

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

Annual Gala: Good Sipping, Munching and Schmoozing

In less than two weeks, At Home in Alexandria will be “Puttin’ On the Glitz” at its annual Gala and Auction. The date is Sunday, Nov. 13, the time is 5 to 8:30 p.m. and the site is the new Carlyle Club, 2050 Ballenger Avenue.

Aside from heavy-duty hors d’oeuvres, live music and lively post-election conversation, the evening will feature a wine raffle and a silent auction.

Each of 10 winning raffle tickets (one ticket for \$10, three for \$25) will receive a wine package worth at least \$60. The wines were all donated, so ticket sales proceeds go entirely to AHA’s fundraising effort.

Before the event, raffle tickets can be obtained on our website or by a phone call to the office.

Our website is www.athomeinalexandria.org

The phone number is 703-231-0824.

The silent auction emphasizes experiences—a week at a beach vacation home, yoga classes, a garden tour, sports tickets, a special old Bordeaux wine and a wide variety of meals in area restaurants.

Getting there: Street parking is available, or you may park in the garage beneath the Carlyle Club. To park in the garage, from Elizabeth Lane take the access road behind the Catholic Charities building to the garage entrance. Parking is free, but an attendant will give drivers a ticket and keep a stub. Take the elevator to the first floor, exit building, and turn left. The Club entrance for the Gala is located on the corner.



Strut the AHA Colors in Alexandria’s Annual Scottish Walk

On foot and on wheels, AHA villagers will be in Alexandria’s annual Scottish Walk Saturday, Dec. 3, at 11:00 a.m.

Each year a larger group of our members and volunteers, decked out in festive red scarves and white hats, get delighted responses from parade goers to our cries of “AHA!” This year we are hoping to add a float to the AHA group, with a flatbed provided by Monica Estabrooke’s son Rob and construction help from Peter Erickson of Finn Construction. Home Depot is supplying materials, and Susanne Adams is overall manager of AHA’s participation.

We will need help with ideas for the float and help with assembly. Please contact Penny Roberts at psroberts_378@msn.com or 703-836-9644 to help or for details. THEN JOIN US Saturday, Dec. 3. Arrive at 10:45 a.m. at Wilkes and S. Pitt. Wear a dark jacket and pants OR the red AHA jacket. We will supply AHA caps and red scarves. (BEFORE the parade, stop by Ann and L Liddle’s for refreshments, 526 S. Pitt.) RSVP: Penny Roberts at psroberts_378@msn.com or 703-836-9644.

Maggie and Barry Stauffer, who coordinated AHA’s role in the parade in past years, said the event “is the best opportunity to showcase the vitality and diversity of our members.” And, it is fun.



Santa’s hot rod sleigh, ready to be AHA’s squad car for the Scottish Walk Parade on Saturday, Dec. 3

The Gala is AHA’s biggest event of the year. All Alexandrians who like what AHA does for senior citizens are invited to buy tickets to the gala and tell their friends and neighbors about it.

AHA Loses Valued Advisor With Death of H. Stewart Dunn Jr.

Stew Dunn, civic standout, former vice chair of the Alexandria Planning Commission and valued advisor to AHA, died Sept. 27 at the age of 87 of complications from a heart procedure.

H. Stewart Dunn Jr. was born in Pittsburgh July 9, 1929. He graduated from Yale University and went on to graduate *summa cum laude* from Harvard Law School, where he served as editor of the Law Review.

