



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

AHA! NEWSLETTER January 2016 VOL. 7 NO. 1

Board Celebrates New High Point In AHA Membership, Offers Incentive for Successful Referrals



AHA Board of Directors Discuss Past Year

Rosenfeld emphasized some areas:

- In addressing the needs of AHA's more frail members, "There is still much to do ... and the challenges of working with these members grows ever more complex," Rosenfeld said.
- In paying more attention to associate members, "We want them to have a high level of satisfaction with AHA, so that their needs and expectations are met."
- In developing the subsidized membership program, "We have learned from the pilot year that we need to do more outreach to make this program work."

The Member Services Subcommittee is working on recommendations from Susan Pettey for members "who may be vulnerable and require more attention," AHA Vice Chair Jane King, chair of the Membership Committee, reported. The Membership Recruitment Subcommittee is considering 2016 efforts that will continue to attract full and associate members.

Nearing the end of AHA's fiscal year, the village "continues to perform well financially," Treasurer Chriss Nielsen reported to the Board. Through November, net assets increased to 9.4 months of reserve. Revenue was below the target, but expenses were also less than expected. About half AHA's revenue is from memberships.

The Board offered a \$50 dues credit to those who bring in a new associate or full member.

Executive Director Cele Garrett said recent additions to the membership list, both full and associate members, include Judith Bernanke, Marie Canny, Pete Crouch, Joan Dodaro, Bob Eiffert, Monica Estabrooke, Helen Grayson, Trudi Hahn, Barbara Hayes, Jo Anne Lang and Gail Rothrock—"a banner year," Garrett said.

Meet The New Board Member

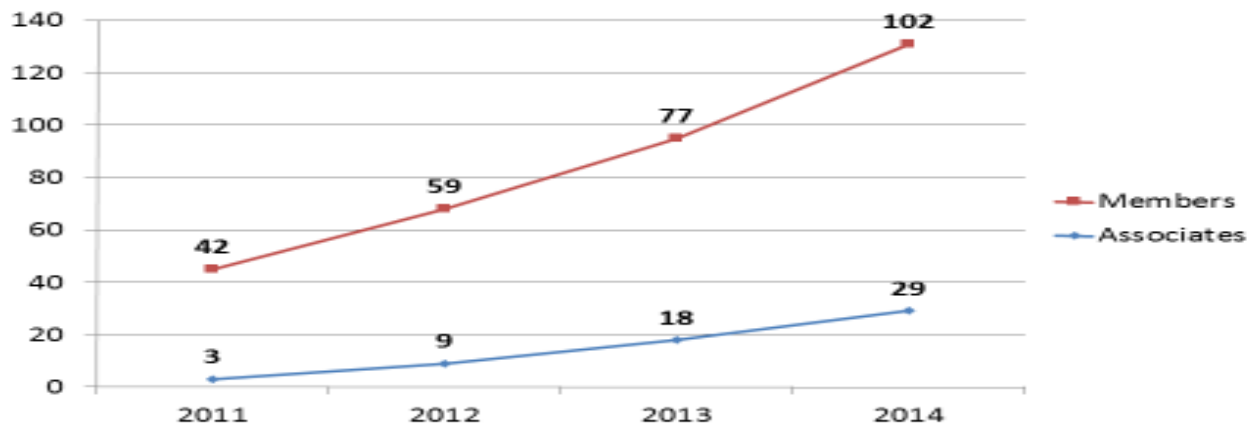
The Board of Directors voted without dissent Dec. 15 to name Robert (Bob) Eiffert, a longtime expert on aging issues such as housing and care, to the Board.

The native of Dayton, Ohio, has had a 30-year career with Fairfax County and Alexandria government; since 2007 he has been the long-term care program manager in the Fairfax County Health Department, a post from which he intends to retire in January. In 2010, Eiffert began a long span as volunteer with the Alexandria Commission on Aging. He has chaired its Advocacy Committee, served as chairman of the Commission and now is vice chair. He is on the board of the Goodwin House Foundation. Eiffert, 64, and his partner of 38 years, Michael Curry, moved to Washington in 1979 and Alexandria in 1983.



