



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

# AHA! NEWSLETTER AUGUST 2014 VOL. 5 NO. 8

## MaryAnn Griffin To Be Honored With 2014 AHA Community Service Award

MaryAnn Griffin, an AHA Advisory Council member retiring at the end of this year from eight years as head of the Alexandria Division of Aging and Adult Services, will receive AHA's Community Service Award this fall at the annual AHA benefit.

Griffin has had a 30-year career in health and human services work at senior levels. She also had extensive experience with children and the disabled. In her diverse résumé are stints with Americans for the Better Care of the Dying, the Cardiology Division of Georgetown University Medical Center, various programs at Pentagon City Hospital, Hospice of Northern Virginia and the Washington Home.



MaryAnn Griffin, director of the Alexandria Division on Aging and Adult Services, is AHA's honoree at the 2014 Benefit and Fund-raiser.

Griffin, 65, is a native of Altoona, Pa., who holds a Master's of Social Work degree from the University of Pittsburgh and a Bachelor's Degree from Penn State University.

Ask her about leisure time and she laughs. Her enjoyment, she says, lies in volunteering for her neighborhood, Meals on Wheels, pet therapy, and the Palisades Village.

**The award will be presented at AHA's annual benefit, "Bella Italia," Sunday, Nov. 9, from 5 p.m. to 8 p.m. at La Porta's restaurant.**

Television personality Julie Carey will emcee. It will be an evening of music, fine eating and an auction offering items such as dining certificates and mystery gifts—unidentified wrapped objects revealed only after the winning bid. It won't be a pig in a poke—some of the packages will hold major currency, and each object is guaranteed to be worth at least \$25.

AHA Chair Barbara Rosenfeld and Vice Chair Jane King

said Griffin has "made a major difference in the lives and well-being of senior citizens in Alexandria and is an ambassador to the community on the needs and concerns of its older citizens."



Top: MaryAnn Griffin speaking at the 2011 ceremony inaugurating AHA. Above: Griffin on a panel of a program in AHA's speakers' series.

## Another Date to Mark on Your Calendar

In September, AHA supporters and visitors will step into Alexandria history with a tour of the Fawcett-Reeder House in Old Town. The tour will take place Sunday, Sept. 14 in a house (at 517 Prince St.) considered one of the oldest and most historically accurate homes in the city.

Admission will be \$5 per adult and \$2 per child and AHA members and volunteers will be the greeters and docents for the event. **We need at least 16 volunteers for this event. Call and sign up 703-231-0824.** The two-hour "work shifts" will be fun—greeting visitors and answering questions about the rooms, including slave quarters.

### Correction

The July edition incorrectly stated that Steve Nelson joined the Governance Committee. It was **Pam Nelson** who was added to the Governance roster. We regret the error. **—The Editor**

### Make the Annual Benefit a Success

All of you who support AHA can have a hand in the success of the 2014 benefit and fundraiser, Nov. 9 at La Porta's restaurant.

**Contact AHA (703-231-0824) to reserve, donate to the auction, suggest a potential sponsor.** Spread the word with your friends and neighbors. The benefit is fun and helps Alexandria's senior citizens through At Home in Alexandria.

## Full Moon, Fireworks Captivate Two Balconies of AHA Partygoers

Their appetite for fireworks whetted a week earlier by the televised national fireworks display, a large group of AHA enthusiasts enjoyed Alexandria's birthday celebration and fireworks display July 12 on the balconies of some AHA regulars.

Hosts for the gathering, in two apartments of the Alexandria House, were Nancy Kincaid and Doug Fleming, and Joyce and Dick Bachman. The apartments gave a splendid view from on high—and the Alexandria Symphony Orchestra concert could just be heard through the trees of Oronoco Park.

The hosts, with help from others, put out a groaning board of hors d'oeuvres and drinks. The high-rise vantage points caught a steady breeze, which brought the sounds of the music as well as cooling the balcony spectators.

A particular lagniappe for the evening was the appearance, coincidental with the fireworks, of a full moon, which was red as it rose. (Or is that, red AS a rose?)

—Photos by Bill Clayton



Clockwise from upper left: Fireworks blow a smoke ring; fireworks from the Bachmans' balcony brighter than the moon, but moonlight brighter on the Potomac; a cascade of fire bursts over the river; new Associate Member Barbara Ballentine watches from the Kincaid-Fleming balcony; moon rises over quiet river before the fireworks.

### Talents Among Us Available to You

Many talents and skills lie within the volunteers and members of At Home in Alexandria.

