

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

AHA Celebrates Seven Years

With memories and music, At Home in Alexandria celebrated its seventh anniversary May 16.

A crowd numbering near 70 gathered in the Cameron Club for the festive event, whose chair, Penny Roberts, welcomed the crowd. AHA Chair Jane King spoke with pride of the gains AHA has made over the years with “wonderful AHA members, volunteers and members of the community.”

Executive Director Cele Garrett recognized marketing Director Jen Heinz and Operations Co-Manager Dara Surratt. Garrett led applause for special guest Barbara Sullivan, a stalwart of Mount Vernon at Home and new executive director of the Village to Village Network.

AHA is proud to be among the approximately 60 villages—operating, just getting started or planning—in the metropolitan area, Garrett said.

After the introductory remarks, the musical theme of the afternoon kicked in. Teacher-musicians Jane White and Jennifer Wade entertained the crowd with anecdotes of their Music for Life, the theme of the afternoon. Roberts served as interviewer of the two speakers.

Both started learning music at age seven—White learning piano and Wade playing the violin. Both have taught myriad youngsters about the beauty and therapy of music.

Music gives a “sense of calm, of peace, of happiness,” White said. “It can be an escape from reality as well as a way to connect.” This is true no matter the type of music that appeals to people, she said: “If you like jazz, go for it. Classical? Wonderful. Hip hop? Well ... that is up to you.”

Wade's family was so deeply into music that some of their conversations were in song rather than just words. Music can be therapy, she said. It has an effect on emotions and health. She told the story of a man who got around with a walker and when music was played, used the walker as though a partner, and danced around to the rhythm.

She recalled that when a gentleman in his 70s seemed to stall in his music learning, she said to him, “Stop analyzing;

start intuiting.” In other words, stop overthinking the music and just experience it.

The festivity's most amusing segment—a slide show of photos of AHA members when they were seven years old—was a hit with the audience.

Jen Heinz received the photos from members and created the slide show.

As Heinz worked controls, each photo was shown on the big screen for a short while. Penny Roberts (standing in the photo at left) challenged the audience to guess the identities.

Several of the images stumped the audience. But attendees guessed some without prompting.

“That is me, but I had hair then,” one person called out.



The Potomac Mandolin Ensemble—Kathleen Graham and AHA member Lynn Falk on mandolin and Mary Anne Brundage on guitar—entertain at the anniversary.



Audience watches slide show of AHA members at age 7.

MORE PHOTOS AND STORIES ON P. 2.

Photos From the Seventh Anniversary Celebration



Layers of cupcakes, each with a tiny AHA banner, beckoned the crowd at the Seventh Anniversary.



Cele Garrett welcomes crowd to “yet another milestone” for AHA among the 60 villages now operating or in the formative stages in the metropolitan area.



Pam Nelson, left, pours bubbly for the anniversary crowd.



The chairwoman of the Anniversary, Penny Roberts (center) interviews musicians/teachers Jennifer Wade (left) and Jane White, who spoke about “Music for Life” and music’s benefit for health and well-being. Wade began playing violin at seven (fitting for AHA’s Seventh Anniversary) and is an award-winning teacher of viola and violin. White started piano lessons, also at seven, and in college took a double major in music education and elementary education. White said she “grew up with a piano in the living room.” Wade said her family and friends were “all musical.”

Kudos and Thanks

A bustling squad of planners and helpers made the anniversary celebration a success, including:

Moderator Penny Roberts, welcoming remarks by Cele Garrett and Jane King, (who did much of the preliminary planning), receptionists Linda Langley and Jane Starkey, outside greeters Bob Eiffert and Bill Clayton, goodies group Pam Nelson and Annie Stat, IT workers Jen Heinz and Steve Nelson, Cameron Station residents (and thus venue experts) Babs and Elliott Waters, photographer Gina Cocomello, AHA Operations Co-manager Dara Surratt, and all-chores helper Michael Folkman.



A long view of the table of goodies—cheese plate, veggies, sweets and nuts.

Max Stolper 1924-2018

One of the earliest members of At Home in Alexandria, Max Stolper, died April 12 at the age of 93.

A few friends of Stolper's would gather in the lobby of Alexandria House, with Stolper "presiding" over the afternoon group and sometimes breaking into song: "My girl went to Holyoke; it was she who taught me to smoke ... and now I do it, too." The group recalled Ivy League and Seven Sisters songs and chimed in.

At times, the lobby groupings extended into late afternoon and somebody would bring food to Stolper. He would regale the gathering with stories of his service in Europe during World War II and in Germany during the Korean War.

Stolper was born in Vienna, Austria, in 1924, emigrated to Berlin in 1925 and to the United States in 1933. He attended Trinity School in New York City, Harvard College and Harvard Law School.

