

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



View of the crowd, AHA Chair Barbara Rosenfeld at left background in red and jazz combo at right rear.

Festive AHA Crowd Parties the Evening Away At Annual Gala

A glittering ballroom full of Alexandrians painted the town red Sunday Oct. 22 at the sixth annual Benefit Gala and auction of At Home in Alexandria. It was a financial success for AHA.

Attendees totaled 140 and carried out the “Paint the Town Red” theme in crimson gowns and jackets, boas and bowties, enlivening the Carlyle Club for AHA’s main fundraising effort of the year. The crowd enjoyed strolling waiters with *bors d’oeuvres*, a buffet, the Christophe Ludet jazz combo and the congratulations of city luminaries.

Board member Bob Eiffert called the Gala “a fantastic event.”

AHA volunteer and Advisory Council member Peter Crouch emceed the event and introduced Chair Barbara Rosenfeld, who thanked the myriad AHA folks who helped plan and carry out the many chores of the benefit, chaired by Pam Nelson. **(See Page 5 for a list of these stalwart volunteers and their various activities.)**

Introduced by Rosenfeld, Mayor Silberberg invited members to “let us all in City Hall know what we can do for you.” Councilwoman Del Pepper and Councilmen Paul Smedberg and Tim Lovain also attended.

AHA honored Linus “L” Liddle for his long service to the organization. Since its inception, the village has benefitted from Liddle’s various roles, from a stint as Executive Director to secretary and Board member to keeper of the database. Liddle stepped aside from the secretary and Board jobs this year.

Gala special guest Julie Carey of NBC television challenged the crowd with several trivia questions about the history of Alexandria and Virginia. Several in the audience called out their answers to the multiple-choice questions and the correct answers were heard for many of the questions.

The over 50 auction items—restaurant meals, auto service, a week in St. Mary’s on the Eastern Shore, beauty services, special catering, sailing lessons and much more—drew spirited bidding. Auction revenue was approximately \$8,000.

Some stalwarts of the Gala, such as Executive Director Cele Garrett, did multiple duties—arranging displays, signing the guests in, handing out programs and keeping track of the complex business of bids and sales and receipts. These included Diane Atchinson and AHA operations co-managers Monica Estabrooke, Bernice Courtenay and Dara Surratt. Marketing Manager Jen Heinz, Steve Nelson and NVRides’ Gina Cocomello took pictures.

Almost all members of the Board helped. The work stretched over two generations: Garrett’s son, Cole, did a turn at helping the valet parking effort, along with his friend, Marcel Janowsky.

Special excitement was generated by the raffle of fine wines, arranged by AHA Board member Steve Nelson. The wines were grouped in 10 lots of four, each lot worth \$95 to \$195, many times the raffle ticket price. Wine sellers Barbara and Rick Raunswinder donated two cases of wines. The raffle received around \$2,000 for tickets, sold by Julie Gentry and Steve Nelson with help from Cole Garrett and Janowsky. The festive decorations for the wine raffle were assembled by Sandy Heistad, Kathie Fricke and Linda Langley. On top of all her work planning and managing the Gala, Pam Nelson found time to help with the wine raffle.



More GALA photos on page 2.

Gala Photos by Jen Heinz, Steve Nelson, Gina Cocomello



**The "Wine Raffle Crew":
Steve Nelson, Julie Gentry, Sandy Heistad
and Kathie Fricke**



Islands of red in a sea of silent-auction bidders.



**AHA Chair Barbara Rosenfeld and Marty Tolchin
take a turn on the dance floor. At left rear: drummer
Bill Stat of the Christophe Ludet combo**



The dessert tray



NBC's Julie Carey



**Rosenfeld and Emcee
Peter Crouch pull
winning tickets for
the wine raffle**



**AHA Vice Chair Jane King and
Executive Director Cele Garrett
flanked by Synergy Home Care's
Mitch Opalski and Carrie Cyre**



**L Liddle walks back to his table with the certificate
of appreciation for his many roles with AHA.
Leading the applause was his wife, Ann, seen here
at center getting a pat on the back from Advisory
Council member Carol Downs.
Liddle resigned as secretary and Board member.**



**AHA Executive Director Cele Garrett, Mayor Allison
Silberberg and AHA Governance Chair Helen Desfosses**

Upcoming Events of Note

Wednesday, Nov. 8

Mystery Book Club Inaugural Meeting

The club, the latest addition to AHA interest groups, will meet 4 p.m.-6 p.m. at the home of Ann and L Liddle, 526 S. Pitt. The first book: *Roseanna* by a Swedish couple, Maj Sjowall and Per Wahloo.

