703.746.3456

City of Alexandria

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/dchs/adultservices

The Center offers psychosocial rehabilitation for City residents with mental illness. Individuals are supported through skills training, peer support, education, recreation, and vocational readiness.

Adult Protective Services

Adult Protective Services (APS) 703.746.5778

APS HOTLINE..... 1.888.832.3858

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

APS investigates reports of adult abuse, neglect or exploitation and can arrange a wide variety of health, housing, social, and legal services to stop the abuse and prevent further mistreatment.

Advocacy

Administration for Community Living (ACL) 202.401.4634

330 C Street, SW, Washington, DC 20201

www.acl.gov

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

Alexandria Commission on Aging (COA)..... 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

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.

Alexandria Commission on Persons with Disabilities (ACPD)..... 703.746.4550

City of Alexandria, City Hall

301 King Street, Alexandria, VA 22314

www.alexandriava.gov/Aging

The ACPD is a 17-member volunteer resident-at-large body appointed by the mayor and city council to provide advice on policies, programs, and legislation affecting Alexandria's residents with physical and sensory disabilities.

Domestic Violence Program.....703.746.4911
Sexual Assault Center 703.683.7273

City of Alexandria, Domestic Violence and Sexual Assault

123 North Pitt Street, Alexandria, VA 22314

www.alexandriava.gov/DomesticViolence

www.alexandriava.gov/SexualViolence

Support and resources for those experiencing physical assault, verbal abuse, emotional abuse, sexual abuse, harassment or threats. Volunteers and staff are available 24 hours a day to provide crisis intervention, advocacy, counseling and information and referral.

Northern Virginia Long-Term Care Ombudsman Program 703.324.5861

TTY 711

12011 Government Center Parkway, Suite 708, Fairfax, VA 22035

www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman

Investigates complaints regarding care in nursing homes, assisted living facilities and home health agencies in the City of Alexandria, Fairfax, Arlington and Loudoun Counties.

Caregiver Resources

Eldercare Locator 1.800.677.1116

Online Resource

www.eldercare.acl.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.medicalert.org/safereturn

This program of the Alzheimer's Association of the National Capital Area provides ID bracelets for persons with memory loss who may wander from their homes.

Project Lifesaver 703.746.5002 or 703.746.5136

2003 Mill Road, Alexandria, VA 22314

www.alexandriava.gov/sheriff

Provides a wristband locator to individuals who wander due to Alzheimer's, Autism, Down Syndrome or other related disorders.

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
1800 Alexander Bell Drive, Suite 120, Reston VA 20191
www.retirement-living.com
Online and printed guide that list resources for 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

Benefits Checkup.....online resource
251 18th Street South, Suite 500, Arlington, VA 22202
www.benefitscheckup.org
Confidential and free service of the National Council of the Aging (NCOA) that determines whether individuals are eligible for state and/or federal programs.

Consumer Affairs 804.786.2042
Consumer Protection Hotline..... 800.552.9963
Attorney General Office
202 North 9th Street, Richmond, VA 23219
Provides information and referral to help resolve consumer issues and complaints.

Consumer Credit Counseling..... 703.836.0482
Money Management International
5680 King Centre Drive, Suite 600, Alexandria, VA 22315
This national service offers a debit management program, budget, credit, housing, and bankruptcy counseling.

Consumer Product Safety Commission Hotline 1.800.638.2772
4330 East-West Highway, Bethesda, MD 20814
www.cpsc.gov
This national hotline provides information about the safety of specific consumer products.

Federal Trade Commission (FTC)202.326.2222
600 Pennsylvania Avenue NW, Washington, DC 20580
www.ftc.gov
The FTC protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. They conduct investigations, develop rules to ensure a vibrant marketplace, and educate consumers and businesses about their rights and responsibilities.

National Active and Retired Federal Employees Association (NARFE) 703.838.7760
703.838.7760
 606 North Washington Street, Alexandria, VA 22314
www.narfe.org
 Telephone assistance for retirement and health care benefits for current and retired federal employees.

National Consumers League..... 202.835.3323
 1701 K Street, NW, Suite 1700, Washington, DC 20006
www.fraud.org
 Provides information on telemarketing and Internet fraud and to help consumers report their complaints to law enforcement.

Silver Service Card 703.836.4414
Senior Services of Alexandria
 206 North Washington Street, Suite 301, Alexandria, VA 22314
www.seniorservicesalex.org
 The Silver Service card offers discounts to Alexandria seniors at participating local businesses. This program is a partnership with The City of Alexandria and At Home in Alexandria.

U.S. Department of Health and Human Services Office of Civil Rights Hotline
Main..... 1.800.368.1019
TTD..... 1.800.537.7697
 200 Independence Avenue, SW, Washington, DC 20201
www.hhs.gov/ocr/index.html
 Takes complaints from individuals who feel they have been discriminated by a health care provider or government agency.

Virginia Department of Agriculture and Consumer Services Consumer Protection/Affairs Hotline..... 1.800.552.9963
TTY..... 1.800.828.1120
 102 Governor Street, 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 140, 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

1716 Chain Bridge Road, McLean, VA 22101

www.pastoralcounseling.com

Professional counseling for individuals and groups, 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

3025 Hamaker Court, Fairfax, VA 22031

www.jssa.org

Non-sectarian organization that provides information and referral, counseling, home visit assessments, and friendly visiting for older persons.

Disability Services

Autism Society Northern Virginia Chapter..... 703.495.8444

10467 White Granite Drive, Suite 324, Oakton, VA 22124

www.asnv.org

Provides information, support, education, research and advocacy for individuals who have autism and their families.

Brain Injury Association of America (BIAA)..... 703.761.0750

1608 Spring Hill Road, Suite 110, Vienna, VA 22182

www.biausa.org

BIAA's mission is to advance awareness, research, treatment, and education and to improve the quality of life for all people affected by brain injury.

Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD) 301.306.7070

4601 Presidents Drive, Suite 300, Lanham, MD 20706

www.chadd.org

Non-profit organization providing education, advocacy and support for individuals who have Attention Deficit Hyperactivity Disorder.

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 that empowers people with disabilities to live independently. Provides peer counseling, independent living skills and travel training.

Spina Bifida Association of the Mid-Atlantic Region .. 1.800.621.3141 extension 20

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 703.208.1119

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. 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, Washington, DC 22036

www.nationalmssociety.org

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.ucpdc.org

Serves individuals with disabilities and their families through education, employment, housing, family support and adult day rehabilitation.

Educational Opportunities

Adult Education

Alexandria Community Public Schools (ACPS)

1340 Braddock Place, 7th Floor, Alexandria, VA 22314.....**703.619.8027**

3330 King Street, Alexandria, VA 22302**703.824.6845**

www.acps.k12.va.us

ACPS offers programs that provide educational opportunities in Adult Basic Education, Adult High School completion, English Learners (EL), GED preparation and testing, and workforce development training.

Encore Learning (formerly ALRI) 703.228.2144

2110 Washington Boulevard, Arlington, VA 22204

www.encorelearning.net

Membership organization that offers courses, special events, social activities, and non-degree college-level courses to residents of DC Metro area, age 50 and over.

Hogar Immigrant Services

(Catholic Charities of the Diocese of Arlington) 703.534.9805

6301 Little River Turnpike, Suite 300, Alexandria, VA 22312

www.hogarimmigrantservices.org

Offers 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 trips for seniors.

Literacy Council of Northern Virginia, Inc. (LCNV) 703.237.0866

2855 Annandale Road, # 114, Falls Church, VA 22042

www.lcnv.org

LCNV 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..... 703.933.5073

5000 Dawes Avenue, Alexandria, VA 22311

www.nvcc.edu

Free, non-credit courses to persons 60+ on space-available basis.

Osher Lifelong Learning Institute (OLLI) 703.503.3384

George Mason University

4210 Roberts Road, Fairfax, VA 22032

www.lli.gmu.edu

Independent, non-profit membership organization that provides intellectual and cultural experiences for residents in their retirement years.

Road Scholar..... 1.800.454.5768
11 Avenue De Lafayette, Boston, MA 02111
www.roadscholar.org
Non-profit organization, offers educational tours in all 50 states and 150 countries to older adults.

Employment

Experience Works (formerly Green Thumb, Inc.) 1.866.397.9757
4401 Wilson Boulevard, Suite 1100, Arlington, VA 22203
www.experienceworks.org
A national, community-based organization. Provides training and employment services for seniors.

Northern Virginia Senior Community Service Employment Program . 703.488.8196
7611 Little River Turnpike, 300W, Annandale VA 22003
www.vcwnorthern.com/scsep
SCSEP prepares participants for permanent employment outside of the program by placing them in temporary paid community service training opportunities. Participants of the program are 55 or older, unemployed, and meet the financial guidelines for participation.

Virginia Employment Commission Job Service 703.813.1300
5520 Cherokee Avenue, Suite 100, Alexandria, VA 22312
www.vec.virginia.gov
Referral, placement and screening services for work-ready applicants; unemployment benefits, counseling and vocational and aptitude testing.

Workforce Development Center..... 703.746.5940
City of Alexandria
4850 Mark Center Drive, Alexandria, VA 22311
www.alexandriava.gov/WorkforceDevelopment
Provides services and resources for job seekers including access to a certified One Stop Career Center, career readiness workshops, career assessments and hiring events.

Financial Assistance

Customer Call Center 703.746.5700
City of Alexandria, Department of Community and Human Services
4850 Mark Center Drive, Alexandria, VA 22311
www.alexandriava.gov/DCHS
Eligibility services for Virginia public benefits, including Medicaid, and SNAP (formerly Food Stamps).

