

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

## Spring2ACTion Effort Soars

By Executive Director Cele Garrett

Each spring, you receive messages and reminders from AHA about our annual city-wide fundraiser Spring2ACTion. And each year, I get a little nervous about this campaign.

After all, it comes at a busy time -- not to mention, close to tax time -- and we're competing for attention (and dollars) with so many worthy nonprofits in our community.

Yet, each time I never cease to be amazed and heartened at the generosity of our members, volunteers and supporters who come together to support AHA.

This year, the combined total of our matching gifts, online contributions (including some that were made in the days following the official end of the campaign) and personal checks was \$31,864. (Our goal was \$30,000.)

It's difficult to single out individuals on a campaign that involved so many people. I must, however, express our gratitude to the Mason Hirst Foundation for its generous offering of a \$4,000 matching grant. We could not have made our goal without its support.

Though many of the matching gift donors had committed themselves in time for a listing in our April newsletter, others came on board after that publication date. It's important that we recognize these supporters (**see page 2**).

Some of you contributed a significant gift in a manner that doesn't provide for public recognition. You know who you are—and, most certainly, we know who you are. I'm grateful to you beyond measure.



## Meet AHA's New Newsletter Editor, Mary Ann Bier

Mary Ann brings several years of experience as newsletter editor for another organization in Alexandria. During her career working on government contracts, Mary Ann wrote training materials, conducted software training and managed various IT services over a period of 23 years.

A long-time resident of Alexandria with over 46 years in the same house in Del Ray, Mary Ann has lived mostly in Virginia since the age of 10. Two daughters and 4 grandchildren are an important part of her life now. Since retirement, Mary Ann currently volunteers as an English Language Learners teacher at the Beatley Library and on the board of the Friends of the Duncan Library.

Thanks to Penny Roberts recruiting, Mary Ann has enjoyed meeting new people through AHA and participating in the many social activities. She says, "Although Bill Clayton is irreplaceable, I look forward to learning more about AHA and getting out the newsletter with the help of you all."



Jane Hughes of Silverado Memory Care, Laurent Janowsky of Del Ray Café and AHA Executive Director Cele Garrett, on Spring2ACTION day



Linda Langley, Treasurer Kathie Fricke, distinguished visitor Heather Peeler (of Alexandria Community Trust), AHA Executive Director Cele Garrett, Penny Roberts



Bob Eiffert, Bill Clayton mingling at Del Ray Café



The Nerve Center - Marketing Manager Jennifer Heinz, Executive Director Cele Garrett, former Treasurer Chriss Nielsen



Foreground: Ginger and John Lindsay (L) visit with Annie and Bill Stat, while (left background) Linda Langley and Pete Crouch chat, at AHA's headquarters for Spring2ACTION, Del Ray Café



Two big supporters of AHA: former Treasurer Chriss Nielsen and donor Terri Deerr

### Thanks to AHA Matching Gift Donors For 2019 Spring2ACTION

Susanne and Robert Adams; Bill and Teddye Clayton; Pete Crouch with Crouch Realty Group of McEneaney Associates; Bob Eiffert and Michael Curry; Louise and Mike Kenny; Jane King and Krissy King Brown; Linda Langley, Penny Roberts, and Mary Jayne Swanson; Harriett McCune; Maggie Davis Moose; Pam and Steve Nelson; Christena Nielsen and Tom Crowley; Barbara Rosenfeld; Shelli Ross; Kim Carlisle, Monica Estabrooke, Cele Garrett, Jennifer Heinz and Dara Surratt.



Wine Basket Raffle



## AHA hosts WAVE meeting

by Executive Director Cele Garrett

Did you know there are over 50 villages like AHA in the DC/Maryland/northern VA metro area? In fact, the DC metro area has more villages than in any other area of the country. AHA is a member of the Washington Area Village Exchange (WAVE), a regional group that meets quarterly to exchange ideas and best practices.

Village staff, volunteers, board members and any member are welcome to attend the WAVE meetings. Please call the office anytime if you are interested. The location of the meetings rotates between Virginia, DC and Maryland.

On April 15, AHA was the host village and we welcomed 35 of our village colleagues to a gathering at the Charles Houston Rec Center. Our featured presenter was Anne Bolen of Anne B. History, LLC (who will also take part in our anniversary event in May). Anne's company helps families and organizations capture and preserve their history.

Brandywine Living, which opened a new luxury senior living center in Alexandria in the past few years, did an exceptional job as our breakfast sponsor—treating the group to homemade pastries and breads, yogurt parfaits with homemade granola, and bagels with lox and the fixings.



