

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

## FUN and a Fundraiser – All in One

A successful fall fundraiser at the Belle Haven Country Club consisted of many parts. It was a lovely fall evening at the elegant country club. Many thanks to the AHA members, volunteers and friends who came out to support the AHA mission at the party on Sunday, Oct. 6. Our hosts, **Fabrice and Vicki Vasques of Tribal Tech LLC** and **RMP Foundation**, graciously donated the food and open bar for this event. We are very appreciative of their immense generosity.

There were seven amazing adventures in the silent auction, each provided by one of our event sponsors: **Pete Crouch of McEneaney Associates, AHA Board Member Linda Langley, Synergy Home Care, ACCFamily, Inc., Old Dominion Home Care, Laurent and Margaret Janowsky of Del Ray Cafe** and **Goodwin House at Home**. Congratulations to the auction winners for their contributions and thanks to the wonderful sponsors for their ongoing and dedicated support of At Home in Alexandria.

Host, Vicki Vasques



Music, Chris Wyton



Guests, Alison Silberberg and Jane King



The Janowskys  
of Del Ray Café



Lori & Pete Crouch



Food, the Pasta Table



Prizes, the Silent Auction



Vikki & Paul Cooper

All photos courtesy of Jennifer Heinz. These are only a small selection of the many photos of the event. See more at the AHA website.

## Eyes and Ears by Bill Clayton

AHA and Goodwin House at Home collaborated on a program entitled “Living with Sensory Loss,” examining the many resources available to help people with eyesight or hearing loss.

A panel of experts discussed the problems and solutions, provided large amounts of printed material and showed examples of devices to help the eyesight- and hearing-impaired. AHA Executive Director Cele Garrett and sales consultant Sarah Drexler of Goodwin House at Home welcomed the crowd and AHA’s Alan Dinsmore introduced the four experts.

A standout speaker was Donna Pastore, who candidly announced, “I am blind as a bat,” and added, “but I have lived, and continue to live, a full life.” Her Seeing Eye Dog rested next to her chair at the speakers’ table. She said her blindness makes her effective at helping others with diminishing eyesight.

Debbie Jones, a technology specialist for the Northern Virginia Resource Center for the Deaf and Hard of Hearing, described the myriad ways a telephone, for example, can be adapted to the user’s hearing needs: the loudness, tone, frequency and pitch can be changed. There are signaling devices such as flashing lights or vibrators to alert the user to an incoming call. There are even devices that, when a smoke alarm goes off, shake the bed. “That will get you up,” Jones said.

Jane Stanley and Sean Curry of the Prevention of Blindness Society of Metropolitan Washington described the “hundreds of resources out there” for people of low vision. They include a system of Braille dots to set controls for stoves and ovens.

Sagan Brummett with Service Source told of her work with service organizations to help with families’ daily living challenges of the eyesight- and hearing-impaired.

After the panel’s remarks, several AHA members were “models for the day” for a fashion show by Authored Clothing founder Brenda Wilton. Her clothing is designed to make it easy for the physically impaired to dress and undress. No, the models did not disrobe – they had regular clothing on underneath the Authored Clothing, which is designed with easy-to-reach zippers, full sleeves and other features making it easy for the impaired to change clothing.



AHA Models:  
Ruth Arnold,  
Pam Nelson,  
Alan Dinsmore,  
Babs Waters,  
and Elliott  
Waters

## The Hidden History of North Old Town

Join Mike Kenny on Wednesday, Nov. 20 for a tour of North Old Town. North Old Town Alexandria reflects the history of the United States, from its agricultural and port city beginnings, through its focus on industrialization, and then its suburbanization as a bedroom community to Washington, D.C. It also reflects the history of the South - the pain and struggle of the Civil War and the long road to reconciliation from slavery. It all happened in our neighborhood: from George Washington describing the area as a “fine improvable marsh” to Steppenwolf singing “Born to be Wild” at the Red Cross Riverfront Festival in 1992.

