

ALEXANDRIA

ADULT DAY SERVICES CENTER

2026



STAFF

LETTER FROM OUR DIRECTOR

HEALTH AND WELLNESS TIPS

UPCOMING EVENTS

MENUS AND ACTIVITY CALENDARS

CENTER PHOTOS

VOLUNTEER SPOTLIGHT

QUARTERLY BIRTHDAYS

NURSE DORA'S HEALTHY TIPS

RESOURCES

GAMES

Program Closures:

- Memorial Day:
Monday, May 25th
- Juneteenth:
Friday, June 19th
- Independence Day:
Friday, July 4th
- Labor Day: Monday,
September 7th
- Indigenous Peoples' Day:
Monday, Oct 12th

MONDAY-FRIDAY

8 a.m.-5 p.m.

Lee Center, 1108 Jefferson St

Call 703.746.5676 for more information.

For newsletter inquiries please email: jana.hobson@alexandriava.gov



DEPARTMENT OF
**COMMUNITY &
HUMAN SERVICES**

MEET OUR AMAZING STAFF



TBD
DIRECTOR



DORA CONTEH MANSARAY
REGISTERED CENTER NURSE



JACKIE MCCORD
MANAGER



CAROLINE CRISP
THERAPEUTIC
RECREATION LEADER



RUBINA AWAN
THERAPEUTIC
RECREATION LEADER



JANA HOBSON
COMMUNICATIONS/
THERAPEUTIC RECREATION
LEADER



MICHELLE WALKER
PART-TIME THERAPEUTIC RECREATION
LEADER

Dear Stakeholder:

May 1, 2026

I am Chris Moore, Director of the Division of Aging & Adult Services for the City of Alexandria. I wanted to take a moment to share some news with you, along with the vision for what comes next.

Between the weather and staffing challenges, it's no secret that we have closed quite a bit in 2026. We recognize and appreciate how difficult that can be, whether you're a caregiver, a participant, or a vendor. As many of you know, our long-time Adult Day Center Director, Darrell Wesley, is retiring, effective today. I thank Darrell for his vision, his diligence, and his sacrifices as he moves on to the next phase of his life.

With Darrell's retirement, we are critically short-staffed, to the point where one person calling out would be enough to close the center. We are moving quickly to rectify that shortfall, hiring a permanent Therapeutic Recreation Leader, securing an additional temporary employee, and hiring Darrell's successor. I beg your patience as we work to get the right person to lead this program so that we can continue to provide the care your loved ones deserve. In particular, the months of May and June will be challenging as we contend with staffing issues as well as some well needed repairs to the HVAC system at the Lee Center, which will necessitate several closures over the next two months.

Going forward, I envision the Center Director position evolving, functioning as the main hub for caregivers in Alexandria. This evolution will result in stronger support for caregivers in the form of both the respite that the Adult Day Center provides and support in terms of tools that will help you for the rest of your caregiver journey. One of those tools that you can access now is Trualta, a service paid for by the Division of Aging & Adult Services that is of no charge to you, providing education, virtual support groups, and other resources. You can access Trualta with an easy sign up at <https://alexva.trualta.com>.

I'm working diligently to post the Center Director position and will soon have an acting Director in place to facilitate the transition and minimize disruption. For caregivers, if you are interested in serving on the interview panel for hiring our next Center Director, please let me know at Christopher.moore@alexandriava.gov.

Regardless of the circumstances, please know:

1. We are committed to providing the same high level of service you expect from us.
2. Our staff are working hard and deserve your praise.
3. We will keep safety paramount in all we do.

Again, I thank you for your patience and ask that you hang with us a bit longer as we build a better future for the Adult Day Center together.

Yours in Service,



Christopher Moore, Director

Division of Aging & Adult Services

Direct: 703.746.5692

christopher.moore@alexandriava.gov

alexandriava.gov/DCHS

5 Ways to Boost Mental Health

1. Exercise Regularly

Regular exercise, even a short daily walk, can boost mood by releasing endorphins and reducing stress.

2. Get Enough Sleep

Aim for 7–9 hours of quality sleep each night. Poor sleep can lead to increased stress, anxiety, and difficulty concentrating.



3. Eat a Balanced Diet

Nutrition plays a crucial role in mental health. Eating a variety of fruits, vegetables, and whole grains is essential.

