



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

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Carlyle Club Chosen for 2016 AHA Gala

AHA has picked the (new) Carlyle Club for its 2016 Gala, with the theme “Puttin’ on The Glitz” and a celebration of Alexandria’s senior citizens.

Since the previous Gala in the Carlyle, the club has moved into new and more spacious quarters, with its signature Art Deco style, on Ballenger Street near the Westin Hotel.

The Gala will be Nov. 13, from 5 p.m. to 8 p.m. and will feature a brief program, jazz from the Christophe Ludet Trio and many reminiscences of AHA’s five years.



The New Carlyle Club



Co-Chairs of the 2016 Gala will be Linda Langley and Pam Nelson, who have worked for months getting the details in place.

Pam’s husband, Steve, is planning a repeat of what proved very popular last year—a raffle of good wines.

There will also be a silent auction, emphasizing hospitality offerings such as hotel and vacation home stays, tours, restaurant meals, auto service and the like.

Last year’s auction featured dozens of certificates, most of them for restaurant meals. but also services such as beauty care.

There is parking in the building and a block away. However, attendees are encouraged to carpool.

“We are excited at the plans for this year’s gala, celebrating five years of AHA,” Langley said.

The menu will be: an assortment of butler-passed hors d’oeuvres— bacon-wrapped sea scallops, mini crabcakes, tomato-basil bruschetta, spring rolls, and Dijon chicken puff pastry. There will be a Caesar salad station, assorted sliders station, and a mashed potato bar. To finish up, there will be an assorted dessert display—cheesecake, Key lime pie, berries and cream, chocolate mousse, chocolate-covered strawberries, and a variety of cakes.

Also, there will be a free drink with each ticket.

Executive Director in Demand

Executive Director Cele Garrett has been much in demand to tell the story of AHA to varied audiences. She reported to the Board that she was invited to be a guest on the television show “Aging Right At Home in NoVa.”

She did a phone interview with Annie Groer for a *Washington Post* segment discussing the social benefits a village offers.

She met with Robbie Werth, head of a Department of Transportation program, regarding Alexandrians too frail for the city’s transit system or who cannot be served by AHA.

AHA’s volunteers are encouraged to ask the members they drive to appointments if they have handicapped tags for their autos that the volunteers could use on those occasions.



Fireworks Parties

Nancy Kincaid and the Bachmans, Joyce and Dick, hosted cocktail receptions and fireworks viewing parties in their apartments and Alexandria House balconies July 9.

It was the day for a joint celebration in Alexandria of the city's 267th birthday and the national observance of Fourth of July. The air was clear in Alexandria, giving a much better view of fireworks than in the actual Fourth observance in overcast Washington. The symphony program below at river's edge could be heard faintly from on high.

The AHA gatherings totaled 34 people, divided between the two apartments. Some guests visited both venues.

The **photo at left above** shows, clockwise, Josette Desfayes, Ernie Lehmann and Francine and Bill Gemmill. The **photo on the right above** shows Desfayes and, to her left, Ann Kaupp.

The fireworks-viewing gatherings have become a popular feature of the AHA social calendar.



Tag Team Clears House

Following a member's death, AHA sent a tag team to empty the house.

In **left photo above**, Ed Pingley and Debra Conley Howell, the sister of a member who died, hold a heavy art conglomeration for possible donation. In **right photo**, left to right, are the "team," Stan Maciak, Bill Clayton and Pingley, sacking things from the attic for disposal, storage or donation. Team member Ken Hill is not shown.

On a second full day of work, the team took donations to Christ Church and checked the Torpedo Factory for art contributions. All this was done on two of the hottest days of the year.

On the first day, the team put one person in the sweltering attic, one on the attic ladder, one on the floor beneath the ladder, and one at the entrance to the storage room.

Then, musical chairs-like, they switched around so that none was threatened by heat exhaustion.

For anyone contemplating a similar project, Debra found that Purple Heart was good as a recipient for many things. Christ Church was good for Christmas decorations—including a tall, artificial Christmas tree with a remote control and bags of decorations. An auction house was the best chance for valuables such as art.

And of course, in Alexandria there is "Free On Curb," where neighbors scrounge for the leftovers at curbside.

Interest Group News

The **Blazing Saddles** bicycling group will have another go at Shirlington Tuesday, Aug. 16. The bikers were thwarted by a heat wave in July. This time, they assemble—weather permitting—at 11 a.m. near the T. C. Williams boathouse at the foot of Madison Street. The group will have a lunch stop at Shirlington before returning. Please let **Maggie or Barry Stauffer** know if you plan to ride. Their phone number is 703-629-5476.

