

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



Carol Siegel and Jane King speak at Anniversary

AHA Marks Six Years

Dozens gathered May 25 to celebrate At Home in Alexandria's sixth anniversary with reminiscences and a dazzling display of AHA artistic talent.

Even the venue spoke of AHA's expansion: The Cameron Station Community Center in an area AHA recently added to its service perimeter. The crowd totaled 80 to 85, including several Cameron Station residents interested in what AHA does.

The theme was "Imagine That," and the décor carried out that idea, featuring examples of the artistic and literary talents of several AHA members. There were paintings, photos, books, woodwork, poetry and other creative expressions by villagers. Carol Siegel, co-winner of the Annie B. Rose Award for

Lifetime Achievement, was the featured speaker. She described her long career of art instruction at St. Elizabeth's Hospital and at the Alexandria Adult Day Care Center. She said she long ago went to a workshop in creative therapy and told herself, "This is my calling." She is also a teaching artist with Arts for the Aging.

She received a master's degree in expressive arts from Lesley University.

Siegel said aging "is a work in progress. When one thing (in your body or mind) goes, you have to be creative" and find a new way. She stressed that many studies have demonstrated that endeavors in the arts are good for the minds, physical health and spirits of older adults.

AHA Vice Chair Jane King interviewed Siegel during the program and praised her for her career, as did Executive Director Cele Garrett. Garrett also had kind words for the other co-winner of the Rose Award, AHA's Bill Clayton.

Garrett announced that two standouts in AHA's six years, Winnie and Ken Hill, would be moving out of AHA's sphere and she gave them a bottle of fine champagne. Both Hills have been extraordinary volunteers for AHA for years, Garrett said. Winnie Hill was AHA's treasurer in its early days and Ken has been a versatile and able volunteer.



L to R: Sally Ann Greer, Brigitte Guttstadt, Bernice Courtenay visit with Mayor Allison Silberberg

AHA Chair Barbara Rosenfeld thanked Cameron Station residents for welcoming AHA to the Community Center and invited them to learn more about AHA and to join.

A slide show of AHA activities streamed on a big screen.

The AHA team who put on the event included Cele Garrett, Jane King, Penny Roberts, Pam and Steve Nelson, Jane Starkey, Mary Jayne Swanson, Pete Crouch, Annie Stat, Linda Langley, Bernice Courtenay and Jen Heinz.

Exhibitors included Frances Griffiths, Jane Guyton, Mary Page Hickey, Jane King, Jerry Kirks, Sharon Ksander, Ann Liddle, Jessi MacLeod, Betty Jo Middleton, Steve Nelson, Barney and Sunny Nolan, Shelly Schwab, and of course, Carol Siegel.

Mark Your Calendar: Annual Gala Will "Paint the Town Red" Oct. 22

This year's Gala and Benefit, with the theme "Paint the Town Red," will take place Oct 22, with Pam Nelson chairing the planning and arrangements effort.

So, mark your calendar and don't miss this festive occasion of fine food, drink, and camaraderie. There will be a silent auction, live

music, buffet dinner and a return of the popular wine auction and raffle.

More details will appear in each month's newsletter.



New Website and Publicity Mark AHA Anniversary

An article in the *Washington Post* and the new AHA website “could not have come at a better time,” Chair Barbara Rosenfeld reported to the Board on May 16.

The Post (see column adjacent) carried a photo and article about aging in Alexandria and the programs for seniors.

“The Blazing Saddles picture made my week,” Rosenfeld said. “We could not have asked for anything better to present us to the public. Congratulations to (Executive Director) Cele Garrett for her hard work and to the Stauffers for their clever idea that caught the Post’s attention.”

Garrett reported several inquiries about membership came to AHA immediately after the article appeared.

“Our new website looks terrific,” Rosenfeld said, praising Garrett and an AHA team for getting it started and tweaking it into shape.

The team included photographer Katie Garlock and the AHA office staff.

At Home in Alexandria is “very similar to most other villages,” according to the latest national survey by Village to Village Network, Brenda Bloch-Young and Rosenfeld reported.

Like AHA, most villages offered discounted social or other memberships. Associate memberships “are a key to sustainability,” Board Member Bob Eiffert said.