4. Stay Connected

Spend time with loved ones, engage in meaningful conversations, and don't hesitate to reach out when you need support.

5. Seek Help When Needed

If stress, anxiety, or depression feel overwhelming, don't hesitate to talk to a therapist or counselor.



OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

May is recognized as Older Americans Month (OAM), a time to celebrate the contributions, experiences, and achievements of older adults in our communities. Established in 1963, OAM also raises awareness about aging and the importance of supporting older adults through programs, services, and community connections.

This year's theme, "Champion Your Health," highlights the importance of prevention, wellness, and healthy aging. It encourages older adults to take an active role in their health by staying informed, advocating for themselves, and making choices that support independence and well-being.

Healthy aging includes caring for both physical and mental health. People of all ages can support their well-being by staying up to date on preventive care and screenings, eating nutritious foods, staying physically active, managing stress, getting enough rest, and remaining socially connected.

Communities also play an important role in supporting older adults by creating opportunities for engagement, connection, and healthy living.

This Older Americans Month, take time to celebrate older adults and commit to staying healthy, active, and engaged. [Go to acl.gov](https://www.acl.gov) to learn more!

[Click here](#) to learn more about Senior Specialty Programs that support active, healthy aging for City of Alexandria residents!

UPCOMING EVENTS

Please click the **underlined, bolded** text below for more information about each upcoming event!

**MAY
21**

SENIOR HEALTH FITNESS FAIR

The Successful Aging Committee invites older adults to join us for a morning of fun, activities, and helpful information.

Time: 10 a.m.

Location: Nanny J Lee Memorial Recreation Center

RSVP: Email events@seniorservicesalex.org or call 703-836-4414 ext. 110.

**MAY
28**

COMMUNITY COOKOUTS

Join the City of Alexandria in various neighborhoods for a free hot dog or hamburger and to connect with your neighbors and community resources.

Time: 6-7:30p.m.

**JUNE
1**

SENIOR FARMERS' MARKET NUTRITION PROGRAM

Love fresh fruits and vegetables? If you are a City of Alexandria resident aged 60 or older, you may be eligible for the Senior Farmers Market Program!

- Eligibility: Age 60+
- Meet income guidelines
- City of Alexandria resident

**JUNE
6**

SENIOR LAW DAY

Senior Services of Alexandria and the Alexandria Bar Association present Confidence & Clarity as You Age. Join us to learn about scams, important documents and public benefits.

RSVP: Email events@seniorservicesalex.org or call 703-836-4414 ext. 110.







We our Volunteers

Thank you to everyone who shared your time, talents, and heart with us. Your dedication, compassion, and generosity truly made a difference. Whether you were working behind the scenes or front and center, your efforts did not go unnoticed. It's your kindness, patience, and willingness to give that helped create such meaningful experiences for those we serve.

Volunteering is so much more than completing tasks - it's about showing up, building connections, and bringing comfort, joy, and dignity to others. The conversations you shared, the smiles you sparked, and the moments you helped create all leave a lasting impact that extends far beyond a single day.

Because of you, our programs are more engaging, our environment is more welcoming, and our community is stronger. You help bring warmth, energy, and a sense of belonging to everyone around you.

We are deeply grateful for each and every one of you. Thank you for being such an important part of our mission and for making a difference in ways that truly matter.

Laurie



Patrice



Luley



Clara & Bennett

Romita



Leigh



Chef Philippe



VOLUNTEERS WELCOME



Volunteers Make a Difference!

Volunteers are a vital part of our team, providing extra support, attention, and friendship to participants. They help make our programs engaging, fun, and meaningful. Through meaningful stimulation, we work to maintain and enhance participants' awareness of the world around them. This is one of the reasons volunteers are so important to our center.



Volunteers engage in many of the activities listed below:

- Assist during breakfast, lunch, and snack
- Help with arts and crafts
- Support special events and themed parties
- Supervise outings, such as rodeos, baseball games, ballets, and fire station visits
- Offer friendly visits and individual attention
- Lead music or singing programs



Benefits Obtained

- Make a difference — Support and brighten someone's day
- Build connections — Form meaningful relationships with participants
- Gain experience — Develop skills in caregiving, communication, and teamwork
- Stay active and engaged — Participate in fun activities and outings
- Feel fulfilled — Experience a sense of purpose and giving back
- Be part of a community — Connect with seniors, staff, and other volunteers
- Volunteering is a rewarding way to give back while making a real impact.



