



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

AHA! NEWSLETTER January 2014 VOL. 5 NO. 1

Changing of the Guard: New Officers, Advisors for AHA Chart the Year Ahead

Effective Jan. 1, AHA leaders named some new officers, board members and advisors.

Carol Downs ended a term as chair, but joined the Advisory Council as chair emeritus. Former Vice Chair Barbara Rosenfeld stepped up to the chairmanship. Jane King moved up from secretary to vice chair. Linus Liddle became secretary and Chriss Nielsen took over the treasurer's post. All have filled strong roles in At Home in Alexandria, going back to its start around three years ago.



Carol Downs



Jane King

Downs guided AHA with energy, new ideas and self-effacing good humor. Rosenfeld was her steady backup and also chaired the Development Committee that managed the annual Benefit.

King is former secretary, keeping detailed and accurate track of various meetings.

Liddle has been "Mister Database" with his meticulous attention to detail and process.

Nielsen presided over membership increases and has hosted the holiday party that draws the biggest attendance.

"As the old saying goes, all good things must come to an end," Downs said as her term ended. "That includes my term as Chair of the AHA Board of Directors.

"Over the past two years, I have had the privilege of working with some of the most talented and inspiring individuals one can hope to call colleagues.

"Whether working side by side on a committee, seeing a volunteer giving all to help a member, watching staff work beyond the work day's 'official' end, hearing the enjoyment in a member's

voice upon leaving a special event with a new acquaintance—it all adds up to one incredible ride.

"Thank you for letting me grow as an individual and friend."

Rosenfeld's New Year's message is: "As 2014 begins, I have the honor of taking over as AHA Chair.

"I look forward to working with all the wonderful folks who make up our community—our members, volunteers, staff and donors. We have a strong foundation to build on, and I know AHA will grow in strength and numbers with your help.

"Each of you is important to us, so please join in on our wonderful journey in the New Year."



Barbara Rosenfeld



Linus Liddle



Chriss Nielsen



Isabella Regis 1932 - 2013

Longtime AHA active member Isabella Regis, a woman who knew quality and required it, died Dec. 20 in her Alexandria House home. She was 81.

Born Isabella Bogdanowicz in Krzemieniec, Poland, on Aug. 11, 1932, Regis came to the United States from Switzerland with her third husband, Peter Regis, in 1974. The Regises purchased a home in the Villamay neighborhood of Fairfax County. Isabella became a buyer at Garfinckel's store and then Rizik's before opening her own ladies' boutique, Moda Bella, in Old Town Alexandria.

Her experience with the upscale retail outlets gave Regis a sense of style and elegance. She was always stylishly dressed and coifed, and she insisted that restaurant service be correct and prompt. She attended most of the AHA gatherings.

Upon her husband's death, Regis moved into Alexandria House. She is survived by two daughters, Izabela Park and Caroline Sharpstone, and three grandsons.

Christmas Eve "Breads on Wheels"

New AHA Volunteers Terry Hayes and Ray Venero told Chair Carol Downs, "We are looking for an opportunity to do something meaningful this Christmas as we are both spending our first Christmas without our Moms, who have passed away."

Downs suggested delivering breakfast breads to several AHA members who would not have nearby relatives to celebrate with them.

Downs recruited several villagers to join her in baking small loaves or cheese puffs, then took the "elves" production to "Santa Clauses" Hayes and Venero and they took it from there, delivering to nine recipients. The baking elves were Downs, Helen Desfosses, Jane King, Penny Roberts, Maggie Stauffer and Bill Clayton.

All agreed the breads-on-wheels would be a way to bring some "extra cheer" for Christmas to some AHA members, and the recipients were delighted.



Ray Venero and Terry Hayes

Dealing with Hearing Loss

Age-related hearing loss, called presbycusis, is common, but there may be a variety of treatments or solutions—medical or technological—to reduce the impairment, the Erickson Living *Tribune* reports.

The article cites figures from the National Institute on Aging that indicate one-third of adults aged 65 to 74 and almost half of those over 74 are hard of hearing.

The most common cause, the Institute said, is just age-related change in the inner ear. But exposure to loud noise, family history, obstructions in the ear such as earwax, and even some medications can affect hearing.

