



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

# AHA! NEWSLETTER OCTOBER 2015 VOL. 6 NO. 10

## Momentum Is Building For the Nov. 8 Benefit and Auction

**Co-Chairs Ginny Parry and Linda Langley** say sponsorships, reservations and excitement are building for the Sunday, Nov. 8 *La Dolce Vita* Benefit and Auction, AHA's big gathering of the year. Call 703-231-0824 to sign up.

NBC4's Julie Carey will once again serve as our Mistress of Ceremonies. She will add the familiar beauty, verve and personality to the evening. Individual ticket price, same as last year: \$125, member price \$75.

Sponsor prices are \$350 to \$1,500—please check your business friends or your budget to help at those levels.

Entertainment will be, as last year, from the Christoph Ludet jazz trio. The trio is close to AHA's heart because it includes Bill Stat, husband of AHA stalwart Ann Stat. Guests can groove to the upbeat.

The new and exciting feature of the Benefit will be the raffles of wines—two cases of which have been donated for benefit guests to yearn for. The AHA auction will offer an array of restaurant gift certificates, spa gift cards, a selection of craft beers, some wonderful vacation destinations and other special sought-after goodies.

But it's not too late to contribute to our popular silent auction. **When you eat out, ask the restaurant for a gift certificate for the auction. Check with Bill Clayton beforehand, to avoid duplications. Bill is at 703-548-0958.**

## AHA Co-Founder Dick Moose Dies at 83

When you talked with Dick Moose about gardening, he might offer you plants from his garden—and dig them up for you if needed. When you talked about Vietnam, he could recall his dismay during a visit there as a senatorial staff member as he realized that the strategies the U.S. was pursuing were sure to fail. When you mentioned AHA, his eyes would brighten and he would talk about when he and other founders began planning the organization that became At Home in Alexandria, and then helped immeasurably to support it these past several years.

That was the sort of man Dick Moose was—generous, informed, involved. Moose died Sept. 25 after a long struggle with heart problems. He was 83. Survivors include his widow, Margaret (Maggie), a daughter and son and four grandchildren.

Born Feb. 27, 1932, in Arkansas (he used to love telling people, "I'm from Heber Springs") Richard M. Moose received a Bachelor of Arts degree from Hendrix College in 1953 and a master's degree from Columbia a year later. He was drafted into the Army and after that service, he went into the Foreign Service in 1956, with consular stints in Mexico and Cameroun. He subsequently became staff secretary of the National Security Council. In 1969, at the height of the national debate over the Vietnam War, Moose was hired as a staff member of Sen. William Fulbright's Senate Foreign Relations Committee. After a ceasefire in 1974, he was sent to Vietnam to assess South Vietnam's ability to survive and the effects of the U.S. role and aid.

President Jimmy Carter named Moose assistant secretary of state for African affairs, a post he held from 1977 to 1981. After executive jobs at Shearson Lehman and American Express, he went back into government service as undersecretary of state for management under President Clinton, a job he held until 1996. He then returned to the private sector with a stint at the Council on Foreign Relations.

Several years ago, Moose and AHA co-founders Dr. Judith Jones and Ernie Lehmann became aware of the "village movement" of volunteer groups helping the aging to remain, independently, in their homes. The three got together at Alexandria's Royal Café and discussed the movement and one recently established village, Mount



**Dick Moose in his AHA jacket**

(Continued on page 2)

# First Responders Counsel

## AHA Volunteers

Two first responders advised a fascinated AHA crowd about how and when to call 911, how to practice with a fire extinguisher and how to deal with other crises that an AHA volunteer may encounter.

The session in Portner's Landing drew a crowd of 34. There were many questions about emergencies in driving seniors to medical appointments, trying to prevent falls, and others.

Shawn Gore and Matt Duckery emphasized the wealth of material available through the Fire Department about dealing with

emergencies. They had a substantial list of "be prepared" advice—check the batteries on smoke alarms, check the alarms once a month, keep a flashlight at bedside table, have somebody to contact in emergencies (post this on the refrigerator or other obvious place in the home). And the usual fall-prevention list: secure rugs, put handrails on stairways, have good lighting when getting up at night.

The audience, most of them experienced in taking AHA members to medical appointments, had several questions about emergencies during those errands, which brought out the following points:

- Know where you are at any moment, for a crisis your passenger has *en route*.
- Know whether your passenger has Life Alert or a similar emergency button.
- Some cellphones have a map application with your location.
- Be alert at all times. If a passenger starts to fall while walking, brace your legs and arms to catch the person—not to keep the person standing, but to catch and ease the person to the ground. Protect the person's head. That works even when the falling person is heavy or the situation is awkward.

On other topics, the speakers said: Have your clothes-dryer vents cleaned regularly. As you age, try to live on one floor of your house. If you have a fire, do not try to fight it yourself; call the fire department. Get familiar with how to work a fire extinguisher and know where it is.

And, when a crisis comes, just call 911.

Susan Pettey of AHA's Member Services Committee had some words specifically for the volunteers, mostly to be alert for changes in behavior or health among the members the volunteers help.