This fun and educational tour will start at 1:00 p.m. at the corner of Pendleton and Union Streets on the southern point of Oronoco Park. There is free parking on the street. The tour terrain is mostly flat with one small set of steps. We will walk north along the river and then west along the path of the canal. The tour will end at Washington and Montgomery Streets, by the PNC Bank.

If there is inclement weather, the tour will be canceled. For further information, contact Miriam Ellsworth at [m.f.ellsworth@gmail.com](mailto:m.f.ellsworth@gmail.com). Register for the tour at the AHA Hub or call the office.

## Alert – New Name: The Roundtable by Julie Gentry

The September meeting of the Single Topic Discussion Group enjoyed an informative visit from Chris Lye, legislative aide to our Virginia State Senator, Adam Ebbin. The topic for discussion was the Dillon Rule and how it affects local ‘home rule’ issues for localities in Virginia. The biggest takeaway was, even though it’s highly unlikely that the Dillon Rule will ever be repealed/overturned in Virginia, citizens can and should continue to urge their local and state legislators to take incremental steps to empower local municipalities to have control over issues of major concern to their residents.

At the September meeting, we decided to cancel both November and December sessions and resume in January 2020.

In addition, we polled the group for a better name for our group. Consensus is that going forward, we will be known as The Roundtable.



## The First WAVE Mini-Conference

by Cele Garrett

Some of you know there are more villages here in the Washington D.C./Maryland/Virginia area than anywhere else in the country: nearly 70 at last count with Maryland taking top honors with 40 different villages. Several years ago, the Washington Area Village Exchange (WAVE) was formed so we could share strategies, problem-solve together, collaborate on events, and support and mentor one another. Our villages meet about three times a year for a morning of meetings and idea-sharing.

We are pleased to announce the first-ever WAVE mini-conference on Thursday, Nov. 14, 8:30 a.m.-4 p.m. at the Marymount University Conference Center, 1000 North Glebe Road. We've kept the registration fee low (\$15 per person) to encourage attendance—and this price includes continental breakfast and a boxed lunch. It seems our strategy has worked, as we already have 90 people registered. Please consider joining us at this event, where a great many topics will be discussed. Any AHA member or volunteer is welcome to attend. Please visit the WAVE site at [www.wavevillages.org](http://www.wavevillages.org) to register and learn more about the conference. Let's have a great AHA showing!

## Community Paramedic Program

by Nancy Kincaid

As a result of my fall on May 10 and encounter with the Alexandria Fire Department (AFD), whose Emergency Medical Technicians took me to the Inova Alexandria Hospital, I was visited by Capt. Jeff Woolsey of the Community Paramedic Program (CPP), for a home visit to review fall risk assessment and a home safety check.

The CPP also provides visits for medication review and inventory, health education, clinical monitoring and assessment, referral to relevant city services, and transportation assistance. There is no fee or insurance required for the in-home visits. The mission of the CPP "is to improve health outcomes of city residents through education and collaboration with community resources." This is a relatively new city program headed by Capt. Woolsey, a longtime AFD employee in various capacities. For an appointment, Capt. Woolsey can be reached at 703-746-5234, his cell 703-740-6427, or at [afdcp@alexandriava.gov](mailto:afdcp@alexandriava.gov) or [www.alexandria.gov/fire](http://www.alexandria.gov/fire).

Capt. Woolsey was impressed with what I have in place: walk-in bathtub, grab bars in both bathrooms, throw rugs taped down, bedside commode, rearranged kitchen for more accessibility, and three grabbers.

The CPP takes personal or any other type of referral for this service. I was very impressed with Capt. Woolsey, and happy to hear that Alexandria is unique in having this type of program.

## MindRamp

by Bill Clayton

AHA has had physical fitness programs in the past, but nothing quite like the "brain fitness" program explained to an AHA audience Sept. 23 by Michael Patterson.

AHA is exploring the idea of offering a holistic brain fitness and lifestyle series of workshops.

Executive Director Cele Garrett learned about the program called MindRamp, a creation of Michael Patterson and his business partner, Roger Anunsen, at last year's Village to Village conference. Most recently, a group of AHAs met with Patterson in the AHA conference room to learn more about his consulting on brain health.