Villages have been in operation an average of five years and AHA has been around six years. (See Anniversary Celebration Page 1.)

The AHA fees and members’ ages were near the average for villages nationally.

And like many other villages, AHA looks increasingly to collaborate with other groups on programs.

(See “Programs in Collaboration” on Page 3.)

One difference that AHA attendees noted in the survey: more than one-third of villages reported having limits on their services. AHA has not instituted specific limits.

Many villages admit members in their 50s; the age range in 36 percent of villages is 75 to 84.

Treasurer Chriss Nielsen reported that AHA is “doing well” financially, partly because of the success of the Spring2ACTion fundraising in April.

Cumulative revenue this year through April showed a modest net increase, in contrast to a budget expectation of a loss.

But we must continue recruiting new members, Nielsen said.

As of mid-May, membership stood at 152.

AHA’s Blazing Saddles Bike Group Makes News

At Home in Alexandria’s version of Rolling Thunder, the **Blazing Saddles**, roared into the head lines in May in a photo and story in the *Washington Post* section on health.



Led by **Shelly Schwab** in the *Washington Post* photo above, the Saddles crew included the founders of Blazing Saddles, **Barry Stauffer** (in fluorescent green) and **Maggie Stauffer** behind him. The article described groups’ efforts to “woo and welcome the active 50-plus set.” It has resulted in several inquiries about AHA membership.

Other Interest Group News

Penny Roberts says three members of the **drama group** have bought season tickets at the Little Theatre of Alexandria. These are Sunday matinees at 3 p.m. at a cost of \$153. They have seats G1, G2 and G3. If you are interested in joining the group for one or more plays, here they are: July 30 “Legally Blonde,” a musical; Sept. 17 “Driving Miss Daisy”; Oct. 29 “Vanya and Sonia and Masha and Spike”; Jan. 21 “Anne of Green Gables”; March 4 “The Audience”; April 29 “Harvey”; June 10 “The Nance.” You can mail, fax or email your order to: The Little Theatre of Alexandria, 600 Wolfe St., Alex. VA 22314; fax 703-683-1378 phone 703-683-0496 crissy@thelittletheatre.com; www.thelittletheatre.com

A new interest group: “What’s in the News?” kicks off 10 a.m. June 13 at the Royal Restaurant. Sip coffee and chat about the news for an hour. Contact Brenda Bloch-Young 914-715-3463.

AHA Interest Groups Need YOU:

Contact these group leaders, learn more and sign on:

Biking – Maggie and Barry Stauffer

Bridge – Nancy Kincaid

Drama – Megan Evans, Maggie French

History, and What’s in the News – Brenda Bloch-Young

Movies – Jane Starkey

Opera – Penny Roberts

Walking – Bill Clayton

Programs in Collaboration With Goodwin House at Home Prove Popular

At Home in Alexandria has been collaborating with Goodwin House at Home on programs outlining what aging patients need to know about hospital and physician visits.

The last of three programs will be “Your Hospital Stay and Beyond,” Wednesday, June 7, at Goodwin House Bailey’s Crossroads, 3440 South Jefferson St., Falls Church. The session will run from 10 a.m. to 11:30 a.m.

The programs have drawn large audiences.

At the June 7 program, case-management directors from Virginia Hospital Center will discuss the details of hospital admission and discharge.

Procedures vary among hospitals, and sometimes they are puzzling to the new patient.

The June session is free and open to the public. Registration is encouraged: RSVP: 703-575-5202.

Complimentary parking will be provided.

Dr. John Charalambopoulos opened the series May 3 with a presentation (see photo above) on “Getting the most out of your doctor’s visit.” He discussed a doctor’s approach to older patients and explained the role of the primary care physician as the coordinator of care—the person who knows the whole patient and makes referrals to specialists as needed.

Among his tips: Write down your questions before the appointment and record the doctor’s answers on a pad or notebook. Also, have somebody accompany you to be a “second set of ears” for a discussion of health problems or a new diagnosis.

The second program, Wednesday, May 17: “Who’s Got Your Back?” covered the role of geriatric care managers, medical advocates and service facilitators. Sixty-nine persons signed up for the session, at which a panel of professionals discussed the importance of having an advocate to help understand the medical and personal options in various care scenarios.

