



# News Release

**FOR IMMEDIATE RELEASE**  
**May 8, 2017**

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## **COMMONWEALTH COUNCIL ON AGING HONORS GROCERY DELIVERY PROGRAM FOR SENIORS**

(RICHMOND, Va.) — Senior Services of Alexandria won the top 2017 “Best Practices” award from the Commonwealth Council on Aging for its grocery delivery program, which offers food shopping and delivery service to older adults unable to shop for groceries themselves.

Each year, the council, which advises the Governor on issues affecting the 1.6 million Virginians age 60 and older, acknowledges organizations whose innovative programs can be replicated across the Commonwealth. Nominees are judged on seven criteria, including community impact potential for replication, innovation, outcomes and promotion of aging in the community.

This year’s first-place award of \$5,000 honors Senior Services of Alexandria’s “[Groceries to Go](#)” program, which assists older Alexandrians who are unable to shop for food themselves. Senior Services coordinates volunteers who shop at partnering supermarkets and pick up groceries. The program oversees their delivery every other week at no delivery charge to recipients. Volunteers help put away the groceries, check on the recipients’ well-being and assess whether they might benefit from additional support services.

“Senior Services of Alexandria is honored to receive the 2017 Best Practices Award from the Commonwealth Council on Aging for its Groceries to Go program,” said Executive Director Mary Lee Anderson. “This program was developed to help seniors with limited mobility get the food they need, remain independent and stay connected to the community.”

The award will be presented to Senior Services of Alexandria on May 9. The winning nomination was one of 24 received this year for the council’s awards.

“I am thrilled we doubled our number of nominations this year. Not only are more people seeing the increasing need to serve more older adults in Virginia, but they are getting more innovative in providing services. As we see with this year’s awardees, organizations are

addressing critical issues such as senior nutrition, caregiver training and older adult community policing,” said Dr. Richard Lindsay, chair of the council’s Best Practices Awards Committee.

The second-place award of \$3,000 recognizes the Peninsula Agency on Aging Inc.’s [Family Caregiver Lunch and Learn Series](#), which teaches family members the skills to provide safe, quality care for their loved ones at home. Developed in partnership with Thomas Nelson Community College, Riverside Center for Excellence in Aging and Lifelong Health and others, the program educates caregivers on how to provide support such as bathing, prescription management and skin care. The program, which expanded last year into the Hampton/Newport News area, is also offered to area businesses with employees who are caregivers.

A \$2,000 third-place award honors the Chesterfield County Sheriff’s Office [Seniors-In-Touch](#) program, which helps to maintain frequent personal contact with county residents through phone calls and visits. Sheriff’s Office personnel make weekly one-hour visits to older residents who lack family members living nearby or a community support system and have health issues or medical needs. Deputies may assist those with limited mobility with necessary chores around the home. Other employees call residents weekly to check on their health, plans for the week and personal needs, helping them to age in place.

Dominion Resources continues to support the Commonwealth Council on Aging’s Best Practices Awards, which serve to encourage organizations across the Commonwealth to develop and support programs and services that assist older adults to age in their community.

“What is especially notable about Groceries to Go is that the idea came from Alexandria’s age wave planning process. The program fills the gap between the time when older adults are not able to shop independently due to a disability or limited mobility, but are not yet ready for Meals on Wheels,” said Marcia DuBois, director of the Division for the Aging, Virginia Department for Aging and Rehabilitative Services.

The council gave honorable mentions to the following organizations:

- The Hampton Roads Care Transitions Project, led by Senior Services of Southeastern Virginia
- VAAACares, a collaboration of Virginia’s Area Agencies on Aging, which expands statewide the Eastern Virginia Care Transitions Partnership
- The Regional Older Adults Facility Mental Health Support Team, serving Alexandria and Arlington, Fairfax, Loudoun and Prince William counties

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The Virginia Department for Aging and Rehabilitative Services, in collaboration with community partners, provides and advocates for resources and services to improve the employment, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families. For more information, visit [www.vadars.org](http://www.vadars.org) or follow DARS on Facebook at [www.facebook.com/vadars](https://www.facebook.com/vadars) or Twitter at @vadars.