



— AT HOME IN —
ALEXANDRIA

NEWSLETTER

Volume 8, Number 4

April 2017

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



AHA Launching New Web Site

By Executive Director Cele Garrett

AHA is excited to announce that its new web site will launch in just a few days.

The URL remains the same:

www.athomeinalexandria.org—but the look will be new and vibrant.

Our goal is to provide you a visually appealing and content-rich site that is easy and enjoyable to navigate when you need resources,



calendar, or any other key information about AHA and its programs.

Give us a few weeks to make any tweaks after we roll out the new site.

Soon, we'll ask for your feedback as to the site's usability and design.

If you haven't yet "liked" the AHA Facebook page at <https://www.facebook.com/athomeinalexandria.org/> please do so now and get the latest AHA news, links to great articles, event photos and much more.

In the coming weeks, we'll have a tutorial for those who would like to “get on” Facebook or enhance your skills with the program.



At left, Ben Roberts of the web design firm Six Half Dozen talks to AHA leaders about the uses of social media such as Facebook.

Ready...Set...Spring2ACTion on Wednesday, April 5

By Jen Heinz, Marketing and Membership Manager

Alexandria's annual citywide fundraiser for nonprofits—Spring2ACTion (S2A)—is early this year: it's on April 5.

S2A celebrates the deep commitment Alexandria residents have for the city's nonprofit organizations and spotlights the important role these nonprofits play in improving the quality of life for Alexandrians.

We hope we can count on your support.

AHA depends on this annual event to raise money to support our operations, fund special projects like volunteer training, and subsidize memberships for those in need. Membership dues make up just half of our annual budget, so it's necessary for AHA to raise additional funds.

Visit our fundraising page at

<https://www.razoo.com/story/Aha> and make your gift to AHA before midnight on April 5th. At various times throughout the day, generous AHA donors are offering matching gifts so whatever you contribute will be doubled. Log in to see if there's a matching gift listed.

And, it's not too late to offer your own matching gift during AHA's campaign. We'd be grateful for it and you can help us encourage other supporters who love to have their gift matched dollar for dollar. If you'd like to offer a match, please call Cele Garrett at the AHA office as soon as possible.

Our campaign includes an all-day celebration at the Del Ray Café (205 E. Howell Ave.), where AHA will set up "mission control" to monitor the Spring2ACTion leaderboards.

Stop in that day to make your contribution and enjoy a coffee and croissant on us. Del Ray Café will donate 5 percent of your meal to AHA.

Reach out to your friends, family and neighbors, or put a post on your favorite listserv to encourage people to contribute from right now until midnight April 5. If you have a Facebook account, please “like” AHA’s Facebook page and share the Spring2ACTion posts as you see them on your newsfeed.





**Kay Masterton and
“Fluffy”**

Kay Masterton 1918-2017

Talk to somebody about Kay Masterton, and the usual words are “spirited,” “fun-loving,” “beautiful.”

Caroline Groves Gayler (“Kay”) Masterton died in her sleep March 6 at age 98.

She was the oldest AHA member of record.

But age did not define her; rather, she had a remarkable life and was an enthusiastic supporter of At Home in Alexandria.

The photo above was on a Valentine’s Day card she sent to AHA two years ago: “At 96, I still recall with pleasure all my dearest friends.”

Caroline Groves was born in 1918 to Betty and Ralph Groves of Webster City, Iowa. In high school, she distinguished herself by winning the 1936 National Declamatory Contest Humorous Division. She graduated from Iowa State College with a degree in dietary science and later studied at Johns Hopkins University.

Her two husbands were admirals: Adm. Noel Gayler, who was for a time director of the National Security Agency and then Commander-in-Chief/Pacific; and Vice Adm. Paul Masterton, whose Navy career spanned 39 years and who earned the Distinguished Service Medal.

As “diplomatic partner” to Gayler, Kay was hostess to foreign royalty as well as U.S. Presidents Ronald Reagan, Richard Nixon and Gerald Ford. In 1956, she was named Mrs. Washington and then was runner-up Mrs. America.

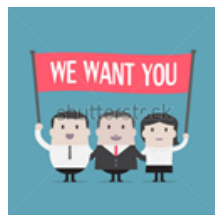
Her husbands predeceased her. She is survived by five children, seven grandchildren and five great-grandchildren.

“She had a smile for everybody,” AHA’s Cynthia Boyer said. “She never met a person who did not like her.”

There’s Always Room For New Interest Groups

AHA has Interest Groups for opera, history, walking, bridge, biking and theater. See Interest Group News, p. 4. Do you have an interest in forming a group? For books, billiards, birds, yoga?

Get in touch with AHA at 703-231-0824 and either sign up for a group or create one of your own with like-minded people in AHA. The groups are fun or informative or a chance for an outing.



THAT PERSONAL TOUCH

**By Vice Chair Jane King
And Executive Director Cele Garrett**

AHA membership continues to grow steadily—160 members and counting—and we work hard to recruit volunteers to meet our members' needs

. Through the natural course of working together, often a volunteer and a member will forge a special relationship. These friendships become invaluable in cases where the AHA member's circumstances change—either temporarily or permanently—and the member values having that trusted person on hand.

