



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

# AHA! NEWSLETTER July 2016 VOL. 7 NO. 7

## July's Patriotic Double Bill in Historic Alexandria

AHA villagers can mark July 4 Independence Day in their own way, but also get a second chance for patriotic observance: marking Alexandria's birthday July 9. The city turns 267 years old.

AHA members Nancy Kincaid and Joyce and Dick Bachman will host gatherings in their Alexandria House apartments (and balconies) to enjoy refreshments and view the fireworks on Alexandria's birthday, July 9. The gathering will be from 7 p.m. to 10 p.m. **Guests are invited to bring a beverage of their choice.** On view from Alexandria House, in Oronoco Park, a symphony concert begins at 8 p.m., and fireworks are set off at 8:30 p.m., accompanied by "The 1812 Overture" with its cannonade.



Alexandria has a long list of events on or about July 4, but no fireworks until the joint celebration July 9. For details, go online to [www.alexandriava.gov](http://www.alexandriava.gov) and scroll down the list of events.



Among the city's early-July events are a July 3 special tour of Ledbetter apothecary, a July 6 folk and pop concert at Canal Center and traditional-music concert at Ben Brenman Park, a July 9 Civil War "drill" for children at Ft. Ward and also a documentary on civil rights figure Fannie Lou Hamer at the Black History Museum,

**Some events require reservations and some have a charge, so please phone the City** for details on all these events and others. The main "help" number for the city is 703-746-4357, which can guide you to the direct line for each event.

## AHA Officers Upbeat, But Cite Challenges to Increase Membership, Strengthen Programs

Reports at the June 21 meeting of the Board of Directors were upbeat, but with a challenge from Chair Barbara Rosenfeld to find new members, both associate and full.

May was the "first month to show substantial revenue growth for AHA," mostly because of the donations on Spring2ACTION day and a most generous Member contribution, Treasurer Chriss Nielsen reported. In addition, revenue from membership renewals and new signups was on budget.

With "significant cash on hand," Nielsen said, she is getting expert opinions on moving a significant portion of that into an investment account. There was assent among Board members, some of whom suggested investments they had heard were attractive.

Chair Barbara Rosenfeld reminded Board members of the goals for membership increases, strengthening programs, and establishment of a planned-giving program.

She asked each Board member to accept the responsibility of recruiting at least one new member, either full or associate, by September. "It takes all of us to keep recruiting," she said.

If each Board member took it as a personal assignment to get one or two members, the roster would increase to at least 175, "a good goal for September," she said.

Rosenfeld announced Board Member Charles Ablard will succeed Carol Downs as the liaison with the Advisory Council. Downs chairs the Alexandria Commission on Aging.



## At Home in Alexandria Has a New Logo

Shown at left and introduced to the Board of Directors June 21, the logo is a lively typographical swoosh tying together the ideas of Home and Alexandria. Soon it will appear, with various sizes and with white background, on all AHA stationery and brochures, and this newsletter will have a new look with the logo on its nameplate.

## What's the Best Hollywood Movie About D.C.?

By Donna Fowler, Co-Editor

“All the President’s Men,” Mike Canning says, because of its nuances and complexity, with the recent “Lincoln” (2012) and vintage “Advise & Consent” (1962) also high on his list. Mostly, he believes, Hollywood gets a lot of things about D.C. wrong.

Canning, film critic for *Hill Rag*, Capitol Hill’s neighborhood newspaper, entertained about two-dozen AHA members June 13 at Portner’s Landing with his views on Hollywood’s treatment of D.C.

After a career at USIA, he began his film critic career in 1993, upon retirement. He argues that Hollywood’s portrayal of Washington, especially Congress, generally ranges from “execrable and vile” to “merely stupid.”

Although no film has ever been shot within Congressional chambers, the Senate chamber set created for “Advise & Consent” introduced millions of Americans to Congress through the movie. Georgetown is the most commonly used D.C location for films, with “The Exorcist” as the Washington movie that made the most money.



Mike Canning and part of the AHA audience June 13.

## AHA Loses Three Valued Friends

### Doris Whitman, 1920-2016

Author, cook, longtime Peace Corps veteran, Doris Whitman died June 7, three weeks shy of her 96<sup>th</sup> birthday. She was an active member of AHA until she moved to a care facility in Maryland.

She was born in Johannesburg, where her father, a councilman, had the street of their home renamed “Doris Street.” Doris Whitman became a compulsive knitter of sweaters for family and was a dressmaker and gardener. She and her late husband, Bill, leave two daughters and five grandchildren. Doris loved Mozart and, particularly as her eyesight failed, spent long hours listening to, and talking with friends about, Mozart’s music.

### Ed Cather, 1936-2016

A man proud of his naval aviation career, Ed Cather died June 24 of lung disease.

Cather, husband of AHA member Indie Cather, was 80. He attended the Naval Academy in Annapolis and became a naval aviator, for a time based on an aircraft carrier. In later years, he worked in commercial real estate.

