

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

AHA Chair Jane King Honored as Legend



Jane King

Introduced by the Town Crier and applauded by a big crowd in the Masonic Temple, AHA Chair Jane King and seven other outstanding citizens were inducted March 14 into Living Legends of Alexandria.

Legends, founded in 2006 by artist-photographer Nina Tisara, has recognized Alexandrians “for making current history in Alexandria.” With the help of the Rotary Club and the Alexandria Gazette-Packet, the project grew into a photo-history effort to recognize outstanding Alexandrians in all fields.

The result has been an “artistic product of historic value to our city,” the Legends organization says. More than 130 legends have been recognized.

Legends “work hard, take on leadership roles and create new programs and opportunities for others,” Legends President Jennifer Ayers said. “But there is that little something more that makes them positive and inspiring to others.”

King received a bachelor’s degree from Duquesne University and did graduate studies in English at the University of Virginia. From years of work with AARP, she developed her interest in the lives of the aging, particularly to help them age in place in their homes. That is also the work of At Home in Alexandria, which King now chairs

She won the 2015 Commission on Aging Annie B. Rose Lifetime Achievement Award. King spearheaded the work by the Commission on Aging, which she once chaired, in developing the Alexandria Age-Friendly Plan for a Livable Community, approved by the Alexandria City Council in 2018.



2019 Legends: Left to right: James Henson, Red McDaniel, Brooke Sydnor Curran, Jane King, Ronal Butler, Loren Yates, Jason Yates, Robbie Robinson.

Spring2ACTion Is Here

By Executive Director Cele Garrett

Spring2ACTion, the annual citywide fundraising campaign, ends at midnight Wednesday, April 10—and AHA’s campaign has already begun!

When you go online to <https://www.spring2action.org/organizations/at-home-in-alexandria> you can see the name of an AHA supporter committed to doubling your contribution. In fact, several donors have made a generous match at various points during this campaign. **(See our donor listing on Page 2.)** On the big day, April 10, our campaign headquarters will be the Del Ray Café (205 E. Howell) 8 a.m.-9 p.m., where we’ll monitor the campaign leader boards and welcome you to come cheer us on.

The café has been host to AHA for seven years and is commemorating the partnership by donating 7 percent of the day’s food sales to our campaign. Consider dining there that day—and if you stop by to make a contribution or wish us well, we’ll ply you with goodies (croissants and coffee in the morning, something more enticing in the evening).

We have fun with this campaign but our goal of \$30,000 is an important matter. Spring2ACTion has become our most critical annual fundraiser. Thank you for being part of this effort and we hope to see you at Del Ray Café April 10.

AHA's Eighth Anniversary— Time to Celebrate

By AHA Chair Jane King

At Home in Alexandria is eight years old and thriving. To celebrate its Eighth Anniversary, AHA members, guests and neighbors will convene at the Community Room in Cameron Station May 8, at 2 p.m. The theme is “Embrace Your Story,” for a discussion on writing or filming the story of our lives.

We'll interview our featured speaker, who has a lot of experience helping people capture life's important moments.

Several of our members have written or filmed some version of their personal story, which they'll have on display for you to watch or peruse. We invite other members to share examples of your history-making for this event.

(Call or email the AHA office if you have something.)

This is part of AHA's larger effort to encourage members to capture those parts of their lives they would like to share with family, friends and colleagues.

Starting in the fall, AHA will introduce its first memoir-writing workshop for our members—an initiative that is gathering momentum in communities.

Food and drink will be served.

Please RSVP by email (aha@athomeinalexandria.org), via AHA Hub, or by phone (703-231-0824). See you there!

Use Your RMD for a Spring2ACTion Donation

Many of us are wrapping up our 2018 income tax returns with some surprising results.

For some, the new higher Standard Deduction is a better option than itemizing. For others, the SALT limitation (State and local taxes limited to \$10,000) results in more tax due.

Now is the time to adjust your strategy for 2019.

Consider using a portion of your RMD (Required Minimum Distribution) to support AHA during the Annual Spring2ACTion event. Remember, if a charitable contribution is made directly from the retirement account to AHA, it counts toward your annual RMD AND reduces 2019 taxable income. It's a great planning strategy.

Check with your accountant or financial advisor for more information.
—Brenda Bloch-Young



AHA Runs for the Roses

Don your fanciest hat or bow tie and get ready to sip mint juleps when AHA supporters and friends gather to cheer on their favorite horses “running for the roses” at AHA's first-ever Kentucky Derby Fundraising Party.

Hosts Annie and Bill Stat, Pam and Steve Nelson, and Maggie and Barry Stauffer invite you to join them to celebrate this exciting and fun-filled event.

When.....Saturday, May 4

**Where.....Stauffers' Residence,
1201 Wilkes Street, Alexandria
Party Time.....5:00 – 7:30 p.m.**

Race begins at.....6:46 p.m.