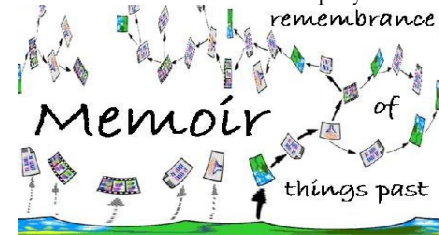
Mary Jo Deering (left) WAVE Board Member presenting an update on the technology user's group. On the right, Patricia Clark, WAVE president.

## AHA's Eighth Anniversary Celebration May 8

by Chair Jane King

At Home in Alexandria has so much to celebrate for our Eighth Anniversary—our remarkable founders, AHA's steady growth over eight years, its awesome volunteers, strong leadership and stellar staff. To observe the Eighth Anniversary, AHA members, guests and neighbors will gather at the Community Room in Cameron Station on May 8 from 2 p.m. to 4 p.m.

"Embrace Your Story," our theme for this anniversary, marks the first step in launching an exciting new AHA program -- an opportunity for members to capture some of their memories so that they can be shared – with family, friends, and colleagues. Starting in the fall, AHA will facilitate a long-term program designed to help members create their stories. For the anniversary, some members whose stories have already been filmed or written will be on display.



Nancy Morgan, Director Emeritus of the Arts and Humanities Program at Georgetown Lombardi Cancer Center, will be interviewed at the event and will describe her approach to capturing memories. The writing clinician at the Center, she has led writing workshops for diverse populations in the U.S., Japan and Ireland. She has written numerous articles on the health benefits of writing and led a research study on the relationship of writing and health.

Refreshments will be served. Please RSVP at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or AHA Hub, or by calling 703-231-0824. See you there!

## Board News

AHA membership has had ups and downs and settled in the past month at 228 –including 107 full members and 121 associate members. The moving target emphasized the potential of gatherings for prospective members.

Barbara Rosenfeld and Helen Desfosses hosted a gathering at Alexandria House. At the invitation of The Carlyle, an AHA group visited with Carlyle residents, 30 of whom attended. Executive Director Cele Garrett, AHA Board Members Babs Waters and Linda Langley and Advisory Council Member Pete Crouch attended, spreading the word about AHA.

As replacements for the annual gala, small fundraising dinner gatherings are proving popular. The first was a lively and well-attended dinner at the home of Carol Downs, co-hosted by Jane King, Mary Jayne Swanson and Babs and Elliott Waters. The next will be the Kentucky Derby party at the home of Maggie and Barry Stauffer.

Seventeen people attended the most recent "welcome" to new members – "a great success," Garrett reported.

Garrett wrote a page-long story for the *Alexandria Times* about combatting loneliness in older adults. All volunteers and caregivers should have a role in showing "what it truly means to be in community with one another," Garrett said.

In his vice chair's report, Bob Eiffert urged all in AHA to help identify potential new Board members.

"Please let (Governance Chair) Pam Nelson know of any ideas you may have for strong candidates for the Board," Eiffert said.

Eiffert also reminded members and volunteers to sign up to help May 8 at the AHA anniversary event.

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

Board Member **Alan Dinsmore** was named an advisor to DASH Alexandria Transit Vision Plan (ATV). He is chair of the Transportation Committee of the Alexandria Commission on Aging. He meets with other designated stakeholders to advise on improving the bus network to better reflect community needs including those of Alexandria seniors. Details are online at [Alexandriava.gov/104193](http://Alexandriava.gov/104193).

**Toni Popkin** has won the Eleanor Sue Finkelstein 2019 Award from the Jewish Community Center, in recognition of her tireless work through the Commission on Persons with Disabilities. Two auto accidents left Popkin with traumatic brain injuries. She and her service dog, Bud, have increased knowledge and awareness of persons with disabilities, in her appearances before groups of caregivers, first responders, police and transit workers. The award will be presented May 29 at the Jewish Community Center on Little River Turnpike.

Chair **Jane King** and five friends from college days sailed from Athens to Venice, with stops in the ports of Corfu, Montenegro, Dubrovnik and Split. "Though it was rainy at times and cold, we were thrilled with the startling beauty of the coasts of Montenegro and Croatia and the wonders of Venice," King said. The struggling economy of Greece was evident, she said, but "its historic sites reinvigorated our interest."

The **Dine Around group** tried a new wrinkle on Mexican food at Urbano 116, recently opened on lower King Street with a chef lured from Mexico City. The menu includes such things as tacos of cauliflower, tongue, and lamb, among more customary Mexican fare. Desserts include churros, those stretched-out doughnut-like goodies.