Northern Virginia Payee Services (NOVA)..... 703.273.4590

12587 Fair Lakes Circle, Suite 400, Fairfax, VA 22033

www.novapayeeservices.com

A non-profit organization that partners with clients to develop a budget within their means and serves as a liaison among the Social Security Administration, the bank, and clients' creditors.

Pension Rights Center..... 202.296.3776

1350 Connecticut Avenue, NW, Suite 206, Washington, DC 20036

www.pensionrights.org

Non-profit organization helps with pension questions and problems.

The United States Social Security Administration

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, Survivors Insurance, disability Insurance and Supplemental Security Income (SSI). Assists applicants to file for benefits and answers inquiries.

Food and Nutrition

Food - Meals

Catholic Charities Christ House Evening Meal..... 703.549.8644

131 South West Street, Alexandria, VA 22314

Hot meals provided daily to City Residents.

Downtown Baptist Church Open Table 703.549.5544

212 South Washington Street, Alexandria, VA 22314

Hot and cold food offerings based on donations, open to all.

Meade Memorial Church..... 703.549.1333

322 North Alfred Street, Alexandria, VA 22314

Provides bag lunches during weekdays and hot lunches on the weekend during the fall and winter.

Saint Martins de Porres Senior Center..... 703.751.2766

4650 Taney Avenue, Alexandria, VA 22304

Senior Centers provide socialization, activities, and daily meals to City residents age 60 or older.

The Senior Center at Charles Houston..... 703.746.5456

901 Wythe Street, Alexandria, VA 22314

Senior Centers provide socialization, activities, and daily meals to City residents age 60 or older.

Food - Pantry

Alfred Street Baptist Church..... 703.683.2222

301 South Alfred Street, Alexandria, VA 22314

Provides nonperishable food to City residents.

ALIVE!, Inc. Food Distribution Program..... 703.837.9321

2723 King Street, Alexandria, VA 22302

www.alive-inc.org

Provides five-day supply of fresh produce and staple food to City residents.

CCDA St. Lucy Food Pantry at Christ House..... 703.548.4227

131 South West Street, Alexandria, VA 22314

Nonperishable and fresh food is offered monthly to City residents.

Christ Church Lazarus..... 703.549.1450

118 N. Washington Street, Alexandria, VA 22314

Provides fresh produce, frozen meat, bread, and nonperishable food products to City residents.

Church of the Resurrection West End..... 703.998.0888

2280 North Beauregard Street, Alexandria, VA 22311

Provides fresh produce, frozen meat, bread, and nonperishable food products to City residents.

Food For Others..... 703.207.9173

2938 Prosperity Avenue, Fairfax, VA 22031

www.foodforothers.org

The Emergency Food Assistance Program (TEFAP) of the U.S. Department of Agriculture provides monthly food to Northern Virginia clients.

Grace Episcopal Church 703.549.1980

3601 Russell Road, Alexandria, VA 22305

Nonperishable food distribution offered monthly to City residents.

Meade Memorial Canned Food Distribution..... 703.549.1334

323 North Alfred Street, Alexandria, VA 22314

Provides nonperishable food items.

Oakland Baptist Church Food Bank..... 703.998.9006

3408 King Street, Alexandria, VA 22302

www.obc@alexandriava.org

Provides bread and nonperishable food items.

Salvation Army Emergency Food Program..... 703.548.0579

1804 Mount Vernon Avenue, Alexandria, VA 22301

Nonperishable and frozen food provided monthly to City residents.

St. Joseph Catholic Church 703.836.3725
711 North Columbus Street, Alexandria, VA 22314
Small food pantry with frozen meats and nonperishable food items.

St. Paul's Lazarus Ministry 703.548.3312
228 South Pitt Street, Alexandria, VA 22314
Provides canned goods and pasta to City of Alexandria residents.

Food - Pets

AniMeals on Wheels 703.836.4414 extension 120
Senior Services of Alexandria
www.seniorservicesalex.org
206 North Washington Street, Suite 103, Alexandria, VA 22314
Free pet supplies delivered monthly to low-income seniors of Alexandria City.

Food - Programs

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.

ALIVE!, Inc. Home Delivery Food Program 703.549.3692
801 S. Payne Street, Alexandria, VA 22314
www.alive-inc.org
Three-day supply of groceries delivered monthly to elderly and disabled residents or to single parents with young children who are homebound.

Groceries to Go 703.836.4414 extension 112
Senior Services of Alexandria
206 North Washington Street, Suite 301, Alexandria, VA 22314
www.seniorservicesalex.org
Fee-free grocery shopping and delivery service to seniors every two weeks.

Liquid Supplement Program 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Monthly delivery of nutritional liquid food supplement for persons aged 60+ who are unable to prepare meals and have a doctor's prescription for the supplement.

Meals on Wheels (Subsidized) 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Provides free nutritious meals daily for person's age 60+ who are homebound, unable to prepare meals and meet Department of Aging criteria.

Meals on Wheels (Private Pay)..... 703.836.4414 extension 112

Senior Services of Alexandria

206 North Washington Street, Suite 301, Alexandria, VA 22314

www.seniorservicesalex.org

Provides nutritious meals daily for private-pay clients age 60 and older.

Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps)

City of Alexandria, Benefits Programs 703.746.5801

4850 Mark Center Drive, Alexandria, VA 22311

www.dss.virginia.gov/community/commonhelp

SNAP can be used like cash to buy eligible food items from authorized retailers.

SHARE (Food network)..... 301.864.3115 or 1.800.217.4273

3222 Hubbard Road, Landover, MD 20785

www.sharedc.org

A cooperative food program which enables registered participants to get food once a month at a bargain rate.

Health Care Professional Referral Services

INOVA Alexandria Hospital Physician Referral 1.855.694.6682

8110 Gatehouse Road, Falls Church, VA. 22042

<https://www.inova.org/physicians>

A referral service sponsored by Inova. Find physicians based on your referral needs, preferences of location, specialty, and rotation availability of the physician.

Virginia Department of Health Professions

(Virginia Board of Medicine) 1.800.533.1560

9960 Mayland Drive, Suite 300, Henrico, Virginia 23233

www.dhp.virginia.gov

Provides the ability to check health professional license, enforces standards of practice, and provides health care information to the public.

Health Care Services

Clinics - General Medical

Alexandria Neighborhood Health Services, Inc. (ANHSI)..... 703.535.5568

2 East Glebe Road, Alexandria, VA 22305

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

www.alexandriava.gov/health

General medical and specialty care to Alexandria residents who meet state income guidelines. 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

4850 Mark Center Drive, 3rd Floor, Alexandria, VA 22311

www.alexandriava.gov/health

Services include blood pressure screening, blood sugar testing, chest clinic, speech therapy, home visits for counseling, and supervision of health conditions.

Clinics - Kidney Dialysis

DaVita Dialysis Center **1.800.424.6589**

5999 Stephenson Avenue, Suite 100, Alexandria, VA 22304.....**703.751.6115**

5150 Duke Street, Alexandria, VA 22304 **703.823.7940**

www.davita.com

Provides dialysis treatments and support services for patients living with chronic kidney failure.

Fresenius Care (Dialysis Service)..... **703.370.8250**

4141 Duke Street, Alexandria, VA 22304

www.freseniuskidneycare.com

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

Dental Care

Alexandria Neighborhood Health Services, Inc. Dental Clinic

(ANHSI Dental Clinic)**703.535.5568**

4850 Mark Center Drive, 3rd Floor, Alexandria, VA 22311

www.anhsi.org

Dental care for low-income children and seniors 60+. Accepts Medicaid, private insurance, and provides a sliding-scale fee discount for uninsured patients.

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 **703.822.6655**

6699 Springfield Center Drive, Springfield, VA 22150

www.nvcc.edu

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

Northern Virginia Dental Clinic **703.820.7170**

8221 Willow Oaks Corporate Drive, 4th Floor, Fairfax, VA 22031

www.nvds.org/northern-virginia-dental-clinic

Preventive dental exams, regular dental care, and dentures. Sliding-scale fees. Contact Department of Community and Human Services, 703.746.5901.

Eye and Vision Care

Office of Community Services (OCS) 703.746.5700

City of Alexandria, Department of Community and Human Services

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/DCHS

Coordinates with the Lions Club to provide eyeglasses to low-income residents.

Columbia Lighthouse for the Blind 202.454.6400

1825 K Street, NW, Suite 1103, Washington, DC 20006

www.clb.org

Offers training and consultation in assistive technology, employment marketing skills training, career placement services, low vision care, counseling and rehabilitation services for blind or visually impaired persons.

Eye Care Americaonline resource

www.eyecareamerica.org

Referral for eye care for low-income persons aged 65 and older.

Metropolitan Washington Ear 301.681.6636

12061 Tech Road, Silver Spring, MD 20904

www.washear.org

Free services for blind, and visually impaired persons, and those with a physical disability who cannot effectively read print.

Prevention of Blindness Society of Metro Washington 202.234.1010

233 Massachusetts Avenue NE, Washington, DC 20002

www.youreyes.org

Offers eyeglasses to low-income persons. Client must not be able to receive glasses from a public program, and be unable to afford the full fee of glasses.

Prevention of Blindness Society Low Vision Learning Center..... 703.652.7803

105 South Alfred Street, Alexandria, VA 22314

www.lowvisionservices.org

Offers programs and services for people with low vision including examinations and personalized rehabilitation programs, visual aids, and vision technology.

