

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



Jane King

AHA Chair Named Living Legend of Alexandria

AHA Chair Jane King was chosen one of 2019's Living Legends of Alexandria, joining a prominent group of recognized movers and shakers in the city.

The 2019 Living Legends were picked from nominations submitted by the public during the past year. They are outstanding citizens making a difference in the quality of life in Alexandria.

King has long been a force for the citizens over 50.

"Jane has been a knowledgeable, dedicated and effective advocate for older Alexandria's residents and their families for close to 20 years," AHA's Carol Downs said in her nomination of King.

King "spearheaded the development and creation of the Alexandria Strategic Plan on Aging, which addressed the need for affordable housing, accessible transportation and workforce development for those over the age of 50. She served

four years as chair of the Commission on Aging. Her work created a positive environment for Alexandria seniors that has enabled them to remain independent in their homes as contributing members of the community."

As a way of continuing this effort, which was to be concluded last year, King expanded the Commission's commitment to seniors by developing the AARP/World Health Organization Age Friendly Community Plan. Alexandria was the first city in Virginia to be included in the plan's network. AARP recognized King as a national leader in the age-friendly network.

For 15 years, King has been a volunteer for AARP in its "local endeavors that improve the lives of Alexandria seniors," Downs noted.

In 2015, King was honored with the Alexandria Commission on Aging Annie B. Rose Lifetime Achievement Award. That honor recognizes individuals "whose exemplary achievements span a lifetime of public service, and whose achievements have been devoted to significantly enhancing the community, especially to advancing social justice and aging concerns for all citizens."

Her work for AHA, AARP and the Commission on Aging overlapped for a substantial time, a remarkable effort for a person whose coworkers consider a soft-spoken type. When she assumed the chairmanship of AHA, she had to be persuaded to get a gavel for the occasional challenge of calling the group's board to order.

A Wonderful End to 2018 —And Fun Events for 2019

By Cele Garrett, Executive Director

Thanks to many generous and wonderful AHA supporters—96 folks to be exact—we exceeded our fund-raising goal by \$8,000 for our year-end campaign!

I want to personally thank you for participating in this important fundraiser.

AHA opted not to hold our big gala fundraiser this past fall—a big decision, given the money this event has brought us in the past. You helped to demonstrate that we didn't need to host a lavish party to keep AHA in strong shape.

The money raised for the year-end campaign greatly helped us close that financial gap.

We're taking a different turn with our fundraising events—opting for smaller, more intimate gatherings with a far lower ticket price. So far, we've planned two such events for 2019.

The first party is our "Welcome Spring!" casual dinner at the home of Carol and Stu Downs on Saturday, March 30. And we have a "Kentucky Derby" picnic-style dinner on Saturday, May 4 at the home of Maggie and Barry Stauffer. Come to one event or attend both.

Tickets for each event are \$50 each and attendance is very limited.



Blindness Prevention Society Seeks Support Group in Alexandria

The Prevention of Blindness Society of Metropolitan Washington (POB) is the largest local agency for prevention of blindness in the United States, dedicated to the improvement and preservation of sight through services, innovation, education and advocacy. The society provides services to the District of Columbia, Northern Virginia and suburban Maryland. It screens children for eye disorders such as refractive error and strabismus (both eyes cannot focus on the same thing), screens adults for glaucoma and has an Eyeglasses Clinic that provides low-cost eyeglasses.



The society operates a Low-Vision Learning Center in Old Town Alexandria, helping low-vision patients optimize the vision they have for daily living and quality of life. The society hosts and helps several support groups.

The Prevention of Blindness Society is looking to create a new low-vision support group in Alexandria. Support groups will offer education, advocacy and presentations of new and innovative technology, adaptive devices and phone/computer applications that help the low-vision community maintain independence.

Low-vision individuals, family and friends are invited to participate in the group.

The society would like to gauge interest in this opportunity by the At Home in Alexandria community in order to determine the best location to offer a low-vision support group in Alexandria. Finally, if there is interest for any of the other services listed, please let the society know: Contact www.youreyes.org (202) 234-1010.