Bob Eiffert

TOTAL AHA MEMBERSHIP by Type/Year

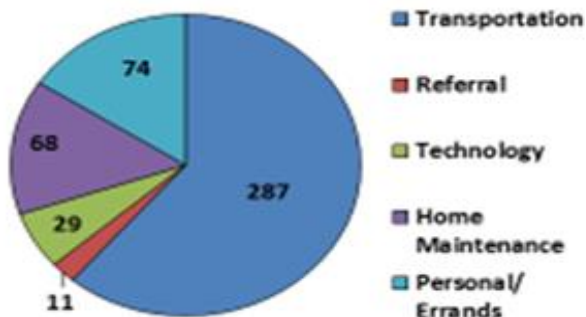


AHA 2014 Annual Statistical Reports

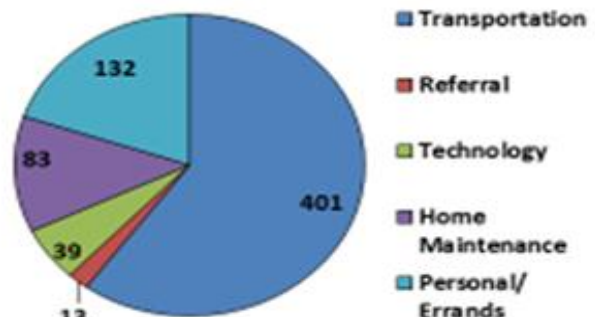
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AHA MEMBER REQUESTS by Number/Type of Requests

2013 – 469 Requests



2014 – 668 Requests



AHA 2014 Annual Statistical Reports

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Data Show Growth in Membership and Services

The charts above were produced by AHA Office Co-Managers Monica Estabrooke and Diane Atchinson from office records in 2013 and 2014, and will be updated early in 2016 with the 2015 data.

Other data show total membership rose sharply in 2015, past the goal of 150. They also provide a monthly comparison of the member requests for 2013 and 2014 and show that the number of AHA events in 2014 increased by about one-third, with attendance of 1,174.

We will report on the 2015 data when they are made into charts.

Things We Do



At the Nielsen-Crowley holiday party, relaxing (left) at the tree; and (above) the catering staff from Thyme and Place keep up with the throng.



The crowd at the annual AHA holiday dinner at A La Lucia. At center, Pam Nelson, Nancy Kincaid and (back to camera) AHA Chair Barbara Rosenfeld confer.



A TGIF gathering at Sheraton Suites Fin & Hoof Bar. The 11 attendees made it one of the largest numbers at a TGIF.



"Clan AHA" at the annual Scottish Walk parade. Maggie Stauffer did her usual thorough job planning and marshaling the AHA group, with help from Jane King, Brenda Bloch-Young, Penny Roberts and Mary Jayne Swanson. Ann and L Liddle hosted a pre-parade reception.



Brigitte Guttstadt and Monica Estabrooke visit with Nancy Kincaid, who hosted a viewing party for the Boat Parade Dec. 5.



At left, Santa visits AHA. No, he did not give AHA Executive Director Cele Garrett a puppy – the dogs are just livening up the photo op. Santa works at a rehabilitation center in his non-Christmas job. At far left is the hot rod that carried him to the AHA office Dec. 16. His sleigh must have been in the shop for a tune-up.

What's Up With AHA Members, Associates And Volunteers

Virginia Martin, a relatively recent associate member of AHA, really has gotten into the swing of things. She hosted November's Conversation With program in her Porto Vecchio apartment—a discussion of the current presidential campaign.

Martin then went beyond hosting and agreed to head the committee whose members plan the Conversation programs. The next event, Jan. 24, will be in Maggie Moose's Porto Vecchio apartment (**See below for details.**)

Teddy and Bill Clayton saw a sign of the anxious times on their recent travels to South Carolina: A tourist "pirate ship" in the waterway fired a blank salute from its cannon. Tourists at a café table adjacent to the Claytons recoiled in fear and one asked, "Could that have been ISIS?" (A reference to the Islamic State In Syria, the violent extremist organization spreading terror through explosions.)

Treasurer Chriss Nielsen and her husband, Tom Crowley, were applauded by the Board and declared "best hosts ever" for their December holiday party. (See Things We Do, p.3, for photos.)

The holiday dinner at A La Lucia restaurant attracted some relative newcomers to AHA. **Jan Pomerantz** and **Everett Wilcox**, new associates recently arrived from Charleston, S.C., attended, as did Associate **Cindy Long**, who brought a guest.

AHA's holiday elves—**Diane Atchinson, Monica Estabrooke and Ann Stat**—baked breads and cookies that were delivered by elves **Ray and Terry Hayes** to a special list of AHA members to brighten their Christmas.

Terry reported that they handled the deliveries the day before, and the day after, Christmas. They encountered several not at home, so they left the goodies at front doors or front desks.

Volunteer Corner

Come to a **Program Committee** meeting at the AHA office on Feb. 10 at 2 p.m. to talk about AHA activities for 2016 and volunteer opportunities.

Would you like to help plan outings and trips for AHA? Are there places in the area that you want to see? Plan a group outing for AHA and take some friends with you. It can be a museum, a historical site, a shopping destination, a movie or theater outing or anything else of interest. Or help plan AHA's lunches and dinners out.

Our programs and outings are among the most enjoyable AHA activities. We need more volunteers to make them happen. That will ease the workload on the people who plan and host the events.

Please say you will be a part of this excellent AHA committee. Contact the AHA office to volunteer.