This informal “buddy” system is a real strength of AHA that you may not be aware of. Of course, not all AHA members end up needing this level of personal interaction but it's always here for those who need it.

We want to be prepared for the future needs of our AHA members, so we're inviting current and prospective volunteers to become a “buddy” for an AHA member. This experience may involve occasionally meeting with the member in person, being in touch weekly by email or phone, coordinating their needs with the AHA office, encouraging them to attend AHA events that you know would be of particular interest to them, following up after an appointment, seeking help from the AHA office if the member needs special assistance, or just lending a helpful ear. (Sometimes simply talking through an issue can provide clarity.)



Many of our volunteers and members travel with some frequency so we're accustomed to arranging substitute buddies.

Don't let that be a reason not to give this a try.

Volunteers who would like to be “matched” with a member will receive training to include education about the many services available in Alexandria.

Call or email Cele Garrett at the AHA office:

Phone: 703-231-0824 or email
cele@athomeinalexandria.org

Alert: Date Changes For Important Programs

The three coming programs in collaboration with Goodwin House have been given new dates. The theme of all three is better understanding of the medical system. The discussions are:

- Getting the Most out of Your Doctor's Visit, Wednesday, May 3. A physician talks about doctors' approach to older patients.
- Who's Got Your Back? Wednesday, May 17. Professionals discuss the role of geriatric care managers, medical advocates and services facilitators.
- Your Hospital Stay and Beyond, Wednesday, June 7. Case-management directors from Virginia Hospital Center discuss hospital admission and discharge.

The programs will be at Goodwin House Bailey's Crossroads, 3440 S. Jefferson St., Falls Church, from 10 a.m. to 11:30 a.m.

Sessions are free and open to the public. Valet parking is available. Light refreshments will be served.

“Red Flag” at Board Meeting

At the March meeting of the AHA Board of Directors, Treasurer Chriss Nielsen raised a “red flag” about membership revenue.

Through attrition, that source of financial support for AHA has fallen behind those totals for 2014, 2015 and 2016, Nielsen reported. Her report and that of Chair Barbara Rosenfeld gave new urgency to the periodic call for the Board members to recruit new members.

Their message was multiple: check with neighbors, relatives and contacts for prospective members; host neighborhood coffees to tell the AHA story; appear at your business or social groups with AHA brochures. AHA members who know somebody in AHA's newly added area—chiefly Cameron Station—are urged to explain how the village functions and follow up with prospective members.

“We need to rev up and do more,” Rosenfeld said.

Aside from the membership challenge, the Board news was brighter. Nielsen said overall revenue for February was above budget, largely from receipt of a 2016 Benefit sponsorship.

Membership Chair Jane King and the new marketing and membership manager, Jen Heinz, are meeting regularly to coordinate their roles.

AHA membership stood at 159 as of mid-March. New members are Joanna Chusid and Tom Horton.

Rosenfeld reminded the Board of the Nov. 6-8 Village to Village conference, in Baltimore. The national gathering is an intense discussion of the national village movement and a chance to exchange ideas and contacts.



Sara Mark Lesk speaks to AHA members

“Conversation With . . .” Speaker Describes Art Program for Children

Sara Mark Lesk described the “Art Around the Corner” program she runs for disadvantaged youth at the National Gallery of Art. Her presentation was another in AHA's “Conversation With” series, managed by Virginia Martin.

The location was the art-filled Porto Vecchio home of Maria and Roberto Ramaciotti.



Sara Lesk

Working under an endowment, the program gathers students in third, fourth and fifth grades of schools in poverty areas of the District of Columbia. The kids, accompanied by their teachers, are shown the wonders of art and are encouraged and taught to sketch, write poetry and sculpt. There are visits to museums and galleries, for many youngsters a first-time view of those.

“When you start visiting a museum as a child, you are likely to visit museums as an adult,” Lesk said.

The theme of the effort is “experiential learning,” Lesk said, a big phrase just meaning youngsters are exposed to the arts and urged to say what they think – and ask questions. When teachers see youngsters taking up pen or brush and creating art, some of them cry at the transformation, Lesk said.

Ways to Live Longer

AARP's Bulletin recently listed 50 ways to live longer, among them:

- Cut back on pain pills, whose regular use may increase the risk of heart attack and stroke.
- Sleep six to eight hours—and make it easier: make the room darker, keep a regular schedule, try a new mattress.
- Green tea may help stave off diabetes and heart disease.
- Eat whole grains, in bread, oatmeal, or brown rice, for example.
- Drinking whole milk instead of low-fat may help lower the risk of diabetes.
- Eat like the Greeks: the Mediterranean diet is good.

What's Up With AHA Members, Associates and Volunteers

Pansies defying the March snow, in this photo by **Pam Nelson**. She snapped the shot on her way home from a Ladies' Night Out that was attended by only her and **Sandy Heistad**. For other effects of the snow,



read about AHA's "snow buddies" in the Volunteer Corner column at right.

