

AGENDA: ALEXANDRIA

FOR IMMEDIATE RELEASE: November 14, 2025

Contact: info@AgendaAlexandria.org

Agenda:Alexandria's November Program: "We All Get Old: Let's Get Ready"

Agenda:Alexandria, the city's premiere organization dedicated to examining local issues from a wide variety of viewpoints, will be focusing on the challenges of aging in Alexandria and addressing a wide variety of potential challenges that face those who are aging and their families. A moderated panel will discuss many of the expected and unexpected issues that arise and often surprise those finding themselves dealing with planning for caregiving, legal planning, and digital safety that are not easy to solve. Now is the time to start thinking about those issues, and perhaps to also start laying groundwork and clarifying expectations for loved ones. The goal isn't to alarm but to empower – offering families clear guidance long before life's curveballs arrive. Whether you are planning for yourself or a family member, you'll want to attend.



Mary Lee Anderson
Executive Director,
Senior Services of
Alexandria



Heidi Travis
Certified Care
Manager & Exec.
Dir., ElderTree Care
Management



Chris Leighton
Estate Planning
Attorney



Larry Lipman
AARP Speakers
Bureau

Agenda:Alexandria Former Chair Rod Kuckro will moderate the discussion with a panel composed of:

- **Mary Lee Anderson**, Executive Director, Senior Services of Alexandria
- **Heidi Travis**, Certified Care Manager, Executive Director, ElderTree Care Management
- **Chris Leighton**, Attorney in Family Estate issues, Powers of Attorney, Probate Law, etc.
- **Larry Lipman**, Fmr. Pres. of National Press Club, AARP Virginia Speakers Bureau, Speaker on Tech Scams

This program will be held on Monday, Nov. 25, 2025 at easily-accessible The Forum room, Minnie Howard Campus, 3775 W. Braddock Road, Alexandria VA 22304. The traditional pre-program reception begins at 6:30 p.m. and the program begins promptly at 7:00 pm and lasts 90 minutes. **Agenda:Alexandria** is a non-partisan 501(c)(3) non-profit organization. Membership is available for an annual fee. Non-member attendance cost is \$10. The program will be videotaped for later viewing on **Agenda:Alexandria's** website, www.AgendaAlexandria.org.

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