**NOTE: The AHA office will be sending card-size medical history inserts (to record your medications and emergency contacts) and stroke emergency instructions in this newsletter. We encourage you to complete the information and keep it on your person at all times. The EMS people encourage it.**



**Gore and Duckery speak to AHA audience**

### **Dick Moose (continued from page 1)**

Vernon at Home. Jones, a gerontologist, had seen in San Francisco what a village might do in Alexandria. Moose and Lehmann had seen an article about the villages. "It was just perfect" that they got together, Lehmann said.

They went around to community groups and neighbors, recruiting their involvement and financial support. Sometimes, Moose recalled in a video of the three, it was not pretty: "I would see somebody with white hair and I would chase him."

Moose saw a neighbor climbing a ladder to her roof—clearly beyond the age when she should have that done by others. "That was my introduction to people who should not be doing what they are doing" and who might respond to something like AHA, Moose said.

Ken Hill recalls that he met Moose when Moose made a presentation to the North Ridge Citizens' Association, of which Hill is past president. "The idea just caught me," Hill said. "We worked together—along with many others—to get it up and rolling. His leadership, intelligence and dedication were outstanding. And his sense of humor transcended every tight budget, legal wrangle, heavy workload and key decision."

"We were proud to be creating a service that would do something for others," Moose said recently. "Now, I find myself one of the 'others.'"

Two years of hard work led by Lehmann, Jones and Moose prepared for launching At Home in Alexandria in April 2011. Moose was frequently the marshal of AHA's group in civic parades, waving an AHA placard or fan. "He never lost his enthusiasm for waving to the crowd," Steve Nelson recalled.

Moose won the Annie B. Rose Lifetime Achievement Award from the Alexandria Commission on Aging.

The sense of humor never left Dick Moose. Linda Langley said she visited him in the hospital not long before he died. She told him that she, too, had been a "military brat." Moose proceeded to "rattle off his Army identification number and then broke into singing 'The Caissons Go Rolling Along,'" Langley said.

That was Dick Moose. He will long be missed, remembered and loved.

—Bill Clayton





**Left photo, L to R: Tom Crowley, Chriss Nielsen, Jack Clopper. Middle photo, L to R: Pam Nelson, Brenda Bloch-Young, Barbara Rosenfeld and Ann Liddle. Right photo, L to R: Andy Unger, Diane Atchinson.**

## **Picnic in Fort Ward Park**

AHA members and guests enjoyed lovely spring-like weather for the Fort Ward picnic on September 19. Fifty people RSVP'd, a record for an AHA social event. Eight to 10 of them were guests of members, a big goal of the occasion—to introduce new people to AHA, its members and associate members. Bill Stat and Steve Nelson cooked hamburgers and hot dogs. Brenda Bloch-Young supplied condiments. Wine and beer were donated by Chriss Nielsen and Tom Crowley and Pam and Steve Nelson. Everyone else brought side dishes including May Adams's watermelon, carefully carved by Alan Dinsmore. Ann Stat directed the buffet and food display.



**Left photo: gathering at the goody table in foreground Dick and Shelly Schwab chatting with Ona Ziegler. Middle photo: Jane King and Eleanor Kask. Right photo, Cele Garrett and Mary Lee Anderson.**



**Left photo: Nancy Kozlowski and May Adams enjoy watermelon. Middle photo: Bill Stat and Steve Nelson. Right photo: Jack Clopper and Ann Liddle.**

## **October's Conversation With WWII Pilot Nolan**

AHA's Oct. 25 Conversation With program features Bernard "Barney" Nolan, who piloted B-24s and B-17s on 33 World War II combat missions in Europe. After retirement from the Air Force, Nolan had another career, this one with NASA in various program management jobs. After his "second retirement," Nolan did consulting and engineering work. The program is scheduled for 3 p.m. in the home of Lynne Dearborn at Portovecchio.

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

**Carol Downs** reports that her childhood fascination with the diversity of the Pittsburgh area came back to her when she and **Stuart** went on a Viking cruise along the Danube, Main and Rhine rivers.

They discovered “apple strudel tastes better in Vienna, sausages are raised to an art form in Bavaria and the Gothic Cathedral in Cologne is still a magnificent architectural wonder,” **Downs** said.

**Teddy and Bill Clayton** celebrated their 54<sup>th</sup> anniversary in his boyhood town, Mexico City, and in a friend’s villa (they called it Margaritaville) in Cuernavaca. Their anniversary is Sept. 16, Mexican Independence Day. “The Mexicans won their independence and I lost mine,” Clayton says.

On the road again .... **Barbara Rosenfeld** reports on her coast-to-coast “scenically varied” trip: “Traveled from Washington's Olympic Peninsula and Seattle to a dude ranch in Jackson Hole, Wyoming, then on to a week in Vermont and finally, a week at the Jersey Shore. (It was all fun, with various family members.”

On the mend—**Penny Roberts**, from a knee replacement, and **Helen Desfosses**, from surgery.