Mental Health

Alcohol and Substance Abuse Services 703.746.3600

Detox..... 703.746.3636

City of Alexandria, Department of Community and Human Services

2355A Mill Road, Alexandria, VA 22314

www.alexandriava.gov/DCHS

Center offers detox services and drug and alcohol treatment services.

- Dominion Hospital 703.538.2872**
 2960 Sleepy Hollow Road, Falls Church, VA 22044
www.dominionhospital.com
 Mental Health care facility offering adult short-term inpatient and outpatient services, free mental health information and referral, geriatric evaluations, and home visits by psychiatric nurses.
- George Washington University Hospital - Geriatric Center 202.741.2222**
 2150 Pennsylvania Avenue, NW, 4th Floor, Washington, D.C. 20037
www.gwhospital.com
 Provides medical and psychiatric evaluations of the elderly.
- INOVA Comprehensive Addiction Treatment Services (CATS) 703.289.7560**
 3300 Gallows Road, Falls Church, VA 22042
www.inova.org
 CATS offers a series of inpatient programs, treatment and counseling for patients.
- INOVA Fairfax Behavioral Health Services 703.660.8100**
 6910 Richmond Highway, Suite 110, Alexandria, VA 22306
www.inova.org
 Psychiatric day hospital for adults.
- 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
 4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311
www.alexandriava.gov/DCHS
 Geriatric mental health team provides mental health and substance abuse assessments, case management services, and therapy.

Health Education Resources

- ABCD Helpline (After Breast Cancer Diagnosis) 1.800.221.2141**
 This 24-hour, hotline offers breast cancer information, resources, mentors, and support.
- Alzheimer's Association (National Capital Area) 703.359.4440**
24-hour/7-day helpline 1.800.272.3900
 8180 Greensboro Drive, Suite 400, McLean, VA 22102
www.alz.org/nca
 Patient care information and support groups for families of Alzheimer's patients.

Alzheimer's Disease Education and Referral Center..... 1.800.438.4380

P.O. Box 8057, Gaithersburg, MD 20898

Alzheimer's Support Group Helpline1.800.438.4380

www.alzheimers.org/clintrials

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

American Cancer Society..... 1.800.227.2345

124 Park Street, SE, Suite 100, Vienna, VA 22180

www.cancer.org

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

American Diabetes Association..... 703.549.1500 or 1.800.342.2383

2451 Crystal City Drive, Suite 900, Arlington, VA 22202

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

4601 North Fairfax Drive, Suite 700, Arlington, VA 22203

www.americanheart.org

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

Arthritis Foundation1.844.571.4357

451 Hungerford Drive, Rockville, MD 20850

www.arthritis.org

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

Durable Medical and Rehabilitation Equipment

Americoast Maryland LLC/Mid-Atlantic Health Care 800.946.9943

8249 Backlick Road, Suite K, Lorton, VA 22079

www.Medicare.gov/supplierdirectory.com

Medical equipment and supplies including commodes, urinals, bedpans, hospital beds, C-pap, oxygen, and nebulizer.

Armor Medical..... 703.204.1213

2724 Dorr Avenue, Suite 102, Fairfax, VA 22031

www.Medicare.gov/supplierdirectory.com

Medical equipment and supplies including commodes, urinals, bedpans, and hospital beds.

Johns Hopkins Pharmaquip Inc..... 703.440.3600

7411 Alban Station Court, Suite A100, Springfield, VA 22150

www.Medicare.gov/supplierdirectory.com

Medical equipment and supplies including oxygen, walkers, and scooters.

Medical House Supply Group 703.533.2290

440 South Washington Street, Falls Church, VA 22046

www.Medicare.gov/supplierdirectory.com

Medical equipment and supplies, including walkers and scooters.

Health Insurance

Counseling

State Corporation Commission 1.800.552.7945 or 804.371.9741

Bureau of Insurance

Tylee Building, 1300 East Main Street, Richmond, VA 23219

www.scc.virginia.gov/boi

Provides information about health insurance companies and processes inquiries, or complaints about insurances.

Virginia Insurance Counseling and Assistance Program (VICAP) 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

Free Medicare education and counseling regarding Medicare health insurance options.

Educational workshops offered on Medicare insurance issues.

Medicaid

Medicaid Program..... 703.746.5801

City of Alexandria, Benefits Programs

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/CommonHelp

This office administers Medicaid, a medical insurance program for eligible low-income individuals.

Medicare

Centers for Medicare and Medicaid Services (CMS) **1.800.633.4227**

www.medicare.gov

www.cms.gov

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

Medicare Rights Center **1.600.333.4114**

www.medicarights.org / www.medicareinteractive.org

A nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy initiatives.

Social Security Administration – Medicare **1.800.772.1213**

TTY **1.800.325.0778**

6295 Edsall Road, Suite 190, Alexandria, VA 22312

www.ssa.gov

The Social Security Administration administers Medicare, a federal health insurance program for persons 65 and older and persons with disabilities.

Other Health Insurance Resources

Cover Virginia **1.855.242.8282**

www.coverva.gov

Learn about Virginia's Medicaid and FAMIS programs. Get information about health insurance options through the Federal Marketplace. Apply online or search for a navigator who can assist with your application.

In-Home Care and Assistance

At Home in Alexandria (AHA) **703.231.0824**

3139 Mount Vernon Avenue, Alexandria, VA 22305

www.athomeinalexandria.org

A membership organization offering services to enable seniors to remain at home. Services include transportation, errands, home organization, minor home repairs, gardening, and social events.

Home-based Care Program..... 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Home-based Care Program provides free assistance with housekeeping, laundry, and shopping for eligible persons.

Friendly Visitor Program 703.836.4414 extension 120

Senior Services of Alexandria

206 North Washington Street, Suite 301, Alexandria, VA 22314

www.seniorservicesalex.org

Volunteer program offering weekly socialization visits to elderly residents of Alexandria City.

The goal is to provide socialization by relieving loneliness and isolation experienced by many of the City's seniors.

Snow Buddies 703.836.2176

Volunteer Alexandria

Provide snow removal assistance for low-income homeowners or occupants who are elderly or disabled. Volunteer Alexandria matches eligible residents with volunteers who can shovel their snow.

Hospice Advocacy

Capital Caring 703.538.2065

2900 Telestar Court, Falls Church, VA 22042

www.capitalcaring.org

Non-profit organization that improves care for those facing life-limiting illness through direct support of patients and their families, public education, and public advocacy.

National Hospice and Palliative Care Organization..... 703.837.1500

1731 King Street, Alexandria, VA 22314

www.nhpco.org

Organization advocates for the terminally ill and their families. Offers programs and materials to enhance understanding of hospice and palliative care.

Hospitals

INOVA Alexandria Hospital..... 703.504.3000

4320 Seminary Road, Alexandria, VA 22304

www.inova.org/iah

A 318-bed community hospital that offers a full range of healthcare services. The hospital also offers home healthcare through the INOVA Visiting Nurses Association of Northern Virginia, 571.432.3100.

Housing

Assisted Living Facilities

Benchmark at Alexandria 571.946.5035

3440 Berkeley Street, Alexandria, VA 22302

www.benchmarkseniorliving.com

Private-pay assisted living, memory care, and respite care.

Brandywine Living in Alexandria 703.940.3300

5550 Cardinal Place, Alexandria, VA 22304

www.brandycare.com

Private-pay assisted living, memory care, and respite care. Month to month lease available.

District Home at Birmingham Green Assisted Living Facility 703.257.0935

8605 Centreville Road, Manassas, VA 20110

www.birminghamgreen.org

District Home offers 45 private, and semi-private rooms. Respite care and short-stay emergency admissions available upon request.

Elance at Alexandria (formerly The Fountains) 703.845.5100

5100 Fillmore Avenue, Alexandria, VA 22311

www.elanceluxuryliving.net

Private-pay retirement, independent, assisted living, and memory care units.

Elance at Old Town 703.236.1226

400 North Washington Street, Alexandria, VA 22314

www.elanceluxuryliving.net

Private-pay assisted living, memory care units, and short-term stay units.

Elance at West End 703.940.3300

5550 Cardinal Place, Alexandria, VA 22304

www.elanceluxuryliving.net

Private-pay assisted living, memory care units, and short-term stay units.

Silverado Alexandria 703.215.9110

2807 King Street, Alexandria, VA 22302

www.silverado.com

Private-pay assisted living exclusively for memory care. Respite care also available.

Sunrise of Alexandria 703.348.1022

3520 Duke Street, Alexandria, VA 22304

www.sunriseseniorliving.com

Private-pay assisted living, memory care units, and short-term stay units.

The Landing Alexandria 571.814.5830
2620 Main Line Boulevard, Alexandria, VA 22301
www.landingalexandria.com
Private-pay independent, assisted living, and memory care units.

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.

Continuing Care Retirement Communities

Goodwin Living 703.578.1000
4800 Fillmore Avenue, Alexandria, VA 22311
www.goodwinliving.org

The View Alexandria by Goodwin Living (formerly The Hermitage).... 703.797.3800
5000 Fairbanks Avenue, Alexandria, VA 22311
www.goodwinliving.org/the-view-alexandria/

Emergency Shelters and Homelessness Prevention Services

Alexandria Community Shelter703.746.3660
2355B Mill Road, Alexandria, VA 22314
65-bed shelter for single men, single women, and families.

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

Homeless Services Assessment Center (HSAC).....703.746.5700

City of Alexandria, Office of Community Services

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/DCHS

Central intake for Alexandria Community Shelter and Carpenter's Shelter. HSAC also provides emergency rental payment, security deposit, and assistance with furniture storage in eviction cases for Alexandria city residents facing homelessness.

