

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

Things We Do; Join In! Some Examples, With Contacts



WE TRAVEL. Here, **Program Chair Penny Roberts** holds up a map to tell of her visit to Antarctica, land of penguins, seals and many nations' research stations. Roberts spoke at a recent "Conversation With . . ." program, held monthly on Sunday afternoons. **RSVP to the AHA office, 703-231-0824.**



WE LEARN. **Mark Zoeter** (left) of the library staff guides an AHA group through the Special Collections in the **Barrett Branch Library**, including old neighborhood maps. The Collections span Civil War records, cemetery records, photos, family Bibles and much more. The tour was arranged by AHA's **Alan Dinsmore**. **Contact: wingsofthemorning@comcast.net**



WE ADAPT TO TECH. At left, **Steve Nelson** leads one of a series of **Tech Tuesdays** by Nelson and **Marketing Manager Jen Heinz**. (RSVP to the AHA office.) At right, **Monica Estabrooke** and **Heinz**, in background, discuss the Club Express data management system, which the Board approved for AHA.



From dining out to discussing the news, from Tech Tuesday to Conversations With, AHA has an ever-expanding schedule of entertaining, informative and hands-on activities.

This edition of the Newsletter examines the program list, with names and numbers for contacts.

You will also find the day-by-day calendars for November and December in this edition.

This is a special invitation to scan the calendar listings, RSVP as indicated in the calendar, and join the programs or events that interest you. If you RSVP and find out later you will not attend, tell the event host.

If you have an idea for a new program, let Program Chair Penny Roberts know. psroberts@gmail.com
If the idea catches on, consider becoming the event chair.



WE HAVE HAPPY HOUR. The monthly Saturday gathering takes place in **Alexandria House's The View** room. Fore-ground at the munchies table: **Dick Schwab, Betty Jo Middleton** and **Liz Campbell**. Middle distance: **Ona Ziegler** and **Shelly Schwab**. Chairs are Pam and Steve Nelson with help from stalwart **Nancy Kincaid**. **Contact: pnelson703@gmail.com**



WE WALK. At left, a scene of the walking group’s path along the Potomac, with rowers in the background and sunlight shimmering on the river. The new chair of the walking group is **Shelly Schwab**; she can be reached at rochelleschwab@comcast.net An RSVP is not required, but it is good to let her know if you are walking that day. The group sets off on the walk after about a 10-minute wait for latecomers. The assembly time is 9 a.m. Tuesdays outside the T.C. Williams boathouse at the foot of Madison Street. The walkers go at a leisurely pace, accommodating those with a cane as well as those who desire a brisker pace.

WE INFORM. At right, Advisory Council member **Pete Crouch** discusses ways to prepare a home for safety or for sale. Priority No. 1 is safety, he said, listing the techniques and items to minimize the risk of falls, fires and other dangers. He handed out the 24-page “Home Fit Guide” from AARP. Crouch also gave out large envelopes with a message for financial strategies for those contemplating the sale of a house. First advice: Use the envelope to keep receipts for any capital improvements in a home, to minimize capital gains tax upon sale. He advised consulting with a tax professional for up-to-date tax law changes. pete@crouchrealtygroup.com



WE KEEP UP. At left, the “What’s in the News” group at its monthly free-flowing session. Chaired by Brenda Bloch-Young, the discussions are lively and cover the gamut of political, financial, social and other topics. As this photo shows, the reserved room in the Royal Café is filled for the “News” event, but that limited space requires that you **RSVP to AHA**. Predictably, the discussions often are dominated by talk of elections and the White House, but also get into trade, immigration, foreign relations, crime and others – anything in the news, as the title says, is fair game.



WE EDUCATE. Toni Popkin, recently named to the Alexandria Commission for Persons with Disabilities, described for an audience of Emergency Medical Technicians how to handle treating people with traumatic brain injuries who have service dogs. Her dog, Bud, is highly trained to “alert” when she has a medical emergency, and he is with her everywhere.



WE LUNCH AROUND. Wednesdays monthly at a different venue. The lunch shown above was at Royal Nepal. Hostess for the lunches is **Kathie Fricke** (left background, in blue). As the photo shows, the noontime gatherings are popular. **RSVP through the AHA office.**



WE TRAIN “BUDDIES.” Beth Robinson of Goodwin House at Home speaks to AHA’s Buddies—volunteers caring for members who need extra attention. The Buddies chair is Susan Pettey. Susanne Adams hosted this gathering. **Contact:** susan.pettey@gmail.com