Cather acquired a large collection of naval aircraft models, going back to World War I, which he displayed in the living room of the Cathers’ Old Town home. He was a regular at lunches at the Old Dominion Boat Club.

### Kay Logan, 1936-2016

When friends thought of Kay Logan, what came to mind was “energetic,” “lovely,” “involved” and always, “generous.” Her life’s work could be summarized: “Music,” “teaching,” “philanthropy.”

Logan died June 8 in Alexandria. An accomplished flute player with a Master’s Degree in music, she had a long career teaching and consulting on music education for older adults and the handicapped of all ages.

Organizations in several countries sought her expertise. In addition to AHA and the Symphony Orchestra League of Alexandria, she was active on many boards and committees and was a major contributor to Penn State’s Behrend College.

## Interest Group News

**AHA's Interest Groups** are growing in numbers and participation. In this first roundup of their activities, we tell a bit of what they are doing and planning. Each group has a coordinator or two and those are your contacts to join and participate. Play bridge? There is a group for that. History? Yes. Bicycling? Got you covered.

**The Bicycling Group, who call themselves Blazing Saddles**, blazed a trail June 14 up past National Airport to the LBJ Memorial and a rest-and-munch stop at the Columbia Island Marina before returning to Madison Street. Coordinators are the indefatigable **Maggie and Barry Stauffer**. They plan **another outing, this one to Shirlington on Thursday, July 14<sup>th</sup>**. They promise an easy six-mile ride, assembling in front of Sport & Health on Madison Street for an 11:30 a.m. departure. Shirlington affords many choices for a lunch rest stop. To join Blazing Saddles, contact Maggie or Barry Stauffer at [maggie.stauffer@comcast.net](mailto:maggie.stauffer@comcast.net) or at 703-549-8680.

**The Bridge Activity Group** meets on the second Friday of every month from 1:30 to 4 p.m. in the Drake Room of Alexandria House. Phone Nancy Kincaid if you can play, at 703-836-4794 or email [nancyk764@verizon.net](mailto:nancyk764@verizon.net).

Here is another of Kincaid's many roles for AHA: **The Movie Activity Group** meets the fourth Tuesday of every month—but could meet more frequently if desired by attendees. Movies are at Shirlington in early or mid-afternoon. Attendees can help select the movie. Phone or email Nancy Kincaid if interested.

Ideas are being exchanged for a possible **Met Opera Live group**, to see Met performances in movie theaters. The AHA group's organizational meeting will be July 12 at 10:30 a.m. at the home of Penny Roberts, 704 Avon Pl., Alexandria. Please contact her at [703-836-9644](tel:703-836-9644) or at [psroberts\\_378@msn.com](mailto:psroberts_378@msn.com).

**The History Interest Group** is planning a meeting in August to discuss events and evaluate interest. Coordinator Brenda Bloch-Young reports, "We will meet for coffee in August, date as yet to be determined. The Alexandria History Society has scheduled lectures for September and October that the AHA group hopes to attend."

**The Walking Club**, one of the oldest AHA interest groups, sometimes also struggles for participation. Coordinators Barbara Rosenfeld and Bill Clayton invite all AHA people to participate—and walk at their own pace. The photo at right shows the beautiful path along the Potomac River, lush and green with recent rains. But it is more festive when more than two or three show up. Walkers range in number from "lonely" to eight. They gather Tuesdays at 8:30 a.m. at the T.C. Williams Boathouse at the foot of Madison Street. In winter, they start at 9.



## Navigating Nutrition: AHA, Goodwin House Series Ends With Recipes and Samples of Luscious Bites

By Alan Dinsmore

The finale of the Goodwin House At Home/At Home In Alexandria nutrition series featured a presentation by Sherry Bowman, dietitian at Goodwin House. She introduced a selection of nutritious, multiple-course dining bites prepared by the Goodwin House Food Services.

The audience of about 25 was given a tour of nutritious and easy cooking along with a PowerPoint presentation of recipes of the various bites—featuring Pesto Potato Salad, Cranberry Almond Broccoli Salad, Pasta with Creamy Mushroom Sauce, Baked Chicken, Chocolate Mousse, and Caramelized Pineapple With Cinnamon.

The three-part series on nutrition was organized by AHA's Carol Downs and Alan Dinsmore, in collaboration with Goodwin House Bailey's Crossroads.

The April 20 inaugural of the series was presented by Amanda Barnes, nutritionist at Giant Foods, and covered the do's and don'ts of grocery shopping and preparing foods with healthy nutrition in mind. Barnes urged the audience to check for sodium and sugar content in prepared foods, which sometimes are in higher amounts than desirable.

Barnes also conducted the May 25 session, on cooking for one or two people.

She covered simple ways for transforming leftovers into tasty meals with a bit of olive oil or some spices.



Samples of recipes presented in the program were enjoyed by participants. Photo by Cele Garrett.