One member has owned and managed a marina, giving him repairing and maintenance skills. A volunteer knows enough about chess to teach it. Another can pump out a news release in double time. One is expert (and tenacious) at cleaning clutter out of homes. Several are Master Gardeners.

Others help make short work of piled-up paperwork. There are business advisers among us, and computer whizzes and script writers. Want to learn Pickleball? Some in AHA are becoming proficient. Need Spanish translation? Some of our members are "*muy Hispano*." Also French. Also Italian.

In addition, there is the deep talent pool from the professions from which many in AHA have retired—medical, legal, counseling, governing. **Find something in this list that you need? Phone us. 703-231-0824.** Let us show you what we've got.

## Degas-Cassatt Exhibit

An AHA group visited the National Gallery of Art July 16 for the Degas-Cassatt exhibit and spent some time also in an adjacent showing of the works of Andrew Wyeth. The group lunched in the museum café. Photos below show, left to right: one café table of AHA visitors; a Gallery file photo of an Edgar Degas portrait of his friend and contemporary, Mary Cassatt; and another AHA table.

The AHA group included Sharon Ksander, Ann Mazor, Nancy Kincaid, Nancy Macklin, Indie Cather (and her daughter, Gardiner Grant), Sally Ann Greer, Bill Clayton, Birgitte Guttstadt, Jessi MacLeod, Julie Gentry and Mary Nefedov.



**Above: Entrance to the National Gallery of Art's Degas-Cassatt Exhibit. Photography is not permitted inside the exhibit rooms.**



## AHA and Goodwin House at Home: A Comparison

Questions have been raised about a program that Goodwin House launched recently: Goodwin House at Home. Much of the confusion stems from the fact that Goodwin House chose a name similar to ours. Its services, however, differ from AHA's in three important ways: *services provided, cost, and links to long-term care insurance.*

### Services Provided

At Home in Alexandria is part of the growing "village" movement. The model for a village is "neighbors helping neighbors through volunteering." Our goal is to provide practical and social support to our members who have chosen to "age in place" in their own homes. We aim to help our members remain safe and independent in their Alexandria homes for as long as they can. The requests we receive most frequently are for rides to and from medical appointments, errand running and services in the home (like technical support, light maintenance, and help with clutter). We do not offer direct medical services, but we are well connected with local service providers and professionals whom we have carefully vetted. When one of our members needs assistance beyond what AHA can offer, we provide guidance and suggestions on whom to call.

Goodwin House at Home, recognizing that its two current residential facilities cannot meet the demands of the local aging population, is seeking to expand its services to provide medical and support needs to those who might require a significant level of care at home. Some of the services that AHA provides *all* of its members—such as transportation to medical appointments or prescription pick-up—can be provided by Goodwin House at Home to select clients, based on an ADL (activities of daily living)-defined set of criteria. (Examples of ADL include the ability to dress and feed oneself and to bathe independently.)

### Cost

AHA charges an annual fee of \$550 for a single membership or \$800 for a household membership. Goodwin House at Home requires a commitment involving a one-time, up-front buy-in fee (in the case of a 70-year-old person, the buy-in fee for full service is \$43,000) and a monthly fee (which for a 70-year-old is \$450 per month).

### Long-Term Care Insurance

Essentially, the Goodwin House at Home initiative is a long-term health care insurance policy. Its new program is regulated by the insurance industry and offers five tiers of service. Goodwin House sees its presence in the community and ability to work closely and personally with clients as a great strength compared with what a traditional long-term care policy can offer.

If you need clarification on the types of services that At Home in Alexandria can provide, call our office at 703-231-0824 to speak with Cele Garrett. We encourage you to turn to AHA with any practical needs you have. If you have any questions about Goodwin House at Home's new program, contact Ann Lam, Goodwin House, at 703-575-5202.

## What's Up With AHA Members, Associates And Volunteers

By Nancy Berg

**Ann Mazor** joined the AHA group at the National Gallery of Art (see p. 3), never letting on that she had celebrated an 80<sup>th</sup> birthday the day before.

Speaking of birthdays, **Doris Whitman** had her 94<sup>th</sup> June 29, an event that brought her “phone calls from Istanbul from friends of 70 years,” she reported.

**Jean Paulus** recounts an adventure by riverboat in France, including a dinner cruise on the Seine, lots of walking and some light rail travel in the City of Light.\* The trip, Paulus said, brought memories of past adventures in Ireland and Iceland.