Writing in the *Tribune*, Dr. Matt Narrett notes, "If you notice your hearing is slipping, don't rush out and buy a hearing aid without seeing your doctor for a complete evaluation."

If a treatable medical condition is not the cause, the doctor may suggest an assessment by an audiologist, Narrett said. The audiologist may recommend options that promise to help.

Narrett cautions not to expect miracles from a hearing aid. The devices "do not restore your hearing to the way it was when you were younger," he wrote.

"Rather they assist you in communicating more effectively by making sounds more audible and speech somewhat clearer."

Improvement in hearing may be "essential to your safety and well-being," Narrett said.

AHA Marchers Strut Their Stuff In the Annual Scottish Walk

Photos by Heather Reitze and Steve Nelson



A large contingent of villagers marched in the Dec. 7 Scottish Walk parade through Old Town, showing the colors of AHA and handing out postcards to tell the story of AHA. The left photo above shows the vanguard of the AHA group, displaying the banner and holding up placards that encouraged the parade route crowds to yell, "AHA!"

The center photo shows the first of two AHA "squad cars." The white 1957 Chevy Bel Air convertible, owned and driven by Rob Estabrooke (AHA office co-manager Monica Estabrooke's son), had as passengers Tom Fitzgerald, waving a placard in the front seat; Helen Desfosses, swaddled in warm clothing in the rear seat; and Monica's grandkids Robbie and Morgan.

In the right photo, the red Mercedes "squad car," driven by Monica, carried (waving in the front seat) AHA's parade marshal, Dick Moose.

Marchers warmed up and prepared for the parade by gathering at the nearby home of Ann and Linus Liddle, who had prepared goodies and a hot drink.

Diet for Rheumatoid Arthritis?

Those extra pounds may be exacerbating the effects of rheumatoid arthritis, reports the Johns Hopkins *Health* publication.

Dr. Rebecca Manno, writing in *Health*, said, "Carrying extra weight is hard on your joints, and the issue is more complex for people who have rheumatoid arthritis (RA). But even people with RA who are at a healthy weight need to be diligent about their nutrition, as some medications deplete the body's valuable nutrients."

People with RA "should concentrate on building lean muscle," with a healthy diet that has plenty of fruits and vegetables and such lean protein sources as black beans and the white meat of chicken.

"We are also keeping an eye on bone health and vitamin D deficiency," Manno writes. "We can treat that with supplements, if necessary." Supplements should only be used in consultation with your doctor.



In above photo, the ladies' TGIF regulars greet (left foreground) Jean Paulus, who is new to the group. From left background are Helen Desfosses, Barbara Rosenfeld and Isabella Regis (see Regis obituary, p. 2) and (back to camera) Nancy Kincaid.

HAPPY NEW YEAR

What's Up With AHA Members, Friends and Volunteers?

By Nancy Berg

A highlight of **Barbara Rosenfeld's** holiday visit to Puerto Rico was a climb to the top of Mount Barrow in El Yunque Tropical Rain Forest on a windy, rainy afternoon. She and her daughter's family enjoyed swimming in the surf on Puerto Rico's beautiful sandy beaches and eating fabulous local food.

Ann Mazor reports that she is feeling much better after surgery Dec. 4 to repair a spinal ailment that was affecting the nerves in her legs. She was in Sibley rehabilitation for more than a week. That recovery did not allow for walking, so she had to relearn her motor skills once home.

(What's your news: New grandchild? Exotic travel? Honors or promotion? Major events such as reunions? Tell us about those. Email Nancy Berg elnberg@comcast.net or Bill Clayton, editor, at tbclayton@verizon.net)

Winter Help?

AHA Villagers: Do you need winter help – for snow, decluttering, bad-weather errands, appointments, etc. ?

CALL US.

Don't risk falls or tricky driving. Call on us.

AHA volunteers are available. Call the office at 703-231-0824.

AARP Scam Tip

Surprised by an unexpected check? If the windfall comes with a string attached – such as that you are asked to forward part of the money elsewhere – it is almost certainly bogus. Be especially suspicious of amounts just short of \$5,000: scammers know that deposits larger than that amount are subject to longer bank holding periods.

New Discussion Series: Building a Personal Early-Warning System

Remember the popular “Out of the Blue” discussion series – strategies for when Life throws you a curve ball? Well, AHA will launch a new series this month: “**How to Install Your Own Early Warning System.**”

Professional advisors will share their expertise in the designated topics for each session.