Monday, Nov. 13

Fitness Program

With Sport and Health fitness club in Old Town, AHA will have a fitness program that may be the start of a series. The first will be at the gym's 209 Madison St. location from 1:30 p.m.-2:30 p.m. The session will concentrate on maintaining strength, balance and nutrition. Future programs may cover yoga, tai chi, meditation -- and even caring for pets.

Villagers are encouraged to suggest topics for the series. Contact Penny Roberts, 703-836-9644 or psroberts378@gmail.com.

Saturday, Dec. 2

Annual Scottish Christmas Walk. Volunteers Needed to Assist With Float

Join us to represent AHA in this yearly Alexandria event. Ride our float or walk with us.

Volunteers are needed to assist with preparing the AHA float and with organization on Walk day. Contact Penny Roberts, psroberts378@gmail.com, 703-836-9644, or Susanne Adams, zusibusi@gmail.com, 703-836-8247.

Last year, the float, with its bunting and banners explaining AHA, and with seats for villagers who wanted to ride, was a sensation in the parade. The float will be reassembled by AHA volunteers for the parade.

AHA Board Emphasizes Importance of Membership Growth

Board Chair Barbara Rosenfeld reported, "The AHA Board is committed to continued growth in membership so we can maintain and expand our services to the community.

"In the past year, AHA has added 33 new associate and full members," Rosenfeld reported. "In the past year, however, nine members passed on and several have moved out of AHA's area." At latest count, AHA members totaled 163..

A report by Treasurer Chriss Nielsen emphasized the importance of recruiting more members so we can meet our membership and financial goals in the coming year. Nielsen reported that overall, as of Oct. 10, AHA had cash in the bank of 7.6 months of reserves. Nielsen said revenue for the month of September was nearly on budget, as were expenses.

Several enthusiastic volunteers have joined the Membership Committee, including Pete Crouch, Linda Langley, Susan Kellom and Susan Pettey. The committee is eager to add more volunteers to its ranks.

If you are interested in helping the Membership Committee, contact AHA. There is no work more important.

Rosenfeld praised Program Chair Penny Roberts for her work in planning and managing events for AHA. Some of these events are listed at left.

**The AHA Board
of Directors
meets to plan
the annual Gala
and tackle the
challenges of
member
recruitment
and retention.**



Clan AHA at the 2016 Scottish Walk Parade

Jack Clopper

Jack Clopper, husband of Pat Clopper, died of lung cancer on July 15 at a hospice in Arlington. His widow, Pat, said, "He was holding his own, but his health changed rapidly. Son Eric flew in from Seattle to help."

The Cloppers lived in three different countries: Jack was a Navy pilot after graduating from Albright College and moved on to business with various corporations, including Xerox.

An avid bicyclist, Jack did about 100 miles per week on his bike. He also loved to cook—French *terrines* were a specialty that he shared with friends.

What's Up With AHA Members, Associates and Volunteers



In photo at left, AHA was treated to its first group tour of the Supreme Court, Oct. 18. The guide was docent Susan Blackman (in white), a friend of AHA's Maggie Stauffer (in background in red), who arranged the event. The hour-long tour included details of the rooms and library of the Court, with some places not open to the public.

At right, some of the architecture on Julie Gentry's tour of Spain that included Madrid, Segovia and Barcelona, where the group viewed the turmoil of the Catalan drive for independence. There were also a cooking class and a ride on Spain's high-speed train (386 miles in three hours).



The **What's in the News** group proved once again to be a solid draw. The Oct. 10 session attracted 17 to its venue in the Royal Café and so did not strain its new policy of limiting the crowd to 20. The group had a lively discussion of the Las Vegas massacre (the tension between the NRA and those wanting more controls on guns), kneeling during the National Anthem, tax reform, gerrymandering and others. **Hostess Brenda Bloch-Young** keeps the group focused and moving along, emphasizing polite discourse among differences of opinion.



Chriss Nielsen



Pat Clopper

Splendid publicity for AHA—Above, Alexandria Gazette photos accompanying a detailed article Oct. 19 entitled "It Takes a Village." It featured AHA **treasurer and volunteer Chriss Nielsen** in her auto preparing to pick up **AHA member Pat Clopper**, shown emerging from her home. Nearly every Tuesday, Nielsen takes Clopper to her volunteer job at the National Gallery, where Clopper works in art information.