(\* Or is it “City of Lights?” That is in dispute, because Frenchmen point out the expression “*ville-lumière*” referred to enlightenment, not lighting. Apparently a loose English translation brought in the light(s). )

**Helen Desfosses** had a kidney stone “blasted” with lithotripsy and it felt oh, so good when it was all over, she said.

**MaryAnn Griffin**, AHA’s honoree at the annual benefit, jokes about telling her folks she was working in “social services” and finding out they thought her job was to find dates for elderly people.

**Executive Director Cele Garrett** has joined the AHA pickleball team. Steve Nelson and Ann Kaupp are linchpins of the team, whose members invite anybody to play.

**Marianne Ginsburg and Nancy Kincaid** are sponsoring a lecture and demonstration on Resistance, Flexibility and Strength Training with trainers John Kelly and Chris Renfrow, Saturday, Sept. 6 from 9:30 to 11 a.m. at the Alexandria House Drake Room. Let them know through the AHA office if you want to attend.

**Do you have a milestone, honor, tale to tell, a new grandchild? Tell us about it; email column editor Nancy Berg at [elnberg@comcast.net](mailto:elnberg@comcast.net) or phone newsletter editor Bill Clayton at 703-548-0958.**

Thanks.

## Things We Do



### Even Dozen at Dos Amigos

An AHA group enjoys enchiladas and tacos and guacamole and ... well, you get the picture. Above, clockwise, starting with Mary Nefedov in foreground, back to camera: Steve Nelson, Pam Nelson, Tom Fitzgerald, Birgitte Guttstadt, Dick Moose (partly hidden), Eleanor Kask (hidden), Bill Landis. At rear table, Winnie and Ken Hill and Teddye and Bill Clayton.



### Baker's Dozen at Indigo Landing

Indigo Landing on the Potomac (left) is proving one of the favorites for AHA dining, as shown by this group of 13 at a July 2 lunch. (Photographer not shown). The large dining room has a view of the river.

### Pickleballers

Executive Director Cele Garrett (center) joined AHA players Bill Clayton and Ann Kaupp for a game of pickleball. (Photo by Pickleball standout Steve Nelson.) Also see column at left.



### Chuckles

- I'm going to retire and live on my savings. What I will do the second day, I do not know.
- Tossing and turning all night should be counted as exercise.
- When I die, I want my last words to be: “I left a million dollars under the....”
- At my age, I have seen it all, done it all, heard it all. Trouble is, I can't remember at all.

## Many Ways to Save \$\$\$

The AARP Bulletin lists many ways to save money, some of them surprising and easy, among them:

- Seal drafty windows and doors. In winter or summer, drafts defeat air systems.
- Clean or replace the filter on your air-conditioner or furnace.
- Fix faucet leaks fast; they waste a surprising amount of water.
- Check nearby colleges or music schools for free or cut-rate programs.
- Go to open rehearsals for music, ballet or theater, which are often free.
- During the day, take advantage of free or low-cost museums or zoos; their meals also often cost less.
- When your favorite restaurants serve large portions, remember to take the leftovers home.
- Where possible, buy the generic drug.
- Take your medicines regularly. To save money? Yes, because skipping meds can worsen conditions.
- Air travel: cheapest flights are often the earliest and latest of the day.
- If you plan home improvements, these boost your home value the most: a new front door or garage door, a deck, an attic conversion into a bed/bath, a new look to the kitchen.

## Smartphone App for Health Directives

My Health Care Wishes, a new mobile application from the American Bar Association's Commission on Law and Aging, lets users store and distribute health care advance directives such as their living will and health care proxy via their smartphone. The free "Lite" version of the app provides storage for one person's information, while the advanced "Pro" version, available for \$3.99, allows for storage of multiple profiles. More information and a link to download the apps can be found at [www.myhealthcarewishes.org](http://www.myhealthcarewishes.org).

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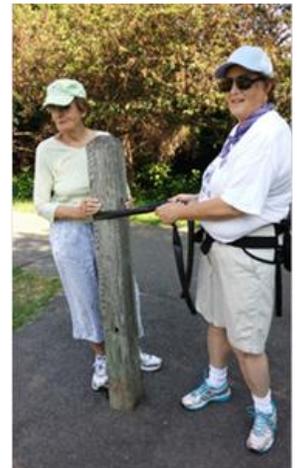
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### Walkers

Regular Walking Club participants Eleanor Kask and Susan Crim add strength training to their walk. The walking group, regularly numbering four to eight, adjusted their starting time to 8:30 a.m. through August to catch the early-morning breeze off the Potomac.

**JOIN the walkers, every Tuesday at the T.C. Williams boathouse at the foot of Madison Street.**



### CONTACT US

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