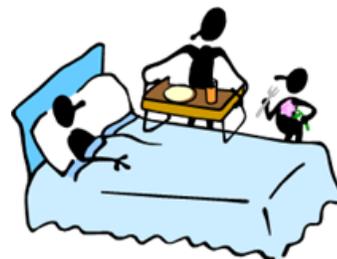
The first session, “**Home Care: What You Need to Know,**” is scheduled for **Wednesday, Jan. 29 from 1 p.m. to 3 p.m.** at Charles Beatley Central Library, 5005 Duke St.

Presenters will be Jim Lindsey of ACC Family home health care, Alexandra Woodman Johnson of Old Dominion Home Care and Mitch Opalski of Synergy Home Care.

The three-expert panel will share in providing answers to the questions: How do I assess what care is needed? What kind of contract is required? What do I need to know before I hire an outside provider? What is the cost? What recourse is available if the relationship between the caregiver and the care receiver is not working?

There will be time for audience questions to the panel. Additional resources will be provided. The sessions are free and open to the public. Registration is not required but is suggested.

For more information or to register, call the AHA office (703-231-0824). Subsequent sessions will occur at the same time of day and location. Mark your calendar for Feb. 19, March 19, April 16 and May 2 (third Wednesday in each month).



Kudos to Mary Page Hickey

Mary Page Hickey, AHA member and well-known botanical artist who has twice donated a print to benefit the AHA Gala, has been chosen in a juried process to have one of her paintings included in the forthcoming volume, *American Botanical Paintings: Native Plants of the Mid-Atlantic*.

The book reproduces 60 works by 40 botanical artists and is scheduled for release in February. But it can be ordered now, through www.starbooks.biz.

The paintings will also be featured in an exhibition in the U.S. Botanic Garden Feb. 15-June 15.



Holiday Dine Around

The photo at left shows most of the crowd at the Dec. 16 AHA Dine Around at A La Lucia.

The restaurant sets aside a private room, replete with wines in the shelves (background of photo), for groups of 20 or more.

AHA had 29 on this occasion, in a convivial gathering that was one of the best-attended AHA events.

Chuckles and Chortles

From Police videos:

“Yes, sir, you can talk to the shift supervisor. But I don’t think it will do any good. Oh, did I mention that I am the shift supervisor?”

“Warning? You want a warning? O.K., I’m warning you not to do that again, or I will give you another ticket.”

“I’m glad to know that the Chief (of police) is a personal friend of yours. So you know somebody who can post your bail.”

“The answer to this last question will determine whether you are drunk or not: Was Mickey Mouse a dog or a cat?”

“You don’t know how fast you were going? I guess that means I can write anything I want on the ticket, right?”

“No, sir, we don’t have quotas any more. We used to, but now we are allowed to write as many tickets as we can.”

Board of Directors

Barbara Rosenfeld, Chair	Helen Desfosses
Jane King, Vice Chair	Alan Dinsmore
Chriss Nielsen, Treasurer	Eleanor Engh
Linus Liddle, Secretary	Daniel Kulund
Bill Clayton, Editor	Steve Nelson

Executive Director

Cecile (Cele) Garrett

Advisory Council

Carolyn Abshire	Carol Downs
H. Stewart Dunn	MaryAnn Griffin
Richard Hobson	Judith Jones, MD
Ernie Lehmann	Tim Lovain
Temple C. Moore	Richard Moose
George Pera	Patsy Ticer
Marian Van Landingham	Vicki Vasques

Office Co-Managers

Monica Estabrooke and Julie Gentry

Supporters of the AHA Village:

As we move into 2014, be giving some thought about the many ways to give AHA lasting life and meaning in Alexandria.

One way is to consider remembering AHA in your estate planning. A growing number of people mention charities in their wills. We would like to be that charity for you. Another way is gifts for many occasions. When an important event comes up in your family, consider a donation to AHA in the name of the honoree in lieu of a birthday, anniversary, or retirement gift.

Contact Us

**At Home in Alexandria
3139 Mount Vernon Ave.
Alexandria, VA 22305
703-231-0824**

**AHA@athomeinalexandria.org
Web www.athomeinalexandria.org**