Bridge Club—**Nancy Kincaid** reports: “After moving the AHA/Alexandria House bridge group to the second Friday of each month, we have had two tables of bridge for the past two months. We will continue the **Second Friday Bridge Group**.”

Kincaid, also coordinator of the monthly **Movie Interest Group**, said her group has settled on AMC Shirlington. The fourth Tuesday will be movie day and the group will decide the day before which of the several movies to see.

The AMC’s seven-theater movie house has been remodeled and features luxurious reclining seats.

The **Met Live! Group** has settled on the Regal theatre in Potomac Yard, with its plentiful parking, for these events, **coordinator Penny Roberts** reports. Tickets can be bought online now, or at the theatre near each event. The first opera will be Wagner’s *Tristan and Isolde*, Oct. 8.

The Walking Club welcomes new participants. Even on the hottest days of summer, the river provides a breeze. Contact **Bill Clayton** at tbclayton@comcast.net

Quintessential planner **Brenda Bloch-Young**, organizer of the History Interest Group, is visiting outstanding sites in the state, immersing herself in the Commonwealth’s history (see What’s Up column, p. 4).

Fall Prevention

In what was hailed by AHA leaders as “great” and “excellent news,” a coalition of villages and care groups has been given a grant to pay for a fall-prevention series of workshops in which AHA will participate.

Details are still to be set, but AHA’s likely role will be to help promote the initiative and generate participation in the workshops.

The effort was spearheaded by Marymount University in Arlington, a coeducational Catholic institution; Goodwin House at Home; Arlington Neighborhood Village; and Patricia Rohrer, Fairfax County Long-Term Care Program Manager.

Specific schedules are still to be set, but an early one is to be in the autumn: a months-long exercise program and training plan for “exercise leaders.” It will be “training the trainers, and should really be helpful to AHA members,” Executive Director Cele Garrett said. “Great news,” former Chair Carol Downs said. The programs will be based on “very sound, evidence-based training,” Garrett said.



AHA at Market Square

AHA volunteers spread the word about the village and urged marketgoers at the July 16 Old Town Farmer’s Market to sign up as volunteers, donors or members. Several prospects emerged.

In photo at left, **Courtney West** shows the AHA display and explains the AHA mission to a passerby. Out of the picture, **Nancy Kincaid and Bill Clayton** worked the market crowd with brochures and other information.

How good a salesman is **Courtney West**? Well, he took a break to go home and walk his aged dog, and **came back with the names of two prospects**.

AHA is allowed only a limited schedule of visits to the Farmer’s Market, but it pays off. Hundreds of people—residents and tourist—visit the market on Saturdays. They are in a good mood, so being approached by an AHA “salesperson” does not annoy them. The AHA volunteers find it is still a challenge to get most Alexandrians aware of AHA.

When AHA’s new logo is printed on all its marketing materials—including the big placard and the brochures—it will bring new excitement to our approach to the community.

What's Up With AHA Members, Associates and Volunteers

Brenda Bloch-Young is immersing herself in the rich history of Virginia. She visited Richmond as part of her continuing education of Virginia. She reminded us of the “wonderful” tour of the Capitol, which was designed by Thomas Jefferson and used as a model for many of the buildings in the District of Columbia. The Rotunda displays a life-size sculpture of George Washington.

Sharon Ksander spent a vacation in her old haunts in Alaska. It was not a formal family reunion, but a chance to visit family and friends in Anchorage and elsewhere. Born in Iowa, Sharon moved to Alaska with her family at an early age. She said her relatives number around 200 in the biggest state. She waxed eloquent about the scenery but said it was too hot—in the 80's—when she visited.

Ann Liddle spent a week in July on a very small island in Lake Temagami, Ontario, Canada celebrating a friend's 70th birthday. It was very rustic, with an outhouse and only cold water pumped from the lake. But it was also very beautiful and quiet except for the loons and the amazing call of the white-throated sparrow. After that, Ann and L Liddle met up in Cape Cod to spend a few days with some friends.

Jessi MacLeod also had a most scenic visit—to the Jackson Hole, Wyo., area—with its backdrop of the Grand Tetons. She spoke in awe of that beauty, but in fascination at one frequent sight: discarded elk antlers decorating ranch entrances and fences, and decorating town squares.



Elk-antler arch entrance, Jackson Hole Town Square

Volunteer Corner

If you've received an unexpected rendition of “Happy Birthday” in a lovely, lilting British accent, thank **Ruth Arnold**. She says the idea for birthday calls to AHA members first surfaced at a Membership Committee meeting, where one participant suggested that “my British accent might be appealing.” Ruth says, “It's fun.”