AHA Advisor Carol Downs and Board Member Alan Dinsmore planned and coordinated the programs with Goodwin House at Home staff, Executive Director Karen Skeens, Program Associate Barbara Schmidt and Mary Belanich.



The May 3 AHA-Goodwin House program on doctor’s visits drew a large audience.

Live Smarter: Find Out How June 17

Please join us at the **AARP Virginia Academy: Smarter Living for All Ages** on Saturday, June 17, at the Lee Center, 1108 Jefferson Street, Alexandria 22314

Registration starts at 8:15 a.m., and the program runs from 9 a.m. to 3:30 p.m.

The event features classes in keeping your brain healthy, preparing to care for a loved one, avoiding scams and frauds, life reimagined, and much more.

In addition, there will be free document shredding from 8 a.m. to 1 p.m.

Participants are asked to bring nonperishable food items for ALIVE!—the largest private safety net for the needy in the city of Alexandria. Attendees who donate three items or more will receive a gift, while supplies last.

The event is free but registration is required as classes fill up quickly.

Complimentary light refreshments will be available in the morning and a free lunch will be provided in the afternoon. Parking is free.

Register at states.aarp.org/june17-academy or call: 1-877-926-8300.

Some Foods and Medicines Don’t Mix

The foods you eat and the medications you take could be working against each other, AARP warns in a Health page, quoting from nutritionist Madelyn Fernstrom and her husband, John Fernstrom. The couple have written a book entitled “Don’t Eat This If You Are Taking That.” Some warnings in the book:

- If you take blood thinners, avoid fish oil supplements.
- If you take certain statins for high cholesterol, avoid grapefruit and grapefruit juice.
- If you take medicine for diabetes, avoid too much cinnamon.
- If you take a certain blood-pressure medicine, take it easy on bananas and other high-potassium foods.
- If you take certain heart medicines, avoid too much calcium.
- If you take certain anti-depressants, avoid red wine, hard cheese and chocolate.

As with all medical advice, it is good to check with your physician.

What's Up With AHA Members, Associates and Volunteers

Associate members **Ruth and Georg Morduch** visited Hawaii and reported that a highlight of the trip was viewing the sunrise at the top of Mt. Haleakala on the island of Maui. It was cold at 10,000 feet and a bus took them to the summit at about 5.30 a.m. They stood at the edge of a dormant volcano's crater, waiting. Just before 6.30, "The sun rose through massed, billowy clouds beyond the volcano and, as it rose, it suffused first the sky and then the crater with ethereal light," Ruth said, calling it "a memory forever."

Member **Susan Kellom** won re-election May 20 to be an Alexandria representative on the Democratic Committee of Virginia. The other female post was won by PJ Palmer Johnson.

A friend of **Kate Masterton's** brought Kate's dog,



the beloved "Fluffy," at left, to the April celebration of Kate's life, at Porto Vecchio. Kate, at 98, was AHA's oldest member when she died March 6. The memorial attracted dozens of Kate's Porto Vecchio friends, relatives and AHA villagers, who remembered her as a vigorous and active person and a beauty—she was runner-up Mrs. America in 1956.

AHA Chair Barbara Rosenfeld, free of the ugly boot protecting her healing broken bone, rejoined the Tuesday Walking Club venture along the Potomac. There was no limp and she proclaimed herself pain-free, but promised not to trip the light fantastic, at least for the time being.

Helen Desfosses said the glamorous photo of **Josefa Gibson** in the Website "looks like we are a dating service."

VOLUNTEER CORNER

An event that should interest all caregivers: A **volunteer training session** is set for Tuesday, June 13, from 1:30 to 3 p.m. at Portner's Landing Community Room, 621 N. St. Asaph St. The topic will be "Is it Dementia?" and the speaker is Christi Clark, director of education and support services for the Insight Memory Care Center. Please RSVP to the AHA office by June 9.

Civic standout Carol Siegel and **AHA Board Member Bill Clayton** jointly received the Commission on Aging's Annie B. Rose Award May 9. Siegel was recognized for her 17 years of art instruction and therapy at the city's Adult Day Care Services Center. Clayton was recognized for his volunteer and board work with At Home in Alexandria.