Nursing Facilities

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.

Alexandria Rehabilitation and Healthcare Center 703.684.9100

900 Virginia Avenue, Alexandria, VA 22302

www.alexandriahc.com/

Skilled nursing center, offering Alzheimer's and dementia care, short-term rehabilitation and therapy services.

Woodbine Rehabilitation and Healthcare Center..... 703.836.8838

2729 King Street, Alexandria, VA 22302

www.woodbinerehab.com

Skilled nursing center, offering Alzheimer's and dementia care, respite, short-term rehabilitation, respiratory, and therapy services.

Independent Living

Alexandria Redevelopment & Housing Authority (ARHA)703.549.7115

401 Wythe Street, Alexandria, VA 22314

www.arha.us

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

Ladrey Hi-Rise.....703.549.7115

300 Wythe Street, Alexandria, VA 22314

Annie B. Rose House..... 703.548.4946

399 Pendleton Street, Alexandria, VA 22314

| | |
|--|---------------------|
| Beasley Square Apartments | 703.853.0638 |
| 238 South West Street, Alexandria, VA 22314 | |
| Bellefonte Gardens | 703.746.3400 |
| 417 East Bellefonte Avenue, Alexandria, VA 22301 | |
| 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 | |
| Pendleton Park | 703.271.8400 |
| 608-610 North Payne Street, Alexandria, VA 22314 | |

Other Housing Resources

Apartment Locator Services (FREE) Southern Management **1.888.612.7868**
 3438 Peachtree Road, NE, Suite 1500, Atlanta, GA 30326
www.apartmentfinder.com
 An apartment search tool that allows you to browse several properties nationwide.

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 city residents.

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, 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.

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 for those with a total or permanent disability that meet income criteria.

Rebuilding Together 202.800.6032

101 Xenia St SW, Suite 102, Washington, DC 20032

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

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/DCHS

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

Virginia Housing Development Authority 877.428.8844

PO Box 35305, Charlotte, NC 28235

www.VirginiaHousingSearch.com

A free resource to help you find a home that fits your needs and budget.

Virginia Housing Development Authority Accessibility 804.782.1986

601 S. Belvidere Street, Richmond, VA 23220

www.vhda.com

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

Information and Referral

REGIONAL RESOURCES 211

AARP Virginia..... 1.866.542.8164

707 East Main Street, Suite 910, Richmond, VA 2319

www.local.aarp.org/alexandria-va

Resources, support, financial workshops, and events for people age 55 and older.

Alex311 (previous Call.Click.Connect)703.746.4311

City of Alexandria, Police Department

3600 Willow Avenue, Alexandria, VA 22304

www.alexandriava.gov/Alex311

Information and referral to services in the City of Alexandria and email access to City officials and staff.

Customer Call Center 703.746.5700

City of Alexandria, Department of Community and Human Services

4850 Mark Center Drive, Alexandria, VA 22311

www.alexandriava.gov/DCCHS

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

Information and Referral Program..... 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Provides free information and referral to Alexandria City programs and services for older adults, persons age 18-59 with a disability, and their caregivers.

SeniorNavigator/disAbilityNavigator (VirginiaNavigator) 1.866.393.0957

<https://seniornavigator.org>

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

Jewish Council for the Aging of Greater Washington 703.425.0999

Senior Helpline

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 Referral703.548.1106

520 King Street, Suite 202, Alexandria, VA 22314

www.alexandriabarva.org

Referral to lawyers who provide consultations for a nominal fee.

Commonwealth's Attorney 703.746.4100

City of Alexandria, Office of the Commonwealth's 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.

Legal Services of Northern Virginia

Alexandria Office **703.684.5566**
Intake Line **703.778.6800**
Toll-Free..... **866.534.5243**

100 North Pitt Street, Suite 307, Alexandria, VA 22314

www.lsnv.org

Non-profit public interest law firm that provides free legal advice to persons age 60 and older, and to low-income residents of Northern Virginia.

National Academy of Elder Law Attorneys (NAELA) **703.942.5711**

1577 Spring Hill Road, Suite 310, 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.

Office of Human Rights **703.746.3140**

City of Alexandria, Office of Human Rights

123 North Pitt Street, Office 230, Alexandria, VA 22314

www.alexandriava.gov/HumanRights

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

Virginia State Bar Nationwide Lawyer Referral Service **1.800.552.7977**

111 East Main Street, Suite 700, Richmond, Virginia 23219

www.vsb.org/vlrs

Provides referrals to attorneys in good standing with the Virginia State Bar.

Statewide Senior Legal Helpline **1.844.802.5910**

Virginia Poverty Law Center

919 East Main Street, Suite 610, Richmond, Virginia 23219

www.vplc.org

Toll-free line offering legal assistance and advice for Virginians aged 60 or over. Topics covered include long term-care issues, public benefits, guardianship, financial exploitation, abuse and neglect, and limited consumer issues.

Virginia Department of Aging and Rehabilitation Services (DARS) . **1.800.552.3402**

1610 Forrest Avenue, Suite 100, Henrico, VA 23229

www.vda.virginia.gov

DARS 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 Web site or call the branch.

Charles E. Beatley, Jr. Central Library..... 703.746.1702

Talking Book Service703.746.1760

5005 Duke Street, Alexandria, VA 22304

www.alexlibraryva.org

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.

Ellen Coolidge Burke Branch Library..... 703.746.1704

4701 Seminary Road, Alexandria, VA 22304

www.alexlibraryva.org

James M. Duncan Branch Library 703.746.1705

2501 Commonwealth Avenue, Alexandria, VA 22301

www.alexlibraryva.org

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.

Multicultural Services and Special Populations

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.

Multicultural Center

Hispanic Committee of Virginia (NVFS) 703.671.5666

6400 Arlington Boulevard, Suite 110, Falls Church, VA 22042

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

6301 Little River Turnpike, Suite 300, Alexandria, VA 22312

www.hogarimmigrantservices.org

Adoption, counseling, elderly services, crisis pregnancy counseling, food pantry, immigration services and legal, services for the disabled, and English as a Second Language classes.

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 services.

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

Non-sectarian, volunteer opportunities, and information and referrals to services in Northern Virginia.

Jewish Social Service Agency 703.204.9100 or 703.896.7918

3025 Homemaker Court, Suite 450, 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 extension 28

Social Services Alexandria..... 703.548.0579

Transitional housing..... 703.836.2427

4915 Ox Road, Fairfax, VA 22030

www.salvationarmysouth.org

Information and referral service to Korean speaking population.

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.

Multicultural Human Services Center (NVFS) 571.748.2800

6400 Arlington Boulevard, Suite 110, Falls Church, VA 22046

www.nvfs.org

Domestic violence programs and 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

Program to improve the quality of life for elderly African Americans and low-income minorities.

Older Women's League (OWL)

Field Services Office 202.567.2606

1627 I Street, NW, Suite 600, Washington, DC 20006

www.owl-national.org

National association that works to improve the status and quality of life for midlife and older women.

Recreation Activities

City of Alexandria,

Department of Recreation, Parks and Cultural Activities 703.746.5419

Program and Event Registration 703.746.5537

TTY 711

1108 Jefferson Street, Alexandria, VA 22314

www.alexandriava.gov/recreation

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.

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 classes, clubs, one-day adventures, sports, Senior Olympics, and other services.

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.

Recreation Centers

Charles Houston Recreation Center..... 703.746.5552

901 Wythe Street, Alexandria, VA 22314

Pickle Ball and Neighborhood Fitness Passes.

Chinquapin Recreation Center..... 703.746.5553

3210 King Street, Alexandria, VA 22302

Variety of facility fitness passes offered with access to indoor pool and diving well.

Leonard “Chick” Armstrong Recreation Center 703.746.5554

25 West Reed Avenue, Alexandria, VA 22302

Zumba, Walking club, Dance Fitness, Coffee Social Hour, Belly Dance 101, Table Tennis, Tech Class, Game day, Silver Screen Movie, and Neighborhood Fitness Passes.

Mount Vernon Recreation Center 703.746.5556

2701 Commonwealth Avenue, Alexandria, VA 22301

Art classes, Del Ray Seniors, Del Ray Walking Group, Knitting Club, Pinochle Club, Belly Dance 101, Tai Chi, Silk and Soul Hand Dance, and 55+ Game Night.

Patrick Henry Recreation Center 703.746.5541

4653 Taney Avenue, Alexandria, VA 22304

Power-Plus Sports, Line Dancing, Pickle Ball, and Neighborhood Fitness Passes.

Nannie J. Lee Memorial Recreation Center..... 703.746.5550

1108 Jefferson Street, Alexandria, VA 22314

Bridge Club, Jewelry Club, Pickle Ball, Women’s Basketball, and Dun Lo Arts

William Ramsay Recreation Center 703.746.5558

5650 Sanger Avenue, Alexandria, VA 22311

Strength and Conditioning Club, Table Tennis, and Neighborhood Fitness Passes.

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.cdda.net/programs_elderly.php

Non-denominational senior center serving City residents aged 60 and over. Offers daily socialization and wellness activities. A nutritious lunch is served daily. Transportation to the center is available through the Division of Aging and Adult Services.

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. Transportation to the Center is available through the Division of Aging and Adult Services.

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
A professional, scientific, and credentialing association that provides information on speech, language and hearing.

