

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

Thanks and Farewell to Jen Heinz

by Cele Garrett

This is not the kind of article I like to write: an announcement that we are losing a valued member of our AHA team. Jen Heinz began her work with AHA in January 2017 as our membership & marketing manager, a newly created role for our office at that time. Though it has always been a part-time position, Jen has managed to produce full-time results. She has produced countless support materials, managed our website and our Facebook page, initiated our “prospective member drop-ins” at local coffee shops, created a popular Tech Tuesday series for our members, and has overseen our twice-a-month eBlast communications. Jen sought out an online data management platform, managed our conversion from the existing database program, and trained all of us on the new system, the AHA Hub. Most recently, she led the effort to pivot the many AHA events to an online format. This is only a partial list of the things Jen has done for AHA. It would be impossible to enumerate the many ways she has added value to our operations.



AHA Office staff Dara Surratt, Jen Heinz, in red, Executive Director Cele Garrett and Megan McIntyre

This past year, Jen and her husband Kurt moved to the Lake of the Woods community in

Orange County, Virginia, where they (and their dog Pixie) are enjoying “lake living.” Jen has already become an active volunteer with the arts scene, a local political campaign, and LOWLINC, the village organization serving the older residents of that community. We have begun the process of looking for candidates to fill her role.

AHA Hosts Senator Adam Ebbin

AHA offers thanks to members Howard Weiss, Julie Gentry and Brenda Bloch-Young for the work they have done to arrange for several informative and thought-provoking chats with Alexandria's local political leaders over the past two months. So far, we have talked with U.S. Rep. Don Beyer, Virginia Delegate Mark Levine, Alexandria Mayor Justin Wilson, and, most recently, Alexandria City Councilman Canek Acuirre.



Next up: Virginia State Sen. Adam Ebbin joins us on Sunday, August 16 at 3 p.m. We will cover such topics as the Commonwealth's fiscal situation, new voting laws, the upcoming special legislative session and much more.

Be sure to join us. Register via AHA Hub or the AHA office by 12 noon on August 14, aha@athomeinalexandria.org; 703-231-0824.

August 2020 ZOOM Calendar

Prepared by Ruth Morduch

Please call or email the AHA office to register for these programs or register online through the AHA Hub, at least two days before the program date.

The programs in the table below are scheduled to take place using the Zoom app on your computer or device. The AHA office will provide you with the meeting link after you have registered for the program.

Date	Program	Time
Aug 6, Thurs	Art discussion with Fanchon Silberstein: "Make Sense of the Senseless"	1 pm
Aug 6, Thurs	Ladies' Night "In"	5-7 pm
Aug 10, Mon	The Monday Book Club: "The 57 Bus" by Dashka Slater.	1-3 pm
Aug 11, Tues	"What's in the News" Discussion	10-11.30 am
Aug 13, Thurs	Art Talk: SAAM docent LeeAnn Lawch "Art in the Civil War Era"	10-11.30 am
Aug 14, Fri	The Politics Forum: "Is it too Late to Make the November Election Safe?" with Helen Desfosses	1.30-3.00 pm
Aug 16, Sun	AHA hosts Virginia State Senator Adam Ebbin.	3 pm
Aug 18, Tues	TechTalk: "Ask the Experts" - Steve Nelson & George Lee	10.30-11.30 am
Aug 18, Tues	AHA Board Meeting	2-4 pm
Aug 19, Wed	Armchair Travels: Gorilla Trekking	1-2 pm
Aug 20, Thurs	Men's Night "In"	5-6 pm
Aug 21, Fri	Roundtable Current Affairs Topic: "The Education Pandemic"	10-11 am
Aug 24, Mon	Readers' Theatre Group	1-2.30 pm
Aug 25, Tue	"What's in the News" Discussion	10-11.30 am
Aug 26, Wed	Coffee and Conversation	10.-11 am
Aug 27, Thurs	Book discussion of "The Bluest Eye" by Toni Morrison.	10-11.30 am

August 2020 NOT ZOOM Calendar

Thursday, August 20, Blazing Saddles Bike Ride, 10 am-noon, ride to Georgetown, stop for refreshments, and ride back. Meet at the bike path, North Fairfax & Madison Streets. All riding abilities welcome, Reservations required to maggie.stauffer@comcast.net by August 19.

Program Notes

By Penelope Roberts

A shoutout to all our members and volunteers who helped organize our Zoom calendar and who support our guest speakers.

Sunday August 16 State Sen. Adam Ebbin will join us to continue our discussions with local leaders.

Wednesday August 19



Mary Paris and Bill Woolam join us for Armchair Travel to talk about gorilla trekking. Mary works for the Jane Goodall Foundation, and Bill is the photographer.