—Prevention of Blindness Society of Metropolitan

“Conversation With . . .” Speaker Alerts Elders to Scams

A former member of the Securities and Exchange Commission outlined the dangers and variety of scams, for an AHA audience in the Conversation With series.

Cynthia Glassman said that over 5 percent of older people are harmed every year by scams, and the number is growing. An estimated 90 percent of those who inflict harm are family members or "trusted others"—family members, caretakers, and many others, including even clergy members, doctors and nurses, Glassman said.



Glassman

Among the ways they take advantage of older people are: misuse of power of attorney, taking advantage of joint bank accounts; or stealing checks or checkbooks; shopping with an older person's credit or ATM card. Caretakers or relatives might isolate older people, threatening to withhold care, falsifying time sheets.

Among the top scams are Medicare and health scams; counterfeit prescription drugs, mostly online; funeral and cemetery scams (predators read obits or funeral home websites and reach out to survivors, claiming the deceased owed them money). And then there are the telemarketing scams, the “grandma” calls desperate for money, the fake charities and a long list of Internet scams, Glassman said.

What's Up With AHA

The Jan. 12 **Happy Hour** attracted 17 hardy AHA members who ignored the threatening weather. **Vice Chair Bob Eiffert** reports: “Amid the fun, fellowship, food and wine there was a special tasting treat” — **Member Terry Wight** brought five bottles of vintage wines from his extensive collection. They included two red wines from 1995 and two from 1996 and an excellent French Sauternes. One attendee observed that the Happy Hour wines usually trended to the Two-Buck Chuck rather than the splendors of Wight's collection. He was invited to repeat at will.

Latest in the doing-double-duty list: new **Treasurer Kathie Fricke**, who continued her role planning the Lunch Around monthly, even after she stepped in to the demanding job of treasurer and was named to the Board of AHA.

There is excitement among the AHA planners of dining events, the evening Dine Around and the noontime Lunch Around. Some interesting new

restaurants are opening: **Bistro Sancerre on Duke Street**, billing itself as a bistro and steakhouse, and **Urbano 116 on lower King Street**, billing itself as a different kind of Mexican restaurant. How different? Well, its décor theme is “lucha libre,” the highly theatrical wrestling bouts in Mexico City.

Julie Gentry alerts AHA to “some very relevant information for our members.” It is in the current (fall/winter) edition of the **Washington Checkbook**. Gentry reported that some especially important topics include: avoiding unnecessary medical tests, Medical alert devices, and Aging in Place. The Checkbook is online.

Four members of the **Monday Book Club** turned out on an extremely cold day for a discussion of Michelle Obama's book *Becoming*. Participants were **Linda Langley, Kit Leider, Mary Ann Bier and Barbara Rosenfeld**. Langley is the organizer of the book club's meetings, and the next is Feb. 11 for a discussion of *Hidden Figures* by Margot Lee Shetterly.

INTRODUCING AHA HUB

Our New Member/Volunteer Management System

**Initial instructions for using the system, as listed in
a December eBlast and now in the February newsletter**

Hello AHA Members —

We hope you're having a good start to the new year. The AHA office is now ready to "go live" with our new Member/Volunteer website to manage our office operations. We have christened our new system *AHA Hub*. (*AHA Hub* operates on a ClubExpress™ platform currently used by more than 100 villages like ours and, after careful consideration this past year, we've determined it to be the system that best suits our needs as an organization.) We will phase in our use of the system over the coming weeks. *Your* use of the system is optional. You can still call and email us anytime to request a service, RSVP to an event, make a payment or anything else. However, we're confident you'll appreciate the features and advantages that *AHA Hub* offers. Don't worry—we will start slow and offer you assistance as we go.

Here's what you can expect in the coming days and weeks:

- 1) *AHA Hub* will generate a "Welcome" email to each Member household in the next week or so. This message will include your username and password to access the site. **Please save that email for ongoing reference.**
- 2) Log in and take a look. When you log in to *AHA Hub* (aha.clubexpress.com) for the first time, you will be required to change your password. (AHA staff will not have access to your password, but if you should lose it or forget it, we can send you a reset password link to set up a new one.) Choose a password that is easy for you to remember—and be sure to record it.
- 3) Once logged in, you will be on the home page of *AHA Hub*, which looks similar to our public website. At the top right corner, you'll see your name and, by hovering over it, you'll see a drop-down menu. Click on "Profile" to bring up your "Control Panel" to access your information within *AHA Hub*. Please review each area under "Personal Info" for accuracy and make any changes as appropriate. (Browse around other areas too.)