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
3951 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
Administrative headquarters for the Virginia Department for the Deaf and Hard of Hearing (VDDHH) works to reduce the communication barriers for persons who are deaf or hard-of-hearing.

Virginia Relay Center Voice..... 711 or 1.800.828.1140
www.varelay.org
This free service relays conversations between people who can hear and people who are deaf, hard-of-hearing, blind, or speech-disabled.

Transportation Services

DASH Bus/Alexandria Transit Company703.746.3274/703.746.DASH

3000 Business Center Drive, Alexandria, VA 22314

www.dashbus.com

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

Senior Transportation Services 703.746.3275

City of Alexandria, Division of Aging and Adult Services

3550 Wheeler Avenue, Alexandria, VA 22304

www.alexandriava.gov/Aging

City residents aged 60 and older receive transportation to senior centers and grocery stores.

Metrobus/Metrorail

Washington Metropolitan Area Transit Authority (WMATA) 202.637.7000

TTY 202.638.3780

Reduced Fare Program for People with Disabilities 202.962.2700

600 5th Street, NW, Washington, DC 20001

www.wmata.com

Metro, bus and train information including schedules, fares, parking, and services for seniors and adults with disabilities. Under the Reduced Fare Program people with disabilities may travel for half the regular fare.

Special Transportation Services

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

***Alexandria Yellow 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 cancer treatment appointments for people who have cancer but 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, shuttle buses, and services for persons with intellectual disabilities.

City of Alexandria, Transit Services

***D.O.T. -Transportation for People with Disabilities 703.836.5222**

Reservations703.836.5222

421 King Street, Suite 235, Alexandria, VA 22314

www.alexandriava.gov/Paratransit

Taxicab or wheelchair-accessible van service for persons unable to use public transportation and who have a certification of disability.

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. An application and functional assessment required to determine eligibility.

***MTS Transportation, Inc..... 703.652.0816**

101 South Whiting Street, Suite 207a, Alexandria, VA 22304

www.mtstransportationinc.com

Private transportation services offering ambulatory, wheelchair, stretcher, and long-distance stretcher transportation.

Senior Taxi Yellow Card Program 703.746.5999

City of Alexandria, Division of Aging and Adult Services

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Discount taxi program available to Alexandria residents age 60 and older who meet income requirements.

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles.....804.497.7100

TTY 1.800.272.9268

2681 Mill Road, Alexandria, VA 22314-4680

www.dmv.state.va.us

Motor vehicle office administering driver's license, vehicle registration, driving records, and disability programs.

Utilities and Utility Assistance

Assurance Wireless Lifeline Assistance Program 1.888.321.5880

P.O. Box 686, Parsippany, NJ 07054

www.assurancewireless.com

Free cellular service for individuals with low-incomes or individuals receiving public assistance.

Dominion Virginia Power (electric company)..... **1.866.DOM.HELP / 1.866.366.4357**
www.dominionenergy.com
Provides braille and large-print billing, third-party notices, and priority service for life support devices.

Energy Assistance

City of Alexandria, Office of Community Services **703.746.5901**
4850 Mark Center Drive, Alexandria, VA 22311
www.alexandriava.gov/DCHS
Financial help to qualified individuals to assist with gas, electric, and other utility bills.
Ongoing and emergency assistance requests evaluated by DCHS Community Action Agency staff.

Senior Cool Care Program

City of Alexandria, Division of Aging and Adult Services **703.746.5999**
4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311
www.alexandriava.gov/Aging
Program provides fans, air conditioners, or air conditioner repairs for low-income persons 60 and older 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, and TANF clients.

Virginia American Water **703.549.7080**
2223 Duke Street, Alexandria, VA 22314
www.amwater.com/myh2o
Company that provides water and wastewater services.

Washington Gas Company (natural gas) **703.750.1000**
TTY **703.750.7975**
1100 H Street, NW, Washington, DC 20005
www.washingtongas.com
Company that offers gas services to residents in Alexandria City.

Weatherization Assistance Program

Community Housing Partners (CHP) **540.665.0200 extension 5103**
400 Industrial Drive, N.E., Christiansburg, VA 24073
www.dhcd.virginia.gov
Free program that helps to make the homes of low-income homeowners more energy efficient.

Veteran Services

Alexandria VET Center 703.360.8633

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

Provides mental health services to veterans.

Fort Belvoir Outpatient Clinic 571.231.2408

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

www2.va.gov

Outpatient services for veterans.

U.S. Department of Veterans Affairs 1.800.827.1000

Veterans Crisis Line..... 1.800.273.8255 Press 1

810 Vermont Avenue, NW, Washington, DC 20420

www.va.gov

Information regarding services available to service members, veterans, spouses, and other eligible beneficiaries. Chat at VeteransCrisisLine.net or text to 838255

Virginia Department for Veteran Services 703.417.9090

6564 Loisdale Court, Suite 301, Springfield, VA 22150

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.

Washington DC VA Medical Center..... 202.745.8000

50 Irving Street NW, Washington, DC 20422

www.washingtondc.va.gov

Hospital providing healthcare services for veterans.

Vital Records

City of Alexandria County Clerk

Marriage Certificates and Divorce Records703.746.4044

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

Vital Records - Any State

www.vitalrec.com

Volunteer Opportunities

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

4850 Mark Center Drive, 9th Floor, Alexandria, VA 22311

www.alexandriava.gov/Aging

Opportunities to work with older persons in senior centers or at the Adult Day Services Center.

Volunteers also provide Medicare counseling or serve as Guardians appointed by the court.

RSVP of Northern Virginia..... 703.246.3460

Volunteer Fairfax

12015 Lee Jackson Memorial Hwy Suite 225, Fairfax, VA 22033

www.volunteerfairfax.org

Volunteer network for people age 55 and older. Volunteers serve Arlington County, City of Alexandria, and Fairfax County.

Senior Services of Alexandria..... 703.836.4414

206 North Washington Street, Suite 301, Alexandria, VA 22314

www.seniorservicesalex.org

Opportunities to volunteer for the Friendly Visitor program by visiting lonely seniors, deliver groceries, deliver Meals on Wheels to homebound seniors who have difficulty food-shopping and preparing meals, or become a Senior Ambassador by advocating for seniors and spreading the word about programs and activities in the City of Alexandria.

Volunteer Alexandria 703.836.2176

123 North Alfred Street, 1st Floor, Alexandria, VA 22314

www.volunteeralexandria.org

Opportunities to volunteer with more than 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 absentee ballots.

Virginia Department of Motor Vehicles..... (DMV) 804.497.7100

2681 Mill Road, Alexandria, VA 22314

www.dmv.virginia.gov

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.elections.virginia.gov

Questions about voter registration or the status of your voter registration, application, or card.

Phone Numbers by Categories

Adult Day Health Services

| | |
|--|--------------|
| Alexandria Adult Day Services Center..... | 703.746.5676 |
| Cherry Blossom PACE | 571.789.0770 |
| Fennell-Sauls Vocational Day Program (Central Intake)..... | 703.746.3400 |
| Insight Memory Care Center | 703.204.4664 |
| West End Wellness Center | 703.746.3456 |

Adult Protective Services

| | |
|---------------------------------|--------------|
| Adult Protective Services | 703.746.5778 |
|---------------------------------|--------------|

Advocacy

| | |
|--|--------------|
| Administration for Community Living (ACL)..... | 202.401.4634 |
| Alexandria Commission on Aging (COA)..... | 703.746.5999 |
| Alexandria Commission on Persons with Disabilities | 703.746.4550 |
| Domestic Violence Program | 703.746.4911 |
| Sexual Assault Center | 703.683.7273 |
| Northern Virginia Long-Term Care Ombudsman | 703.324.5861 |

Caregiver Resources

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|--|--------------------------------|
| CareRing..... | 703.516.6769 |
| Eldercare Locator | 1.800.677.1116 |
| MedicAlert + Alzheimer's Association Safe Return | 1.888.572.8566 |
| Project Lifesaver | 703.746.5002 or 703.746.5136 |
| Senior Link (ACTS Helpline)..... | 703.368.4141 |
| The Source Book, Guide to Retirement Living..... | 703.992.1100 or 1.800.394.9990 |

Consumer Information

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|--|--|
| Benefits Checkup | www.benefitscheckup.org |
| Consumer Affairs | 804.786.2042 |
| Consumer Protection Hotline | 1.800.552.9963 |
| Consumer Credit Counseling (Money Management International)..... | 703.836.0482 |
| Consumer Product Safety Commission Hotline | 1.800.638.2772 |
| Federal Trade Commission | 202.326.2222 |
| National Active and Retired Federal Employees Association..... | 703.838.7760 |
| National Consumers League | 202.835.3323 |
| Silver Service Card..... | 703.836.4414 |
| U.S. Department of Health and Human Services Office of Civil Rights..... | 1.800.368.1019 |
| Virginia Department of Agriculture and Consumer Services | 1.800.552.9963 |