He practiced law in New York City and the District of Columbia and had a long career as an investment banker.

In 1952, Stolper married Barbara Jean Cockley, with whom he had four children.

He is survived by a son and a daughter, three grandchildren and one great grandchild.

For years, Stolper served on the boards of the Alexandria Red Cross, Alexandria Democratic Committee and Alexandria House.

A crowd filled The View in Alexandria House May 19 for a celebration of Stolper's life, which featured a slide show of Stolper at various ages and experiences.

Many of the dozens of AHA members living in Alexandria House attended to celebrate Stolper's life and accomplished career, and to recall the songfests.

Raphael Nadeem 1926-2018

AHA member Raphael G. Nadeem died April 28, at the age of 92.

Nadeem was born in Pawtucket, R.I. in 1926, youngest of the seven children of Adele (Samra) and George Nadeem, who emigrated to the United States from Damascus, Syria. He is survived by his sister, Rose Thompson of Pawtucket, RI, numerous nieces and nephews, who knew him as "Uncle Ray," and his Old Town "honor-ary family," the Hooglands.

Upon graduation from Pawtucket East High School, Nadeem enlisted in the U.S. Navy. He served in the South Pacific and received the WW II Victory Medal, the American Area Medal and the Asiatic Pacific Area Medal (1 Star).



Raphael Nadeem

He had a successful career in the fashion and retail industry, rising to a vice-presidency of The Hecht Co. of Washington. His duties included serving as host of special flower shows honoring first ladies and of VIP events such as book releases. Uncle Ray would call the White House and find out what colors the First Lady preferred, and make sure his store display reflected that," nephew John Thompson recalled.

Nadeem and his friends in Old Town would gather every Hallowe'en and, with his fashion expertise, he would critique the creativity of the children's costumes. Thompson joined "Uncle Ray" and the group almost every year for the traditional Hallowe'en party.

Many neighbors and relatives honored his memory May 19 in his art-filled Old Town home.

"Conversation" Features Biographer of Abolitionist Julia Wilbur

Suffragist and abolitionist Julia Wilbur was thrilled to hear her four-year-old grand-niece sing out in church in 1891,

"I'm but a little midget...To talk to men like you;

"But listen for a minute...And I'll tell you what is true.

"I'm going to be a woman ...And vote as well as you.

"And I'll learn while I am growing...What voters ought to do."

Wilbur had but a few years to live and the suffragist song from a child seemed the culmination of Wilbur's lifelong devotion to causes, from helping escaped slaves and freedmen, to activism in social reform, to ardent fighter for women's right to vote.

In another of AHA's series of Conversation With programs, author and former foreign service officer Paula Tarnapol Whitacre told the story of Julia Wilbur, chronicled in Whitacre's book *A Civil Life in an Uncivil Time*. Wilbur left a settled life on a family farm near Rochester, N.Y., and took a train to Washington. She spent years in Alexandria, at the time under Union control, helping recently escaped slaves and wounded Union soldiers.

She became active in the women's suffrage movement. Her acquaintances on her life's road included Frederick Douglass and Susan B. Anthony.

The dust cover of Whitacre's book calls it "the captivating story of a woman who remade herself at midlife during a period of massive social upheaval and change."

Author Whitacre, a graduate of Johns Hopkins University, has in her résumé stints with the *Washington Post* and editing for organizations including the National Institutes of Health and National Academy of Sciences.

What's Up With AHA Members, Associates and Volunteers

There was a conversation among AHA members contemplating travel—Ireland, Spain, Alaska. **Peter Crouch** listened to all and then ventured: “I am going to Anacostia.” Take that, world travelers.

Growing your own sweetener? **Penny Roberts** says she does that—in the form of stevia. Stevia, a plant with bright green, serrated leaves, is many times sweeter than sugar. It can be grown and harvested at home. The fresh leaves are very sweet, and the dried ones sweeter.

Chriss Nielsen and Tom Crowley made their annual sojourn to Southern California. They report they “had great weather, played golf (Torrey Pines and Aviara) and enjoyed listening to the ocean.”

The first graders at St. Stephen’s and St. Agnes School were learning about how businesses do their work. **Jessi MacLeod’s granddaughter Laura Stackhouse** helped form and operate a bakery. She and two classmates were featured in a photo in the Zebra newspaper.

Ann Kaupp visited China and was awed by Shanghai with its 24 million people and “the most modern architecture I have ever seen.” Local people appeared fascinated with visitors and wanted their pictures taken with them. The Chinese “have not forgotten how the U.S. helped them in their war with the Japanese,” Ann reported.

