

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



“Santa” Steve Nelson waves from the AHA float in the Scottish Walk parade.



The AHA crowd at the holiday dinner at A La Lucia.



Maggie Stauffer, Joyce Bachman and Linda Langley at the Nielsen-Crowley party.

## December — A Time for Parades and Parties

The month of December proved to be a swirl of festivities for AHA villagers: The Dec. 1 Scottish Walk highlighted by AHA’s float (with “Santa-esque” Steve Nelson waving); the Dec. 10 annual holiday dinner at A La Lucia and the Dec. 20 holiday party thrown by Tom Crowley and Chriss Nielsen.

More photos and text describing the three events appear on pages 2 and 3. Other events, including the Boat Parade, the Christmas luncheon and various gatherings, are covered in subsequent pages.

The AHA float in the Scottish Walk parade was the idea of Susanne Adams. A number of AHA volunteers assembled the float outside Mary Jayne Swanson’s garage. Pete Crouch once again did the delicate chore of backing a pickup truck and trailer into the driveway. Ann Liddle had the idea of making the float a rolling Santa’s sleigh, with passengers and colorfully wrapped gifts.

Despite intermittent drizzle, the AHA group — and the thousands of parade spectators and hundreds of participants — persevered. The *Zebra* newspaper listed about 100 sponsors and participant groups, including clans from Clan Baird to Clan Young.

Ann and L. Liddle hosted a pre-parade gathering in their home, a block from the parade assembly, for AHA’s contingent to warm up and prepare.

Pam and Steve Nelson, Maggie Stauffer, and Kathie Fricke were part of the preparation crew, which even included Adams’s dentist, Adam Roca, who loaned AHA his pickup when the rental car fell through.

The A La Lucia event is the yearly triumph of Nancy Kincaid, who lives nearby and has grown close to the owners. This year’s dinner, a *prix fixe* affair leaning heavily to Italian menu, had a guest list of 36 arranged eight or nine to a table in the large separate dining room. The photo at left middle shows three tables. Backdrops were wine racks.

Kincaid., modestly, calls the event “pretty easy” to plan and manage, but the AHA diners recognize the work that goes into it.

The Dec. 20 Nielsen-Crowley party, two levels of revelry in their home in the heart of Old Town, attracted a crowd nearing 90 attendees. The guests clustered around the wine station and upstairs bar and several offerings of goodies, chief among them dozens and dozens of lamb chops that several people ate like popsicles, holding the bone.



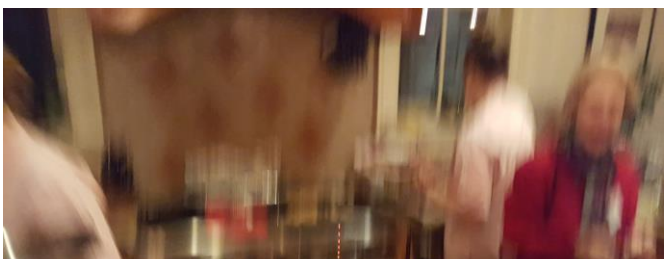
## More Photos and Captions From December's Events



Ready for the parade: Maggie Stauffer, Chriss Nielsen and Barbara Rosenfeld.



A view at the gift-wrapped rear of the AHA float.



Yes, the Nielsen-Crowley kitchen was a blur. Workers for the caterer, A Thyme and Place, kept up with the crowd.



Above, three stalwarts of the design, assembly, decoration and transport of the AHA float for the Scottish Walk: Pete Crouch, Ann Liddle and Susanne Adams.



The "British-Accent Caucus" at the Nielsen-Crowley party:  
James Enright, Ruth and Georg Morduch, Lydia Enright.



Executive Director Cele Garrett greets AHA stalwart Leonardo Contardo at the holiday party hosted by Chriss Nielsen and Tom Crowley.



## More Scenes From the Nielsen-Crowley Party



Vicky and Paul Cooper.



Partygoers crowded around the Christmas tree and the beautifully decorated hearth.



Hostess Chriss Nielsen (left) with party guests AHA Executive Director Cele Garrett, Lynne Dearborn, Dodo Ablard, and Mayor Allison Silberberg.



Janet Powers, Shirley Cherkasky and Sandy Drew (left to right) sat down for a chat in the glow of the Christmas tree.



### Bedazzling Boats

A scene from the 2018 Alexandria Holiday Boat Parade of Lights on the Potomac River, photographed by AHA member Jack Powers. AHA members and guests watched the Dec. 1 parade from Nancy Kincaid's high-rise balcony, where they enjoyed goodies and an unobstructed view.

## What's Up With AHA Members, Associates and Volunteers

Praise for a volunteer: Member **Mary Margaret McGrail** writes about the "great kindness and amazing skill" of volunteer **Pete Crouch** in building a shelf for a humidifier so that it drained properly. What a plumber had quoted as a thousands-of-dollars project, Pete did at a cost of \$16, Mary Margaret reported.

"Team Lehmann" welcomed back **Carmen Raventos-Suarez**, who had been the **Lehmans'** regular ride to the Y before she had a serious fall on a trip overseas. Healed now and ready for the Y again, Carmen joined the driver-volunteers who had filled in for her meanwhile: **Catha Pavloff, Howard Weiss, Terri Audrain, Steve Nelson and Linda Langley**.

AHA's **Shirley Cherkasky's** story about her family's Danish Christmas meal was the front-page feature of the *Washington Post* Food Section on December 19. The meal is a "combination of Wisconsin customs and Danish traditions," she wrote. The highlight is a bone-in pork loin, trimmed and arranged as though a crown roast. The meal is preceded by aquavit and closed with a rice-and-almond pudding. The article featured scrumptious photos and recipes for several of the dishes.

