

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

## Ready to Paint the Town Red? Put October 22 on Your Calendar

At Home in Alexandria will Paint the Town Red with that theme for its annual Benefit and Auction Sunday, Oct. 22.

The festive evening kicks off at 5:30 p.m. and runs to 9 p.m. at the Carlyle Club, 2050 Ballenger Avenue in Alexandria. The Carlyle Club was also last year's venue, and its Art Deco ambiance and lush décor made the evening special. Heavy-duty hors d'oeuvres will be served, more yummys will be available at food stations and the Christophe Ludet Combo will keep toes tapping

Every Gala ticketholder gets a first glass of house wine, beer or liquor free.

A large array of auction items—dining, touring, services and the like—will be offered at the auction tables. One special highlight of the evening is the wine raffle (see more details below).

Television personality Julie Carey will pose some Alexandria history questions to the crowd and emcee Peter Crouch, an AHA volunteer *extraordinaire*, will keep the evening's agenda moving along. For Gala information, including how to buy Gala and raffle tickets online, check out the AHA website, [www.athomeinalexandria.org](http://www.athomeinalexandria.org).

### Getting to the Gala

Street parking is available, or you may park in the garage beneath the Carlyle Club. To park in the garage, from Elizabeth Lane take the access road behind the Catholic Charities building to the garage entrance. Parking is free, but an attendant will give drivers a ticket and keep a stub. Take the elevator to the first floor, exit the building, and turn left. The club entrance is located on the corner.

## Donate to the Wine Raffle, A Highlight of a Festive Evening

Do you have a nice bottle of wine at home or your favorite wine store, worth \$20 or more, that you would like to donate? If not, would you like to donate \$20 or more to be used to purchase a nice bottle for the raffle? In either case, please email both Steve and Pam Nelson ([sbnelson@gmail.com](mailto:sbnelson@gmail.com) and [pnelson703@gmail.com](mailto:pnelson703@gmail.com)), with your contact information and what you would like to donate, so they can coordinate with you. If you don't have access to email, you can call 571-255-0443, Pam's mobile.



Last year, the wine raffle proved a lively and rewarding highlight of the evening. The raffle —\$10 a ticket or \$25 for three tickets—attracted many wine fanciers competing for the three- or four-bottle lots of wines—each lot valued at many times the raffle ticket price.

There were 10 raffle winners last year, in addition to a silent auction of a very special old Haut-Brion. The raffle rewarded each winner with a wine bundle worth an average of \$145, with a range of \$111 to \$215. Volunteers will circulate through the crowd, selling raffle tickets.

The Nelsons emphasized that raffle winners need not **be present** when their numbers are announced: To generate some excitement before the event, **pledges** for the wine raffle tickets (to be paid for at the Gala) will be welcome ahead of time. Just email, text or phone Pam Nelson [pnelson703@gmail.com](mailto:pnelson703@gmail.com) (571) 255-0443 or Steve Nelson [sbnelson@gmail.com](mailto:sbnelson@gmail.com) or the AHA office (703) 231-0824 [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) and they will follow up.

**Feeling lucky?** The odds of buying a winning raffle ticket are way more promising than the lottery. Also, Gala tickets and wine raffle tickets can be bought online at AHA's website.

At Home in Alexandria  
invites you to save the date

22 OCTOBER



AHA members and supporters  
received this striking postcard for  
the annual benefit and auction.

**The Gala is AHA's biggest event of the year. All Alexandrians who like what AHA does for senior citizens are invited to buy tickets to the Gala and tell friends and neighbors about it.**

## Patsy Ticer, Trailblazing Alexandria Public Servant, Dies at 82

Patsy Ticer, a political pioneer and longtime Alexandria public servant, died Aug. 17 at the age of 82.

The cause was complications from a fall, the family announced.

Patricia Keyser Smith was born Jan. 6, 1935, in the District of Columbia. Her family moved to Alexandria after World War II. She married John “Jack” Ticer in 1956.



**Patsy Ticer**

She had earned a degree in government from Sweet Briar College, and Jack, an Alexandria city councilman, persuaded her to get into politics. She did, with an intensity shaped by study of the issues and tempered by charm and beauty.

Ticer, who worked closely with then-Mayor Charles Beatley, won election to the City Council in 1982 and became vice mayor two years later.

When Mayor Jim Moran won election to Congress, Ticer became the first woman elected to Alexandria City Council. She was elected state senator in 1995 and served four terms before her retirement in 2011.