Before she limped off to surgery, **Penny Roberts** reported two nominations the Volunteer Committee has made: **Nancy Kincaid** for the Volunteer Alexandria Joan White Grass Roots Volunteer Service Award, and **Bill Clayton** for the Village to Village Network Volunteer of the Year Award.

New volunteers added over the summer:

- **Andy Unger** (see story in column at right);
- **Jane Guyton**, life coach interested in diversity issues;
- **Alan Stillman**, still employed but wanting to volunteer in several ways, including explaining the Internet;
- **Jeffrey Herre** wants to be a driver;
- **Lu Judge**, experienced in marketing (she has started two businesses).

Three longtime volunteers have been cleared as drivers:

**Vice Chair Jane King, Mary Jayne Swanson and Mercedes Kremenetzky**

## Volunteer Corner

By Steve Nelson

Most AHA requests are for rides, and AHA's greatest volunteer demand is for certified drivers. **Andy Unger**, a new volunteer, drives one or two members a week—a big help for us.

Andy volunteer-drove for other organizations in the past: the Washington Ethical Society, the House of Ruth, and Food and Friends.

Originally from New York City, and living there until 1959, he studied law at George Washington Law School and Georgetown University Law Center. His practice was predominantly in estate and gift taxes at the Internal Revenue Service.

Later, in private practice, Andy advised in estate planning. He retired about 15 years ago.

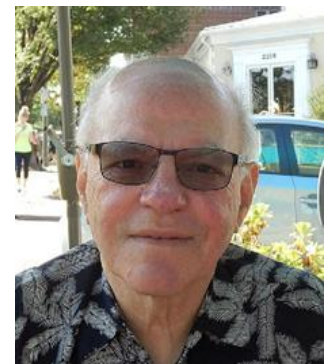
Having moved to Northern Virginia in 1979, Andy enjoyed bicycling along the bike and tow paths of the area until he switched to swimming for more concentrated exercise.

Andy also took nature and landscape photography as a serious avocation, displaying his work at the Art League Gallery at the Torpedo Factory in Alexandria. He started with a darkroom in his kitchen—the sign of a committed photographer, and advanced with technology to the world of digital images and computer processing.

He stepped back from volunteering for a few years, but became an elections official at Maury School.

Then he heard of the “village movement” and learned about At Home in Alexandria. Aside from driving, Andy has become involved in a variety of ways.

**Andy Unger is one of those AHA volunteers who is willing to take on a variety of tasks, from driving to computer advice to reading to the sight-impaired.**



## Pope's Words on Age, Volunteering During D.C. Visit

“I would also like to enter into dialogue with the many elderly persons who are a storehouse of wisdom forged by experience, and who seek in many ways, especially through volunteer work, to share their stories and their insights. I know that many of them are retired, but still active; they keep working to build up this land.”—Pope Francis



## Caregivers Conference

With the theme “Prepare to Care—Getting your Ducks in a Row,” the annual Caregivers Conference will be Wednesday, Nov. 11, from 8 a.m. to 3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville, VA. The conference will cover “the many dimensions of caregiving.”

**Register by Nov. 1:** <http://nvdec2015.eventbrite.com> For information on registering by mail, phone 703-324-5425. The fee is \$30.

Sponsored by the Northern Virginia Dementia Care Consortium, the conference panel will discuss Alzheimer’s disease, the legal and financial planning of caregiving, the emotions and Medicare.

On the light side, the session concludes with “When Things Go ‘Afowl,’” by humorist Ron Culberson.

Attendees can phone Graceful Care for temporary care for persons with dementia while they attend. Phone Graceful Care at 703-904-3994 no later than Oct. 19.

### Conversation With ... Gay Issues

Author and AHA member Shelly Schwab entertained an audience Oct. 27 with a discussion of her writing “A Departure from the Script,” a fictional account of a family’s dealing with the complexities of sexual orientation.

Drawing in part on family history and her involvement in Parents, Families and Friends of Lesbians and Gays (PFLAG), Schwab writes of a woman’s helping a daughter plan a lesbian wedding and then falling in love with another woman.



Published in 2002, the account presages the intensity and complexity of gender issues that are very much at today’s forefront. With a humorous touch, the book also explores some issues of religion and religious conversion. As good authors will do, Schwab got so deeply into her characters that, she said, “they sometimes did things I did not expect them to do.” A reviewer from PFLAG said, “With humor, warmth, pace and suspense ... Schwab weaves a tale that deftly explores (a) complex web of emotions.”

Schwab’s program prompted questions and comments from the audience about gender and religion.

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### Chuckles and Chortles

--Broadcasters start with “Good evening,” then tell you why it is nothing of the sort.

--Common sense is a flower that doesn’t grow in everyone’s garden.

--When a child refuses to nap, isn’t that resisting a rest?

--Sign on the rear of the cattle trailer: Caution: Floor covered with political promises.”

--I used to be indecisive. Now, I am not so sure.

--Women won’t be equal to men until they can walk down the street with a bald head and beer gut and still think they look sexy.

### CONTACT US

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