



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

AHA! NEWSLETTER November 2015 VOL. 6 NO. 11

Amber Nightingale to Be Honored at AHA Benefit and Gala

By AHA Vice Chair Jane King

AHA will honor an outstanding volunteer and caregiver, Amber Nightingale, with this year's At Home in Alexandria Community Spirit Award. The award is the ceremonial highlight of the festive gala and auction, 5-8 p.m. Sunday, Nov. 8, at Laporta's restaurant.

Amber gives unstintingly to her job, her volunteer roles, her family and Alexandria. She loves her job as associate state director for community outreach for AARP Virginia—because it gives her a chance to meet older people and enhance their lives. She leads community outreach projects, organizes local events and recruits, trains and engages AARP members as community volunteers.

Prior to joining AARP in 2001, Amber was a legislative assistant to Rep. Bobby Scott of Virginia. She has worked on electoral campaigns and was one of the first participants in AmeriCorps' National Civilian Community Corps, a nationwide community service program.

Amber has a gift for engaging older adults in volunteer activities that enrich their lives and enhance the lives of others. Her perspective is the polar opposite of those who have a negative view of the abilities of aging people. Amber, an enthusiastic supporter of At Home in Alexandria, served on the Alexandria Community Services Board and the Arc of Northern Virginia's Board of Directors.

She has volunteered with D.C Central Kitchen, Special Olympics, Habitat for Humanity and the Prince William County Free Health Clinic.

She is a constant caregiver for her sister, Victoria, who has cerebral palsy and lives in a group home in Del Ray. Amber calls her "Sunshine" and constantly makes sure Victoria has the best life possible.

Wine and Beer Auctions and Raffles Featured at AHA Benefit Nov. 8

The exciting new features of this year's benefit and auction are wine auctions and raffles. The star of that show will be a 1952 Chateau Haut-Brion Grand Cru, donated by Doug Fleming and Nancy Kincaid.

Like AHA itself, this wine has been "aging in place" and will be displayed on the silent auction tables. A wine for connoisseurs and wine fanciers, this \$600 gem will have an opening bid of \$240, with incremental bids of \$60 each. Steve Nelson, chief planner of the wine auction and raffles, has prepared a flier promoting the Haut-Brion, shown at right.

Two cases worth of other wines will be displayed separately, in lots of a few wines each, for the raffle. Raffle tickets, to be drawn—appropriately—from a Champagne bucket, will be \$10 each, with three for \$25, six for \$50, etc. Among the wines are some Riojas, some Champagne, some Bordeaux, some Sauvignon Blancs, a Malbec, a Pouilly-Fuisse and many others.

One raffle ticket could get you nearly \$100 worth of wines and buying multiple tickets boosts your odds of getting some fine wines for not much cash. You can buy tickets to the benefit as well as raffle tickets now, online at our website: www.athomeinalexandria.org. Click on Register for La Dolce Vita, then scroll down to Wine Raffle Tickets at the bottom of the page.

Also vying for the attention of the thirsty, there will be craft beers in the auction—a special package including beers, tasting glasses and a \$25 gift card for Grape and Bean. This tasty item has an auction value of \$75, initial bid \$30.

AT AUCTION!

- 1952 -
CHATEAU HAUT-BRION
GRAND CRU



Benefit Auction For
At Home In Alexandria
Nov. 8, 2015, 5-8pm
Laporta's Restaurant
1600 Duke St. Alexandria, VA 22314
See AtHomeInAlexandria.org or call
703 231 0824
for ticket info and auction details.

Songs of Peace and Words of Praise Fill Church at Dick Moose Memorial

The life of Richard Menifee Moose, co-founder of At Home in Alexandria, was praised and his memory honored Oct. 17 at St. Paul's Episcopal Church in a service that filled the huge sanctuary with nearly 200 people.

Dick Moose died Sept. 25 at the age of 83 after a long struggle with heart problems. He is survived by his wife, Margaret "Maggie" Davis Moose; son Jeffrey Moose; daughter Amanda Moose and four grandchildren.

During his career in foreign service assignments here and abroad, Moose was instrumental—as an adviser to presidents and a congressional staffer—in the U.S. withdrawal from Vietnam and the outrage over the Cambodia bombing.