Also, **AHA volunteer Peter Crouch** wrote a column for the Oct. 5 Gazette entitled "Aging in Community." He discussed not only aging-in-place groups like AHA, dedicated to helping seniors stay in their homes as they age, but he also detailed people who decide to move to more suitable housing, a home easier for them to maintain—"Aging in Community."

Crouch is a member of AHA's Advisory Council.

The **Dine Around** group found out the restaurant for its Oct. 16 outing—Yves Bistro—was closing. But there was room at the nearby Ted's Montana Grill, just a few doors down from Yves. The AHA group sampled Ted's signature dishes of bison meat.

Before bopping off to Portugal, **Board member and volunteer Penny Roberts** found time to walk in support of fundraising for Alzheimer's Disease research. Her sponsor for the walk was her water aerobics group and she garnered hundreds of dollars for the cause.



Look closely (maybe with a magnifying glass) to see a scene familiar to the Walking Club—T.C. Williams rowers practicing on the Potomac. Here: shells for eight and for four.

Wearing That Other Hat

Bernice Courtenay, one of three AHA operations co-managers, is also a community ambassador for AARP. The title denotes AARP volunteers who participate in educational programs, dinner groups, speaking engagements and the like, for AARP and the interests of senior citizens.

Join Smart 911 Today

By Bob Eiffert

The City of Alexandria has joined the Smart 911 network, which allows individuals and households to provide important information to 9-1-1 dispatchers in advance of an emergency. The system allows you to create a profile that can include household members and their medical issues, medications, emergency contacts, pet ownership, vehicle details and more.

You can register home, work and cell phone numbers so no matter how you contact 911, the dispatcher will automatically see your information and can forward it to the first responders so they are better prepared to provide complete and appropriate service.

The Smart 911 system is a national database, so if you are anywhere in the U.S. that uses the system, your information is available to 911. The system is highly secure, and the information is only available to the 911 dispatcher at the time of your call. The system is programmed to send you a reminder every six months to update your information to be sure it is current and accurate. You can also remove your information at any time.

Smart 911 is a valuable service, and we encourage all AHA members and friends to take advantage of it. The service is completely FREE and it is easy to register. Simply visit www.alexandriava.gov/911 for more information and the registration link. Or you can call 703-746-HELP (4357) for assistance.

Board of Directors

Barbara Rosenfeld, Chair	Helen Desfosses
Jane King, Vice Chair	Alan Dinsmore
Chriss Nielsen, Treasurer	Bob Eiffert
Bill Clayton, Editor	Linda Langley
Charles Ablard	Steve Nelson
Brenda Bloch-Young	Penny Roberts
Mary Jayne Swanson	

Executive Director

Cecile (Cele) Garrett

Marketing Manager

Jen Heinz

Advisory Council

Charles Ablard, Liaison

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

Operations Co-Managers

Monica Estabrooke, Bernice Courtenay
and Dara Surratt

The AHA Gala Team

Pam Nelson, Chair

Points of Contact:

Diane Atchinson, Monica Estabrooke

—Registration, auction setup and closeout

Steve Nelson—Wine raffle

Ann Liddle—Payment table

Cele Garrett, Jane King, Barbara Rosenfeld, Linda Langley—Greeters and VIP hostesses

Activities

Estabrooke and Atchinson

—Set up registration/check-in table, with help from
Bernice Courtenay and Dara Surratt

Estabrooke, Atchinson, Annie Stat—Set up auction tables, with help from **Bill Clayton, Kathie Fricke, Sandy Heistad**

Ann Liddle—Set up payment table, test WIFI, with help from **Mercedes Kremenetsky, Susanne Adams, Gretchen Klimoski**

Steve and Pam Nelson—Set up wine raffle table, with help from **Julie Gentry, Heistad, Fricke** and sales help from **Cole Garrett and Marcel Janowsky**

Linda Langley—manage greeters, “floaters”

Peter Crouch—Master of Ceremonies

AHA Chair **Barbara Rosenfeld**—Welcome and recognitions

Mayor Allison Silberberg—Remarks

Special Guest—NBC’s **Julie Carey**

Special Grips

Jesse Neal, Scott Garrett

Chuckles

- I would KILL for a Nobel Peace Prize.
- A conscience is what hurts when all your other parts feel good.
- Eagles may soar, but weasels don’t get sucked into jet engines.

CONTACT US

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