703.746.5676

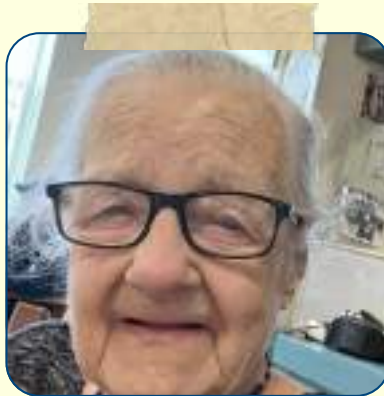


alexandriava.gov/go/1951

HAPPY BIRTHDAY



Mr. Philip
APRIL 1



Ms. Diana
APRIL 14



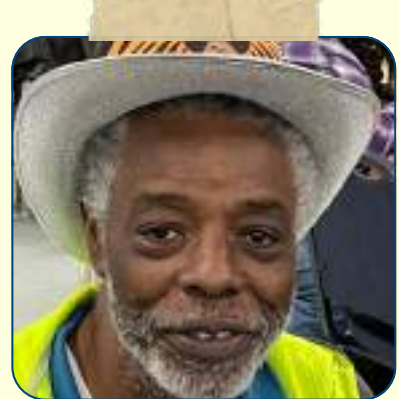
Mrs. Rubina
MAY 4



Mr. Rai
MAY 11



Ms. Yvonne
MAY 28



Mr. Karl
JUNE 5



Mr. Mickey
JUNE 28

NURSE DORA'S HEALTHY TIPS



Hot Weather Safety for Older Adults

Extreme heat poses serious risks for everyone, especially older adults, during very hot summer temperatures. Recent increases in heat-related illnesses and deaths highlight the importance of awareness and prevention. Key symptoms include:

- **Excessive sweating**
- **Heat stroke**
- **Heat rash (chest, neck, and other areas)**
- **Painful muscle cramps**
- **Muscle weakness and extreme fatigue**
- **Shortness of breath**
- **Cold, pale, clammy skin**
- **Dizziness or fainting**
- **Swelling in hands, legs, or ankles**

Older adults face higher risks from heat due to age, medications, and health conditions. Simple safety tips and helpful technology can support staying safe and healthy during hot weather.

- **Drink water often — even if you're not thirsty**
- **Eat light foods — fruits and veggies help keep you cool**
- **Wear light, loose clothes — add a hat if outside**
- **Stay cool indoors — use AC or go to a cool public place**
- **Avoid midday heat — stay inside from 10 AM–4 PM**
- **Use sunscreen — protect your skin**
- **Get help if sick — don't wait if you feel unwell**

These steps can help older adults stay safe and comfortable during extreme heat.

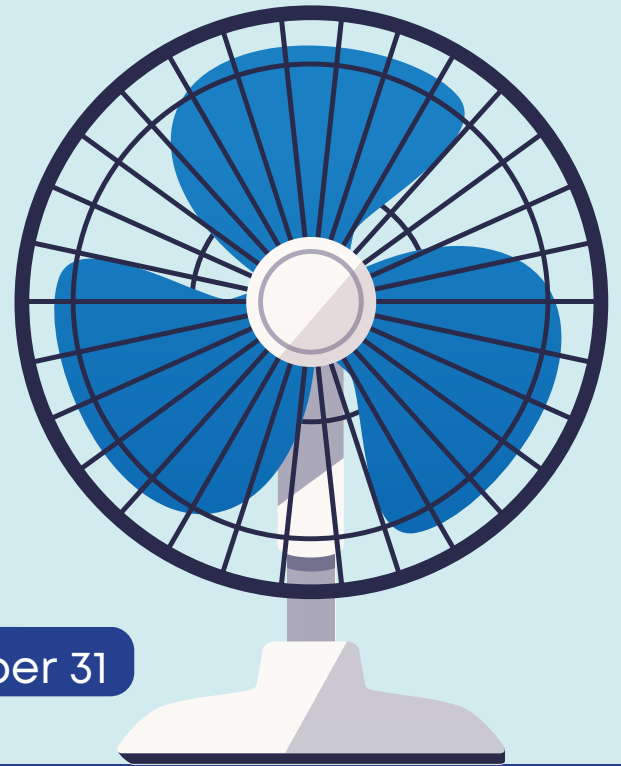
THE CITY OF ALEXANDRIA'S

SENIOR COOL CARE

PROGRAM

For eligible older adults who
need cooling in their homes.