New member, **Bob Faden**, a recently retired botanist from the Smithsonian, led a fascinating tour of some of the many plants and trees that he and his wife, Audrey, have planted and look after in the gardens of the Alexandria YMCA. The AHA group were so interested in the portion of the garden that they saw that they asked Bob if he could do a follow up tour of the gardens later in the season.

## "How to Lead Your Best Life"

Watch the AHA calendar for September date and time for the next in the series of programs with Goodwin House At Home. This one will feature technology demonstrations that can enhance what you listen to and view. New hearing and assistive listening devices to access print through digital services are just a few of the subjects. The program will be at Goodwin House Alexandria, 4800 Filmore Avenue, Alexandria.

## Conversation With Jeffrey Dokken

Jeffrey Dokken charmed an AHA audience, at a Conversation With event, with his account of his own and his family's lifelong dedication to music.

Dokken conducts the NOVA Symphony Orchestra and several of the Encore singing groups. He puts his considerable energy into an eclectic choice of music, from classics to rock and roll.

The hostess for the March 31 AHA program, Sandy Northrop, said that Dokken's mother recalls "that since he was a kid in Los Angeles, he was all about making music." Dokken has studied piano, trombone, voice and euphonium (a valved brass instrument). He has performed at venues ranging from the Kennedy Center and Carnegie Hall to the Teatro Sanchez Aguilar in Ecuador to the symphony orchestra of Guayaquil, to the White House in Washington.

When biographers talk about Jeffrey Dokken, they often use words like "vibrant" and "enthusiastic."

"I grew up in a very musical family," he told the AHA audience. He praised his older sister and said he always "wanted to be as talented." His first instrumental choice as a child was handbells. He sang in church. In high school, he was in the marching band and the choir.

He recalled that somebody asked him, "Why study euphonium? Nobody plays the euphonium."

"I said, 'I will do it.'" Dokken recalled.

Somebody asked, "Why Ecuador?" Dokken said his agent invited him to a dinner at the Willard Hotel in Washington at which he would meet the cultural attaché of Ecuador. At dinner, he was told of an opening with the National Orchestra of Ecuador. "Two weeks later, I was on the way to Ecuador," Dokken said.



Jeffrey Dokken with Nancy Kinkaid

## New Group Event – Men’s Night Out

Seven AHA men met at Clyde's restaurant for the first AHA Men's Night Out for happy hour on April 17. All were pleased with the evening and agreed to repeat it on May 16 at 5 p.m. at the same location.

Steve Nelson took the photo, which shows (from left to right) David Butler, Terry Wight, Bill Clayton, Alan Dinsmore, Bob Eiffert and Michael Curry.

We hope others will join us on May 16.



### Board of Directors

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| Barbara “Babs” Waters    | Helen Desfosses    |
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| Tim Lovain       | Mitch Opalski  |
| Jan Pomerantz    | Vicki Vasques  |

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#### Operations Co-Managers

Dara Surratt and Kim Carlisle

## A Great Tour – The Library of Congress

AHA’s Louise Kenny led 21 enthusiastic villagers on a very informative tour of the Library of Congress. Highlights included the Gutenberg Bible in the main hall and Thomas Jefferson’s library where you can almost touch so much of Jefferson’s collection, the foundation of the Library.

Another highlight was the Herblock Exhibit featuring many of his famous political cartoons. Kenny has a thorough knowledge of the many sculptures and fascinating murals covering the walls, the purpose and meaning of which might otherwise have been missed.

Kenny told the group the Library is preparing a special exhibit: “Shall not be denied: Women Fight for the Vote” opening June 4.



## Conversation With – Allison Silberberg

Former Mayor Allison Silberberg is the speaker for AHA's May "Conversation with...", on Sunday May 19 from 3 to 5 p.m. at the home of Ruth and Georg Morduch in Porto Vecchio, 1250 S. Washington St. Parking is limited.

Allison served as mayor for three years, from January 2016 to January 2019. Her title: "Straight Talk from Former Mayor Allison Silberberg."

Please RSVP to the AHA office by May 16 if you wish to attend. The Morduchs will be offering wine and soft drinks, and the Conversations Committee invites attendees to contribute light snacks or "nibbles" If you plan to bring something, please let Barbara Rosenfeld know by Friday, May 16 to

[barbararosenfeld@gmail.com](mailto:barbararosenfeld@gmail.com) or 703-836-0485.

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