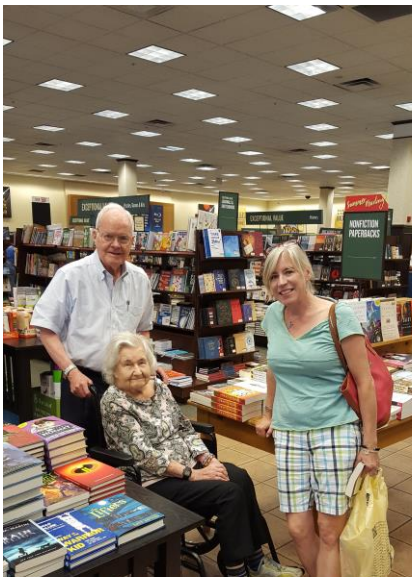
WE CONCENTRATE. To supplement the In the News program, we created a one-topic, monthly **Current Events discussion group**. The topic above was getting out the vote, chaired by Julie Gentry, (right foreground), who gave out papers with much election and voting information. **Contact:** juliekentry@gmail.com



LADIES GET A NIGHT OUT, at **Sundays in Saigon**. Despite the restaurant name, the group gathers the second Tuesday each month, chaired by **Nancy Kincaid**. **Contact:** nancyk764@verizon.net Photo by honorary lady **Bill Clayton**.



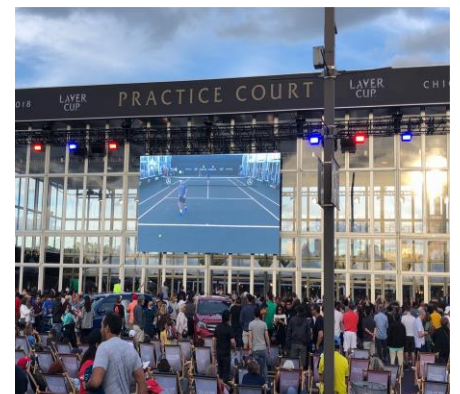
WE PLAN. The **Program Committee** tackles the challenge of expanding programs and filling chairmanships for the groups. Chair is **Penny Roberts**, psroberts378@gmail.com



WE HELP. AHA Executive Director **Cele Garrett** and volunteer **Bill Clayton** help **Brigitte Guttstadt** navigate her wheelchair around in a bookstore. Guttstadt, a longstanding member of AHA, exulted at the chance to sit and browse the many books—and she bought a sack full of books. “I am in heaven,” she said.



WE ARE SHUTTERBUGS, as Sandy Heistad shows with these shots of her visits to (above left) Telluride, Colo., and (right) outside looking in at the Laver Cup in Chicago.



WE CELEBRATE. At right, friends celebrated the 94th birthday of **Mabel Sisk** (front) at Rustico’s Restaurant. Hostesses were, left to right: **Ann Liddle**, **Pam Nelson**, **Denise Young** (Mabel’s granddaughter) and **Ann Stat**.

Pam Nelson reported the festive luncheon was capped by a “decadent chocolate dessert courtesy of our waiter.”



Planning for Medical Emergencies

Editor's Note: The article that follows is the fourth of a series by the AHA Member Services Committee, chaired by Susan Pettey. The final article, Resources for Advance Planning for Health Care Decisions, will be published in December. All the articles are on the AHA Website under "Resources."



The idea of preparing for a medical emergency may seem odd, but about 80 percent of hospital admissions for individuals over 65 are for emergencies. Planning ahead can help individuals, their families and the emergency medical personnel who will treat them.

Here are suggestions to make health emergencies less stressful:

- Keep an up-to-date medication list (including over-the-counter medications, herbals, supplements, vitamins, minerals, ointments and eye drops).
- Maintain a list of contacts including your doctors, and maintain a brief health history.

Keep copies of both of the above in your wallet or purse, and another copy readily available in your home.

- Many people keep this information in an envelope on the refrigerator. The File of Life is a form that can be filled out with emergency information and comes with a magnetized envelope used for this purpose. It can be obtained through Fairfax County Fire and Rescue Department at any of their fire stations. There will also be some available in the AHA office, from the Alexandria Sheriff's Office.
- Enroll in Smart 911 to record your emergency information in the 911 system. It can be set up through the website www.alexandriava.gov/911. AHA can help with obtaining a File of Life packet or setting up Smart 911. Cell phones may also have an application for storing personal medical information.
- Consider setting up an emergency call or alert system that can be worn as a necklace or bracelet. These are called PERS for Personal Emergency Response Systems. Some companies that do this are advertised in the AARP magazine. AHA can also assist with this.
- Hospitals now ask you to sign electronic documents before treatment. Make sure that copies are provided to you before you are discharged.
- Complete a living will and a power of attorney for health care. A living will states the wishes of the author regarding health care choices if the author is unable to speak for himself or herself. A power of attorney for health care allows an individual whom the author appoints to make decisions on the author's behalf if the author is unable to make decisions for himself or herself. A durable power of attorney takes effect only when the author cannot make decisions personally. Together these documents are considered "advance directives" and are your opportunity to guide your agent and health care providers on the care you want if you are unable to communicate your preferences. Keep these documents safe and easily retrievable. Hospitals will want a copy of your POA.