She was active in church and in several civic groups and served on the Advisory Council of At Home in Alexandria.

A service in celebration of her life was held Aug. 18 in St. Paul’s Episcopal Church, the church where Patsy and John were married. The sanctuary was filled, with more than 400 people attending.

Family members read from Scriptures and shared reminiscences, some of which moved the audience to bursts of laughter.

The Rev. Oran Warder joked in his Homily that the church toyed with the idea of starting the ceremony later than announced, so that Patsy—with her penchant for lateness—could experience it all.

Mayor Allison Silberberg called Patsy Ticer “a touchstone and trailblazing mentor.” She said she honored Ticer “on behalf of a grateful city.”

Ticer “got things done,” Silberberg said.

The celebration included hymns and instrumentals, and it closed with a rousing rendition of “When the Saints Go Marching In,” which had many in the audience marching down the aisles when the service was over.

## Interest Group News

Path rage? The **AHA Walking Club** came upon a crew trimming shrubs along the Potomac River path. The crew had disturbed a wasps’ nest, whose residents set upon the walkers, to widespread consternation and a few stings. No allergies, however, and the walkers resumed without a medical emergency. But in the future, they resolved to look far enough ahead to avoid a repeat.

Penny Roberts announced that the **Opera Interest Group** will reactivate in October. The first opera is *Norma* by Bellini, on Oct. 7. NOTE A CHANGE IN VENUE: “This time we will try the AMC theater off Eisenhower Avenue,” Roberts said. “The performance starts at 12:55 p.m., but folks need to get there early to get a seat.” Or, Roberts will save a seat for anyone who notifies her ahead of time. The theater “gets quite full,” she said. Roberts emphasized that villagers should get tickets early.

The next opera is Mozart’s *Die Zauberflöte* (*The Magic Flute*) on Oct. 14, also at the Hoffman.

Plan ahead for an exciting new element on the October calendar: An AHA group will be given a **tour of the Supreme Court** on Oct. 18. This may be a popular tour and space is limited. Sign-up with AHA is required to be admitted; call or email the office at 703-231-0824 or [aha@homeninalexandria.org](mailto:aha@homeninalexandria.org). The group will meet at the John Marshall statue in the main hall at 10:45 a.m. for the tour at 11 a.m. Members who want to travel together can arrange a taxi, Uber or Lyft. The tour is one hour. Names of attendees are needed in advance so they can be cleared. This will be a first for AHA, arranged by Maggie Stauffer through a friend of hers, a docent at the Court.

The “What’s in the News” crowd attendees praised **Brenda Bloch-Young** for being an effective leader of the group. From the start, she urged people to be respectful and courteous—despite the fact certain national issues were white-hot. And Brenda put in enough research for the topics on each agenda that the group did not dissolve in contentious debate. The topics at the latest session ranged from Amazon and antitrust to immigration and robotics.

After a summer pause, the **Blazing Saddles biking group** will resume Thursday, Sept. 21. They will gather at 9:30 a.m. at the corner of Madison and N. Fairfax Streets. Bikers at all levels are welcome. RSVP by Sept. 18 to Maggie 703-549-8680.

Because some villagers have expressed interest in having one or more **AHA book groups**, **Penny Roberts and Kit Leider** have scheduled an informational meeting for those interested in a mystery-book group. The get-together will be 5 p.m. Thursday, Sept. 21, at the Fin & Hoof bar at Sheraton Suites Hotel, 801 N. St. Asaph.

For details: contact Penny at [psroberts378@gmail.com](mailto:psroberts378@gmail.com) or Kit at [ksleider@aol.com](mailto:ksleider@aol.com)

## Heroines of the French Resistance Featured in Special AHA Program

At Home in Alexandria is presenting a special program-cum-book-signing at 2 p.m. Sept. 11 by Monique Saigal, who as a child in Nazi-invaded France was hidden by a Catholic family in southern France.

Saigal has shared her story and those of others of the “courageous women . . . who fought the Nazis in the French Resistance.” Her book, “French Heroines 1940-45,” will be available for purchasers at the program, which will take place in the meeting room of Portner’s Landing.

After her grandmother arranged for a haven for Saigal, she was separated from her family for years. Her sister also was given refuge by another family.