Special Note to All Volunteers:

Remember to let the AHA office know about 2015 volunteer hours you have **not** already submitted, especially committee work. You are also eligible for a tax deduction for mileage related to volunteer work. Going forward, when you submit your volunteer hours, include the mileage. We can keep the information and report it to you upon request at tax prep time in 2016.

Note that volunteers are eligible for reimbursement for expenses related to AHA that they may have incurred transporting members, purchasing supplies, paying tolls, etc. Or, you can request an "in kind" donation form from the office.

Music to our ears: **Member Sandra Conley**, who has been going through a grueling regimen of treatment for cancer, sent this note to the AHA volunteers who have helped her with transportation, etc.: "Thank you all for making my life happy. . . the kindness of all made life easier and less stressful. Love, Sandra."

Coming Events of Note

- Senior Services of Alexandria is teaming up with AARP for a **Caregiver Resources and Support** Workshop Saturday, Jan. 9, from 9:30 a.m. to noon, Immanuel Church on the Hill, 3606 Seminary Rd. Experts from AARP, Insight Memory Care Center and Griswold Home Care will discuss the options for health care. RSVP online at seniorservicesalex.org or call 703-836-4414, ext. 110.
- The "Conversation With" program speaker Jan. 24, from 3 p.m. to 5 p.m., will be Bob Chase, retired foreign service officer, who will discuss "Where do my philanthropic dollars go?" The event will be in Maggie Moose's home in Porto Vecchio, 1250 S. Washington.
- February's "Conversation With" speaker will be former U.S. Rep. Martin Frost, D-Tex., who will talk about "The Partisan Divide: Congress in Crisis." The program will be from 3 p.m. to 5 p.m., Feb. 21, at Barbara Rosenfeld's home in Alexandria House.

An Etiquette Note From Chair Barbara Rosenfeld

Some of you may assume that all AHA events such as receptions and presentations are sponsored and paid for by AHA. In fact, generous hosts provide food and drink at many of our events such as the “Conversations With.”

A suggestion: If you are going to attend, check with the hosts to see if you can bring something. Contributions are automatic with the Pot Luck gathering, but not so clear at other events such as parties. Thanks to the members who have been so generous in hosting events.

Discounts for the Asking

Remember to ask for a discount. Many merchants offer senior citizens a discount on products and services, from hospitality to goods to travel to prescriptions.

Various lists of businesses offering discounts are found by going online to search “senior discounts” or similar wording.

Some discounts are substantial – it is one of the advantages of being a senior citizen..

Board Election

AHA’s Board of Directors elected a new director, Bob Eiffert (p. 1 story) and re-elected current Board members and officers whose terms were ending: Chair Barbara Rosenfeld, Vice Chair Jane King, Treasurer Chriss Nielsen, Secretary Linus Liddle and Directors Bill Clayton and Alan Dinsmore.

Carryover members of the Board are Charles Ablard, Brenda Bloch-Young, Helen Desfosses, Linda Langley, Steve Nelson, Penny Roberts and Mary Jayne Swanson.

Sleep and Weight Gain

Mayo Clinic’s *Health Letter* says the amount of sleep you get may affect your weight.

“Studies suggest that sleep deprivation triggers hormonal changes that increase your appetite,” Mayo said, “possibly resulting in overeating.” If you are not getting the recommended seven to eight hours of sleep and worry about weight, check with your doctor about strategies to address both problems.

Board of Directors

Barbara Rosenfeld, Chair	Helen Desfosses
Jane King, Vice Chair	Alan Dinsmore
Chriss Nielsen, Treasurer	Bob Eiffert
Linus Liddle, Secretary	Linda Langley
Bill Clayton, Editor	Steve Nelson
Charles Ablard	Penny Roberts
Brenda Bloch-Young	Mary Jayne Swanson

Executive Director

Cecile (Cele) Garrett

Advisory Council

Carolyn Abshire	Laurie Blackburn
Carol Downs	Stewart Dunn
MaryAnn Griffin	Richard Hobson
Judith Jones, MD	Louise Kenny
Ken Labowitz	Ernie Lehmann
Tim Lovain	Temple C. Moore
Richard Moose	Mitch Opalski
George Pera	Patsy Ticer
Vicki Vasques	Marian Van Landingham

Office Co-Managers

Monica Estabrooke and Diane Atchinson

Please: RSVP And Let Us Know Cancellations

The monthly calendars—which all of us get folded into the Newsletter—show the events that require RSVPs. Please honor that tradition and, equally important, let us know when you have to cancel out.

The AHA planners for luncheons or dinners, for example, have to give a firm reservation ahead of time.

And we know busy people sometimes have to cancel—just let the office know or contact the planner of the event (Bill Clayton for evening Dine Around, for example.)

THANK YOU and enjoy our events.

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