

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

AHA Introduces Vitality Society™

by Cele Garrett

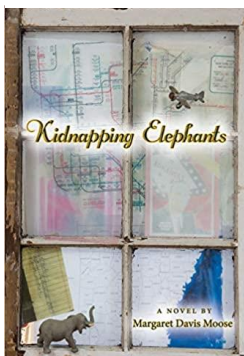
Over the past four months, we have all adjusted our routines and sought out substitutes for some of the activities we've put on hold. AHA has moved our events to an online format until our members are comfortable gathering in person again. We will continue to seek out a variety of interesting programs that we hope will inspire you to jump online and join us.

Many of us really miss our exercise classes, whether it is yoga, Tai Chi, Pilates, dance, stretching or any variety of exercise. It really helps to have an instructor and classmates to stay focused and motivated. AHA members are telling us that it will be awhile before they feel comfortable going back to the gym again. This has led AHA to seek out a quality online wellness and fitness program—and we found what we were looking for with Vitality Society™. The program is designed for “60 and better” individuals who are eager to stay active—all in an environment that emphasizes community, engagement, support, and coaching.

Vitality Society™ has created a special “Virtual Village” group, where AHA members can join other village members to try out a variety of wellness, fitness, and enrichment classes. There is meditation, Latin dance, barre, Tai Chi/Qigong, art classes, barefoot therapy, and many other offerings. Each week, you can choose from 13 different one-hour classes plus four mid-day 15-minute classes each week. There is even a weekly class called Physical Therapy: Recover and Rebuild. There are affinity groups—for art, music, grandparent experiences, and more—where individuals can share ideas with one another.

AHA has arranged for our members and volunteers to try Vitality Society™ free for one month. After that, members would pay a monthly fee of \$19.99 (\$10 off the \$29.99 monthly price offered to the public) for unlimited access to these classes.

See the two-page insert included in this newsletter and visit Vitality Society's web site. Better yet, go to <https://bit.ly/ahavitalitysociety> to try the program. On Friday, July 10 at 11am, AHA will be joined by Vitality Society's president Mereith Oppenheim to answer your questions. RSVP for this Zoom event by phone or email (703-231-0824, aha@athomeinalexandria.org) or on AHA Hub.



AHA Member Publishes Novel

Margaret (Maggie) Davis Moose recently published a novel that she has been working on for the past several years. The publisher says, “With a gift for storytelling, Maggie weaves together history, romance, murder, revenge, and race,” in *Kidnapping Elephants*. The novel is set in Little Rock during the time of school integration. A review says, “It is a powerful story of unconscious racism giving way to enlightened humanism--and of love conquering all.”

July 2020 ZOOM Calendar

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

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

Date	Program	Time
July 6, Mon.	Organizational meeting for the AHA Readers' Theatre Group	1-2 pm
July 7, Tues.	"What's in the News" Discussion	10-11.30 am
July 9, Thurs.	Art Talk: LeeAnn Lawch	10-11 am
July 10, Fri.	AHA/Vitality Society. Demo and Information	11am-12 noon
July 10, Fri.	The Politics Forum	1.30-3.00 pm
July 12, Sun.	Conversation with City Councilman Canek Aguirre	3-5 pm
July 13, Mon.	The Monday Book Club	1-3 pm
July 14, Tues.	TechTalk: Using "The Cloud"	10.30-11.30am
July 16, Thurs.	Ladies' Night "In"	5-6 pm
July 17, Fri.	The Roundtable Current Affairs Discussion. Topic TBD.	10-11 am
July 21, Tues.	"What's in the News" Discussion	10-11.30 am
July 21, Tues.	AHA Board Meeting	2-4 pm
July 22, Wed.	Armchair Travels: Easter Island	1-2 pm
July 23, Thurs.	Men's Night "In"	5-6 pm
July 24, Fri.	Trivia Happy Hour	5-6 pm
July 27, Mon.	AHA Readers' Theatre Group	1-2.30 pm
July 29, Wed.	Coffee and Conversation with Gayle Converse	10.30-11.30am
July 30, Thurs.	Opening the Discussion on Race and Inequality in America	10-11 am

July 2020 NOT ZOOM Calendar

Thursday, July 16, Blazing Saddles Bike Ride, 10 am-noon, ride to Georgetown, stop for coffee, and ride back. Meet at the bike path, N. Fairfax & Madison Streets. Reply to maggie.stauffer@comcast.net by July 14.