One heroine of the book was Jeanne Boher, who stood just four feet, eight inches tall but was a giant of the Resistance. She learned chemistry and the ways of explosives, and later taught French soldiers how to blow up railroads the invading Nazis needed to spread their invasion and occupation of France.

One day, before D-Day, she blew up a rail line herself.

Boher is the sort of heroine who enlivens the pages of Saigal’s book.

## AHA Is Co-Sponsor of Safe Driving Workshop

AHA is a co-sponsor of a Sept. 5 program on Safe Driving as You Age. by NV Rides. The workshop will run 10:30 a.m. to 2 p.m. in the Beatley Central Library.

The workshop is free and a light lunch will be served. A substantial lineup of speakers will cover many aspects of safe driving for seniors.



“Learn how to improve your health and well-being, on and off the road,” NV Rides said. “Explore safe and reliable transportation alternatives for you and your loved ones when it is time to hang up the keys.” The presenters will be:

- Fairfax County Police Officer Sheila Ayers
- AARP driver safety expert Bervin D. Elliott
- Paula Cole, health director for the Jewish Community Center of Northern Virginia
- Mindfulness expert Sherri Shunfenthal
- Extension Agent Jennifer Abel

Special guests will be Virginia Delegate Mark Levine and Ingrid Parris-Hicklin, host of Fairfax County public access show “Ingrid’s World.”

NV Rides is the system by which AHA schedules and records its assignments to volunteers. NV Rides is one of AHA’s “partner nonprofits.”

## Social Media Update

Jen Heinz, AHA’s marketing manager and social - media guru, reported that the village is moving ahead with social media.

AHA is now on Twitter and villagers are encouraged to use Twitter to follow AHA. It isn’t on the scale of the Tweeter-in-Chief (chuckle), but interesting nonetheless.

Our Twitter account is

[www.twitter.com/athomeinalex](http://www.twitter.com/athomeinalex)

The village will be tweeting about its activities and “retweeting” articles, photos and links of interest.

AHA has a Facebook page for the organization ([www.facebook.com/athomeinalexandria](http://www.facebook.com/athomeinalexandria)) and the staff “now posts regularly to share AHA event information and photos, special news about AHA members, and links to articles of interest,” Heinz reported.

“Having an active Facebook presence allows AHA to share valuable information with our ‘followers’ and also exposes the organization to potential members and volunteers who can get a peek at our varied activities and events,” Heinz said.

“To raise the visibility of AHA on Facebook, please always ‘like,’ ‘comment’ and especially ‘share’ our Facebook posts,” she said.

## Two Dates of Great Interest at the Same Venue

- **Sunday Sept. 24, Conversation with Cynthia Glassman, former commissioner, about the Securities Exchange Commission, regulations and financial markets.**  
3-5 p.m., Mt. Vernon Unitarian Church, 1909 Windmill Lane.

When she was on the SEC, Dr. Glassman was the only commissioner with a doctorate in economics. She strongly sought greater rigor in the regulatory process.

- **Also at the Unitarian Church: A second chance for a program once cancelled: 4:30-7 p.m.**  
Monday, Sept. 15, Atul Gawande, physician and author of “Being Mortal,” talks about the value of community and choice as we grow older.

This is a live simulcast from Boston, co-hosted by AHA and Mount Vernon At Home. There is a \$10 fee, and appetizers, wines and refreshments will be served.

In addition to his surgical practice and writing, Gawande, 51, is executive director of Ariadne Labs, a joint center for health systems innovation, and chairman of Lifebox, a nonprofit organization dedicated to making surgery safer globally.

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

Recently **Sally Ann Greer** returned from a trip to Santa Fe, N.M., where she reunited with a friend of over 45 years. They raised their children in the same neighborhood in Southern California (horse country). During her visit, **Sally Ann** attended the Santa Fe Opera Festival. Among the five operas presented was the premiere of *Steve Jobs*, a 90-minute opera that is now very successful.

**Sally Ann Greer and Bill Clayton**, who agree both have the same low level of computer savvy, have computer resources. For Sally Ann, it is her son, **Christopher**. For Bill, it is his wife, **Teddy**.

**Mary Jane Ruhl** had a notion when parts of Alexandria had water main breaks. In frustration, she emailed the neighborhood listserv: "I know about rain dances but I am not sure how to do a water dance. Otherwise, I would suggest we give it a try."

