



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

# AHA! NEWSLETTER March 2015 VOL. 6 NO. 3

## At Home in Alexandria Leadership Strengthened in Committees, Other Areas Reflecting Chair's Priorities

Chair Barbara Rosenfeld announced with pleasure the progress toward one of her main priorities—involving a wider circle of members and volunteers in AHA leadership roles.

“This month's reports show new leaders in membership and programs (committees), and we have



**Linda Langley, center background, presides at her first Development Committee meeting as chair. Next to her is Pete Crouch and counterclockwise, from right corner, Executive Director Cele Garrett, Ginny Parry and Barbara Rosenfeld. Photo by committee member Bill Clayton.**

a new head of development and a new member of the Finance Committee,” Rosenfeld said. “This is great. Any time you spot new talent or talk to a member or volunteer who shows interest in taking on responsibility, please let me know.”

Linda Langley (photo at left) is the new chair of the Development Committee.

Membership has split into two major responsibilities, with the Member Services Subcommittee chaired by Susan Pettey and the Recruitment Subcommittee chaired by Mary Jayne Swanson. AHA's goal is to reach 150 members by 2016.

The wide-ranging Program Committee has reorganized with subcommittee chairs taking planning and overseeing chores for its various components: Barbara Ballentine and Charles Ablard will be doing the Conversation With programs, Bill Clayton the Dine Around planning and Pam and Steve Nelson the

potluck socials. Nancy Kincaid remains overall chair of the Program Committee.

Ona Ziegler has carved out a new function to smooth the bumps in the RSVP system, by undertaking to phone those planning to attend events, just to confirm. The new Finance Committee member is Brenda Bloch-Young.

Ginny Parry, with a background in fundraising and event planning, will be helping the Development Committee in those areas.

The AHA leadership has decided to forgo a separate anniversary event this year and instead combine that idea with participation in Spring2ACTION, a citywide fundraising event. AHA will serve cupcakes and champagne April 22 at its Spring2ACTION headquarters, the Del Ray Café, to celebrate four years and to boost interest in the fundraising event, which runs midnight to midnight.

Spring2ACTION has become one of AHA's major donation events. Details will follow as plans become firm for the event.

“We need all of you to support this,” Rosenfeld said in her report to AHA Feb. 17.

## **“Doctor Dan” Kulund, AHA’s Fitness Guru, Moving On**



Dan Kulund, the former Air Force chief of fitness who brought “robust walking” and “robust aging” into AHA’s consciousness, is moving back to academia.

“Sandy and I are moving back to Charlottesville this spring,” Kulund told AHA Chair Barbara Rosenfeld in a message. “I will be teaching again at UVA—Robust Aging this time—and will volunteer in the community.” The news is “sad for us,” Rosenfeld replied.

Kulund brought his constant smile and infectious (but tough-love) drive for fitness to the AHA Board Jan. 1, 2014. First, he taught AHA’s Walking Club “robust walking,” combining resistance training and vigorous moves with the walkers’ route along the Potomac River. But soon he was organizing robust walking and robust aging throughout the city, involving the Parks & Recreation Department (see photo above of the assembly before a “Kulund March” at Brenman Park) and various neighborhoods. He taught people the utility of having a bicycle tire tube and wrapping it around a pole for pulling against resistance. He showed how everyday objects, such as a park bench or a low stone wall, could be as good as gym equipment for seniors to get a workout.



In photo at left, his “everyday object” is a wall, which he is imagining as a brick sidewalk and demonstrating how to learn to catch oneself with hands and wrists upon a fall.

Kulund is a retired orthopedic surgeon and George Washington University adjunct professor. He had a long career as the Air Force’s leader of fitness and health. He founded the Runners Clinic at UVA.

Before his retirement, he was, at 70, the oldest active-duty service person in the U.S. military.

He once had to perform for a personal fitness assessment.

He ran 1-1/2 miles in 10 minutes, 15 seconds; did 70 pushups and 70 situps.

“I could do that,” a wag at AHA said, “in a year or two.”

## **Luncheon With AHA**

Photo at right shows the AHA group at a lunch gathering last month at the Oriental Star on Duke Street. The waitress is attending, clockwise from left, Mary Nefedov, Margaret French, Nancy Kincaid and Ginny Lester. Bill Clayton took the photo.