Patterson calls the program an "evidence-based brain fitness class." Patterson said village members could benefit from the coaching in cognitive wellness.

MindRamp Consulting, the West Coast firm created by AARP veterans, Patterson and Anunsen, sees various benefits for a village like AHA if it offers the program. The sessions could help a village to recruit members and solidify its appeal, Patterson said.

Although Patterson acknowledged that there are drugs and games that people use for brain health or strengthening memory, those "don't do much," he said.

MindRamp materials outlined a "supportive coaching relationship (that) enables clients to recognize what they need to do - and empowers them to take action." Clients design and implement personalized brain health plans designed to minimize risk factors. The goal is to find "happiness, meaning and purpose," Patterson said.

## Monday Book Group

by Linda Langley

For November we are reading "Bossypants" by Tina Fey – it should be entertaining! We will meet on Nov. 11. For December we will read "The Lager Queen of Minnesota" by J. Ryan Stradal. We will meet on Dec. 9. We meet at 1:00 p.m. in the Community Room of Portner's Landing - 621 North Saint Asaph Street.



\* \* \* \* \*

**WE NEVER REALLY GROW UP — WE ONLY LEARN  
HOW TO ACT IN PUBLIC**

\* \* \* \* \*

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

**Mary Margaret McGrail** reports her tour guide on the Road Scholar New England Fall Foliage Tour was a remarkable Betsy of All Trades. Betsy Bates has led hiking tours in Iceland and Spain among others, has taught cross-country skiing for a half-century and has led biking tours. She is a justice of the peace and has at weddings, including one whose participants were naked. Her Heavens to Betsy business arranges funerals.

**Winifred and Ken Hill**, once stalwarts of AHA but since moved to near Frederick, Maryland, returned to Alexandria for a visit recently with some old friends. Bill Clayton and Ken sat at one table and Winnie and lady friends at another. Conversation was heavy on the “So, what have you been doing?”



On a ferry outing to Sausalito during a recent visit to family members in the San Francisco area, **Mary Ann Bier** saw the site shown here – reminiscent of our AHA Blazing Saddles.

**Andy Unger** recently visited the AHA office to say “farewell.” Andy has been a volunteer for several years, but will soon move to an independent living community in Oberlin, Ohio. Many thanks to Andy for his service to AHA members.



## AHA Stalwart Mary Johrde Nefedov Dies by Bill Clayton

Her friends in At Home in Alexandria called longtime member Mary Nefedov brilliant, delightful, occasionally strong-willed, but always good company at many AHA gatherings.

Nefedov died late Thursday, Oct. 17, at Silverado Memory Care. She was 92.

Peter Crouch, who serves on AHA's Advisory Council, said Nefedov was a “lovely lady with a vast range of interests and experiences.”

“She was certainly a stalwart at many AHA get-togethers,” Pam Nelson said. “I can see her sitting on Nancy's balcony watching fireworks”.

“She was one of a kind. I always admired seeing her faithfully work out with her trainer ... at Sport and Health,” Maggie Stauffer recalled.

Nefedov walked with AHA's Walking Group along the Potomac, eventually with a cane and then not at all.

Sandra Toye knew Nefedov well, as friend and employee. Nefedov hired Toye in 1973 at the National Science Foundation. Most of Nefedov's professional career was at NSF in the field of oceanography. She was one of a very few women who held super-grade rank at NSF. She directed an office that supported the ships and other facilities used by the oceanographic institutions including Scripps, Woods Hole and Lamont Doherty.

“She was logical, tenacious and very principled,” Toye said.

An article in a National Academy of Sciences publication told of the time Nefedov represented the U.S. Government in a high-level bureaucratic battle against the heads of all the major ocean-research universities. The author said, “It was vintage Johrde” {she used her maiden name at work}. “Eight (university) directors on one side. Mary on the other. The odds were almost even.”

She prevailed, Toye noted.

Mary was born Dec. 8, 1926, in Grand Island, Neb., attended Grand Island High School and then graduated from Antioch College. She was named Federal Woman of 1973 by the NSF.