**Shelly and Dick Schwab** traveled west to Oregon. Usually, that is a trip to cool weather, but no. The first couple of days in Eugene, the mercury flirted with 100 degrees. But it cooled down. They enjoyed the Oregon Festival of American Music with their daughter, Jill, and daughter-in-law, Pam.

Villagers had a variety of ways to see the eclipse of the sun Aug. 21. Mostly, they watched on television. Some traveled for a fuller view: **The Steve Nelsons** went to Camp Gravatt in South Carolina, where scientists and telescopes from the University were available for views and questions. A television crew filmed and **Pam Nelson** got on TV.

**Jen Heinz**, AHA's marketing manager, describes "an exciting day traveling the byways of southeastern Nebraska looking for breaks in the clouds." The break came beside a country road east of Beatrice. Jen put on her NASA-approved eclipse glasses and watched "totality" for 2-1/2 minutes.

The view was spectacular, she reported, but she was struck also by the effects on wildlife: She "listened to the birds and crickets," she said. The downer was "the crawling four-hour drive back to Omaha to make a 6 p.m. flight.

Wearing other hats—**Vice Chair Jane King** will be presenting a program on modifying a home for safe living, for the NOVA Lifetime Learning Institute. This is an AARP-developed class about all the changes in a home to be able to age in place.

After 50 years of marriage and dozens of shared activities, **Lib and Bob Willey** have decided to extend their collaboration to the world of real estate—working together, with Lib concentrating on marketing and sales while Bob emphasizes data analysis and social media. (Readers will recall Lib's sponsorship of gold and other valuables sales that benefitted At Home in Alexandria.)

## VOLUNTEER CORNER

**Penny Roberts** disclosed that when she was in the State Department, one of her jobs was to manage monetary awards.

"They called me Miz Money Penny," she said. She did not say who was her Agent 007.

**Vice Chair Jane King** reported volunteer recruitment "is moving apace. Three who volunteered recently are interested in becoming buddies to our more fragile members."

One buddy told of a pleasant lagniappe he has received for providing transportation: The member often bakes and gives the buddy examples of her culinary ability.

## Things We Do



### Munching and Sipping at Dine Around

Above, clockwise: **Teddy Clayton, Dick Schwab, L and Ann Liddle, Earle Baughman, Sandy Heistad, Nancy Kincaid, Shelly Schwab, Bill Clayton.**



### TGIF, Villagers

Above, **Pam Nelson** checks her photo at TGIF. Clockwise from Pam: (hidden) **Linda Langley, Bill and Francine Gemmill, Steve Nelson, Nancy Kincaid.**

## Chuckles

- Borrow money from pessimists; they don't expect it back.
- A clear conscience could be a sign of a bad memory.
- I almost had a psychic girlfriend, but she left me before we met.
- We know about the speed of light, but what about the speed of dark?
- How do you tell when you are running out of invisible ink?
- If everything seems to be going right, you have obviously overlooked something.
- What happens if you get scared half to death twice?
- My auto mechanic could not fix the brakes, but he did make the horn louder.
- If your car could travel at the speed of light, would your headlights work?
- Some people have acquired a photographic memory, but many don't have any film in it.
- The problem with the gene pool is: There is no lifeguard.
- Why do psychics have to ask for your name?

## Board of Directors

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Monica Estabrooke, Bernice Courtenay  
and Dara Surratt

## Tips From The Fall Prevention Workbook

Exercise can help improve balance as well as health. You do not have to buy special clothes or join a gym to be more active. Take brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves.

Find new ways to build activity into your daily routine. Try for all four types of exercise—endurance, strength, balance and flexibility.

For endurance, try to work up to at least 30 minutes of activity that makes you breathe hard.

It need not be 30 minutes all at once; 10 minutes at a time is fine.

For strength, keep using your muscles. Do exercises that emphasize muscles—lifting, pushing, standing up from a seated position and the like.

For balance, stand on one foot and then the other. Get up from a chair without using hands or arms. Every now and then, try walking heel-to-toe, putting the heel of one foot just in front of the toes of the other.

For flexibility, stretch. Don't start to stretch until your muscles are warmed up. And don't stretch so far that it hurts.



## Estabrooke's Other Hat

AHA Operations Co-Manager Monica Estabrooke, a volunteer for United Way, was invited to present at the United Way Western Region's gathering in Las Vegas in July.

Her speech covered ways to build donor relationships, but she found time to help pack meals for the poor of Clark County. Her motor-home tour included the Grand Canyon and Hoover Dam.

### CONTACT US

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