

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

AHA Member Toni Popkin Honored

The Jewish Community Center of Northern Virginia honored AHA member Toni Popkin for her role in helping fellow citizens, caregivers and first responders understand the care of persons with disabilities. The ceremony May 29 also recognized her service dog, Bud -- as usual, constantly by her side.

The award is the Eleanor Sue Finkelstein Award for Special Needs. The nomination of Popkin said she is a “tireless and highly engaging advocate for the special-needs community.” Ever since Popkin suffered multiple traumatic brain injuries from auto accidents, she has dedicated her time and effort speaking to students and other groups about brain injury. This has been on a local, state and federal level. She has helped train paramedics and transportation workers on what to expect when a patient or customer has a service dog.

Popkin has been on the Brain Injury Services award-winning Speakers Bureau for more than 10 years. She was instrumental in the formation of the Congregation Kol Ami's Inclusion Committee and worked to recognize Jewish Disabilities Awareness, Acceptance and Inclusion Month.

Because of widespread misunderstanding of the role and training of service dogs, she is in demand for speeches and for attendance at neuropsychology classes on the “invisible injury” that is traumatic brain injury, and on the role of Bud. Highly trained service dogs such as Bud “alert” when they sense their companion is having a medical issue prompted by the injury. The dogs react by gestures such as licking the face or acting agitated, so that the owner receives help.



Toni Popkin and her service dog, Bud, wait to be introduced and honored May 29 at the annual meeting of the Jewish Community Center of Northern Virginia.

Senior Law Day Highlights Fraud Scams

Social Services of Alexandria hosted its annual Senior Law Day June 22 at T.C. Williams High School. The lobby was full of representatives from AARP, Alexandria Police Department, FINRA, Goodwin House at Home, estate planning firms, downsizing specialists and many more.

The keynote speaker, Christine Kieffer from Financial Industry Regulatory Authority (FINRA), reported that scams and fraud cost us \$50 billion a year – not only in financial loss but in the cost of fighting the fraud and negative health effects.

The first panel of local fraud fighters further discussed the types of scams perpetrated and the methods used to track them down. Striking examples of how scams are done by local “woodchucks” or contractors who promise services, take your money and do very poor work, if any.

The second panel consisted of a banker, an estate planning attorney and a representative from Alexandria Division on Aging & Adult Services. They discussed whom to call if you or a neighbor need help, the importance of a Power of Attorney; and other estate planning tips.

The take-away for this tip-filled event:

- Don't answer the phone if you don't recognize the caller-ID
- Don't give out any personal ID information
- If you are in doubt or are persistently contacted, call the Police CID office, 703-746-4444
- If you fear danger call Police or Adult Protective Services, 703-746-5778
- Verify. Verify. Verify any communication that asks you to send money, gift cards or other forms of payment.

The AHA Current Events Discussion Group: Global Migration

by Julie Gentry

From the attendees, we learned migration is often analyzed in terms of the “push-pull model.”

Push factors, which drive people to leave their country, include environmental stress, war, civil conflict and crime, and ethnic rivalries and discrimination. Survival will motivate many to move, despite marginalization of refugees in destination countries.

Pull factors which drive people to leave their country include attractions of greater wages, improved life chances, opportunities to better use their skills and education, and chances to influence their origin countries as part of cohesive diasporas. People affected by pull factors will range from low-skilled agricultural and service workers to topflight scientists and engineers.

The consensus of the group was that in our ever-interconnected global world, migration will continue for the motivations described in the push-pull model. What remains is for nations to accept global migration as a given and develop strategies and techniques for integrating migrants into their existing societies by recognizing that immigrant rights are human rights.

One of the most touching moments of the session was when Jane Guyton read the poem, part of which is shown here:

Home – by Warsan Shire

no one leaves home unless
home is the mouth of a shark
you only run for the border
when you see the whole city running as well

your neighbors running faster than you
breath bloody in their throats
the boy you went to school with
who kissed you dizzy behind the old tin factory
is holding a gun bigger than his body

you only leave home
when home won't let you stay.
no one leaves home unless home chases you
fire under feet hot blood in your belly...

Resources used to research this article:
<https://www.iom.int/key-migration-terms>
<https://www.bloomberg.com/news/articles/2019-04-08/global-migration-is-slowing-yes-really>
<https://dictionary.cambridge.org/us/dictionary/english/global-migration>
<https://www.seekersguidance.org/articles/social-issues/home-warsan-shire/>

AHA in the Great Nonprofit Community

by Cele Garrett

AHA is always pleased when we can team up with other nonprofit groups to learn from one another. This was the case on June 11 when AHA teamed up with ACT for Alexandria and Senior Services of Alexandria for a workshop on charitable giving. Wealth advisor Laurie Blackburn and estate attorney Kim Fiske shed light on some strategies available to seniors—especially in light of the new higher standard deduction—to help minimize your taxes. They encouraged us to discuss various tools, such as “bunching”, Donor Advised Funds (DAF), and Qualified Charitable Donations (QCD) with financial advisors and tax specialists.

