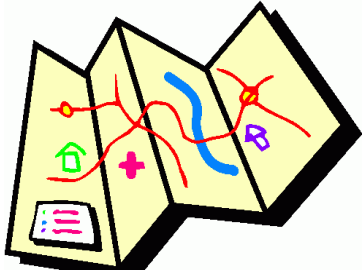


Helping Alexandria's seniors who prefer to remain—independently—in their own homes



We're Expanding: New Boundaries for At Home in Alexandria

The AHA Board of Directors voted 8-4 Jan. 17 to expand the village boundaries, offering its services to areas where some residents had expressed interest.

Plans for provision of services to the new areas will be formed in the strategic planning process, starting this month.

Some Board members thought the detailed service plan should have preceded the vote to expand. But Bob Eiffert, who agreed to coordinate the initial strategic planning session, told the Board the discussion of AHA's vision of the near future as well as more distant plans will be part of strategic considerations.

"The Strategic Plan will mesh" with the needs of the expanded area, he said.

AHA's new boundaries are: Van Dorn Street on the west, South Glebe Road on the north, the Potomac River on the east and the Fairfax line on the south. Among areas added to AHA are Cameron Station, Seminary Valley and some high-rise apartment buildings along Holmes Run.

Members of the Strategic Planning Committee are Eiffert, Alan Dinsmore, Barbara Rosenfeld, Jane King, Cele Garrett, L Liddle and Jan Pomerantz.

New Leaders of Committees

A few At Home in Alexandria committees have new leaders, a move to give some people a rest and bring some new ideas into the mix.

Penny Roberts and Alan Dinsmore agreed to take over the Program Committee, with a co-chair in Mercedes Kremenetsky. Their group's purview covers much of what AHA does socially. They succeed Nancy Kincaid, a stalwart of many efforts in AHA. It took a full page for Nancy to outline what the Program Committee oversees: Lunch Around, Ladies' Night Out and (with Susan Twitchell), Bridge club. Kincaid and Jane Starkey manage the monthly movie outing. And there are other efforts Kincaid coordinates: the annual Boat Parade and Alexandria Birthday Fireworks viewing and National Symphony Orchestra rehearsal visits. Roberts helped create the float that was a highlight of the Scottish Walk.

Dinsmore has helped plan and carry out a series of programs, some of them AHA collaborations with Goodwin House, and he is well-grounded in health issues, chiefly eyesight care.

Mary Jayne Swanson assumes the chair of the Volunteers Committee, succeeding Roberts in the substantial job of keeping up with, recruiting and recognizing AHA's scores of volunteers. Swanson has been heavily involved in AHA activities, including spreading the word about AHA in her neighborhood and hosting a meet-and-greet gathering.

Bob Eiffert, an AHA Board member, serves on the Commission on Aging. He agreed to help with updating the AHA strategic plan.

These people continue in their roles: Treasurer Chriss Nielsen, Helen Desfosses and L Liddle co-chairing the Governance Committee, Linda Langley chairing the Development Committee, Jane King chairing the Membership Committee and continuing as AHA vice chair, and Charles Ablard as liaison with the Advisory Council.

Celebrate 15 Years of Villages

AHA and Mount Vernon At Home will jointly host speaker Dr. Atul Gawande, acclaimed surgeon and author of *Being Mortal*, via live streaming at the 15th anniversary of the village movement. The event will take place Monday, Feb. 13, 4:30-6:30 p.m. at Mount Vernon Unitarian Church, 1909 Windmill Lane, Alexandria. The book started a national conversation about "medicine and what matters in the end."

There will be refreshments and a discussion on aging, living life with purpose and the possibilities for life's later chapters. The program will begin at 5 p.m. and be simulcast from Boston to more than 150 villages. Attendance is free and open to the public. RSVP to AHA 703-231-0824.