Looking Ahead to July

Monday, July 6 AHA Readers' Theater. Do you miss going to the theater? Were you involved in dramatics in school? We are thinking of starting a readers' theater group to fill in our days and have some fun. Join us for a look at what it might take to start a group. We will be joined by Lynn Gramzow, one of the founders of the OLLI Players at George Mason University.

Friday, July 10 Join Cele Garrett's visit with Vitality Society™ president to learn more about this virtual fitness and wellness community.

Sunday, July 12 We are pleased to have Alexandria Council Member Canek Aguirre join us for a conversation.

Wednesday, July 22 Take a virtual trip with Bill Clayton to that fascinating and mystical island, Easter Island.

Wednesday, July 29 Gayle Converse is vice president of Alexandria Celebrates Women, a 501(c)3 designed to promote voter education, history and women's empowerment. She is well-known in the field of journalism with more than 40-years of experience in professional broadcasting, public relations, public health communications, media relations, media training, and video production. She will join us for virtual coffee to talk about the role of Alexandria women in the suffrage movement.

Thursday, July 30 A member talk to help us better understand the ways to become an ally in the fight against racial injustice.



Decades ago, the fad was to hang fuzzy dice from the car rearview mirror. Now you see COVID-protection facemasks at arm's reach for any need.



Our June Guest Speakers



Conversation with Mayor Justin Wilson

by Bill Clayton

Councilman “Mo” Seifeldein is looking into how Alexandria examines complaints of police use of force, Mayor Justin Wilson told an AHA Zoom audience on June 14. Wilson said the Human Rights Commission reviews complaints.

The emergence of serious economic and health challenges proves one thing about city government, Wilson said: “You spend a lot of time talking about things you have to deal with, and then, you have to deal with things you have not talked about.”

On other topics, some Wilson comments:

- Affordable housing – “It is next to impossible to live in Alexandria on a moderate income.”
- The economy -- buffeted by the pandemic’s effects, we are in the “worst fiscal situation the city has ever seen.”
- Police budget – It is not too high. “But the question is, are officers going to calls” where mental illness is involved.
- Sewer Project – By 2025, the city will begin a “gigantic” project for improved sewage handling and stormwater drainage.

(Mayor Wilson is in the center of the collage photo.)

Missing out on Travel?

Try a road trip to Cooperstown, New York. **Bernie Enright**, (top row, middle) entertained a Zoom audience with a beautiful slideshow of the sights and treasures of Cooperstown. We know it for the Baseball Hall of Fame, but there are many more places of interest including the Fenimore Art Museum with life-castings sculptures of several Founding Fathers, American Indian art and American folk and fine art. The town boasts an historic village known as the Farmers’ Museum. The Alice Busch Opera Theater is the home of the Glimmerglass Opera, as well as other theater productions. The quaint community has a vibrant main street, shops, and activities to please everyone.

Kristin Brown on Gun Violence

Kristin King Brown of the Brady Campaign, the nation’s oldest gun violence prevention advocacy group, not only introduced herself and her evolving career in preventing gun violence, she also presented the Roundtable audience with frightening statistics. Ninety percent of guns come from 5 percent of dealers. Gun sales in Virginia supply most of the guns used in crimes on the Eastern Seaboard. Brady continues to achieve bi-partisan support for the prevention of gun violence. For example, recent legislative action in Virginia has strengthened localities’ ability to keep guns out of public buildings. (Kris Brown is middle row, left in photo). Note: She is also the daughter of AHAer Jane King!

Arts on the Agenda

Matthew Robertson (bottom, middle in photo) delighted a Zoom audience with excerpts from his primarily vocal ensemble, The Thirteen. Martha Harris of AHA interviewed Matthew, a Washington DC native, who grew up with music in his life from an early age. You can hear a YouTube performance of “Monteverdi: The Lost Vespers” to experience the work of this amazing group.

LeeAnn Lawch, a docent at the Smithsonian American Art Museum (SAAM), led a Zoom audience through the process of studying a piece of art by looking for color, movement, context, materials, line and more. With photo examples of art from SAAM, the audience was able to study and critique the art with a new eye. (LeAnn Lawch is lower right in the photo)

What's Up With AHA Members, Associates and Volunteers

Sandra Sterne had a wonderful visit last month from her 3-year old granddaughter, Charli, complete with mask and social distancing.