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 |

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|---|------------------------------|
| Jewish Social Service Agency (JSSA)..... | 703.204.9100 |
| 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)..... | 301.306.7070 |
| ENDependence Center of Northern Virginia, Inc..... | 703.525.3268 |
| Spina Bifida Association of the Mid-Atlantic Region ... | 1.800.621.3141 extension 20 |
| The Arc of Northern Virginia | 703.208.1119 |
| The National Multiple Sclerosis Society National Capital Chapter | 202.296.5363 |
| United Cerebral Palsy Affiliates | 202.269.1500 |
| Educational Opportunities | |
| Adult Education | 703.824.6845 or 703.619.8027 |
| Encore Learning (formerly ALRI) | 703.228.2144 |
| 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 | 703.933.5073 |
| Osher Lifelong Learning Institute (OLLI) | 703.503.3384 |
| Road Scholar..... | 1.800.454.5768 |
| Employment | |
| Experience Works (formerly Green Thumb, Inc.) | 1.866.397.9757 |
| Northern Virginia Senior Community Service Employment Program . | 703.488.8196 |
| Virginia Employment Commission Job Service | 703.813.1300 |
| Workforce Development Center | 703.746.5940 |
| Financial Assistance | |
| Customer Call Center..... | 703.746.5700 |
| Northern Virginia Payee Service..... | 703.273.4590 |
| Pension Rights Center | 202.296.3776 |
| The United States Social Security Administration | 1.800.772.1213 |
| Food and Nutrition | |
| Food - Meals | |
| Catholic Charities Christ House Evening Meal | 703.746.8644 |
| Downtown Baptist Church Open Table..... | 703.549.5544 |
| Meade Memorial Church Bag Lunch..... | 703.549.1333 |
| Meade Memorial Saturday Feeding Program..... | 703.549.1334 |
| Saint Martin de Porres Senior Center | 703.751.2766 |
| The Senior Center at Charles Houston | 703.746.5456 |

Food - Pantry

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|--|--------------|
| Alfred Street Baptist Church..... | 703.683.2222 |
| ALIVE! Food Distribution Program..... | 703.837.9321 |
| CCDA St. Lucy Food Pantry at Christ House..... | 703.548.4227 |
| Christ Church Lazarus..... | 703.549.1450 |
| Church of the Resurrection West End..... | 703.998.0888 |
| Food For Others..... | 703.207.9173 |
| Grace Episcopal Church..... | 703.549.1980 |
| Meade Memorial Canned Food Distribution..... | 703.549.1334 |
| Oakland Baptist Church Food Bank..... | 703.998.9006 |
| Salvation Army Emergency Food Program..... | 703.548.0579 |
| St. Joseph Catholic Church..... | 703.836.3725 |
| St. Paul's Lazarus Ministry..... | 703.548.3312 |

Food - Pets

| | |
|-------------------------|----------------------------|
| AniMeals on Wheels..... | 703.836.4414 extension 120 |
|-------------------------|----------------------------|

Food - Programs

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|---|--------------------------------|
| Alexandria Cooperative Extension Office - Nutrition Education | 703.746.5544 |
| ALIVE! Home Delivery Food Program..... | 703.549.3692 |
| Groceries to Go..... | 703.836.4414 extension 112 |
| Liquid Supplement Program | 703.746.5999 |
| Meals on Wheels - Subsidized | 703.746.5999 |
| Meals on Wheels - Private Pay..... | 703.836.4414 extension 112 |
| 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

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|--|----------------|
| INOVA Alexandria Hospital Physician Referral | 1.855.694.6682 |
|--|----------------|

Health Care Services

Clinics - General Medical

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|---|--------------|
| 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 |

Clinics - Kidney Dialysis

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|---|----------------|
| DaVita Dialysis Center | 1.800.422.6589 |
| Fresenius Care (Dialysis Service) | 703.370.8250 |

Dental Care

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|--|--------------|
| Alexandria Neighborhood Health Services, Inc. Dental Clinic (ANHSI 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..... | 703.820.7170 |

Eye and Vision Care

| | |
|--|--|
| City of Alexandria Office of Community Services | 703.746.5700 |
| Columbia Lighthouse for the Blind | 202.454.6400 |
| Eye Care America | www.eyecareamerica.org |
| Metropolitan Washington Ear..... | 301.681.6636 |
| 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 | 703.746.3600 |
| Detox..... | 703.746.3636 |
| Dominion Hospital | 703.538.2872 |
| George Washington University Hospital - Geriatric Center..... | 202.741.2222 |
| INOVA Comprehensive Addiction Treatment Services (CATS) | 703.289.7560 |
| INOVA Fairfax Behavioral Health Services | 703.660.8100 |
| Mental Health America | 703.684.7722 |
| Older Adult Clinical Services | 703.746.3400 |

Health Education Resources

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|---|--------------------------------|
| 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 | 1.800.227.2345 |
| American Diabetes Association..... | 703.549.1500 or 1.800.342.2383 |
| American Heart Association (Greater Washington Region)..... | 703.248.1700 |
| Arthritis Foundation | 1.844.571.4357 |

Durable Medical and Rehabilitation Equipment

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|--|--------------|
| Americoast Maryland LLC/Mid-Atlantic Health Care | 800.946.9943 |
| Armor Medical | 703.204.1213 |
| Johns Hopkins Pharmaquip Inc/Respicare | 703.440.3600 |
| Medical House Supply Group | 703.533.2290 |

Health Insurance

Counseling

| | |
|--|--------------------------------|
| State Corporation Commission..... | 1.800.552.7945 or 804.371.9741 |
| Virginia Insurance Counseling and Assistance Program (VICAP) | 703.746.5999 |

Medicaid

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|------------------------|--------------|
| Medicaid Program | 703.746.5801 |
|------------------------|--------------|

Medicare

| | |
|--|----------------|
| Centers for Medicare and Medicaid Services (CMS) | 1.800.633.4227 |
| Medicare Rights Center..... | 1.800.333.4114 |
| Social Security Administration – Medicare | 1.800.772.1213 |

Other Health Insurance Resources

Cover Virginia 1.855.242.8282

In-Home Care and Assistance

At Home in Alexandria703.231.0824
Home-based Care Program.....703.746.5999
Friendly Visitor Program..... 703.836.4414 extension 120
Snow Buddies703.836.2176

Hospice Advocacy

Capital Caring703.538.2065
National Hospice and Palliative Care Organization703.837.1500

Hospitals

INOVA Alexandria Hospital703.504.3000

Housing

Assisted Living Facilities

Benchmark at Alexandria (Opening 2024) 571.946.5035
Brandywine Living in Alexandria 703.940.3300
Elance at Alexandria (formerly The Fountains).....703.845.5100
Elance at Old Town..... 703.236.1226
Elance at West End 703.940.3300
Silverado Alexandria 703.215.9110
Sunrise of Alexandria703.348.1022
The Landing Alexandria571.814.5830
Willow Oaks & District Home Birmingham Green Assisted Living Facility
..... 703.257.0935

Continuing Care Retirement Communities

Goodwin Living 703.578.1000
The View Alexandria by Goodwin Living (formerly The Hermitage)... 703.797.3800

Emergency Shelters and Homelessness Prevention Services

Alexandria Community Shelter703.746.3660
ALIVE! House 703.837.9300
Carpenter's Shelter703.548.7500
Homeless Services Assessment Center (HSAC)703.746.5700

Nursing Services

Alexandria Rehabilitation and Healthcare Center.....703.684.9100
Birmingham Green Nursing Facility703.257.0935
Woodbine Rehabilitation and Healthcare Center.....703.836.8838

Independent Living

Alexandria Redevelopment & Housing Authority (ARHA)703.549.7115

| | |
|--------------------------------|--------------|
| Annie B. Rose House | 703.548.4946 |
| Beasley Square Apartments..... | 703.853.0638 |
| Bellefonte Gardens..... | 703.746.3400 |
| Claridge House II | 703.823.5444 |
| Foxchase of Alexandria | 571.451.0532 |
| Ladrey Hi-Rise..... | 703.549.7115 |
| Old Towne West..... | 703.549.4343 |
| Pendleton Park | 703.271.8400 |

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 | 202.800.6032 |
| Rental Accessible Modification Program (RAMP) | 703.746.4990 |
| Rent Relief Program | 703.746.5918 |
| Virginia Housing Development Authority..... | 1.877.428.8844 |
| Virginia Housing Development Authority Accessibility | 804.782.1986 |

Information and Referral

| | |
|---|----------------|
| Regional Resources..... | 211 |
| AARP Virginia | 1.866.542.8164 |
| Alex311 (previous Call.Click.Connect)..... | 703.746.4311 |
| Customer Call Center..... | 703.746.5700 |
| Division of Aging and Adult Services | 703.746.5999 |
| SeniorNavigator/disAbilityNavigator (VirginiaNavigator) | 1.866.393.0957 |
| Senior Helpline (Jewish Council for the Aging of Greater Washington) | 703.425.0999 |

Legal Services

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|---|----------------|
| Alexandria Bar Association Lawyer Referral | 703.548.1106 |
| Commonwealth's Attorney..... | 703.746.4100 |
| 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 |
| Office of Human Rights | 703.746.3140 |
| Statewide Senior Legal Helpline..... | 1.844.802.5910 |
| Virginia Department of Aging and Rehabilitation Services (DARS) | 1.800.552.3402 |

Libraries

| | |
|--|--------------|
| Charles E. Beatley, Jr. Central Library..... | 703.746.1702 |
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| Talking Book Service | 703.746.1760 |
| 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

| | |
|--|------------------------------|
| Christ House, Catholic Charities of Arlington Diocese | |
| Monetary Assistance..... | 703.548.4227 |
| 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 extension 28 |
| Multicultural Clinical Center..... | 703.354-0000 |
| 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 | 202.567.2606 |

Recreation Activities

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|---|---------------|
| City of Alexandria, Department of Recreation, Parks and Cultural Activities | |
| | 703.746.5419 |
| Program and Event Registration..... | 703.746.5537 |
| TTY..... | 711(VA Relay) |
| Northern Virginia Senior Olympics | 703.228.4721 |
| Power-Plus 55..... | 703.746.5575 |
| YMCA..... | 703.838.8085 |