She was preceded in death by her husband, William Nefedov, and is survived by stepdaughter Suzanne Ascher and two grandchildren.



Mary Nefedov, left, relaxes on a balcony, fortified with a drink and shaded from the sun with dark glasses. From front to back: Maggie French, Penelope Roberts, and Julie Gentry

## 2019 Tax Planning - Qualified Charitable Distributions

by Brenda Bloch-Young

Changes in the tax laws last year raised the standard deduction (\$12,200 (single taxpayers and married filing separately), \$18,350 (head of household), and \$24,400 (joint returns and surviving spouses). It may be more beneficial to reduce taxable income with a portion of your RMD (Required Minimum Distribution.) A Qualified Charitable Distribution is a contribution from an IRA or 401(k) Rollover account directly to a charity. By making the contribution with a portion of your RMD, you reduce taxable income while still meeting the required distribution. There may be several good reasons to reduce taxable income such as your monthly Medicare contribution.

Where an individual's total itemized deductions will come close to, but not exceed, the standard deduction for 2019 and/or 2020, an alternative strategy to consider is bunching certain itemized deductions such as charitable contributions into alternate tax years.

It may be helpful to consult with your tax advisor prior to year-end to determine which strategy may be most beneficial for you. Note that many financial institutions require requests for a Qualified Charitable Distribution be made prior to the end of November as volume of requests received at year-end are often overwhelming.

## Save the Date for The Scottish Walk

by Penelope Roberts

Alexandria's annual Scottish Walk will be on Dec. 7. Again, this year, AHA will have a float in the parade. AHA members, volunteers, friends, and neighbors are invited to come on down and join the fun, riding or walking with us. As in the past, we will meet at the corner of Wilkes and St. Asaph Streets, at 10:30 a.m. The parade starts at 11:00 a.m. and usually ends at about 1 p.m. Red is the color, so if you have an AHA jacket, wear it. We will have red scarves and some AHA hats to share, so be sure to RSVP to the AHA office, online or at 703-231-0824, so that we have enough to go around. It is always a fun time, and shouting "AHA!" always gets a rise out of the crowd.



### Board of Directors

Jane King, Chair	Brenda Bloch-Young
Bob Eiffert, Vice Chair	Susanne Adams
Sandy Heistad, Sec'y	Alan Dinsmore
Kathie Fricke, Treasurer	Linda Langley
Bill Clayton	Pamela Nelson
Barbara Rosenfeld	Penny Roberts
Barbara "Babs" Waters	Helen Desfosses

Mary Jayne Swanson

**Editor:** Mary Ann Bier

### Executive Director

Cecile (Cele) Garrett

### Marketing Manager

Jen Heinz

### Advisory Council

Laurie Blackburn	Peter Crouch
Carol Downs	Richard Hobson
Judith Jones, MD	Louise Kenny
Jessica LeFevre	Ernie Lehmann
Tim Lovain	Mitch Opalski
Jan Pomerantz	Vicki Vasques

### Operations Co-Managers

Dara Surratt and Megan McIntyre

**Operations Support:** Kim Carlisle

### AHA Office Hours for Holidays and WAVE Conference

**Monday Nov. 11 - Veterans Day - OPEN**

**Thursday Nov. 14 - CLOSED - AHA staff attending WAVE conference**

**Thursday Nov. 28 - Thanksgiving Day - CLOSED**

**Friday Nov. 29 - CLOSED**

### CONTACT US

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

[aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org)  
[www.athomeinalexandria.org](http://www.athomeinalexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## IN THIS ISSUE

- P. 1 Fundraiser Photos*
- P. 2 Eyes & Ears*
- P. 2 North Old Town Tour*
- P. 2 The Roundtable*
- P. 3 WAVE Mini-Conference*
- P. 3 Paramedic Program*
- P. 3 MindRamp*
- P. 4 What's Up*
- P. 4 Nefedov Obituary*
- P. 5 Tax Planning Tip*
- P. 5 Scottish Walk*