AHA Team Takes Part In Annual Volunteer Day



Led by **Nancy Kincaid** (left in the photo above), an AHA team worked picking up trash on Community Service Day, May 12. Wielding "trash tongs," the team included among others (left to right above) Kincaid, **Cornelius** (a City worker whose office would not provide his last name), **Peter Crouch** and AHA Operations Co-Manager **Bernice Courtenay**. Several others from AHA or drop-ins helped with the effort.

Teddy and Bill Clayton took a barbecue tour of Texas and Mexican food tour of New Mexico. Their auto tour included Austin, Lockhart, Luling and San Antonio in Texas and Ruidoso, Silver City, Ft. Stockton and Cloudcroft in New Mexico. A highlight was a star-viewing evening at the McDonald Observatory. Sign in Ruidoso B&B: "Don't Leave Trash outside—It will attract bears."

Arlene Marie Shoemaker Key

The mother of AHA Board Member Linda Langley, **Arlene Marie Shoemaker Key**, died May 2 in Tennessee. She was 95. Born in Salina, Kan., raised in Kansas City, she had a full and active life.

She received a bachelor's degree in journalism from Kansas State, where she was in the Delta Delta Delta sorority. She and her husband were married 64 years before he died in 2010. Langley recalls that, as a military family, "We moved every two years." After Langley's father retired from the Pentagon, the couple moved to Marco Island, Fla., then to Tellico Village, Tenn., before moving to a continuing care facility in Maryville, Tenn.

Langley said her mother played bridge four or five days a week and was very active with the Knoxville Symphony League before her health deteriorated.

More Bloopers From Church Bulletins

- The sermon this morning: “Jesus Walks on the Water.” Tonight’s sermon: “Searching for Jesus.”
- Smile at someone who is hard to love; say “Hell” to someone who doesn’t care much about you.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Ladies, don’t forget the rummage sale. It’s a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Miss Mason sang “I will not pass this way again,” giving obvious pleasure to the congregation.
- The church will host an evening of fine dining, super entertainment and gracious hospitality.
- Potluck supper Sunday at 5 p.m. Prayer and Medication to follow.
- Please place your donation in the envelope along with the deceased person you want remembered.
- Ladies Bible Study Thursday morning at 10 a.m. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.
- Hymn Sing this evening in the park across from the church. Come prepared to sin.
- Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

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

Marketing and Membership Manager

Jen Heinz

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 Bernice Courtenay

Beware of Scams That Target Seniors

Security experts list these frequent scams, and defenses:

Tech support scam—A caller says he is from a firm like Microsoft, and tells you there are problems he can fix if you give him remote access to your computer or buy new software. Chances are the caller wants to sell you useless services, steal your credit card number, or get access to your computer to install malware, which could let them see everything on your computer.

The pop-up—Something pops up on your screen telling you to change your password. Don't do it.

In a recent panel sponsored by Senior Services, experts from the Federal Trade Commission, AARP, the Securities and Exchange Commission and the local sheriff's office warned of these and other scams:

Grandkid calls—A caller says, “Grandma, I need money for bail.” Or a medical bill. or to buy a ticket home. The caller asks you to wire money and says, “and don't tell anyone: Dad would kill me.” It is likely a scam, but can be convincing, using information that makes it sound like your grandchild. Check it by phoning your grandkid's number or ask a relative to check.

Charity fraud—Someone calls asking you for a donation. They might even thank you for “your pledge.” They ask for a cash or wired donation. That is a tipoff that it is a scam. Ask them to send you information by mail. Check out the charity online.

AARP gives the following advice:

Don't answer your phone if you don't recognize the number on the screen.

Don't give any information to a stranger's call. Hang up if it seems suspicious. Some scammers will ask if you are still at your address—and then edit the taped “yes” to allege you consented to order merchandise.

Never give your credit card numbers or Social Security number to anyone who calls you.

Don't give out or change your password or agree to have your computer fixed “remotely.”

Never give credit card information to someone who calls you out of the blue.

Resources online::

ftc.gov/tips and advice

aarp.org/fraudwatchnetwork

www.investor.gov

CONTACT US

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

aha@athomeinalexandria.org
www.athomeinalexadnria.org