Winter Prescription Precautions

By Alan Dinsmore

Don't let the occasional mild temperatures fool you. Winter storms can come howling on short notice. Now is the time to plan to maintain your required medication levels when the ice and snow close in.

Here is a quick guide:

1. Never let your medication level go down to just a few pills, especially if the medication refill requires reauthorization. You may not be able to get to the pharmacy, the pharmacy may not be able to deliver, and your doctor's office may be closed.

2. Does a med require refrigeration? Don't take a chance on power loss. Keep some long-lasting ice packs in your freezer. You can buy them at most drug stores.

3. Keep your health benefit/prescription card with you at all times. Your pharmacist should be able to help you obtain emergency supply replacements, if you can get to your pharmacist.

4. Keep a list of your medications and dosages with you at all times.

5. Have a smart phone? Download the Ready Virginia Mobile App for emergency planning information and instant notification of weather hazards. This is available for iPhones and Androids. Just search on Ready Virginia Mobile App.



The March

Several AHA folks, relatives and friends participated in the Women's March on Washington, on Jan. 21, the day after the inauguration of President Donald Trump. The photo above shows, from right: Julie Gentry, Pam Nelson and Nelson's sister, Ruthann Prang. Other marchers from AHA included Nancy Kincaid and sister Mary Reynolds, Penny Roberts and her book club, and Barbara Rosenfeld with three granddaughters.

Bill Clayton did not march, but went to an "Inaugural Festival" competition among high school musicians in which a friend from Hillary Clinton's hometown competed.

Caregiving Choices After the Hospital

By Jane King, AHA Vice Chair

In 2015, AARP successfully sought passage in the Virginia Assembly of the CARE Act designed to enhance the ability of family caregivers to care for their loved ones following a hospital stay.



If you are serving as a family caregiver, the hospital must inform you about the steps required for managing the patient's care upon discharge. Hospitals must:

- Provide the opportunity to designate you as a family caregiver;
- Include your name, address and phone number as the designee in the medical records of the patient;
- Notify you when your family member is to be discharged to another facility or to return home;
- Discuss your ability to perform the medical tasks necessary, such as injections, managing medications, care of wounds, and moving the recipient of care from one position or place to another;
- Demonstrate and explain, in your native language, these tasks and offer time for questions;
- Provide a copy of the discharge plan, to include contact information about any health care, long-term care, or other community-based services and supports required by the discharge plan.

It can be very important to make sure hospital staff observes the law. An array of health professionals may care for your family member and may not be assigned to carry out the steps required by the CARE Act.

For Complaints: Contact the Virginia Department of Health Office of Licensure and Certification. 804-527-4503.

The Search for a Care Community

A reminder of a program that can inform people who need residential care beyond At Home in Alexandria.

Winnie and Ken Hill will present "How to Choose a Continuing Care Retirement Community," Monday, Feb. 6, from 2 p.m. to 4 p.m. in the activities room of Portner's Landing, 621 North St. Asaph St. The Hills visited many facilities in Alexandria and surrounding area and will describe the differences in care, amenities and costs.

The time to RSVP is now. Phone the AHA office 703-231-0824.

The Social Whirl



The crowd at Ladies' Night Out. Clockwise from left front: Kit Leider, Shelly Schwab, Linda Langley, Pam Nelson, Penny Roberts, Nancy Kincaid. Photo by "honorary lady" Bill Clayton.



The Happy Hour gathering tried a (temporary) new location, the Sport & Health club (above). Pam Nelson (center, in red) and husband, Steve, set up the venue. Seventeen AHA villagers attended, enjoying varied fare and good conversation. Several buff and toned athletes wandered by, eyeing the gray-haired visitors and the buffet table.



January's Dine Around (at left) was at Asian Bistro on King Street. In the foreground: Dick and Shelly Schwab, hearing the waiter's explanation of the pan-Asian menu. The AHA group of 14 overflowed the long table and some moved to a table nearby.

February's Dine Around site will be the Royal Restaurant, 734 N. Asaph St., Feb. 20 at 7 p.m.