Vernon Jordan, civil rights activist and power broker, said at the service that trying to summarize Moose's life was like trying to drain the ocean with a thimble. Moose's life was "something vast and noble," Jordan said, "always in motion, always on the front line."

Hodding Carter III, the prominent southern progressive journalist and television commentator, said Moose had dedicated his career to "making things better" for people. When Moose tried something, he kept at it until he succeeded, Carter said.

Leslie Gelb, journalist and federal official in the Departments of State and Defense, said Moose was the sort of person who could take an elevator and by his destination would know everyone on the elevator.

And he was tenacious, Gelb said, recounting that Margaret Davis turned Moose down repeatedly for dates, but when Maggie ran for a school office, "Guess who volunteered to be her campaign manager?"

Moose was instrumental, Gelb said, in discovering the secret bombing campaign in Cambodia. The disclosure enraged some of the powers that be, Gelb said, "but he did not care."

Moose himself chose some of the elements that were to go into his memorial service, the Rev. Oran B. Warder said, including the song "Down By the Riverside" with the lines: "I'm gonna walk with the Prince of Peace ... down by the Riverside ... study war no more. Ain't gonna study war no more."

"AHA is deeply honored," Chair Barbara Rosenfeld said afterward, "by the Moose family's designation of AHA as one of the charities to receive gifts in memory of Dick This act of generosity will help AHA become stronger—a legacy worthy of Dick's efforts and devotion to our organization." The AHA Board referred to the Finance Committee the exploration of ideas for a Moose Memorial Fund.

WWII Bomber Pilot Barney Nolan Holds AHA Audience Spellbound

Retired Col. Bernard (Barney) Nolan fascinated an AHA group with stories of his bomber combat missions over Europe. In his 90s, ramrod-straight and hearty, Nolan recounted highlights of his 33 combat missions, in B-17s and B-24s, for an audience at AHA's Conversation With program. Twenty-three people attended.

Nolan said it was occasionally touch and go whether the Allies would win. The German Luftwaffe got the upper hand for a while in the shifting picture of aircraft design, combat tactics and available manpower. But the Allies finally won that battle and the war, with combatants such as Barney Nolan.

As a kid, he dreamed of flying aircraft, he said. Many years later, taking enemy flak over Hanover, he said to himself, "Why am I here?" But he answered his own question: Despite the heavy losses among combat pilots, "You got back in the aircraft because the other guys were."

Once a German shell took out two of his aircraft's four engines, Nolan recalled. "We made it to the English coast," he said. Another time, "A piece of flak nearly hit my head," he said, ducking with the memory.

"Did you ever have to parachute out of your plane?" someone in the audience asked. He said no, because the aircraft were frequently over, or near, the English Channel, and parachuting was not contemplated.

One of the war's turning points, Nolan said, was Hitler's abandoning plans to invade England, turning to bombing London. With emerging better strategy and improved weapons, the Allies turned the tide. And in one of war's ironies, the leading German developer of rocketry, Wernher von Braun, surrendered to the Allies and became a space-science leader in the United States. Nolan once told him he led a bombing run against the German rocket center at Peenemunde. "Didn't do a very good job, did you?" Von Braun said.



Barney Nolan speaks to AHA group.

Calendar Alerts

(Some New, Some Changed)