Ruth, a Londoner originally, served in the British foreign service until 1973. She then had to resign when she married an American; married women were not permitted in the foreign service. She later returned to work at the British Embassy in Washington.

Though now a U.S. citizen, Ruth toggles between two homes, Washington and London, although most of her family is here. She does “lots of volunteer work,” particularly through Christ Church. She works in the gift shop there and provides Meals on Wheels and lunches for the homeless. She loves to travel in her 42-year-old MG, which just took her on a trip to Kentucky and back: “She is a very special car.”

—**Donna Fowler**

Maggie and Barry Stauffer relived their childhoods, taking their grandsons from Colorado to Hersheypark, Pa. followed by a week at Rehoboth Beach, Del.

Hersheypark is an amusement park built around chocolate, a town Maggie describes as featuring “the constant smell of chocolate.”

Trouble with the complexities and gremlins of the computer and television? **AHA has IT experts to help** you. Sometimes the problem is complicated, but some calls for help are definitely not. **Steve Nelson** recalls a call about a “fuzzy” TV screen. He no more than touched the cable box when the screen cleared up. It was a coaxial cable whose connection had loosened. Steve got a degree in management, but when the use of personal computers spread, he got into a career that encompassed the range from hardware to software.

Another AHA “techie” is **L Liddle**, AHA's secretary and “Mister Database.” After retiring from the Patent and Trademark Office, L taught himself about computer software maintenance and programming.

(Ms.) **Les Carr**, who helps with tech problems in the AHA office, is another available tech wizard, as are **Jack Galvin and Alan Stillman**.

Please welcome **new volunteer Catha Pavloff**.



William Webb Lowe II, 1920-2016

William Webb Lowe II, AHA member and brilliant nuclear scientist, died of cancer July 4 in his Alexandria home at the age of 95.

Born Dec. 18, 1920, in Bartlesville, Okla., Lowe graduated from Purdue University in chemical engineering. At the age of 23, he helped Dr. Charles Wahl, who was 25, develop the methods to produce the pure plutonium needed for a nuclear weapon. Wahl and Lowe were an integral part of what became the Manhattan Project. Lowe was convinced that fewer lives were lost in Hiroshima and Nagasaki than if the war had dragged on without the atomic bomb. He continued to be instrumental in the nuclear power field and raised early alarms about global warming. He specialized in the design of safe nuclear power.

IRS Scams Persevere

At tax time, or when an extension period ends, the fake calls from “IRS” false agents arrive.

The real IRS says: It will never threaten a taxpayer with a penalty or demand a payment by phone. It will always mail a notice first. It will never ask on the phone for a payment through a debit card. It will never ask for your credit or debit card number.

It will never threaten on the phone to bring in the police or any other authority to arrest or question the taxpayer.

The phone callers are clever—they will provide a badge number or a callback telephone number. They will call themselves the “revenue service” or “tax service” but will be neither.

A resident of Del Ray reported recently: “I just received a call from the ‘IRS’ claiming they are filing a lawsuit against me. Yada, yada, yada. I called back and a very aggressive gentleman told me that he was with the IRS and a lawsuit was filed against me. I asked if he knew my name, and he hung up.”

For much detail, go online to “IRS Scam” or “IRS Dirty Dozen Scams” to see why telephone scams continue to be a serious threat and to see how easy it is to learn about them and to thwart them.

Founding Fathers’ Influence

By Alan Dinsmore

Ruth and Georg Morduch graciously hosted 19 AHA members to hear David Butler's anecdotal history of the Founding Fathers and the influence of their culture on the political process. Dr. Butler taught government for several years at Johns Hopkins University and, after retirement from that career and another in business, he has been a part-time Washington tour guide.

In another of the AHA series ConversationWith, he outlined how the Founding Fathers vigorously advocated democracy while, at the same time, often failing to appreciate the role of government in developing an economy. The rapid decline of Virginia in particular, from its preeminence in the 1790's to the 1840's, stemmed from its leaders' obsession about the centrality of agriculture, as well as a resistance of what we now call a governmental role in infrastructure. These events foretold the political tensions we now face, A heedlessness about the central role of public finance at home and abroad is the source for much of our widespread discontent and sense of hopelessness about our traditional openness toward the outside world, Butler said.

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To Plan the Space in Your New Apartment Home

When you move to a much smaller space, there are some simple ways to plan the new space, Greenspring’s *Erickson Tribune* says:

- Less is more: resist the urge to have extra chairs just for visitors; design your home for yourself.
- Bring along the furniture you are comfortable with.
- The more multi-functional your furniture, the better: Instead of a TV stand, use a buffet for both the TV and more storage.
- Use windowsills and walls for display space.
- Keep things light in color and weight.

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