Program runs May 1–October 31



5.11.2023



PROGRAM GUIDELINES*

1. Must be 60 years of age or older
2. Must meet income guidelines
3. Must be a City of Alexandria resident

*Other guidelines may apply

Contact the Division of
Aging and Adult Services for
eligibility requirements.

For more information, and to
learn more about financial assistance
programs for older adults,
visit alexandriava.gov/go/1959.

Questions? Call 703.746.5999 or
email DAAS@alexandriava.gov.



Department of Community
and Human Services



**Dominion
Energy**



DEPARTMENT OF
COMMUNITY &
HUMAN SERVICES

The Caregiver Space SUPPORT GROUP

ROMITA AFZAL

✉ romita.afzal@alexandriava.gov

☎ 703.328.8505

✉ jackie.mccord@alexandriava.gov

☎ 703.746.5672 - Ext. 5672



Romita Afzal, LCSW, is a senior therapist with the Older Adult Mental Health Team at the City of Alexandria Community Services Board. A mental health professional for 13 years, she holds a bachelor's degree in psychology and a master's degree in clinical social work from George Mason University.

For the past six years, Afzal has provided therapeutic services to older adults, their families, and groups. She is passionate about supporting caregivers by creating space to address care-related challenges, prevent burnout, and enrich the caregiving experience. She has led numerous psychoeducational groups through Older Adult Clinical Services at the Department of Community & Human Services.

Outside of work, Afzal enjoys nature, reading, cooking, and spending time with her family.

We're excited to launch ***The Caregiver Space*** — a free monthly group for older adult caregivers to share challenges, experiences and support in a safe, welcoming space. Meetings are held the second Thursday of each month from 3 to 4 p.m. There is no cost to attend.

Adult Day Services Center, 1108 Jefferson St.



TRUALTA

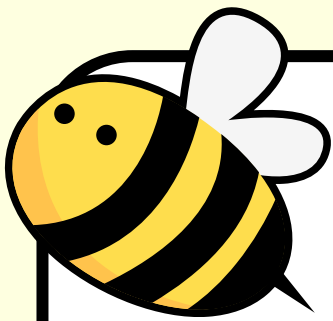
The Division of Aging and Adult Services has partnered with TRUALTA, a free and easy-to-use online resource designed to support family caregivers in Alexandria. This platform helps caregivers build the knowledge, skills, and confidence needed to safely care for their loved ones at home.

TRUALTA provides caregivers with access to:

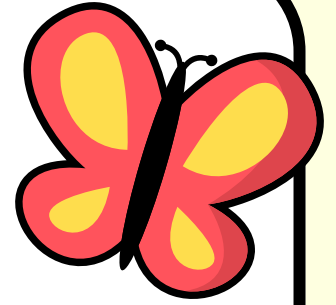
- Short educational lessons and videos on important caregiving topics, including:
 - Dementia care
 - Mobility assistance and safe transfers
 - Personal care such as bathing, dressing, and toileting
 - Medication management
 - Caregiver stress management and self-care
 - Kinship care
 - And many additional caregiving topics
- Printable guides, tools, and checklists for everyday caregiving support
- 24/7 access from any computer, tablet, or smartphone
- Content available in both English and Spanish

Whether you are new to caregiving or have been supporting a loved one for years, TRUALTA offers practical guidance and resources to help make caregiving at home safer and more manageable.