Tickets\$50 per person.

Tickets are limited.



Bow tie fashionistas at the Kentucky Derby

AHA's “Honor List” as of March 25 of Matching Gift Donors for Spring2ACTion

AHA thanks the following AHA members for offering a matching gift during Spring2ACTion: Maggie Moose; Harriet McCune; Bob Eiffert and Michael Curry; Pete Crouch; AHA office staff; Christena Nielsen and Tom Crowley; Shelli Ross; Steve and Pam Nelson; Bill and Teddye Clayton; and Linda Langley, Penny Roberts and Mary Jayne Swanson (aka “Two Whites and a Rosé”). We express our gratitude to the Mason Hirst Foundation for their significant support of our campaign.

AHA to Host Meeting of WAVE, Village Umbrella Organization

The Washington Area Village Exchange (WAVE), the regional umbrella organization for area villages, will hold its quarterly meeting April 15 in Alexandria.

The meeting, most important for member villages, discusses issues common to the region and attendees share ideas from their villages.

Venue to the meeting rotates between Virginia, Maryland and the District of Columbia.

The Alexandria gathering will be Monday, April 15, at the Charles Houston Recreation Center, from 9:30 a.m. to noon.

WAVE has more than 50 villages as members.

AHA Executive Director Cele Garrett has secured Brandywine Living as the breakfast sponsor. Guest speakers are being arranged.



AHA's directors at the March 19 meeting

Antibiotics — Use Them Responsibly

That is the advice of the Mayo Clinic, whose *Health Letter* says, "Penicillin and other antibiotics have saved millions of lives by making once-fatal infections treatable.

"But antibiotics carry risks that must be weighed against the benefits."

The risks include:

- Allergic reactions—Mild reaction "may result in a skin rash and itching. A severe reaction (anaphylaxis) is a medical emergency involving swelling of the throat and breathing problems."
- "When antibiotics interact with certain drugs, the effectiveness of the drugs or the antibiotic may be affected, or side effects may occur."
- "Infection—Antibiotics can increase the risk of certain types of infections due to the disruption of the normal healthy bacteria in your gastrointestinal system."

Medical science is developing new classes of antibiotics against antibiotic-resistant strains. Antibiotics are still effective against spreading infections like tuberculosis.

Mayo counsel: Check your doctor about when antibiotics will or will not help. Also check about treatments that do not involve antibiotics.



AHA Membership Continues to Grow; Small Coffees Aid in Recruitment

As of the March 19 Board meeting, AHA had 230 members—107 full members and 123 associates, Executive Director Cele Garrett reported.

New members included Martha Brown, Courtney West, Virginia Kress and Audrey and Robert Faden. AHA welcomed Marianne Ginsburg, newly rejoined.

Chair Jane King said the Membership Committee is working on a list of venues for small coffees, to meet prospective members and volunteers. The calendar included three such coffees in March—one at the Abyssinia Coffee House, one at Alexandria House and one in the Carlyle area.

The informal gatherings "have proven to be a remarkably successful way to recruit new members and they are a great opportunity for Membership Committee members to engage with those who may be interested in joining AHA," King said.

She praised Marketing Manager Jen Heinz for "a wonderful job preparing for these, with her skills as a designer of flyers and invitations. She also maintains a robust list of prospective members to invite."

Deficiencies in Medical-Alert Devices

Washington Consumer Checkbook finds medical-alert devices it tested had "disturbing deficiencies."

The medical-alert system typically uses an alert button, usually on a cord around the neck of the user, to call for help in an emergency.

Checkbook tests found that in most cases, the devices do not call directly to 911, but rather a call center of the company. The centers responded in various lengths of time. *Checkbook* also found some companies "often had trouble determining where the calls were coming from." Costs of the devices vary.

If a potential customer strongly wants an alert device, *Checkbook* advises shopping around on the factors it researched. Devices often have 30-day trial periods.

What's Up With AHA Members, Associates and Volunteers

Ernie Lehmann was given “NOTICE” (sic) recently. The North Old Town Independent Civic Association honored Lehmann for his 20-year role in the organization, notably for his long work helping close the Mirant coal-fueled power plant. The effort brought cleaner air to Alexandria and was a joint project of many people, Ernie says.

Speaking of **Montsie and Ernie Lehmann**, when their regular ride, **Carmen Raventos-Suarez**, went on South American travels, they needed a substitute driver for their visits to the Y. As before, **with coordination from the AHA office, a team of volunteers formed for March: Linda Langley, Steve Nelson, Catha Pavloff, Howard Weiss, Courtney West.** AHA has been “a lifesaver since I stopped driving,” Ernie says.

Linda Langley traveled to Oakland, Calif., for the first birthday of her new granddaughter, Athena. She then visited a cousin in Anacortes, Wash. Together they went on a whale-watching cruise and saw some beautiful orcas, gray whales, sea lions and harbor seals. “Also saw the amazing huge full moon from my cousin’s deck,” she said.