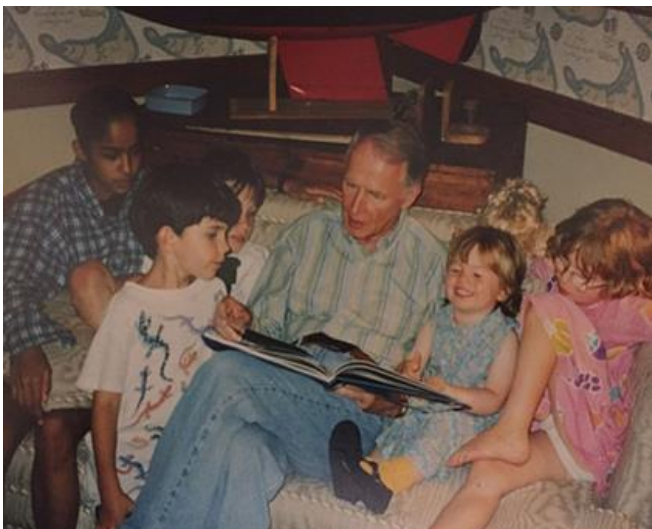
He and his wife, Loti, who survives him, had five children, one of whom predeceased him. His work with the law firm Ivins, Phillips & Barker spanned nearly five decades. He concentrated on tax law, estates, and trusts and became a nationally recognized expert in trust and estate law.

Dunn was also a longtime member of the Alexandria Democratic Committee, which noted in a tribute: "Stew was a modest man and a great example to all of us, both as an active philanthropist and a committed advocate for his community and his passions."

The ADC noted Dunn's leadership roles in the Old Town Civic Association, Alexandria Human Rights Commission, Board of Zoning Appeals, American Civil Liberties Union and the Alexandria Planning Commission.

A celebration of Dunn's life will be held Saturday, Nov. 5, at 2 p.m. at St. Paul's Episcopal Church, 228 S. Pitt.

The *Gazette Packet* quoted his son on a topic of which many of his associates knew nothing. "Dad only just recently told me," Chris Dunn said, "he played competitive golf with Arnold Palmer. I knew he grew up in the same area as Palmer, but had no idea he was such an avid golfer in his younger days."



Stew Dunn with his grandkids

—Connection Newspaper Photo

Village Conference Provides Valuable Ideas for AHA

The AHA contingent to the recent Village to Village Conference in Columbus, Ohio, came away with a bundle of ideas for At Home in Alexandria.

Some great ideas came out of the conference that we would like to pursue," Executive Director Cele Garrett said.

They include helping observe the 15th anniversary of the first "village" in the nation: Beacon Hill in Boston; taking a lead role in an "age-friendly initiative" in Alexandria; securing a speaker for our sixth anniversary; communicating more effectively the value that senior citizens bring the city; and "giving new shape to our existing mission and vision statements."

The AHA delegation, in its six-page summary of the three-day conference, said one session reported on the UC/Berkeley survey of villages. AHA participated in the survey, polling members on their interests and participation. AHA "fits right in the middle or upper middle of a typical village," in finances, staff, number and types of committees and services offered.

One suggestion from the delegation, relating to cost and relevance of the national conferences: If a coming conference appears to have less relevance to "mature villages" than to villages in their early years, AHA could reduce the size of its delegation. But next year's conference will be in Baltimore, which will make it generally more affordable, the delegation reported.

One speaker advised villages to make no more than a three-year strategic plan. She said the demographics and subjects relating to care for seniors is changing too quickly to make a plan for more than three years.

The AHA delegation concluded that AHA has outlived its own strategic plan and needs to work on a new one early in 2017.



The AHA delegation to the Village to Village Conference: Left to right, Operations Co-Manager Monica Estabrooke, Treasurer Chriss Nielsen, Advisory Council Member Carol Downs (front), Board Member Bob Eiffert (rear), and Executive Director Cele Garrett.

CORRECTION

The October Newsletter article on telephone sales calls listed an incorrect number. The number to call to get on the federal do-not-call list is 1-888-382-1222. We regret the error.

“Under the Hood of a Non-Profit: Where Do Our Dollars Go?”

By Virginia Martin

Bob Chase, retired President of World Learning, shared his knowledge of nonprofit organizations with fellow AHA members at the Oct. 24 Conversations With program.

Chase said French philosopher Alexis de Tocqueville was the first to draw attention to Americans’ propensity to band together to advance social or individual ends in 1765 with the publication of his book “Democracy in America.”

De Tocqueville was fascinated by our institutions such as barn raisings, harvestings and libraries.



Bob Chase with guests

The nonprofit tradition remains strong with the United States being the most active in what has become a global phenomenon. Nonprofits account for 10 percent of our Gross Domestic Product.