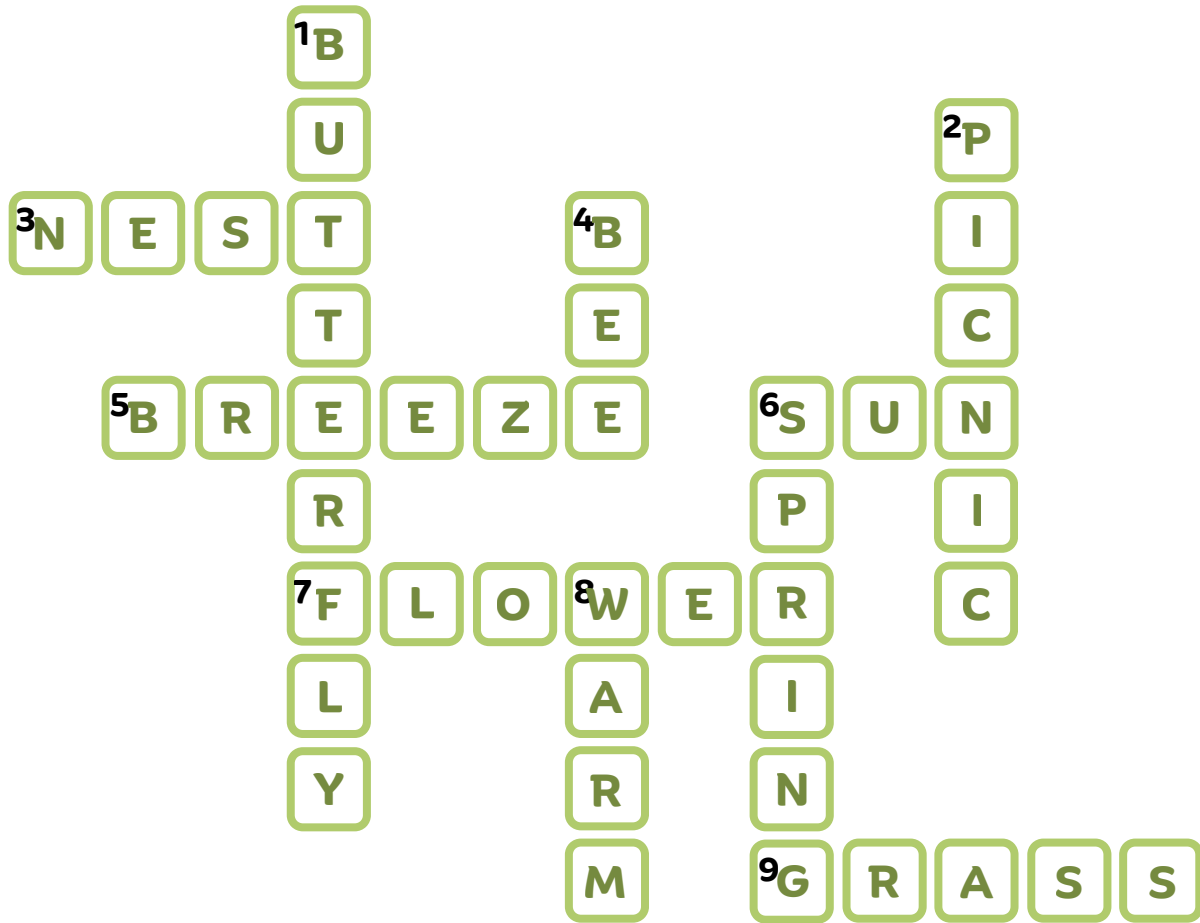
Alexandria residents can sign up for free at: alexva.trualta.com



Spring



ANSWER KEY

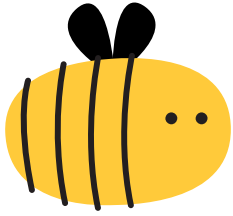


Across

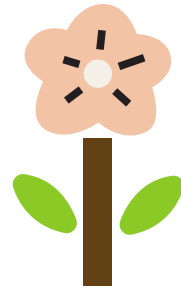
3. A bird's home.
5. A soft wind.
6. Shines bright in the sky.
7. A colorful plant.
9. Green and covers the ground.

Down

1. A colorful insect that flies.
2. Eating outside on a blanket.
4. Makes honey and buzzes.
6. The season after winter.
8. Not cold, not hot.



SPRING WORD SEARCH



Find the hidden Spring words.

R E D Y C N E B U N D B
A P A A S E I L M P U U
I K I T E S S A B I A T
N J S C P T I D R C P T
C A Y W G A R D E N A E
O N N L P N N F L I R R
A U G S E E B T L C T F
T U L I P A B A A N Y L
I O S U H O L D A I S Y
R A I N B O O T S H I H
G F I C H A O I T Y A U
B L O S S O M Y B U G G

KITE

NEST

DAISY

TULIP

GARDEN

RAINCOAT

BLOOM

PICNIC

UMBRELLA

RAINBOOTS

BLOSSOM

BUTTERFLY