Later in the month, a group of AHA members was invited to take part in a focus group sponsored by the United Way at its headquarters building in Old Town to help inform future United Way donors on services that can provide a better quality of life for active seniors. Thank you to our AHA participants who took time to offer their point of view. It's gratifying that villages like AHA are capturing more visibility and interest.



Factoid

Wyoming was the first territory to grant full voting rights to women in 1869, and the first state to grant women suffrage in 1890 prior to the 19th Amendment.

AHA's "What's in The News?" Tackles Tough Subjects

There is no lack of news for the popular "What's in the News?" group that has been meeting every month for over two years. Brenda Bloch-Young, the intrepid facilitator of the group, reported that at a recent meeting the hot topic was the revised move of the Virginia Tech Innovation Center from the Oakville Triangle to a location at the north end of Potomac Yard. Everyone wanted to weigh in on this.

Also on the agenda was the new information on the motivation for the citizenship question in the 2020 census. What will the Supreme Court do with this new information after they have already heard the case? Other worthy topics included tariff threats, flooding in the Midwest, and the latest mass shooting in Virginia Beach.



Many AHA members enjoying breakfast and topical news at the Royal Restaurant at the June meeting of "What's in the News?"

Memoir Writing Group Coming Soon!

AHA is pleased to announce its inaugural memoir writing workshop. The biweekly gatherings will take place the following dates so mark your calendars now:

- Tuesday, Sept 24
- Tuesday, October 8
- Tuesday, October 22
- Tuesday, November 5
- Tuesday, November 19
- Tuesday, December 3

AHA volunteer Kay Cowan will lead the class. The group will meet at Abyssinia Market and Coffee House, 720 Jefferson St, Alexandria, Virginia 22314, at 2:00-3:30 PM. The group will be limited to 12 members. The first session will be designed to introduce the class allowing members to determine their interest level in order to continue.

Oliver S. "Ollie" Flint Jr., AHA Member and Eminent Entomologist, died May 18 at the age of 87

by Bill Clayton

"Eminent" does not begin to describe what he did for almost 70 years in studying, writing about, and assembling collections of insects for the Smithsonian's Museum of Natural History. In fact, you almost have to open a dictionary to understand his career. He was Emeritus Curator of Neuropteroids. What are neuropteroids? Well, insects resembling the superorder neuroptera. Those are insects that have holometabolous metamorphosis, meaning living through phases: egg, larva, pupa and adult.



Oliver Flint was an expert in these hard-to-pronounce studies. He assembled and managed collections of more than 12,000 insect species and almost 400,000 specimens, the Smithsonian said. More than 60 species of insects "have been named in Ollie's honor," the Smithsonian reported.

Flint grew up in Amherst, Mass., down the street from the crane fly expert C.P. Alexander, who became Flint's mentor. Flint earned a doctorate in entomology from Cornell University and in 1961 joined the National Museum of Natural History. During his long career, he authored more than 230 papers and books on aquatic insects. He became a world-recognized authority on caddisflies.

Flint is survived by his wife, Carol, and three daughters. Carol Flint is also an AHA member as well as a Master Gardener.

What Time Is It?

The future, the present and the past walked into a bar - things got a little tense.

Learn from yesterday, live for today and have hope for tomorrow.

I named my dog 6 miles so I can tell people that I walk 6 miles every single day.

Time waits for no man; time is obviously a woman.

I hate when I'm running on the treadmill for half an hour and look down to see it's been 4 minutes.

I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.

Time you enjoy wasting is not wasted time.

What's Up with AHA Members, Associates and Volunteers

Among scams, the hoary oldies never go away. **Bill Clayton** answered the phone recently, and a man's voice said, "Grandpa? This is your grandson." I asked, "Who is calling?" "Grandpa, don't you know me? This is your grandson." I hung up. You know the scam: The "grandson" says he has lost his money and is stranded and needs money wired to him instantly. So many of those calls are made that the scammer will occasionally catch one who really thinks a grandson is in trouble. A HELPFUL TIP: When you are tempted to say something, beware: It is recorded and if your words include "Yes." Or "OK." or similar, the scammer will keep that assent and use it against you.

This summer took **Maggie & Barry Stauffer** to Italy where they introduced their 12-year-old grandson to the many sides of Italian life and culture as they explored Venice, Rome, Pompeii, the Amalfi coast and Sorrento.

Nancy Blanton and **Mary Ann Bier** traveled down the Danube River from Passau, Germany to Budapest, Hungary. Besides the many beautiful towns and countryside along the route, they enjoyed wonderful food and drink both on ship and on shore.