Recreation Centers

| | |
|---|--------------|
| Charles Houston Recreation Center..... | 703.746.5552 |
| Chinquapin Recreation Center | 703.746.5553 |
| Leonard "Chick" Armstrong Recreation Center | 703.746.5554 |
| Mount Vernon Recreation Center | 703.746.5556 |
| Nannie J. Lee Memorial Recreation Center..... | 703.746.5550 |
| Patrick Henry Recreation Center..... | 703.746.5541 |
| 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 |

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 711 or 1.800.828.1140

Transportation Services

DASH Bus/Alexandria Transit Company.....703.746.3274/703.746.DASH

Senior Transportation Services703.746.3275

Metrobus/Metrorail

Washington Metropolitan Area Transit Authority (WMATA).....202.637.7000

TTY202.638.3780

Reduced Fare Program for People with Disabilities202.962.2700

Special Transportation Services

Alexandria Yellow Cab (24-hour notice for lift vans).....703.549.2500

American Cancer Society..... 1.800.227.2345

Diamond Transportation Services (24-hour notice for lift vans)703.912.7606

D.O.T. -Transportation for People with Disabilities703.836.5222

D.O.T. - Reservations703.836.5222

MetroAccess.....301.562.5360

MTS Transportation, Inc.....703.652.0816

Senior Taxi Yellow Card Program703.746.5999

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles/Alexandria

..... 804.497.7100

Utilities and Utility Assistance

Assurance Wireless Lifeline Assistance Program1.888.321.5880

Dominion Virginia Power (electric company).... 1.866.DOM.HELP / 1.866.366.4357

Energy Assistance City of Alexandria, Office of Community Services

.....703.746.5901

Senior Cool Care Program City of Alexandria, Division of Aging and Adult Services

.....703.746.5999

Verizon Telephone Company Lifeline Program..... 1.800.837.4966

Virginia American Water703.549.7080

Washington Gas Company (natural gas).....703.750.1000

TTY703.750.7975

Weatherization Assistance Program.....540.665.0200 extension 5103

Veteran Services

| | |
|---|------------------------|
| Alexandria VET Center | 703.360.8633 |
| Fort Belvoir Outpatient Clinic..... | 571.231.2408 |
| U.S. Department of Veterans' Affairs | 1.800.827.1000 |
| Veterans Crisis Line | 1.800.273.8255 Press 1 |
| Virginia Department for Veteran Services | 703.417.9090 |
| Veterans' Health Care Benefits at Fort Belvoir | 571.231.2408 |
| Veterans' (Armed Forces) services through the Red Cross | 240.485.3031 |
| Washington DC VA Medical Center | 202.745.8000 |

Vital Records

| | |
|--|--|
| City of Alexandria County Clerk Marriage Certificates and Divorce Records | 703.746.4044 |
| Death Certificates, Virginia Department of Health, Office of Vital Records | 804.662.6200 |
| Vital Records - Any State | www.vitalrec.com |

Volunteer Opportunities

| | |
|--|--------------|
| American Red Cross - Alexandria Chapter | 703.549.8300 |
| City of Alexandria, Division of Aging and Adult Services | 703.746.5999 |
| RSVP of Northern Virginia..... | 703.246.3460 |
| Senior Services of Alexandria | 703.836.4414 |
| Volunteer Alexandria | 703.836.2176 |

Voter Information

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|---|----------------|
| Alexandria Registrar of Voters | 703.746.4050 |
| Virginia Department of Motor Vehicles (DMV) | 804.497.7100 |
| Virginia State Board of Elections..... | 1.800.552.9745 |
| TTY:..... | 1.800.260.3466 |

Phone Numbers Alphabetically By Name

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|--|--------------------------------|
| AARP Virginia..... | 1.866.542.8164 |
| ABCD Helpline (After Breast Cancer Diagnosis) | 1.800.221.2141 |
| Administration for Community Living (ACL) | 202.401.4634 |
| Adult Education..... | 703.619.8027 or 703.824.6845 |
| Adult Protective Services | 703.746.5778 |
| Alcohol and Drug Abuse Services | 703.746.3600 |
| Alcoholics Anonymous (Northern VA Intergroup) | 703.293.9753 |
| Alex311 (Previous Call.Click.Connect)..... | 703.746.4311 |
| Alexandria Adult Day Services Center..... | 703.746.5676 |
| Alexandria Bar Association Lawyer Referral | 703.548.1106 |
| Alexandria Commission on Aging (COA)..... | 703.746.5999 |
| Alexandria Commission on Persons with Disabilities | 703.746.4550 |
| Alexandria Community Shelter..... | 703.746.3660 |
| Alexandria Cooperative Extension Office - Nutrition Education..... | 703.746.5544 |
| Alexandria Marriage Certificates and Divorce Records | 703.746.4044 |
| 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 Rehabilitation & Healthcare Center..... | 703.684.9100 |
| Alexandria VET Center | 703.360.8633 |
| Alexandria Yellow Cab (24-hour notice for lift vans)..... | 703.549.2500 |
| Alfred Street Baptist Church..... | 703.683.2222 |
| ALIVE! Food Distribution Program..... | 703.837.9321 |
| ALIVE! Home Delivery Food Program..... | 703.549.3692 |
| ALIVE! House | 703.837.9300 |
| Alzheimer's Association (National Capital Area) | 703.359.4440 |
| Alzheimer's Disease Education and Referral Center..... | 1.800.438.4380 |
| American Cancer Society | 1.800.227.2345 |
| 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 |
| Americoast Maryland LLC/Mid-Atlantic Health Care | 800.946.9943 |
| AniMeals on Wheels..... | 703.836.4414 extension 120 |
| Annie B. Rose House | 703.548.4946 |
| Apartment Locator Services (FREE) Southern Management..... | 1.888.612.7868 |
| Armor Medical..... | 703.204.1213 |
| Arthritis Foundation | 1.844.571.4357 |

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| Assurance Wireless Lifeline Assistance Program | 1.888.321.5880 |
| At Home in Alexandria | 703.231.0824 |
| Autism Society Northern Virginia Chapter | 703.495.8444 |
| Beasley Square Apartments..... | 703.853.0638 |
| Bellefonte Gardens..... | 703.746.3400 |
| Benchmark at Alexandria (Opening 2024)..... | 571.946.5035 |
| Benefits Checkup..... | www.benefitscheckup.org |
| Birmingham Green Nursing Facility | 703.257.0935 |
| Brain Injury Association of America | 703.761.0750 |
| Brandywine Living in Alexandria | 703.940.3300 |
| Carpenter's Shelter | 703.548.7500 |
| Casey Clinic (Flora Krause Casey Health Center) | 703.746.4886 |
| Catholic Charities Christ House Evening Meal..... | 703.549.8644 |
| CCDA St. Lucy Food Pantry at Christ House..... | 703.548.4227 |
| Center for Pastoral Counseling of Virginia | 703.903.9696 |
| Centers for Medicare and Medicaid Services (CMS) | 1.800.633.4227 |
| Charles E. Beatley, Jr. Central Library..... | 703.746.1702 |
| Charles Houston Recreation Center..... | 703.746.5552 |
| Cherry Blossom PACE..... | 571.789.0770 |
| Children and Adults with Attention Deficit/Hyperactivity Disorder of Northern Virginia (CHADD) | 301.306.7070 |
| Chinquapin Recreation Center..... | 703.746.5553 |
| Christ Church Lazarus..... | 703.549.1450 |
| Church of the Resurrection West End..... | 703.998.0888 |
| City of Alexandria County Clerk Death Certificates | 804.662.6200 |
| City of Alexandria County Clerk Marriage Certificates and Divorce Records | 703.746.4044 |
| City of Alexandria Department of Recreation, Parks and Cultural Activities | 703.746.5419 |
| City of Alexandria Department of Recreation, Parks and Cultural Activities Program and Event Registration..... | 703.746.5419 |
| City of Alexandria Division of Aging and Adult Services | 703.746.5999 |
| City of Alexandria Health Department..... | 703.746.4996 |
| City of Alexandria Office of Community Services | 703.746.5901 |
| Claridge House II | 703.823.5444 |
| Columbia Lighthouse for the Blind | 202.454.6400 |
| Commonwealth of Virginia Department of Motor Vehicles/Alexandria..... | 804.497.7100 |
| Commonwealth's Attorney..... | 703.746.4100 |
| Community Action Agency | 703.746.5700 |
| Consumer Affairs | 804.786.2042 |
| Consumer Credit Counseling (Money Management International) | 703.836.0482 |
| Consumer Product Safety Commission Hotline | 1.800.638.2772 |
| Consumer Protection Hotline | 1.800.552.9963 |
| Cover Virginia | 1.855.242.8282 |

