

Division of Aging and Adult Services



Directory of Resources

for Older Adults & Adults with Disabilities



Department of Community and Human Services

703.746.5999

www.alexandriava.gov/Aging

Directory of Resources for Older Adults and Adults with Disabilities

Please contact us for more information regarding:

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

You can reach us at: **703.746.5999**, 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/ltombudsman
 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

CareRing..... 703.516.6769
 10455 White Granite Drive, Suite 400, Oakton, VA 22124
www.prsinc.org/caring
 A volunteer telephone support program that monitors physical and emotional well-being through the use of daily phone calls. Volunteers can also provide reminders for medications and doctor’s appointments.

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

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 Virginia703.208.1119

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/DCCHS
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/DCCHS
 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 Center1.600.333.4114

www.medicarerights.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 (Opening 2024)..... 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 Shelter **703.746.3660**
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/DCCHS
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 Alexandria 703.836.1021

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

www.rebuildingtogetheralex.org

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

Rental Accessible Modification Program (RAMP) 703.746.4990

City of Alexandria, Office of Housing

421 King Street, Suite 200, Alexandria, VA 22314

www.alexandriava.gov/Housing

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

Rent Relief Program 703.746.5918

City of Alexandria, Office of Community Services

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 Vehicles804.497.7100

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/DCCHS
Financial help to qualified individuals to assist with gas, electric, and other utility bills.
Ongoing and emergency assistance requests evaluated by DCCHS 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 Records 703.746.4044

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
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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

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

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

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

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
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Food - Programs

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

INOVA Alexandria Hospital Physician Referral.....	1.855.694.6682
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Health Care Services

Clinics - General Medical

City of Alexandria, Health Department.....	703.746.4996
Alexandria Neighborhood Health Services, Inc.....	703.535.5568
Casey Clinic (Flora Krause Casey Health Center).....	703.746.4886

Clinics - Kidney Dialysis

DaVita Dialysis Center.....	1.800.422.6589
Fresenius Care (Dialysis Service).....	703.370.8250

Dental Care

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

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

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

Medicaid Program	703.746.5801
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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

E lance at Alexandria (formerly The Fountains).....703.845.5100

E lance at Old Town..... 703.236.1226

E lance 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 Alexandria.....	703.836.1021
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

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

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 Services	703.746.3275

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

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 Disabilities	703.836.5222
D.O.T. - Reservations	703.836.5222
MetroAccess	301.562.5360
MTS Transportation, Inc.	703.652.0816
Senior Taxi Yellow Card Program	703.746.5999

Vehicle Registration and Handicapped Plates and Permits

Commonwealth of Virginia Department of Motor Vehicles/Alexandria	804.497.7100
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Utilities and Utility Assistance

Assurance Wireless Lifeline Assistance Program	1.888.321.5880
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 Water	703.549.7080
Washington Gas Company (natural gas)	703.750.1000
TTY	703.750.7975
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

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

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

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
Capital Caring	703.538.2065
CareRing.....	703.516.6769
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
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
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
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 Alexandria	703.836.1021
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
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
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

703.746.5999

www.alexandriava.gov/Aging