Venue Reclaimed—After a hiatus for remodeling, the Drake Room of Alexandria House will be ready again for AHA's monthly **Happy Hour** on May 13. The April 15 Happy Hour is still at Sport and Health.



Indomitable Chair **Barbara Rosenfeld**, at left, presides over an AHA Board meeting despite a broken ankle from a fall on ice. A Board member joked about the fear of being booted out of the meeting. Another AHA member, **Teddye Clayton**, fell on the ice, but all she hurt was her dignity.

AHA co-founder Ernie Lehmann got home in late March after a long stay in the hospital for a toe infection that turned threatening.

Doctors saved the toe but put Ernie on a strictly healthy diet, **Montsie** says.

Hard commute—**Board Member Linda Langley** has been back and forth to Knoxville to care for her mother. **Linda and her Development Committee** have been hip-deep in early planning for the annual gala and auction.

Alan Dinsmore was appointed March 14 to a new two-year term on the Commission on Aging.

VOLUNTEER CORNER

AHA Operations Co-Manager Monica Estabrooke, an active retiree volunteer with United Way system, was invited by the United Way of Wisconsin to conduct an interactive workshop on "Strategies to Engage Boomers and Retain Retirees." Monica was for 12 years planned giving director with the United Way system. Hundreds of local United Ways attend.

Monica serves as a volunteer consultant to United Way Worldwide on endowment development and planned-giving strategies; and has been invited for the past five years to present at this major gathering of United Ways in the Central and Northwest region.

After the snow/melt/refreeze of March, **AHA's "snow buddies" went into action. Monica Estabrooke** added to her operations co-manager duties the chore, from home, of alerting AHA members to the availability of snow removal and checking for volunteers. **Twenty-one buddies responded.**

The chore was harder the second day, when the refreeze had formed heavy slabs of ice on vehicles and sidewalks. Ostensible Snow Buddy **Bill Clayton** got a bye: when he showed up at a member's house. She said a neighbor had beaten him to the chore.

Andy Unger reminds us all of how gratifying it is to help our older neighbors. He said he has worked from time to time with a member who at first was, to say the least, "not at her best." He suggested swimming as therapy, and reports he has seen the difference that has made in her health and spirits.

Interest Group News

The History Group—Brenda Bloch-Young, Penny Roberts and Mary Peet—visited historic Woodlawn and the Pope-Leighey House, one of Frank Lloyd Wright's creations.

Blazing Saddles, the biking gang, resumes **Tuesday, April 18, at 1 p.m.** The group gathers across from the Sport & Health Club at Madison and Fairfax Streets in Old Town. Riders of every ability are welcome. For more, call the Barry Stauffers at 703-549-8680.



The Blazing Saddles bike Group, on a 2016 outing.

The **Walking Club** resumed its weekly jaunts with a walk along the Potomac March 21. Bill Clayton, Ona Ziegler and Shelly Schwab were on the path and invite other AHA folks to join in, every Tuesday morning. Check Clayton 703-548-0958 for details.

Things We Do



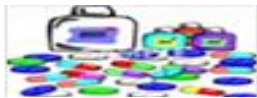
The TGIF crowd, above, drank toasts to the memory of Tom Fitzgerald, who was a regular at the gatherings and who died in February. Left to right: Helen Desfosses, Steve Nelson, Ken Hill, Pam Nelson, Julie Gentry (partly hidden). Photo by Bill Clayton.



Left, we Dine Around, at the Northside 10: Front: Alice Cohan, Penny Roberts, and (partly hidden) Indie Cather. Eight AHA people attended and enjoyed southern cuisine.

Meds Tip

List your medications and fold the paper behind your Medicare card. That puts it at hand when the doctor needs it.



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

Charles Ablard, Liaison

Laurie Blackburn	Peter Crouch
Carol Downs	MaryAnn Griffin
Richard Hobson	Judith Jones, MD
Louise Kenny	Jessica LeFevre
Ernie Lehmann	Tim Lovain
Temple C. Moore	Mitch Opalski
Jan Pomerantz	Patsy Ticer
Vicki Vasques	

Operations Co-Managers

Monica Estabrooke and Bernice Courtenay

Safe Streets

The City of Alexandria has committed funding to becoming a “Vision Zero” city. Vision Zero is a plan to eliminate pedestrian and bicycle accidents across the city.

An information session will be held April 10 at Cora Kelly School from 6:30 p.m. to 8:30 p.m. and a second session will be held at the William Ramsey Center on April 12 from 6:30 p.m. to 8:30 p.m.

For more information go to www.Alexandriava.gov

Chuckles and Chortles

Musings on WHY?

- Why don't sheep shrink when it rains?
- Why must sick people walk to the rear of the store for the medicines when healthy people buy cigarettes at the front?
- Why is the slowest traffic time of day the “rush hour?”
- Why do banks leave the vault open but chain pens to the counter?
- Why does sun darken the skin but lighten the hair?
- Why do you never see the headline: “Psychic wins lottery?”
- Why is your money manager called “broker?”
- Why is there not mouse-flavored cat food?”

CONTACT US

At Home in Alexandria
3139 Mt. Vernon Avenue
Alexandria, VA 22305
703-231-0824