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| Customer Call Center..... | 703.746.5700 |
| DASH Bus/Alexandria Transit Company..... | 703.746.3274/703.746.DASH |
| DaVita Dialysis Center | 1.800.424.6589 |
| Detox..... | 703.746.3636 |
| Diamond Transportation Services (24-hour notice for lift vans) | 703.912.7606 |
| Domestic Violence Program | 703.746.4911 |
| Dominion Hospital..... | 703.538.2872 |
| Dominion Virginia Power (electric company)..... | 1.866.DOM.HELP / 1.866.366.4357 |
| D.O.T. -Transportation for People with Disabilities | 703.836.5222 |
| D.O.T. - Reservations | 703.836.5222 |
| Downtown Baptist Church Open Table..... | 703.549.5544 |
| Elance at Alexandria (formerly The Fountains) | 703.845.5100 |
| Elance at Old Town..... | 703.236.1226 |
| Elance at West End | 703.940.3300 |
| 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 |
| Ethiopian Community Development Council, Inc. (ECDC)..... | 703.685.0510 |
| Experience Works (formerly Green Thumb, Inc.) | 1.866.397.9757 |
| Eye Care America..... | www.eyecareamerica.org |
| Federal Trade Commission | 202.326.2222 |
| Fennel-Sauls Vocational Day Program (Central Intake) | 703.746.3400 |
| Food For Others..... | 703.207.9173 |
| Fort Belvoir Outpatient Clinic..... | 571.231.2408 |
| Foxchase of Alexandria | 571.451.0532 |
| Fresenius Care (Dialysis Service)..... | 703.370.8250 |
| Friendly Visitor Program..... | 703.836.4414 |
| George Washington University Hospital - Geriatric Center | 202.741.2222 |
| Goodwin Living | 703.578.1000 |
| Grace Episcopal Church..... | 703.549.1980 |
| Groceries to Go..... | 703.836.4414 extension 112 |
| 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 |
| Homeless Services Assessment Center | 703.746.5700 |
| Home-based Care Program..... | 703.746.5999 |
| Howard University, College of Dentistry Dental Clinic..... | 202.806.0008 |
| INOVA Alexandria Hospital Physician Referral | 1.855.694.6682 |
| INOVA Alexandria Hospital | 703.504.3000 |
| INOVA Comprehensive Addiction Treatment Services (CATS) | 703.289.7560 |

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| INOVA Fairfax Behavioral Health Services | 703.660.8100 |
| 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 |
| Johns Hopkins Pharmaquip Inc..... | 703.440.3600 |
| Kate Waller Barrett Branch Library..... | 703.746.1703 |
| Korean Services (Salvation Army)..... | 703.385.8702 extension 28 |
| Ladrey Hi-Rise..... | 703.549.7115 |
| Landlord/Tenant Relations | 703.746.4990 |
| Legal Services of Northern Virginia..... | 703.684.5566 (Alexandria Office) |
| Leonard "Chick" Armstrong Recreation Center | 703.746.5554 |
| Lifetime Learning /Lifelong Learning Institute..... | 703.503.0600 |
| Liquid Supplement Program | 703.746.5999 |
| Literacy Council of Northern Virginia, Inc. | 703.237.0866 |
| Meade Memorial Canned Food Distribution..... | 703.549.1334 |
| Meade Memorial Church Bag Lunch..... | 703.549.1333 |
| Meade Memorial Saturday Feeding Program..... | 703.549.1334 |
| Meals on Wheels (subsidized) | 703.746.5999 |
| Meals on Wheels (private pay)..... | 703.836.4414 extension 112 |
| Medical House Supply Group..... | 703.533.2290 |
| Medicaid Helpline..... | 1.804.786.6145 |
| Medicaid Program..... | 703.746.5801 |
| MedicAlert + Alzheimer's Association Safe Return | 1.888.572.8566 |
| Medicare Rights Center..... | 1.800.333.4114 |
| Mental Health America..... | 703.684.7722 |
| MetroAccess | 301.562.5360 |
| Metropolitan Washington Ear..... | 301.681.6636 |
| Money Management International | 703.836.0482 |
| MTS Transportation, Inc..... | 703.652.0816 |
| 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 Association (NARFE)..... | 703.838.7760 |
| National Caucus and Center on Black Aged, Inc..... | 202.637.8400 |
| National Consumers League | 202.835.3323 |
| National Hospice and Palliative Care Organization | 703.837.1500 |
| Nationwide Lawyer Referral Service..... | 1.800.552.7977 |
| Northern Virginia Community College - Community Education | 703.933.5073 |
| Northern Virginia Community College Dental Hygiene Clinic..... | 703.822.6655 |
| Northern Virginia Dental Clinic..... | 703.820.7170 |
| Northern Virginia Long-Term Care Ombudsman | 703.324.5861 |

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| Northern Virginia Payee Service..... | 703.273.4590 |
| Northern Virginia Resource Center for Deaf and Hard-of-Hearing Persons..... | 703.352.9055 |
| Northern Virginia Senior Community Service Employment Program | 703.488.8196 |
| Northern Virginia Senior Olympics | 703.228.4721 |
| Oakland Baptist Church Food Bank..... | 703.998.9006 |
| Office of Human Rights | 703.746.3140 |
| Old Towne West..... | 703.549.4343 |
| Older Adult Clinical Services | 703.746.3400 |
| Older Women's League (OWL) Field Services Office..... | 202.567.2606 |
| Osher Lifelong Learning Institute (OLLI) | 703.503.3384 |
| Patrick Henry Recreation Center..... | 703.746.5541 |
| Pendleton Park..... | 703.271.8400 |
| 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..... | 703.746.5002 or 703.746.5136 |
| Real Estate Tax/Property Tax Relief/Deferral | 703.746.3909/3902 |
| Rebuilding Together..... | 202.800.6032 |
| Reduced Fare Program for People with Disabilities | 202.962.2700 |
| 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 |
| RSVP of Northern Virginia | 703.246.3460 |
| Salvation Army Emergency Food Program..... | 703.548.0579 |
| Saint Joseph Catholic Church..... | 703.836.3725 |
| Saint Martin de Porres Senior Center | 703.751.2766 |
| Saint Paul's Lazarus Ministry..... | 703.548.3312 |
| Senior Cool Care Program..... | 703.746.5999 |
| 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 |
| 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 |
| Silver Service Card..... | 703.836.4414 |
| Silverado Alexandria | 703.215.9110 |
| Snow Buddies | 703.836.2176 |
| Social Security Administration – Medicare | 1.800.772.1213 |
| Spina Bifida Association of the Mid-Atlantic Region | 1.800.621.3141 extension 20 |

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| State Corporation Commission..... | 1.800.552.7945 or 804.371.9741 |
| Statewide Senior Legal Helpline..... | 1.844.802.5910 |
| Sunrise of Alexandria | 703.348.1022 |
| Supplemental Nutrition Assistance Program (SNAP-formerly Food Stamps) | |
| City of Alexandria, Benefits Programs..... | 703.746.5801 |
| Talking Book Service | 703.746.1760 |
| The Arc of Northern Virginia | 703.208.1119 |
| The View Alexandria by Goodwin Living (formerly The Hermitage)..... | 703.797.3800 |
| The Landing Alexandria | 571.814.5830 |
| 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 | 1.800.772.1213 |
| TTY..... | 711(VA Relay) |
| U.S. Department of Health and Human Services Office of Civil Rights | |
| Main..... | 1.800.368.1019 |
| TTD..... | 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 Crisis Line | 1.800.273.8255 Press 1 |
| Veterans Health Care Benefits at Fort Belvoir | 571.231.2408 |
| Virginia American Water..... | 703.549.7080 |
| Virginia Department of the Aging and Rehabilitation Services (DARS).... | 1.800.552.3402 |
| 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 | 703.417.9090 |
| Virginia Department of Agriculture and Consumer Services..... | 1.800.552.9963 |
| TTY | 1.800.828.1120 |
| Virginia Department of Health, Office of Vital Records..... | 804.662.6200 |
| Vital Records - Any State | www.vitalrec.com |
| Virginia Department of Motor Vehicles | (DMV) 804.497.7100 |
| Virginia Employment Commission Job Service | 703.813.1300 |
| Virginia Housing Development Authority..... | 1.877.428.8844 |
| Virginia Housing Development Authority Accessibility | 804.782.1986 |
| Virginia Insurance Counseling and Assistance Program (VICAP)..... | 703.746.5999 |
| 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 DC VA Medical Center..... | 202.745.8000 |
| Washington Gas Company (natural gas)..... | 703.750.1000 |
| TTY | 703.750.7975 |

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| Washington Metropolitan Area Transit Authority (WMATA)..... | 202.637.7000 |
| Weatherization Assistance Program..... | 540.665.0200 extension 5103 |
| West End Wellness Center | 703.746.3456 |
| William Ramsay Recreation Center | 703.746.5558 |
| Woodbine Rehabilitation and Health Care Center..... | 703.836.8838 |
| Workforce Development Center..... | 703.746.5940 |
| YMCA..... | 703.838.8085 |



DCHS Programs

Administrative Offices, Community Services Board, 703.746.3400
Adult Developmental Disability Case Management, 703.746.3333
Aging and Adult Services, 703.746.5999
Alexandria Campaign on Adolescent Pregnancy, 703.746.3131
Alexandria Vocational Services, 703.746.3333
Child Assessment and Treatment Center, 703.838.4708
Child Welfare, 703.746.5757
Center for Alexandria's Children, 703.746.6008
Community Services, 703.746.5901
Detox Center, 703.746.3636
Domestic Violence Program, 703.746.4911
Early Childhood Division, 703.746.5437
Eligibility Programs, 703.746.5801
Emergency Services, 703.746.3401
Homeless and Ex-Offender Services, 703.746.5912
MH/ID/SA Intake, 703.746.3535
Outpatient Mental Health Services, 703.746.3400
Parent Infant Education Program, 703.746.3350
Residential Services Administrative Offices, 703.746.3500
School-Age Youth Development, 703.746.3436
Sexual Assault Center, 703.683.7273
Substance Abuse Prevention Coalition of Alexandria, 703.746.3670
Substance Abuse Services, 703.746.3600
West End Wellness Center (formerly Clubhouse), 703.746.3456
Workforce Development Center, 703.746.5940