Gravity Made Easy?

Richard Hart, BS, MS, Ph.D., is a guy who can describe the String Theory in a couple of sentences. He had an AHA crowd at the latest Conversation With program chuckling with his rapid-fire discussion Jan. 22 of "Gravity – a Law We Can Live With."

The chuckles were partly because Hart has a lively sense of humor and partly because the attendees were shaking their heads in puzzlement. One called out, "Dr. Hart, you are moving entirely too fast for this crowd." He tapped on the brakes, but still could discuss astronomy and gravity from Copernicus to Galileo to Newton to Einstein.

Hart illustrated his talk with scribbles on a whiteboard. The clearest illustration of gravity (paraphrasing here) was: if something is shot off from Earth at a low enough speed, gravity pulls it back – it falls. If it is shot at a high enough speed (a rocket ship) it escapes Earth's gravity.

The scientific community is all agog at the recent discovery of gravity waves, which allows scientists a new way to explore the universe—by listening, Hart said.

Hart got his Ph.D. degree from Boston University. After a stint of teaching, he worked for the Space Science Board, advising NASA on space science programs. After his 1995 retirement, he became active in civic matters and is the current president of Mount Vernon at Home.



The AHA audience at the Hart program. Standing in background: Virginia Martin, introducing Hart, who is seated in background.



Left, Josefa Gibson greets Hart before his presentation. Gibson is best known for her annual party honoring AHA's volunteers. The consummate hostess, she prepared a dining table full of goodies and drink for the attendees. (See related item about Gibson, p. 4.)

What's Up With AHA Members, Associates and Volunteers

Linda Langley and her son, daughter-in-law and daughter spent Christmas week on an “Oh, my” visit to France. They rented a house in Nice with a grand view of the city, harbor and Mediterranean Sea.

On a couple of mornings, they awoke to see a fleet of boats “just sailing around” the crescent-shaped harbor. They visited Cannes, Monaco and Èze (look it up—a medieval stone village between Nice and Monaco. Its name is unusual—see the teeny *accent grave* over the capital “E.”) **Linda** says the group “stopped in at the casino in Monaco—but, alas, no James Bond.” Naturally, she says, “We had to force ourselves to eat that French food and drink that French wine. But somehow we managed.”

Helen Desfosses has been appointed by the City Council to a third term on the Alexandria Library Board. She says her strong hope is that “during these tough budget times” the City can afford to expand the hours of the library branches and strengthen the collection of new books, both traditional and electronic.

Treasurer Chiss Nielsen traveled to New England in early December to set about “adoring our first grandchild, **Evan Gabriel Murray**,” shown below.



VOLUNTEER CORNER

Former Volunteer Chair Penny Roberts calls **Virginia Martin** a dynamo and “great organizer and planner and recruiter for AHA.”

Now **Virginia** is looking for an AHA volunteer to take over the Conversation With programs she has so ably managed.

When she took over, she had moved to Porto Vecchio from the Mount Vernon area, where she had been active in Mount Vernon At Home. Her role in MVAH put her on the radar screen of **AHA Chair Barbara Rosenfeld**.

Virginia says that when she came to Alexandria, **Barbara** “pounced” and before long, **Virginia** found herself in AHA and chair of the lecture programs called Conversation With. **Virginia** and her committee quickly had mapped out an entire year’s Conversation With programs.

Born in Louisiana, **Virginia** graduated from Randolph-Macon Woman’s College and got an MBA from George Washington University.

A widow with two grown children, she has a résumé that includes program management, extensive writing on work schedules, work with the Civil Service Commission (predecessor to the Office of Management and Budget).

In addition to AHA and MVAH, **Virginia’s** volunteer work has been with the city’s library, Porto Vecchio condo committees, and Goodfellas, a therapeutic social program.