It had been a rough time to schedule Dine Arouds. In January, one restaurant that had been chosen for an evening gathering closed for remodeling, and another did not serve on the desired date. And in mid-February, AHA had to cancel a Dine Around at Yves’ Bistro in Eisenhower Valley because of a snowstorm. Ona Ziegler and Bill Clayton called everyone who had planned to attend the dinner at Yves’ to let them know it had been cancelled, and in the future, one or both will call all who RSVP to an event to confirm that they will attend. This new effort is designed to ensure a more accurate count so the restaurant can be notified as quickly as possible



**An AHA lunch group at Oriental Star on Duke Street.**

## KUDOS FOR CROUCH'S CORPORATE GIFT

Pete Crouch, outstanding volunteer and a member of the Development Committee, drew praise from AHA Chair Barbara Rosenfeld for his generosity. Crouch, Rosenfeld announced, has offered to donate \$5,000 over the course of 2016, with details still to be worked out as to timing and intended use.

AHA leaders are working with Crouch to complete details "to make the most effective use of his contribution and to make it beneficial for him as well as for At Home in Alexandria," Rosenfeld said.

When he's not serving as volunteer handyman and "Santa's helper" for AHA, he has put in 20-plus years of experience as an associate broker for McEneaney Associates. In that "day job," Crouch has been helping mature homeowners stay in their homes or assist them to sell when appropriate.



**Back when the weather was shorts-and- sneakers nice, the AHA Walking Club looked like this.**

## Walking Club Gearing Up for Spring

The AHA Walking Club's Tuesday morning walks, suspended for the winter, resume April 7 at 9 a.m. The walks usually are along the Potomac, starting at the T.C. Williams boathouse at the foot of Madison Street.

They proceed for about a mile and then return, unless the group wants more. Individuals set their own pace and sometimes the group divides into a few clumps for conversation or pace.

Dan Kulund, AHA's fitness guru (see story, p. 2) will lead the group one last time. He has added resistance training, by way of bicycle tire tubes, to add workout to the walkout. The walkers now wrap the tubes around trees and signposts and pull in various ways to get a muscle workout.

## Archivist John Fleckner Discusses Record Preservation

John Fleckner, retired director of the Archives Center at the National Museum of American History, spoke to an AHA audience in the Conversation With... series. The session, in the home of Shirley Cherkasky at Alexandria House on Feb. 22, attracted an audience of 16, many of whom had questions about what they should keep and what they should toss, of personal records, photos, and the like.

"All of us who keep anything share the same dilemma," Fleckner said: knowing of, and keeping things of value to somebody, or discarding valueless items. The complication, he said, is that what seems valueless to one person may be of interest to a relative or institution. A local library may be interested, where a state archive may not.

The challenge for archivists is that successive ways to keep records—from handwritten on paper to photocopies to tapes to digital forms—all have vulnerabilities that preservationists have to figure how to protect and preserve, he said. He confessed he is not up to date with preserving his own personal records.

"I am at best halfway there, from a personal standpoint," the archivist said



**Above, Archivist John Fleckner speaks to a "Conversation With" crowd at the home of Shirley Cherkasky, seated next to him in red skirt. Sixteen attended. Most questions from the audience had to do with figuring out, with relatives' help, what family materials to keep and what relatives might be interested.**



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

**Treasurer Chriss Nielsen** and her husband, **Tom Crowley**, escaped the Alexandria cold weather for 10 days in Arizona. It was "80-plus degrees every day," and what did they do? "Golf, golf, a little work, golf" including Chriss' first eagle, on a par-4 course.

Grandmotherly travels with grandkids: She is at it again: **Barbara Rosenfeld** is off to Disneyland.

**Julie Gentry's** latest adventure is called Encore Learning, a nonprofit offering various courses at cut rates. She signed up for "Democracy and foreign policy" and "Landmarks in medical history."

There was a rebellion in the **AHA ranks**, largely unnoticed by many, but unmistakable to those left "potluckless." The miserable cold and snowy weather led AHA to cancel the Feb. 21 potluck social. But the party-hearty **people of Alexandria House**, reluctant to give up a chance at a chew-and-sip, decided to go ahead and just do without the AHA folks who do not live in Alexandria House. More than 20 attended. Among AHA members was the redoubtable **Alice Cohan** with her new heart transplant and a spiffy new purple walker.

The photo below: a spurious attempt by the partygoers to use Renoir's "Luncheon of the Boating Party" to depict the illicit potluck social.



A recent **Ladies' Night Out** had a record of sorts: Among the 10 who attended, there were two Shellies: **Shelly Schwab** and **Shelli Ross**, and two Nancys, **Nancy Berg** and **Nancy Kincaid**.

### Through the winter, be careful:

The "Conversation With" guest (see p. 3), **archivist John Fleckner**, had broken his left elbow in a fall on a Metro platform. He is lefthanded.

## "HomeFit" Workshop Scheduled in March

A "HomeFit" workshop is the featured March event sponsored by Senior Services of Alexandria. Co-sponsored by AARP, AHA and the Alexandria Commission on Aging, the March 11 workshop will focus on ways to modify homes to enable us to remain in them—and flourish.