Brenda Bloch-Young, a student of Andalusia, paid her customary visit to that area of Spain, including Sevilla, on her 70th birthday. She toured the Alcazar, the Cathedral of Sevilla and Santa Cruz, the historic Jewish quarter.

Steve Nelson was “guest lecturer” for Tech Tuesday, discussing pop-up ads and “ghostery” and “cookies” and such, to the bewilderment of your humble Newsletter reporter, who took unintelligible notes throughout. The hostess for the Tech Tuesday series is **Jen Heinz**.

Another “guest lecturer” was **Julie Gentry** for the popular “What’s in the News?” program. The usual hostess, **Brenda Bloch-Young**, was in Spain. Julie did a good job of moving the group from topic to topic, avoiding a single-issue rant or rave.



Pete Crouch said he found a groundhog burrowing in his yard and had Animal Control trap and remove it. But “it” was “she” and four young groundhogs (at left) emerged from the burrow.

Pete had to gather them up and take them to where he knew groundhogs frequent. No word as to whether the youngsters saw their shadows.



Bob Eiffert and Linda Langley talk about AHA.

Telling the AHA Story

AHA Vice Chair Bob Eiffert and Board Member Linda Langley (photo above) met with staff and members of Northern Virginia Family Practice, to tell the story of At Home in Alexandria and pass out materials and membership applications.

In the first of two sessions, Pete Crouch brought refreshments and Bill Clayton helped answer questions from the audience. In the above and a second meeting with the practice, members of the medical practice took notes and asked about many aspects of the aging-in-place movement. Several took applications for AHA and Langley said one woman “was VERY interested” and thus a good prospect for AHA membership.



Friends of Brigitte Guttstadt (above) took her to lunch for her 94th birthday. Note the cupcake with a single candle, which she blew out in a breath.

New Series on “Right-Sizing”

AHA starts a new series of programs about “right-sizing” homes Thursday, June 7, from 1:30 p.m. to 3 p.m. at Portner’s Landing.

Kay Bransford will be the speaker for the first session, discussing such topics as what documents to keep, how to organize information, when to share your information with others and the key estate-planning documents every adult should have. Bransford has written on “organizing life.”

Subsequent programs will examine more closely how to prepare when the time comes to move, and how to dispose of possessions.

These Interest Groups Want YOU!

Do you like movies? Biking? Walks along the Potomac? Bridge? Opera? Theater? Mysteries?

Contact these Interest Group leaders and sign on.

- Movie Group: Jane Starkey at 703-528-0809
- AHA/AH Bridge: Nancy Kincaid 703-836-4794
- Met Opera Movies: Penny Roberts 703-836-9644, psroberts378@gmail.com
- Theater Buffs: Nancy Kincaid 703-836-4794
- Mystery Book Club: L Liddle, lliddle@gmail.com
- Biking: "Blazing Saddles": Maggie or Barry Stauffer, maggie.stauffer@comcast.net
- "What's in the News"—This monthly group often overflows the room at Royal Restaurant, so make a firm and early RSVP. bblochyoung@gmail.com
- Walking Club: Bill Clayton tbclayton@comcast.net

Program Chair Penny Roberts psroberts378@gmail.com plans an organizational meeting at 3:30 p.m. June 20 at 704 Avon Place, to discuss a new book group aside from the Mystery Book Club. She is at 703-836-9644.

Matter of Balance Graduation



The Matter of Balance class at its "graduation," with a few special visitors: (L to R) Elliott Waters, Cele Garrett, Sharon Wilkinson, Bill Clayton, Monica Estabrooke, Ruth Arnold, Marie Cataffo, trainer Crystal, leader Babs Waters, Mayor Allison Silberberg, Ernie Lehmann (who celebrated his 84th birthday).

The graduates' reward: a decorated "congratulations" cake. The six-week Matter of Balance class was arranged by Brenda Bloch-Young and taught by Babs Waters.

An Annual Favorite Not to Be Missed

Don't miss our annual AHA volunteer appreciation party at the lovely home of AHA member Josefa Gibson on Saturday, June 9, from 5-7pm.

All members and volunteers are invited.

It's an annual favorite!

RSVP to the AHA office: 703-231-0824 or aha@athomeinalexandria.org.

Give an AHA Welcome To Kim Carlisle

Kim Carlisle will be AHA's newest staff member, Executive Director Cele Garrett announced.

She will officially sign up on June 4, joining Dara Surratt as the AHA operations co-managers. Carlisle succeeds Bernice Courtenay, who is leaving to pursue a new job in Fairfax County.

Carlisle is a former lobbyist and the mother of twin son John and James, and daughter Grace. Carlisle's husband, Jim, is a lobbyist for the Bank of America.

The Garrett and Carlisle children have known each other since pre-school days.

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