## What's Up with AHA Members, Associates And Volunteers

**May Adams**, whom we last saw in a wheelchair and rehab in The Fountains, is shown below clowning it up on an outing with her daughter Lena and two granddaughters. May is clearly on the mend, moving to an apartment in the same building, and anyone who would like to visit her is encouraged to do so.



**May Adams on an outing with her family**

**Brenda Bloch-Young** spent Memorial Day weekend in New York and Connecticut. She has this advice for New York City this summer: "I highly recommend the new Met Breuer" (the Met has taken over the old Whitney Museum space on Madison Ave.) The current exhibit is titled "Unfinished"—unfinished paintings from famous artists beginning with El Greco. "While the new Broadway play 'The Humans' won three Tony awards (acting is superb), the story is brutal," she said.

**Co-Editor Donna Fowler** reports on a vacation trip to Croatia: "stunningly beautiful." Traveling the coast north from Dubrovnik, she found "crystalline waters, tiny medieval walled cities, coves and bays speckled with a thousand islands and a rich culture and history."

**Cele Garrett's daughter, Holly**, graduated from T.C. Williams High School Saturday, June 18. She plans to study art at James Madison University in Harrisonburg, Va. She is shown at right in graduation gown, with her **brother, Cole**, a student at T.C. Williams.



## Volunteer Corner

**AHA has a new online system to manage volunteers' errands and services for members.** Called "RideScheduler" and sponsored by NV Rides, the system permits AHA volunteers to accept available assignments and enter the hours and mileage of their completed assignments. Operations Co-Managers **Monica Estabrooke** and **Diane Atchinson** manage the rides system and taught a series of training sessions for volunteers on how to use it. Although the system specifies rides, AHA adapted the system to accommodate all member services: transportation, technology assistance, home maintenance, outside services, errands, in-home convenience, personal connections, and decluttering/organization.

**How many calls for service are there? Well, for May, there were 55 requests from 23 members.** Transportation dominated the month, with 31 requests filled. Outdoor Services and Technology Assistance drew seven calls each. There were four calls for in-home convenience help, two for home maintenance, two for personal connections, two for organizing and "decluttering."

"Josefa's Party," a much-awaited and festive gathering, is set for Saturday, Aug. 20, from 5 to 7 p.m. **Josefa Gibson** hosts a gathering yearly to recognize AHA volunteers (and, as Chair **Barbara Rosenfeld** points out, "We are all volunteers"), and the crowd fills her apartment in Alexandria House. **So mark your calendars for Aug. 20 for a party not to be missed.**

**Music to our ears: Praise for volunteers.** A member called volunteer **Stan Maciak** "a gem of a guy" for extraordinary help. It's a long story, but the gist is: a deliveryman left a large package on the member's doorstep, blocking the door. The member called Maciak, who emptied the box, assembled the contents—a special "lift" lounge chair—moved other furniture and took the big cardboard box to the trash.

**Stan Maciak** also takes an AHA couple's garbage out weekly.

**Jane Coughran** won plaudits for taking a member every week on shopping trips.

**Andrew Unger** also does regular twice-monthly driving for a member to shopping.

These instances are in addition to what the volunteers do for other members and other errands.

Periodically, **Volunteer Chair Penny Roberts** wants to give a "shout out" to new volunteers.

Since mid-May, that would be **Lee Coughlin, Susan Bray, Beth Wrightson, Karen Dazzle and David Colton.**



## Coffee for New Members

At left, the group at a coffee for new AHA members at the home of Maggie and Barry Stauffer. They enjoyed refreshments and took on personas of the famous: Nancy Kincaid was “Queen Victoria,” for example, just to get the discussion going. It worked, and each of the group told a bit about himself or herself and described the reasons for joining AHA.

## The Value of AHA Membership

Here’s an unscientific comparison of average costs of services in the private sector, compared with items that are free with AHA full membership:

Average round-trip taxi fare within Alexandria \$12, computer work \$100-\$300, plumber \$90 an hour, simple electrical repairs \$65 an hour, landscape or gardening \$15-\$35 an hour, chess lessons \$50-\$75 for 1-1/2 hours, errands such as shopping, laundry pickup and home chores such as hanging pictures, turning mattresses \$16.50 an hour, handyman \$35 an hour. Average national median price for an assisted-living community \$39,000 per year, compared with AHA’s full individual membership \$550 and couple’s membership \$800.

## SCAM Alert

Seniors lose billions of dollars to scam artists each year. Here are some tips to be safe from scams:

- \* Never give your bank account, Social Security number or credit card information over the phone to someone you don’t know.
- \* Don’t respond to a message on your computer that says your virus protection is compromised.
- \* Don’t send money to anyone who says they’re stuck in a foreign country and needing help.
- \* Don’t respond to a notification that you won a sweepstakes and need to pay money to share the prize.
- \* If someone who sounds like your grandchild calls to say they’re in trouble, immediately call their cell phone or check with their parents to see if they’re okay and it’s not a scam.

For more information, contact the Elder Abuse Hotline at [800-677-1116](tel:800-677-1116).

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