



Helping Alexandria's seniors who prefer to remain  
--independently—in their own homes

# AHA! NEWSLETTER AUGUST 2013 VOL. 4 NO. 8

## “All That Jazz” Evening Steadily Shaping Up With Television Personality, Auction Treasures and Live Music



**Julie Carey**

### Are You Part of It? We Need Everyone's Help

The At Home in Alexandria annual Benefit, Auction and Award Night is taking festive shape, with auction items flowing in, a jazz combo in the wings and confirmation from television personality Julie Carey that she will be the mistress of ceremonies.

“All That Jazz” is the theme for the event, to be held 5-8p.m. Sunday Oct. 20 in the Carlyle Club, 411 John Carlyle Street in Alexandria. Last year's celebration was

AHA's major fundraising event and the planners are working to make this year's benefit even tastier and more fun.

Generous people are already giving items for the silent auction—rugs, porcelain, crystal, an art book, clocks (one of them antique) and works of art.

Please get in on this parade: Donate items (no clothing, please). Contact the AHA office (703-231-0824) or Bill Clayton (703-548-0958). And by all means, come to the event—invitations will come out soon—and consider being a special sponsor.

Julie Carey of NBC4 has agreed to another turn as emcee, adding beauty and prominence to the occasion. Carey said she is “very happy” to repeat as emcee. AHA Vice Chair Barbara Rosenfeld proclaimed AHA “delighted and excited” at having Carey back for the second annual event.



Rosenfeld and AHA Chair Carol Downs lead the planning for the Benefit, but the work is divided among many stalwarts of AHA—spreading the word, donating items, printing forms and invitations, gathering decorations, and urging friends, neighbors and associates to dig into their pocketbooks and mark their calendars.

At left, AHA Program Chair Nancy Kincaid (standing) confers with AHA office co-managers Monica Estabrooke and Julie Gentry about details for the Benefit.

The Carlyle Club will have a variety of seating and standing areas for all—those who want to schmooze standing up and those wanting seats in a cabaret setting for “All That Jazz” offered by the Greg Lamont Trio. The first drink is free and after that – cash bar.

An outstanding Alexandrian will receive the Community Spirit Award during the evening.



**Arthur Keleher**

## **Arthur Keleher 1932-2013**

Arthur Keleher, an original supporter of At Home in Alexandria and a member of the AHA Advisory Council, died July 2, 2013 in Alexandria. He was 81.

Keleher was the retired chief executive officer (CEO) of Frank Parsons Paper Co., where he worked for 43 years and retired in 2004.

Arthur Mansfield Keleher was born Feb. 19, 1932, in Garden City, Long Island. He graduated from Vermont Academy and Dartmouth College before serving six years as a Marine, reaching the rank of captain before retiring. In 1958, he married Murney Tyler of Waterville, N.Y., and in 1961 they moved to Alexandria, where he began his career with the paper firm.

Keleher served 20 years on the Alexandria Board of Architectural Review of the Old and Historic District.

A jolly man, Keleher was an avid hunter and fisherman.

“He loved to go out sailing on the Chesapeake Bay,” Murney Keleher recalled.

When the Kelehers were not on their sloop, she said, they took occasional “frostbiting” outings, sailing tiny boats called “penguins” in cold weather.

Keleher was a member of the Old Dominion Boat Club, Belle Haven Country Club and the Rotary Club, among others.

In addition to his widow, he is survived by four children, four grandchildren, a sister and a brother. A private reception was held July 13 at the Belle Haven Country Club to honor Keleher’s memory.

## **Be an Organ Donor and Give A Gift of Life or Health**

**By Barbara Rosenfeld**

I recently received a corneal transplant as a result of an eye problem.

It wasn't fun but I was grateful that corneal tissue was available for the operation. Each year hundreds of thousands of people benefit from donated tissue used for reconstruction and from corneas that restore sight or repair damage.

The most common tissues that are transplanted are skin (for burns), bone (in orthopedic surgery), heart valves (to replace defective valves), tendons (to repair torn ligaments), veins (in cardiac bypass surgery) and corneas.

The fact that the corneal tissue was there when I needed it underscored for me the importance of becoming an eye, organ and/or tissue donor. Experts say that one person who is an organ, eye and tissue donor can save nine people and enhance the lives of up to 50 people. Since my procedure took place at Johns Hopkins, the corneal tissue came through the Maryland Living Legacy Foundation. In Virginia, the comparable organization is Donate Life Virginia. There is no age limit for being a donor. But it is a good idea to discuss the topic with family to be sure they are on board. You can sign up to be a donor when you renew your license at the Virginia DMV or you can go online to [DonateLifeVirginia.org](http://DonateLifeVirginia.org). There is no fee and it is easy. Do it today! You'll be giving a gift of life or health to others.