**Seven villagers** lunched on Christmas Day at Ruth's Chris Steak House in Crystal City. Seven villagers also attended a **Lunch Around** earlier in the month at Society Fair restaurant in Old Town.

With the turmoil in the news, "What's In The News" continues to attract a roomful of villagers at every monthly program. A recent gathering discussed topics from Mueller to Putin, impeachment to subpoenas, Brexit to KGB, nativism to engineered babies.

## Database Transition Underway

By Marketing Manager **Jen Heinz**  
and the AHA Staff

Change is on the horizon: AHA will be moving to a new database and contact management system over the next several months to enhance office efficiency.

This web-based application is called ClubExpress and it is used by more than 130 other "villages" around the country.

We're eager to make a smooth transition and hope you will bear with us as we bring it up to speed.

This all-in-one-system operates from a website platform allowing AHA staff to manage membership renewals, keep contact notes, process service requests, maintain an event calendar, process registrations, and accept payments and donations.

AHA members will be provided limited access to the system with a username and password, and you will be able to update your own record, register for events, and make renewal payments or donations.

(Of course, using it will be optional — you can still just call us.)

We will be running our current systems and this new system concurrently for several months to confirm the accuracy of the new system.

**Volunteers should continue to use NVRides to check for service requests until such time as we notify you of the transition to the ClubExpress system and training provided.**

**Members and volunteers may receive some system-generated email confirmation notices if you register for an event, or if you make a payment or donation.**

**These are part of the ClubExpress system.**

**You will still receive hard-copy receipt for any payment sent to AHA.**

If at any time you receive an email notice that concerns you, please simply forward that email to [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) with your question and we will get back to you immediately with a response.

We appreciate your patience as this transition unfolds and welcome your questions and feedback. Thank you.

## January's Conversation

A former member of the Securities and Exchange commission will be the January speaker in AHA's Conversation With series.

The speaker Jan. 20 will be Cynthia Glassman, former SEC commissioner who will discuss financial scams, money tips and other important financial information for senior citizens.

The program will be from 3 p.m. to 5 p.m. in the Porto Vecchio home of Annelise and Bob Smith.



**Oh my, Santa.  
Be careful!**

**A stuffed Santa ...  
uh ... escaping  
perhaps from a  
boudoir, with  
his pants on  
the half-shell  
and a long drop  
to the ground.  
The building  
fronts on Duke  
Street and the little  
vignette brought  
much laughter  
to passersby.**



## Managing Your Meds in Winter

- List your medications—prescription and over-the-counter. Keep the list where you can get it in case you have to evacuate or your drugs are damaged by water or lack of refrigeration. List the drug name, strength, dosage form, and regimen. Refill prescriptions before the last pill. Know how many refills may be handled in an emergency.
- If you must evacuate, take this list. Keep medications in original containers with original labels. If you can stay home, make sure you can keep drugs dry, safe and temperature-controlled. Buy cold packs that keep in a freezer so you can provide temperature control for medications like insulin that need refrigeration.
- Make sure you have fresh batteries for battery-powered devices for medication control or for assistive technology.
- If you have electric power you may check with Rx Open, a service in local emergencies that lists area pharmacies that are open.
- Keep a “go bag” handy—at least seven days of medications you take regularly as well as medications for pain, stomach upset, diarrhea and heartburn; and antiseptic wipes, antibiotic ointment and gauze, bandages and tape.
- Carry all your health insurance cards with you.
- Don’t forget your pets. Take the same precautions to ensure they have all they need, including special nutritional items.

--Alan Dinsmore

### Board of Directors

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Monica Estabrooke

### Operations Co-Managers

Dara Surratt and Kim Carlisle

## Board News

AHA Board Chair Jane King announced the response so far from the year-end appeal went over the goal, and she thanked those who made it possible. Executive Director Cele Garrett said that as of mid-December receipts were \$12,168. The total did not include a \$2,500 gift from Chriss Nielsen and Tom Crowley to be applied to AHA’s transportation program.

The gift was but “one of many instances” of the generosity of Nielsen and Crowley, King said, including the lavish and popular holiday party at their home.

Membership totals stand at 227, among them 91 associates. One new member signed up at a joint AHA-Goodwin House event, Garrett reported.

King undertook to phone all new members and said the comments from them “were very positive” about AHA. Emma Sigety “waxed eloquent” about the volunteers, expressing “a joyousness (that) made my day.” King said.

Outgoing Treasurer Chriss Nielsen said that despite expenses a bit lower than expected, revenue also was lower than budgeted, reflecting the challenge of discontinuing the annual gala.

Net assets totaled 6.3 months of reserve.

## Church Signs to Laugh Over

At a Methodist Church: “What is hell like? Come hear our Preacher.”

At a Catholic Church in a hot climate: “Too hot to change sign.... Sin bad, Jesus good. Details inside.”

Outside a Lutheran Church: “God did not create anything without a purpose. But mosquitoes come close.”

Another Lutheran church: “Jesus is coming. Look busy.”

At a Christian Church: “Jesus is coming. Hopefully before the election.”

At a Reformed Church: “Keep using my name in vain; I will make rush hour longer — God.”

Outside a Community Church: “Now is a good time to visit — our pastor is on vacation.”

Outside a First Covenant Church: “Don’t Give Up. Moses was once a basket case.”

At an Anglican Church: “Adam and Eve — The first people to not read the terms and conditions.”

At a Baptist Church: “What happens in Vegas is forgiven here.”

At a Christian Church: “God Shows No Favoritism —But our sign guy does ... Go, Cubs!”

At a church school: “Noah was a brave man to sail on a wooden boat — with two termites.”

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