Indie Cather was in **Josefa Gibson’s** home for a Conversation With program on “Gravity—A Law We Can Live With” and went to a closet to get her coat.

She saw an office swivel chair there and tried it out. “I told **Josefa** it was just the most comfortable chair I had ever sat in,” **Indie** reported. **Josefa** replied, “Take it—it’s yours.”

Indie says that is the sort of “wonderful” person **Josefa** is.



Martin

More News from the Board of Directors

Treasurer Chris Nielsen reported that 2016 “was a good year financially for At Home in Alexandria.” The budget anticipated a negative cash flow of \$12,651, she said, but the actual cash flow was positive \$9,055.

Revenues were far above budget because of contributions to the sustainability fund that were not included in the budget.

Fundraising efforts “were outstanding this year,” yet membership revenue slipped below the year 2015 and made up 37 percent of total revenue, Nielsen reported. AHA’s goal is to obtain 50 percent of revenue from membership fees, and Chair Barbara Rosenfeld emphasizes the importance of the Board’s working to recruit new members, both full and associate.

Nielsen said expenses were nearly a match for the amount budgeted. “Staff did a great job keeping expenses close to budget,” Nielsen said. AHA has a comfortable cash reserve, she added.

Attention AHA Members:

TELL US when you need or want something we do.

DON’T BE AFRAID TO ASK

To paraphrase the old television appeal: Volunteers are standing by.

Particularly in a post-surgery time, we can be of major help.

703-231-0824

Contardo A Steady Contributor to Newsletter

Member Leonardo Contardo is a reliable source of jokes and “Awwww” items for the newsletter, ranging from cute animal photos (see below) and sayings, to humor about growing older.

Some examples of recent offerings:

- You know you are old when you wake up to that awful “morning after” feeling ... and you did not do anything the night before.
- Car salesman to senior-citizen customer: “This outside mirror on the Senior Edition says, Objects in the mirror wish you would speed up.”
- A driver says she was passed by a convertible whose passenger stood up and waved—and was stark naked. The driver says her 5-year-old shouted from the back seat, “Mom. That lady is not wearing a seat belt.”
- Little girl, watching Daddy put on a tuxedo for a party: “Daddy, don’t wear that suit. Remember? It always gives you a headache the next morning.”



Need A (Non-Money) Loan?

At Home in Alexandria has various assistive equipment available for loan.

If members or volunteers need portable wheelchairs, walkers, shower chairs, toilet risers, crutches, or canes, call the AHA office 703-231-0824.

Atchinson Steps Away From Operations Job

Diane Atchinson, capable and energetic operations co-manager, stepped aside to care for her mother.

The Board of Directors wished her well and praised her for her work. The indefatigable Monica Estabrooke, AHA’s other operations co-manager, shifted her work schedule in the interim and volunteer Pete Crouch’s daughter, Katie, signed on to fill in during the search for the replacement.

A Reminder to AHA Folks:

When you decide to attend an event listed on the AHA calendar PLEASE RSVP by the date indicated.

This avoids the awkwardness of shifting furniture around in a restaurant at the last minute.

We want you to enjoy our events, but we also want to know how many to plan for.

Thank you.

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 Vasquez	

Operations Co-Manager

Monica Estabrooke

Meet New Advisory Council Members

Jan Pomerantz: Born 1950 in New York City. University of Pennsylvania undergrad and Emory University law doctorate. Practiced law in Atlanta, moved to Alexandria in 2015. Is a strategic planning consultant and facilitator for nonprofits. She credits AHA Executive Director Cele Garrett with persuading her to join AHA. She is on the Strategic Planning Committee of AHA.

Jessica LeFevre: Tulsa-born, holder of a bachelor’s degree from New York University and a law doctorate from Harvard. Law practice 1985-present, with emphasis on human rights and energy efficiency. Works with Alaskan villages on the right to subsistence hunting. Now has an increasing focus on elder law and immigration and a lesser emphasis on her Alaska practice.

CONTACT US

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