Here they are in Sandra's front garden.



Nine AHA stalwarts showed up on the small screen for Men's Night "In" June 18 and despite the vagaries of Zoom, it turned out a lively evening. **Bob Eiffert** hosted as topics followed apace – pickleball, dining out in the pandemic, the "new normal," computer dating, Confederate statues. All was enlivened by the jokes from **David Butler** and the stories from **James Enright**, growing up when his older siblings got a wee glass of Guinness before they went to school. James yearned for his turn at the wee glass.

Nancy Berg recently celebrated her 90th birthday, and Eli Saslow, the Pulitzer-winning journalist who writes for the *Washington Post*, made the birthday a memorable one. Nancy had been following his articles in the Post and purchased his recent book, *Rising Out of Hatred*. Nancy, who loved the book, sent it to relatives, grandchildren and children. The family had a virtual book group meeting to discuss *Rising* on the 16th. Sarah, Nancy's daughter, also invited Eli to join, unbeknownst to Nancy. He said he could give them five minutes and ended up staying for about 30 minutes. Nancy says, "He is a delightful, intelligent man and made the whole adventure interesting and informative."

Lyme disease, carried by ticks, is a common problem in the mid- to upper northeast states. **Penelope Roberts** recently experienced symptoms of aching joints, fever, cough – all signs of COVID-19. But she also discovered a large red inflamed area on the back of her knee. The doctor confirmed Lyme disease, not COVID-19. With a cool damp spring, ticks are more common so take caution when walking in woody or parkland areas.

Exploring Race Relations

by Cele Garrett

Recently, the tensions around policing—and racial inequity in general—have come to the forefront in painful ways. As a nonprofit that serves our community, we cannot ignore what some of our neighbors have faced in the past and we believe it's important to provide opportunities for our AHA community to explore the topic further.

On Thursday, July 30 at 10 a.m., AHA will host a member talk, *Opening the Discussion on Race and Inequality in America*. We are using the TED (Technology, Entertainment and Design) talk *The Difference Between Being Not Racist and Anti-racist* by Ibram X Kendi, and the author of the book *How to be an Antiracist*. You can register for this Zoom event by phone, email or on AHA Hub. (703-231-0824, aha@athomeinalexandria.org).

Volunteers in Action

Many thanks to our AHA volunteers who have been continuing to assist our members wearing masks and taking appropriate precautions. By way of example, below, Vivian Greblo delivers groceries to Jane King and Anne Augusterfer tackles Pat Clopper's garden problem.





Voting by Mail: What's the Big Deal? by Bill Clayton

The national squabble over the power of the vote – how it is exercised, whether it should be expanded or restricted – has become a particular “big deal” in the run-up to the American national election, AHA’s Helen Desfosses said June 12.

Desfosses, an AHA Board member, spoke to a virtual audience in the latest of AHA’s political forums, titling the talk, “Voting by Mail – What’s the Big Deal?” Voting is “the quintessential political act” and wars have been fought over the right to vote. Voting is “when we put our power as citizens to work,” Desfosses said, citing the role the right to vote played in the American Civil War, the Civil Rights fight, and South Africa’s struggle against white minority rule.

Throughout the world, “Issues of voting are issues that go on every day. Americans need to support the right to vote,” she said, to avoid events like the “Georgia meltdown” in which that state’s recent primary election was overwhelmed by machine failures, missing ballots, long lines and incomplete records of new voters

Absentee Voting in Virginia

With pandemic concerns and the expected large turnout in the presidential and congressional elections in November, we are encouraged to vote by absentee ballot.

You must first apply to vote absentee. You may apply online for a mail-in ballot by going to <https://vote.elections.virginia.gov/VoterInformation>, and fill in the online form. Or call the Alexandria Elections office at 703-746-4050 to get a paper application mailed to you. Then, fill in the form and mail it back to the elections office as indicated. If you need further assistance, call the elections office.

Your absentee ballot will arrive in early fall. by postal mail. Follow directions carefully and return it in the mail.

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Armchair Travel to UK

Alan Dinsmore suggests you may enjoy listening to UK National Trust podcasts about Trust properties, museums and activities at <https://www.nationaltrust.org.uk/features/listen-to-podcasts-from-the-national-trust>.

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