- **New Venue for Pot Luck:** The Saturday, Nov. 14 Pot Luck Social will be in the community room at Portner's Landing, instead of the Drake Room of Alexandria House, which is being remodeled. Portner's is at 621 N. St. Asaph Street. RSVP by Nov. 12 and bring a goodie. AHA will have a "doorman" letting people in the front door.
- **The Sunday, Nov. 22, Conversation With** will be presented by Board Member Helen Desfosses and will be very timely: the political picture as we approach elections on several levels of government. Desfosses will just have given a talk at Osher Lifelong Learning Institute, at which she is a lecturer. Her AHA talk will be "The Startling Run-up to the 2016 Presidential Election--and Only 350 Days to Go!" Desfosses has a Ph.D. in Political Science and has served as an elected official.
- **The Alexandria and Arlington Commissions on Aging** are co-sponsoring a **Legislative Forum on Aging**, on Friday, Nov. 6, from 9:45 to 11:30 a.m., at the Fairlington Community Center, 3304 S. Stafford St., Arlington (off Quaker Lane). A panel of lawmakers will discuss issues and field questions about the matters that affect constituents. To RSVP or get further information, please phone 703-228-1700 or email arlaaa@arlingtonva.us.
- If you have read about **Medicare**, you know there are myriad significant **changes coming up. At Home in Alexandria is offering a workshop Tuesday, Nov. 11, to discuss** the shifting field of Medicare. AHA volunteer Susan Pettey will oversee the workshop; which will be led by Cedar Dvorin. The workshop will be at 1-3p.m., in Portner's Landing's community room, 621 N. St. Asaph, in Alexandria. Dvorin said Medicare beneficiaries stand to save significantly by switching plans, but need to attend the workshop to learn whether or how.
- **Holiday Events (details are in the calendar that is included in this newsletter).**
 - Dec. 10—5 to 7 p.m.**—The annual holiday party at the Old Town home of Christena Nielsen and Tom Crowley on North Fairfax Street. The festivity is the best attended of AHA's social events. RSVP to the office by Nov. 30.
 - Dec. 14—7 to 9 p.m.**—The annual AHA Holiday Dinner, A La Lucia Restaurant, 315 Madison St., but for this event, enter on North Fairfax. Three-course dinner \$35, wines by the bottle half off. RSVP by Dec.9.
 - Dec. 25** – Christmas lunch with fellow AHA people. Details later, but let the AHA office know if you have an interest.

Be sure to check the calendars, folded into this newsletter, for all the events in November and December.



Parade - Fabulous 50!



By Maggie Stauffer

AHA Holiday Elves are busy at work to reach an all-time record of *fifty marchers* joining the AHA clan to participate in Old Town's **Annual Scottish Christmas Walk Parade**.

Some say this can't be done, but they don't know AHA!

Please save the date and plan to participate in this festive event, starting with a 9 a.m. pre-parade gathering at the home of Ann and L Liddle, at 526 South Pitt Street.

WHO: All members, volunteers, supporters, friends and neighbors

WHAT: The Annual Scottish Christmas Walk Parade assembles at 10:00 AM

WHERE: Corner of Wilkes and South Pitt Streets

Questions: Contact Maggie Stauffer at 703-549-8680

What's Up With AHA Members, Associates And Volunteers

The Oct. 19 Dine Around at Aroma Indian restaurant turned into a festive birthday for **Tom Fitzgerald**, who turned 92 the day before. He was accompanied by his caregiver **Jeannette Bost** and his son **Tim**. Nine other villagers attended and sang Happy Birthday to Tom, complete with a dessert festooned with a tiny candle.

Tom, you will recall, set a standard of sorts for TGIF gatherings near his birthday. Two years ago, he bought drinks for all from AHA who attended.

Mitch Opalski, on the AHA Advisory Council and an official of Synergy HomeCare, has been named chair of the Arlington Commission on Aging. Mitch has done award-winning work in the field of eldercare.

You read in this space about **Chair Barbara Rosenfeld** doing the cowgirl thing Out West—but now she is famous. A story by her son, **Emmet Rosenfeld**, about that August horseback trip made the first page of the Sunday, Oct. 25, travel section of the *Washington Post*.

Barbara had expected somewhat more hiking and a lot less bone-jarring horseback and off-road-vehicle bouncing. But she soldiered on (or is it cowboyed on?) and exulted in the vast scenery of Wyoming. Emmet wrote that she was a good sport and “the rootin’-est, tootin’-est 77-year-old cowgirl” at the Goosewing Ranch.

Health Alert for all the village: Get your flu shot.

The shots are available even in many groceries and drug stores. Experts say the usual flu season in the United States is from October to May. But the severity, onset, duration and type of flu that will dominate are hard to predict.

Alice Cohan, AHA’s Bionic Woman, celebrates the first anniversary of her “new” transplanted heart. The date coincides with her role in helping plan the Feminist Majority’s November conference on “Women, Money and Power.”



An AHA group made a visit Oct. 22 to the Glenstone modern art museum (above) in Potomac, Maryland.

Volunteer Corner

Two very active AHA members and volunteers were recognized for their efforts for AHA.