Monday August 24 The newly formed Readers' Theatre group will meet to discuss plays and possibly perform a reading. Newcomers are welcome.

Wednesday August 26 Coffee and Conversation will host Dan Scott, Director of Horticulture at the American Horticulture Society to help us with fall gardening during the pandemic. If you have questions for Dan prior to the meeting, send them to Penelope Roberts, psroberts378@gmail.com.

Thursday August 27

Jane King will lead a discussion of Toni Morrison's first novel, now 50 years old, but still timely. Pecola, a young Black girl, has one overwhelming desire - to have blue eyes so that she will be white.



Don't forget to use your free trial of the Vitality Society's excellent variety of programs to help keep you fit and healthy. Contact the AHA office for details.

Conversations Around Racial Equity

By the time this newsletter went to print, AHA's July 30 discussion had not yet taken place, but the large number of registrations signals a great interest among members on the topic of racial equity. The next discussion will take place on Thursday, August 27 at 10 a.m. AHA member Jane King will lead a book discussion centered on Toni Morrison's novel *The Bluest Eye*. This 1970 novel tells the story of a young African American girl who grows up during the years following the Great Depression. The setting is the author's girlhood hometown of Lorain, Ohio. Register via AHA Hub or the AHA office (aha@athomeinalexandria.org; 703-231-0824).

Art Discussions for August

Hot summer days when we are stuck inside are more bearable when there are interesting art talks to take part in. First, we have *Art Discussion with Fanchon Silberstein: Make Sense of the Senseless* on Thursday, August 6 at 1 p.m. Silberstein is a writer, teacher and trainer who has presented art and culture workshops around the world. In this presentation, she explores what art reveals about how its makers see our world. Silberstein was the director of the Department of State's Overseas Briefing Center, conducted workshops at the Summer Institute for Intercultural Communication, and ran sessions on conflict resolution using art at the Smithsonian Institution's Hirshhorn Museum, where she served as a docent for over 30 years. Thanks go to Foggy Bottom West End Village for inviting AHA members to join this event. Register directly to Cele Garrett: cele@athomeinalexandria.org or 703-231-0824.

Mark your calendars for Thursday, August 13 at 10 a.m. Once again, Smithsonian American Art Museum docent Lee Ann Lawch will treat AHA members to her presentation titled *Civil War Art*. The war tested and consumed the country for more than four years and many families were touched by death. Artists responded to the era surrounding this conflict in many ways. The advent of photography changed America's outlook of the war, while Reconstruction-era paintings and sculptures give us insight into the nation's life depictions during these troubled times. RSVP by August 11 via AHA Hub or the AHA office, aha@athomeinalexandria.org; 703-231-0824.

Roundtable Tackles Recent Supreme Court decisions

A large audience of AHA members attended the Roundtable current topics Zoom program on July 17. Fellow AHA member Howard Weiss ably tackled a review of recent Supreme Court decisions. Some of the issues and cases discussed were:

- Justice Roberts' increasingly important role on the conservative Court.
- President Trump's tax return cases. *Trump v. Deutsche Bank AG* linked with *Trump v. Vance*.
- Narrowness of decisions, particularly those decided on procedural grounds. Decision to rescind the Deferred Action for Childhood Arrivals (DACA) program was arbitrary and capricious under the Administrative Procedure Act.
- The trio of cases involving or referencing First Amendment free exercise of religion principle outweighing other constitutional rights. *Little Sisters of the Poor Saints Peter and Paul Home v. Pennsylvania* consolidated with *Trump v. Pennsylvania*; and *Espinoza v. Montana Department of Revenue*.
- Resumption of capital punishment after 17 years.
- Term limits for not only Supreme Court justices, but also for the appointed and confirmed lower court federal judges. Packing the Court is a possible alternative to term limits in changing the Court's direction.
- Native American Rights by Treaty, *McGirt v. Oklahoma*.
- Upheld LGBTQ rights under Title VII.

The audience asked pointed questions about interpretation of the decisions and what the implications may be in future cases brought to the Court. Host Julie Gentry thanked Howard for his expert guidance and the research required to stay on top of these important issues.



What's Up with AHA Members, Associates and Volunteers



Happy Birthday
to
Herb Zucker!

Herb celebrated his
92nd on July 7 in
Middleburg, Virginia.

Looking Good!

Susanne Adams tells a charming story entitled:
“Out of the mouth of babes.”

She says her brother phoned from Switzerland, just to check in. He told her this tale: He went on a walk and passed a refugee home with lots of young children. Two girls approached him and pointed to his throat.

They spoke little German. My brother reached for his neck and felt the softness of his double chin.

“He said to the girls, ‘This is the neck of an old man.’ They looked at him with great admiration and said, ‘Wow. How beautiful.’”