AARP's "HomeFit" presentation features many home modifications that are aesthetically pleasing but inexpensive. Speakers from the Alexandria Office on Housing and Rebuilding Together Alexandria will describe programs available to some Alexandrians to reduce the costs of modifying their homes.

The program will be on Wednesday, March 11, 9:30 to noon at Westminster Presbyterian Church, 2701 Cameron Mills Rd. Light refreshments will be served.

## Keep Memories Alive With a Videotaped Record

We know AHA members have a lifetime of stories — about their family, profession, military service, travels and other events. Have you captured your stories? Do you have family history you want documented for your friends, children and grandchildren?

There is great joy in knowing the stories today, but also think about those who will be curious many years from now. **On March 5**, AHA has arranged a unique opportunity for you to share and preserve your memories on video in a one-hour session. We've partnered with Rainmaker Video, whose professional team will help prepare and guide you through every step of the process.

After your interview, Rainmaker will produce a lightly edited, 35-45 minute film that you can share with your loved ones. (If you want to add more to the video later, Rainmaker can do that. If you want to book a 2-hour slot, that may be done, based on availability. Filming will take place at Portner's Landing Community Room (621 N. St. Asaph Street).

The cost for a one-hour session and finished video is \$195. The filming will be in a comfortable, quiet and private setting. To learn more or sign up, call the AHA office at 703-231-0824. Learn more about Rainmaker Video at

<https://rainmakervideo.com/services/video-life-stories>.

## AHA's Vicki Vasques Honored

Victoria (Vicki) Vasques, a member of the AHA Advisory Council and president of Tribal Tech LLC, was recognized by *Enterprising Women* magazine as one of the world's outstanding women entrepreneurs of the year.

Vasques has led Tribal Tech to work with several federal agencies and the White House to advance programs that help Native Americans. These have provided grants administration, training and technical support to underserved communities of Native Americans.

Vasques won in the category of annual revenues of \$5 million to \$10 million.

The watchwords of her small business are "People, performance and partnership." The magazine annually honors women in business who have "shattered glass ceilings and entrenched stereotypes." Vasques and the other honorees will be recognized at a March 29-31 conference at the Grand Floridian Resort in Lake Buena Vista, Fl.



### Senior Travel

The February event on Senior Services of Alexandria's speaker series was an examination of the options open to seniors in transportation.

Cosponsored by AARP, the program included a variety of brochures detailing ways to get around in Alexandria. Speakers from the DASH bus company, Metro subway system, Department of Transportation, and SSA outlined transit choices open to seniors, from daily needs to vacation trips. Katie Dow, librarian at Beatley Central Library, showed how to use the wide resources of the library to plan travel.

### Board of Directors

Barbara Rosenfeld, Chair	Helen Desfosses
Jane King, Vice Chair	Alan Dinsmore
Chriss Nielsen, Treasurer	Daniel Kulund
Linus Liddle, Secretary	Linda Langley
Bill Clayton, Editor	Steve Nelson
Charles Ablard	Penny Roberts
Brenda Bloch-Young	Mary Jayne Swanson

### Executive Director

Cecile (Cele) Garrett

### Advisory Council

Carolyn Abshire	Laurie Blackburn
Carol Downs	Stewart Dunn
MaryAnn Griffin	Richard Hobson
Judith Jones, MD	Louise Kenny
Ken Labowitz	Ernie Lehmann
Tim Lovain	Temple C. Moore
Richard Moose	Mitch Opalski
George Pera	Patsy Ticer
Vicki Vasques	Marian Van Landingham

### Office Co-Managers

Monica Estabrooke and Diane Atchinson

### Chuckles and Chortles

- If only we could put ourselves in the dryer for only 10 minutes. We would come out wrinkle-free.
- As a child, I thought nap time was a punishment. At my age now, it is just a brief vacation.
- "I don't need to write that down; I'll remember." Yeah, right.
- If God meant for us to touch our toes, he would have put them on our knees.
- I will retire and live on my savings. What I will do the second week, I have no idea.
- I have lost my mind and I am pretty sure my spouse took it.
- We don't talk about "old" around our house. Old is when a friend compliments you on your alligator shoes – and you are barefoot. Old is when you are cautioned to slow down – by the doctor instead of the police. Old is when "getting lucky" means you find your car in the parking garage. Old is when a pregnant lady gives you her seat on Metro.

### CONTACT US

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

[AHA@athomeinalexandria.org](mailto:AHA@athomeinalexandria.org)  
Web [www.athomeinalexandria.org](http://www.athomeinalexandria.org)