AHA nominated **Nancy Kincaid** for the “Volunteers Are the Heart of Alexandria” award from Volunteer Alexandria. She was picked by the organization as a finalist and will be recognized with the other finalists Nov. 12 in a program at 6 p.m. in the Patent and Trademark Office building.

Kincaid is a caregiver, heads the busy Program Committee and is a valuable institutional memory for AHA.

Bill Clayton was nominated by AHA for the Village to Village Network’s Volunteer of the Year. He became a national finalist and was given an Honorable Mention at the VtoV Conference. Clayton is an active volunteer, Board of Directors member and editor of the AHA newsletter.

At the VtoV Conference, AHA was represented by **Executive Director Cele Garrett and Chair Barbara Rosenfeld**.

Rosenfeld said reports at the conference listed 190 villages in the nation and more than 170 in the process of formation.

At the conference, Garrett reported, “AHA was paired with another village in Ohio to lead the concurrent session on building local partnerships.”

Sometimes with volunteering, there is heavy lifting. Just ask **Peter Crouch and Stan Maciak**. AHA received word that an organization was moving and getting rid of a lot of furniture. Maciak and Crouch took on the job of going to the group’s office and picking up and delivering to AHA a four-drawer lateral filing cabinet.

Volunteer Alexandria sponsored a volunteer fair at a park in the Potomac Yard residential complex. AHA set up in “prime real estate” near the food, **Garrett** reported, and more than a dozen people signed up to express interest in volunteering. AHA will follow up.

The AHA Walking Club took a stroll on the wilder side Oct. 15, visiting Huntley Meadows Park with Huntley expert **Ann Stat** as the hostess/guide.

Ann is a Huntley volunteer docent at present, but for 25 years she was a program director and volunteer coordinator for the park.

One of the walkers, **Rochelle Schwab**, reported: “As much as Ann’s knowledge shines through, her enthusiasm for these wetlands and the glorious fall season burst through even more.”

Speaking of walkers, winter is coming and the AHA Walking Club will walk Tuesdays through Nov. 24, then suspend until March 22.

Chuckles and Chortles

You know you are aging...

...when you stop at a stop sign and wait there for it to turn green;

... the first time a teen-ager stands up to give you a seat on the Metro;

...when the barber calls you "Sir" instead of "pal";

... the first time you are not challenged at the seniors' ticket window;

... the first time the pre-teen at the diner has no trouble twisting off the cap of your soda when you failed after two minutes of trying;

... when you reach your destination and realize the left-turn signal is still going four miles after you first clicked it on.

After closing time at the bar, a drunk shows off his new apartment to friends, who ask him about the huge gong and mallet hanging from the bedroom ceiling.

"It's a talking clock," the drunk explains.

"How's it work?" a friend asks.

"Watch," the drunk says, picking up the mallet and giving the gong a big whack.

From the other side of the wall comes a shout: "You idiot. Don't you know it's three a.m.?"

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Snow Buddies

If winter brings something like the scene at right, AHA is ready to provide a "snow buddy" to clear walks or driveways. Phone the office at 703-231-0824.

And if YOU would like to be a "snow buddy," let us know. We make a list of willing volunteers for snow removal. It is one of the most welcome services we do.



Eat your Way to Brain Health?

The *AARP Bulletin* says the right foods "can enhance memory, build new brain cells and even help ward off Alzheimer's." The article was based on studies from research centers such as Johns Hopkins.

Some foods that stand out for good brain health:

- Olive oil, leafy greens such as broccoli, spinach and kale—These are "anti-oxidant superfoods," the article said, that help fight inflammation.
- Beets, tomatoes and avocados "help ensure that your brain receives the blood it needs to stay sharp." The article cited studies that indicate that increased blood flow to the brain promotes neuron growth.
- Nuts and pomegranates fight amyloid plaques in the brain. While amyloid is required for the brain cells to communicate, when it accumulates to very high levels, it forms plaques that kill neurons.
- Fish, blueberries, grapes, coffee and dark chocolate. Foods in this unlikely grouping are "nutrient powerhouses" that support the growth of neurons that fight the effects of aging.

CONTACT US

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

AHA@athomeinalexandria.org
Web www.athomeinalexandria.org