Discuss with the person holding your power of attorney for health care your wishes for care if you are unable to communicate, including DNR status, organ donation, and what you believe an acceptable quality of life would be for you. Revise these issues periodically as preferences change.

VOLUNTEER CORNER

Words of praise for a volunteer: An AHA member wanted the newsletter to mention her reaction to some outdoor work volunteer **Jasper Womach** did recently for her. "He was terrific," she said. "His skills were outstanding." Womach did weeding, landscaping and gardening on two occasions, the member said. "There was a pine tree that he thought might be affected by a hurricane" that was expected to brush the area. Womach added dirt around the base of the tree to firm its base, the member said.

Wife's praise for a husband: **Maggie Stauffer** said she "could not help but be bursting with pride for **Barry**." Their residential village named Barry "Volunteer of the Year" for what Maggie said "ended up being almost a fulltime job,"

managing contracts, learning "more than he ever wanted to know" about landscaping and environment. Barry "seemed to find a way to soothe the complainers," Maggie said.

This item is from long ago—the editor apologizes—but praise flowed from a member for whom **Pete Crouch** had done two pesky household chores.

Pete is one of two realtors nationally honored with the 2018 Outstanding Service Award for Senior Real Estate Specialists in the National Association of Realtors.

Has an AHA volunteer done something extraordinary for you? Email the newsletter editor, Bill Clayton at tbclayton@comcast.net

WHAT'S UP



December events not to be missed:

* **Scottish Walk Dec. 1.** Walk or ride the AHA float. Meet 10:30 a.m. at Wilkes and St. Asaph.

* **Parade of Boats Dec. 1. From 6 to 8 p.m.,** Nancy Kincaid home, Alexandria House. RSVP to AHA.

**Last Year's
Scottish
Walk float**

* **The annual holiday dinner Dec. 10** at A La Lucia, 6:30 p.m. RSVP to A La Lucia. \$42 per person plus tax and tip.

An acrylic by **Jessi MacLeod** is one of the artworks in the Young at Art show at Durant Center, which runs until Nov. 7. The event is the 32nd annual juried art show for artists 55 and over.



Art by **Jessi MacLeod**

Games up, Bridge down. —Starting Nov. 9, on the second Friday each month, we will play board games in lieu of bridge, 1 to 4:30 p.m. in the View at Alexandria House, 400 Madison St. Please let Nancy Kincaid know which games you like. She has Rummy Tiles; an easy game, Chicken Claw; and Scrabble. If you want something else, please bring it. RSVP to Nancy, to be admitted at the front desk. (We could always have a bridge game if four people came to play bridge.) Nancy is at 703-836-4794. nancyk764@verizon.net

Board News

Executive Director Cele Garrett has been elected to the board of Washington Area Village Exchange, an umbrella group for the 60-odd area villages.

Garrett attended a recent conference of the Village to Village Network and heard much discussion of social isolation of the elderly. She said she got ideas for AHA's programs designed to provide social interaction.

AHA membership rose to 224 with new members Barbara Bamford, Don Bardell, Fannie Allen, Emma and Ernest Sigety, Karen Sherwood and Mary Sturm.

AHA Chair Jane King represented AHA at the Senior Services Senior Academy.

King told the AHA Board the challenge of growing membership is the increasing workload for the staff. The AHA leadership will be using the new database and operations software, to try to ease the workload of the office staff.

Both Garrett and King said they were pleased with the small kaffeeklatsches arranged by Jen Heinz. Aside from attracting interest in joining AHA, the events have brought an invitation for AHA to make a presentation at Cameron Station. And one get-together guest took a proposal to the Carlyle complex for AHA to be invited to hold a meet-and-greet in Carlyle's community room.

Election Post Mortem

AHA political junkie Helen Desfosses gives the Conversation With program Nov. 18, 3-5 p.m., at Barbara Rosenfeld's apartment, Alexandria House #1002, 400 Madison St.

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Qualified Charitable Distribution

Are you planning your year-end giving? If not, now is the time to begin making these decisions.

A qualified charitable distribution (QCD) eliminates the taxation of a distribution paid directly from an IRA owned by an individual (who is age 70½ or over) to a qualified charity. Many IRA plan administrators (i.e., brokerage firms) require that these requests be made well in advance of year end to insure appropriate reporting and delivery of the funds. This may be part of your Required Minimum Distribution (RMD) or an additional amount.

Contact your financial or tax advisor for additional information.

--Brenda Bloch-Young

Contact Us

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