Vice Mayor Elizabeth Bennett-Parker honored AHA's **Carol Downs** as an Alexandria "Awesome" woman in May. Each week, the Vice Mayor's office chooses a different honoree. Downs was nominated by AHA's Babs Waters, who said, "Carol is a kind, compassionate woman who has been an active member of the Alexandria community for about 25 years." Downs has been a member of the Commission on Aging for 12 years and has been its chair twice. Once chair of AHA, Downs serves on its Advisory Council. She helped create a discussion series for Alexandria seniors to give presentations of distinct interest to Alexandria's senior citizens. Last year, she was named AARP President for the Commonwealth of Virginia.

Nine AHA men enjoyed Men's Night Out at Vola's Dockside Lounge on June 20: **David Butler, Michael Curry, Alan Dinsmore, Bob Eiffert, James Enright, Steve Nelson, Jack Powers, Terry Wight and Jim Woolwine**. The raw bar and lounge-like setting were pluses, but the group agreed that the noise level prohibited easy conversation. They will try a new location for July.

Members who have used contractors or received other services that they would like to recommend are asked to send an email to monica@athomeinalexandria.org or call the office at 703-231-0824.

From the Executive Director

by Cele Garrett

As we move into July, it's hard to believe the year is halfway over. It's been a busy 2019. AHA has hosted over 80 activities and events so far this year. We're delighted to welcome several new members and **volunteers** to our AHA group. Here are some volunteers who bring amazing skills to our group:

- Barbara Brenman
- Charles Audrain
- Terri Audrain
- Carol Becker
- Taylor Cranwell
- Miriam Ellsworth
- Victoria Hansard
- Lisa Kelly
- Patrick Ladden
- George Lee
- John Lindsay
- Susanna Manfredi
- Sally Michaels
- Madelaine Morgan
- Anthony Oldham
- Mary Peterson
- Julie West
- Alison Wexler

These **members** have joined AHA since the beginning of the year. When you see them at AHA events or through member requests, please give them a warm welcome!

- Terry and Chuck Audrain
- Eva Bagley
- Joan Bondareff and Herb Zucker
- Martha Brown
- Joanna Chusid
- Denise and Edwin Crocker
- Miriam and Leon Ellsworth
- Audrey and Bob Faden
- Patricia Ferris
- Maryanne Fontaine
- Jack Hennessy
- Virginia Kress
- Kyong Littman
- Mary Macone
- Etta Jean and Adam Perry
- David Peters
- Annabelle Reitman
- Kate and Jim Ring
- Joan Sprigle-Adair
- Courtney West

Special “Conversation With” in July

Are you tired of paying exorbitant fees to cable providers for TV and Internet service? Alternatives may be available! Come to a special Conversation being held mid-week on **WEDNESDAY, July 17 at 1:00 PM.** Vanetta Pledger, who is the City of Alexandria’s Chief Information Officer and Director of Information Technology Services will discuss the City’s project to upgrade the network that connects City facilities and expands capacity to provide broadband internet access to interested service providers.

Richard Lawrence, Special Assistant to the City Manager, will tell us about the newest development in telecommunications industry—5G wireless networks will provide higher wireless transmission speeds. He will tell us how 5G works and what it can do for us. Deployment of 5G wireless networks is being planned by the major telecommunication carriers.

This event will be held in Porto Vecchio condo's Club Room, 1250 South Washington Street, 22314 and co-sponsored with Porto Vecchio's External Affairs Committee.

RSVP to Virginia Martin at 703-329-1538 or vhmartin1935@gmail.com.

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Some Reshuffling at AHA HQ

The AHA office staff is tweaking our office operations a bit. Kim Carlisle will leave her regular post as operations co-manager. Though she’ll no longer be a presence every week in the office, Kim will stay on as part of the AHA team, processing all new volunteers (working alongside board member Mary Jayne Swanson, who meets with each new volunteer). Kim will sub in the office on occasion.

Megan McIntyre is our new staff member taking Kim’s place. She earned her Master of Social Work years ago before leaving the full-time work force to raise her two children Mack and Calum (18 and 15 respectively). Megan has been an active volunteer in the community for Bishop Ireton High School, Together We Bake, and Alexandria Country Day School. Megan will work on Thursdays, Fridays and alternating Wednesdays. Dara Surratt will continue to work Mondays, Tuesdays and alternating Wednesdays.



New AHA staff member,
Megan McIntyre

Board Notes by Bob Eiffert

The AHA Board of Directors met June 18 and heard reports from our various working committees on membership, governance, programs and finance. We are always on the lookout for new volunteers to host or arrange new programs. Any AHA members who have a particular interest that they would like to promote, please let Penelope Roberts or Alan Dinsmore know.

The Governance Committee is working to identify potential new board members to fill the terms of three current board members who will be term-limited off the board in December. Pam Nelson is open to hearing suggestions for working board members. Our membership stands at 234: 108 full members and 126 associate members. New member recruiting continues to be a focus and we have had very good success. Kudos to staff who make that happen!

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