AHA Secretary **Sandra Heistad** reports on a pleasant mid-pandemic outing to Martha’s Vineyard:

“My oldest grandsons got jobs on Martha’s Vineyard for the summer. European college students who usually work there could not come this summer.

“I quickly rented a house for a week and we drove up July 5.”

The popular island has pretty much staved off COVID-19. She said: “There have only been three COVID cases on the Vineyard and everyone wears masks all the time.” She called it “a wonderful family vacation with fishing, sailing, beach bonfires and a bit of shopping.”

It’s a mystery how the condo walking group started, but **Ernie and Montsie Lehmann** and AHA members **Linda Langley** and **Joyce Shields**, along with two neighbors in their condo building decided they would do a daily schedule of three walks, 10:30 a.m., 2:30 p.m. and 6 p.m. And they are still at it, months later.

So, Ernie wondered, just how much had they walked? “It was determined that if you walk 170 feet, the length of the corridor, 16 times you have covered a bit more than half a mile. Three times a day means one and a half miles a day and 10.5 miles a week; in two and a half weeks you would have covered the length of a marathon – 26 miles. And in 17 weeks, more than 6 marathons.”

What makes a person do this? The group agrees that individually, “We could never have done it. But as a group we could. Why?” asks Ernie. “That started me thinking. The strength of a group’s action? The need for socialization, a sense of obligation? Not wanting to disappoint people, and convenience? Whatever it is – it works.”

Bud the Wonder Dog, **Toni Popkin’s** service dog, flakes out on his home cushion after his happy return to Popkin’s apartment. Toni survived a spell with the coronavirus, during which Bud boarded with dog trainers and Toni quarantined in her apartment. They were reunited in late June.



When Bud charged down the steps to Toni’s entrance and saw her inside, he romped to her and proceeded to lick her all over, including shoes. Toni said Bud then inspected every corner of the apartment “sniffing and seeing if everything was in its right place.” Then he nudged the cushion to a correct position and lay on his back, legs akimbo, a picture of bliss.

Toni said the days after she was “freed” from quarantine were tough: She did not have any energy nor desire to do anything. But she was pleased to have a phone conversation on current events, mainly the presidential campaign.

Pete Crouch, AHA Board member and one of a group of “Buddies” of **Brigitte Guttstadt’s**, reports that, after a period of isolation, Brigitte had a visit from her sister, Ursula. “The Hermitage opened up for outdoor visits, and the two sisters were reunited,” Pete said.

Aliens probably fly by earth and lock their doors.

With some help from our friends...

by Cele Garrett

Back in May, two wonderful young women each approached AHA to offer complimentary classes. AHA volunteer and instructor Kate McGrail led us through four stretching and breathing work sessions that were fantastic. Kate regularly teaches at barre3 Studio in Old Town.

Also, we enjoyed a wonderful six-part yoga series offered by yoga instructor Amy McNamara. In fact, some of our members asked if she could lead a few more special sessions for our members on select Thursday afternoons through August 27. If you'd like to join the class, you can register and pay using this link:

<https://app.squarespacescheduling.com/schedule.php?owner=19574078&appointmentType=15494808>

Many thanks to Kate and Amy.



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AHA Office Note

There will be construction taking place at the AHA office building August 3-5, so the staff will all be working remotely. You will not be greeted by a live voice when you call in but, as always, staff will monitor the voicemail messages regularly. You will receive a response within the next hour or two if you call during the 10 a.m.-2 p.m. office hours. Remember that you can leave a voicemail message at any time of day and staff will return your call the next morning.

Senior Health Lectures to Check Out

AHA often hears about educational events that local organizations are offering. Space limitations in our newsletter prevent us from telling you about all of them. Here are three live, online presentations in August that might be of interest:

- *Understanding the Person-Centered Care Model*, Wednesday, August 5, 11 a.m. Offered by Sunrise Senior Living.
- *How Depression and Anxiety Differ in the Elderly*, August 12, 11 a.m. Offered by Sunrise Senior Living. To register for either of these webinars, visit [GoToStage.com/Channel/SummerWebinarSeries](https://www.gotostage.com/Channel/SummerWebinarSeries)
- *Building a Reservoir of Resilience*, Friday, August 28, 11 a.m. Find strategies to manage stress, build inner strength and strengthen your personal resilience. Offered by Virginia Hospital Center. To register, use this link in your browser: <https://attendee.gotowebinar.com/register/8257032565781082384>.

All AHA members are encouraged to send in their good news about events, celebrations, and photos to the newsletter. You may send them to the editor, Mary Bier, at marybier@comcast.net, or to the AHA office at AHA@athomeinalexandria.org. Your comments, suggestions and questions are always welcome.

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