Above, AHA's Toni Popkin and her service dog, Bud, listen as City Councilman Mohamed Seifeldein reads a proclamation March 12 for the Commission on Persons With Disabilities (some of whose members are seen with Toni), marking Brain Injury Awareness Month.



Above, a baker's dozen at the latest AHA Dine Around, at Tempo Restaurant, one of the villagers' favorites.

Conversation With . . . Fannie Allen, an Expert on Social Graces

An expert in protocol and social graces fascinated an AHA audience with her career that has spanned civilian and military roles stressing manners and respect.

Fannie Allen is a lieutenant colonel in the Army Reserve and has a master's degree in business administration. She spoke to an AHA audience Feb. 24.



Fannie Allen

She is director of The Allen Protocol and Leadership Institute. She teaches the verbal and nonverbal—body language—sides of etiquette.

Even in a world of turmoil and debate, “There is still a place for social graces,” Allen said. She volunteers at a detention center, a place one assumes benefits greatly from Allen's teaching.

A certified Etiquette and International Protocol Consultant, Allen graduated from the Protocol School of Washington—the nation's leading school of protocol. She has participated in many leadership programs in both military and civilian arenas.

One simple act of etiquette—sending hand-written thank-you notes—is powerful, she said. True to her teaching, she sent a hand-written note to this newsletter editor in thanks for his covering the event.

She was asked whether she is “fighting a losing battle,” teaching manners in a time of diminished civility and respect. “There is not the consciousness that we had in the past,” she said. “It is a losing battle.”

Chuckles and Wisdom

A service station in Gauteng, South Africa, has become a daily source of humor and sage advice for passersby.

Here are some examples that make some motorists drive by and chuckle daily:

- Be what you needed when you were younger.
- I am a woman. What is your super power?
- Stop trying to make everyone happy --- You are not tequila.
- May your choices reflect your hopes and not your fears.
- Why do we “rest in peace.” Why do we not live in peace, too?
- It is better to walk alone than in a crowd going in the wrong direction.
- If you had to choose between drinking wine every day or being skinny, which would you choose – red or white?
- In a world when you can be anything – be kind.
- When you forgive, you heal. When you let go, you grow.
- Forgiveness does not change the past, but it enlarges the future.

A Reminder of Coming Events

Louise Kenny will lead a tour of the Library of Congress, 10:30-noon April 11. RSVP by April 8. Optional lunch and-or concert follows. The tour is in lieu of the monthly Conversation With.

Bob Faden of AHA, a botanist and gardener, will lead a tour of the “hidden gardens” of the Alexandria YMCA Wednesday, April 17. Meet at 11 a.m. at the Y back entrance, which faces the parking lot. Bob’s wife, Audrey, is a Master Gardener who designed the waterwise gardens at the Y. **RSVP online or through AHA office. Limited space.**

Vice Chair Bob Eiffert announces, “With the popularity of the Ladies’ Night Out, several women encouraged the same for the men.” Bob arranged a “Men’s Night Out” Wednesday, April 17, from 5 to 7 p.m., at the back bar at Clyde’s, 1700 N. Beaugard Street. (Special Happy Hour menu.) **RSVP to AHA by April 15.**

The **Blazing Saddles biking group** resumes its outings with a **ride on May 17**. Details in May newsletter. The photo at right from newsletter files of 2016 shows founders **Maggie and Barry Stauffer** standing next to a signpost for various overseas destinations.



The Stauffers

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This is -30- It’s Been a Great Run

By Bill Clayton,
Newsletter Editor

A big thank-you to everyone who has helped me with putting out the AHA newsletter. This edition is my hundredth and officially my last, hence the traditional wire service signoff: -30-

The leaders of AHA flatter me by suggesting the search for a newsletter editor is difficult.

Over the years, I have read many, many items people in AHA have written. They are just the sort of content the newsletter should have.

The process of putting the newsletter together is a fairly straightforward jigsaw puzzle involving word count, a choice of print font and an organized monitoring of what is going on with AHA people.

This is not farewell to AHA.

I intend to do more frequent volunteer errands for this splendid organization and to be a better Board member.

And, of course, I will help whatever ink-stained wretch or committee takes over the editor’s job.

One hundred editions.

I figure that is 500 pages, give or take, and about a quarter-million words, most of them spelled correctly.

The photos included many furnished by actual photographers alongside my sometimes-fuzzy snapshots.

It has been quite a rush for the emotions, putting together a newsletter each month for a fine group of selfless caregivers and advocates for older residents.

The editor’s job paid zero, so not quite as much as my \$65-per-week first job with United Press in 1957.

But the AHA job paid hugely in the friendships I’ve made and the experiences I’ve had with At Home in Alexandria.

Thanks, and (another wire service code) Best 73’s.



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— AT HOME IN —
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