(Over, please)

- 4) In the short-term, we will run our existing systems and *AHA Hub* concurrently to confirm accuracy of the new system. You may receive some auto-generated email reminders and confirmation notices if you register for an event or make a payment. Early on in this transition, your confirming email may come well after you've made a payment.. (Please don't worry about this; you are not being double-charged.) You will still receive a hard-copy receipt for any donation made to AHA.
- 5) **Volunteers take note:** Eventually, *AHA Hub* will replace our NVRides' *Ride Scheduler* system and all volunteers will be able to view, accept and track service requests through our Volunteer Self-Signup System on the new website. We will notify volunteers and provide training on this new process soon. Until then, continue to use NVRides. Members requesting a service should continue to call or email the office with your service request.

This is a big change for AHA, but one that was needed and will benefit both members and staff immensely. As with all new software, there's a learning curve---and we're right in it with you! Please bear with us over the next couple of months as our staff works through the new processes. If you receive a notice that you believe is in error, please let us know and we'll either reassure you or correct it, as needed.

If you have any questions about the membership process or your account, contact the AHA office anytime at 703-231-0824.

Thank you again for your forbearance as we make this change.

Sincerely,
Cele Garrett
Executive Director
At Home in Alexandria

Be on Your Best Behavior For This “Conversation With . . .”

The Feb. 24 Conversation With program will feature an expert in etiquette and protocol, Fannie Allen.

Allen began her government career with the Naval Research Lab and the Naval Material Command.

Early on, when confronted with a formal seven-course dinner at a post in Asia, she became interested in the etiquette of such occasions.

During the Carter administration, she joined USIA while remaining in the Army Reserves, from which she retired in 2006.

Continuing her interest in protocol and etiquette, she attended Protocol School of Washington to certify as a trainer.

She is president of Allen Protocol and Leadership Institute, offering training and development programs to business, colleges and schools. She will share with AHA some of her experiences, stories and current activities on Feb. 24 from 3 to 5pm at the home of Virginia Martin, 1250 S. Washington St, Apt. 717.

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Editor’s Note:

In the January edition, Helen Desfosses’ name was omitted from the Board of Directors.

The editor regrets the omission.

Board News

Several factors worked together to make December “a great month financially” for AHA, outgoing Treasurer Chris Nielsen said.

A high point was the year-end fundraising effort, which went \$8,000 over the goal (see Page 1 report from Executive Director Cele Garrett). Helping the financial picture was the fact that December expenses were substantially below budget.

AHA membership grew to 224, including 97 full memberships and 127 associates. New members in the past weeks were Carol Siegel, Leon and Miriam Ellsworth and Jim and Gail Woolwine.

In some good nonfinancial news, Operations Manager Monica Estabrooke returned to action.

“Her recovery from heart surgery has been rather remarkable,” Garrett said.

Chair Jane King welcomed Board newcomers Sandy Heistad and Kathie Fricke in their new roles as secretary and treasurer, respectively.

The Member Services Committee reported two of its new members, Sharyn Hennessey and Roberta McGregor, are nurses and have signed up with the Buddy system, helping our most frail members. Seven AHA members have buddies.



Chuckles and Chortles

Long ago, when men beat the ground with sticks and cursed, it was witchcraft; today it is golf.

Being young is beautiful, but being old is comfortable.

A penny saved is a government oversight.

The way to find something lost in the house: Buy a replacement.

The Roman numerals for 40 are “XL.”

What a blessing it is that wrinkles don’t hurt.

If FedEx and UPS merge, is it FedUp?

Can a vegetarian eat animal crackers?

Is there another word for “synonym?”

Whatever happened to Preparations A through G?

I don’t know how I got over the hill without getting to the top.

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