Chase said Americans put in 100 million person-hours a year as volunteers. The largest nonprofits are religious, medical, cultural and educational institutions. Some are government-supported, some are private and some are private with government support in the form of grants or contracts.

After World War II, the U.S. took on a heavy international responsibility to assist our allies, those we defeated, and poor countries everywhere through the Marshall Plan and organizations such as the United Nations, International Monetary Fund, and World Bank, Chase said.

Chase’s career has been with internationally focused nonprofits including the United Nations and the U.S. Agency for International Development before he moved on to World Learning. International non-profits, often referred to as non-government organizations or NGOs, include foundations (e.g., Gates and Clinton), research institutions (e.g., National Geographic) and exchange programs (e.g., Fulbright

World Learning was established by Don Watts in 1932 as Experiment in International Living when he became concerned that American youth was too divorced from the rest of the world. He established a program whereby young people lived with a foreign family and learned a foreign language well enough to get by. Two members of AHA, Barbara Rosenfeld and Dodo Ablard, are Experiment in International Living graduates.

*Thanks go to Lynne Dearborn for organizing this
Conversations event and to Maggie Moose for hosting it.*

Health Tips For Driving at Night

Mayo Clinic’s Health Letter reports; “Age-related changes to your vision and eye diseases such as cataracts can make it more difficult to see clearly at night.”

Drivers may have trouble seeing road signs, dealing with headlights’ glare and judging distances.

The report gives these tips for driving safely at night:

- Stay current with eye exams.
- Wear glasses that are anti-reflective and that do not obstruct peripheral vision.
- Check with a doctor about medicines’ side effects.
- Keep windshield and headlights clean. A mechanic can tell you if your headlights are aimed correctly.
- Do not drive if you feel drowsy or impaired.
- Take a driving course. “Even experienced drivers can benefit from a refresher now and then,” Mayo says.

And then, these ideas good for any driver at any age:

Minimize distractions such as a radio, a phone, eating or drinking.

Stay alert to other drivers and to road conditions.

Pull over if you need to check directions, make a call, send a text or take a break.

IRS Warns of New Scam

The Internal Revenue Service warns the public to “be alert for scam phone calls.”

The most recent scam moved an Alexandrian, Dorothy Kellogg, to alert the Beverley Hills listserv.

The IRS said scammers are phoning taxpayers, claiming to be from the IRS and claiming the taxpayer is behind in a tax payment that must be done immediately over the phone through a credit card. The most vulnerable victims are those whose English is weak or who fear deportation.

The IRS assures people that it will NOT:

- Call you to demand immediate payment.
- Phone you, if you owe taxes, without first sending you a bill through the mail.
- Require that you pay a certain way, such as with a pre-paid debit card.
- Ask for credit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

IF YOU DO NOT OWE TAXES;

- DO NOT give out any information; hang up immediately. Report the call to the IRS.

What's Up With AHA Members, Associates and Volunteers

Brenda Bloch-Young, leader of the History Interest Group, reports: "In September, I visited England on a two-week English literature tour with Road Scholar that began in Bath and ended in London." The tour focused on Jane Austen, Thomas Hardy and Charles Dickens. She said that such was the detail that "I came away feeling as if I had truly walked in their shoes. Not only did we learn about the authors' personal lives and their communities, but we visited key sites in specific novels such as The Cobb (Lyme Regis) in *Persuasion* and walked the moor with Tess in Hardy's novel.

The DC Metro Chapter of the Jane Austen Society of North America has scheduled a special event in Washington in December around Austen's birthday.

Next year is the 200th anniversary of Austen's death and there will be special celebrations in England and around the world.

Indie Cather has a favorite place for musical jam fests and she wants everyone to know it. Every Thursday, St. Elmo's Coffee Pub on Mount Vernon Avenue in Del Ray has live music from 7:30 to 9:30 p.m. Indie is particularly taken with a 90-year-old singer who she says "belts them out with the best of 'em."

The newest members of AHA include **Yvonne Callahan, Evelyn and Stanley Falk, David Peters and John Sipple.**

After the Tumult and Shouting, Consider the Consequences of Election 2016

On Sunday, Nov. 20, from 3 to 5p.m., a "Conversation with Helen Desfosses" will be held at the home of AHA Chair Barbara Rosenfeld in Alexandria House.