**Corneal transplant is one  
of the most common  
transplant procedures**



## **Gargoyles Shaken**

The National Cathedral had substantial damage from the August 2011 earthquake, including to the gargoyles (photo at left), fanciful stone beasts directing rainwater away from the building. An AHA group enjoyed a Sunday, July 21, slide show at the Cathedral and a tour of the gargoyles, at least one of which was heavily damaged at the western face of the South Transept.



## Duck at Peking Duck

A large group of AHA folks enjoyed a Chinese dinner at Peking Duck Restaurant.

The left photo shows the two-table “Dine Around” lineup for AHA.

In the right photo, a waitress serves Ann Liddle. In background: Monica Estabrooke and Betty Wanamaker.

Most diners tried the Peking duck and some also had steamed dumplings, Chinese eggplant in oyster sauce, and a variety of stir-fried dishes, some of them with a bit of Szechuan heat.



## Navigating the Home Care System

Finding high-quality home care can be daunting, especially when a medical emergency arises that may require decisions to be made quickly. Knowing what to expect and what you can do ahead of time can help in achieving better outcomes.

The National Consumer Voice for Quality Long-Term Care has developed several excellent fact sheets, available online for individuals and families facing this situation. The following fact sheets can be downloaded from the Website <http://www.theconsumervoic.org>:

- \* *Tips for Hiring Your Own Home Care Worker (Consumer Direction)*
- \* *Six Steps to Getting Quality Home Care When Hiring Your Own Worker*
- \* *Six Steps to Getting Quality Home Care From an Agency*
- \* *Choosing a Home Health or Home Care Agency*
- \* *Consumer Direction – Is it right for you?*
- \* *Communication Tips*

The fact sheets are designed for consumers (or their advocates) who are currently receiving or who may in the future receive long-term services and support. The goal of the fact sheets is to empower consumers through education to effectively advocate on their own behalf.

—Carol Downs, AHA Chair

### Membership Update

Executive Director Cele Garrett reported that renewal of membership in At Home in Alexandria “is strong.” Total numbers of members and Friends of AHA went over 90 and renewals during the summer have been brisk.

Garrett said some new members have expressed concern about the recent changes in the senior taxi program operated by Senior Services of Alexandria. The changes may pose challenges and opportunities for AHA’s busy schedule of transportation of members to appointments and events.

### Neck Pain

Do you have a pain in the neck? No, not an annoying coworker or too many phone calls. But real neck pain. The Mayo Clinic Health Letter says milder cases can be made to go away, by:

- Staying active (but don’t overdo)
- Improving posture – practice standing or sitting tall with relaxed neck muscles
- Using relaxation techniques such as deep breathing or meditation
- Trying ice packs or a nonprescription pain pill.

If pain persists for several weeks, seek medical guidance for other treatment options.



**WHAT'S WRONG WITH THIS PICTURE?**

It shows Walking Clubbers Barbara Rosenfeld, Mary Nefedov and Bill Clayton doing elastic stretches along with their walk. BUT THERE ARE TOO FEW WALKERS. We walk every Tuesday at 8:30 a.m., gathering at the T.C. Williams boathouse at the foot of Madison Street, for an hour or so.

The walking group will try a new venue for its Sept. 24 outing, Jones Point Park. The time for gathering at the parking area at Jones Point is 9 a.m. (enter from S. Royal St. across from St. Mary's School). If you would like to be picked up at the T.C. Williams boathouse (the usual meeting place for walkers), please let the AHA office know by Friday, Sept. 20.



**Jones Point under the Wilson Bridge, and the historic lighthouse.**



**Volunteer as Handyman**

(Above) Board member, member of AHA and volunteer, Steve Nelson wears many hats, but here he repairs a shaky stair railing for Member Margaret French in her home.

AHA Members: We can do this and many other chores for you. Just call us. 703-361-0824. Most calls are for transportation, but we have done a variety of errands and maintenance chores.

**TGIF**

A waiter at Sheraton Suites Fin & Hoof Bar (below) welcomes Francine and Bill Gemmill, newcomers to AHA's TGIF scene that unfolds the third Friday of each month, 5-7 p.m.





Above, Ann and L Liddle arrive at the fireworks viewing July 13 with L's newest transportation mode, the Segway. Large groups watched the display from the Alexandria House balconies of Joyce and Dick Bachman, and Nancy Kincaid and Doug Fleming.

Scenes from a party honoring volunteers: Below: Nancy Kincaid talks with Ken and Winnie Hill. Bottom: Chair Carol Downs, calling volunteers the "backbone of AHA," praises them in front of the crowd. Josefa Gibson hosted the event.



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**Office Co-Managers**

Monica Estabrooke and Julie Gentry

**AHA Villagers: Discounts  
Are There For the Asking**

A long list of stores, groceries, hotels, restaurants, museums—you pretty much name it—offer discounts to the elderly.

Simply put: You just have to ask. So next time you are shopping, ask about senior discounts. Then keep a small notebook listing the outcome, to remind you next time. These can add up to real money.

**Contact Us**

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