The topic will be "The 2016 Presidential Election: Forces and Consequences."

Desfosses, a political science professor and former elected official, will lead a lively discussion of one of the most negative campaigns in American history between two of the least popular presidential candidates.

Space is limited. Please RSVP as early as possible to the AHA office 703-231-0824 or AHA@athomeinalexandria.org

Volunteer Corner

Volunteer Chair Penny Roberts took a break from her duties to visit Sicily. The photo below shows her in Castelbuono, Italy, with a garbage collections donkey. (We were afraid to ask, but maybe she needed a part-time job.)



Interest Group News

The Blazing Saddles biking group has damped the equestrian fires for the season and will resume in warm weather, coordinators **Maggie and Barry Stauffer** report.

The "Opera Divas" for the Oct. 22 performance of "Don Giovanni" included **Dale Gibb, Brigitte Guttstadt and Mary Nefedov.** The next Met Live performance will be Dec. 10, at 12:55 p.m. at the Regal Cinema in Potomac Yard: "L'amour de Loin" (Love from Afar), by Finnish composer Kaija Saariaho. Meet in the lobby at 12:20. Contact **Penny Roberts**, psroberts_378@msn.com or 703-836-9644 for details.

The **Bridge Group**, shown in picture below, is one of the earliest AHA groups, a combination of players from AHA and the Alexandria House. Shown are left to right: **Francine Gemmill, Barbara Rosenfeld, Kay Masterton and Nancy Berg.**



Planning Ahead – You Can Help

Carol Downs and Alan Dinsmore are considering topics for the 2017 series of programs in collaboration with Goodwin House At Home. Last year's most popular programs concerned nutrition. If you have ideas for programs, let Downs and Dinsmore know.

Nielsen and Lucia and Boat Parade -- Oh, My

Read carefully the calendars folded within this newsletter – the holiday season brings several festivities. Many require RSVPs.

Some special examples:

- The Chriss Nielsen-Tom Crowley party 5-8 p.m. Wednesday, Dec. 14;
- Thanksgiving Lunch noon Thursday, Nov. 24 at Laporta's;
- Holiday Boat Parade viewing from Nancy Kincaid's home, 5-7 p.m. Saturday, Dec. 3;
- Annual Holiday Dinner, 7-9 p.m. Monday, Dec. 5 at A La Lucia.

Chuckles and Chortles

- You are loved when you are born; will be loved when you die. In between, you have to manage.
- Will Rogers said we could surely slow down the aging process, if it had to work its way through Congress.
- English is strange: People recite at a play but play at a recital.
- Names are strange: Why doesn't Buick rhyme with "quick?"
- You can make amends, but not one amend.
- Why is it that when the stars are out they are visible but when the lights are out, they are invisible?
- And why is a fat chance the same as a slim chance?
- But then, a wise guy and a wise man are opposites.

Board of Directors

Barbara Rosenfeld, Chair	Helen Desfosses
Jane King, Vice Chair	Alan Dinsmore
Chriss Nielsen, Treasurer	Bob Eiffert
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
Charles Ablard, Liaison

Laurie Blackburn	Peter Crouch
Carol Downs	MaryAnn Griffin
Richard Hobson	Judith Jones, MD
Louise Kenny	Jessica LeFevre
Ernie Lehmann	Tim Lovain
Temple C. Moore	Mitch Opalski
Jan Pomerantz	Patsy Ticer
Vicki Vasques	

Operations Co-Managers
Monica Estabrooke and Diane Atchinson

Attention: AHA Members

Please just ask—when you need something from the list of services we do for members. Sometimes we hear, "Oh, I don't want to bother anyone." Well, we've got the volunteers and want to fill every member request promptly. So, just ask.
(To contact us, see note below.)

CONTACT US

At Home in Alexandria
3139 Mt. Vernon Avenue
Alexandria, VA 22305
703-231-0824

aha@athomeinalexandria.org
www.athomeinalexandria.org