

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

AHA Grieves the Loss of Two Stalwarts

Dr. Judith Jones and Maggie Moose, two beloved women whose lives were woven into the fabric of At Home in Alexandria, died in early August.



Dr. Jones, who was a co-founder of AHA, died Aug. 4 at age 79 of lung cancer. She had worked on the early planning of the aging-in-place village with Ernie Lehmann and Dick Moose.

Jones and the other co-founders of AHA worked years spreading the idea and getting support from Alexandrians for the idea of a group devoted to helping Alexandrians stay independently in their homes as they age. AHA has grown since to more than 200 members. After being a large part of the planning and the 2011 opening of AHA, Dr. Jones remained active, serving on the Advisory Council.

She was the ideal person to help establish AHA: a Ph.D., physician, gerontologist, and Lifetime Fellow of the International Society of Pharmacoepidemiology. For a time, she was director of the Food and Drug Administration Division of Drug Experience (now Epidemiology).

Dr. Jones is recalled fondly by an AHA friend, Ann Kaupp, who said, “Judith always had a calm demeanor (and) a good sense of humor. She was very charitable, giving to many charities.”

Kaupp said Jones “would work six days a week,” so her friends tried to get her “to focus some Saturdays and evenings for fun.”

AHA Executive Director Cele Garrett said of Jones, “With her medical background, especially in the field of gerontology, she lent even more legitimacy to the need for an organization like ours.” Dr. Jones’s “efforts to get AHA off the ground back in the early days cannot be overestimated.”

Dr. Jones’s “medical knowledge, perseverance and ability to gain support from other individuals and volunteers was key to moving the idea forward,” Garrett said.

Jones is survived by her husband, William C. Rogers of Clifton, Va., and sisters Tobi Jones of Woodland, Calif., and Patricia Huff of Brunswick, Ga. The family suggested memorial gifts may be made to the International Society for Pharmacoepidemiology.



Margaret “Maggie” Moose, widow of AHA co-founder Dick Moose, died quietly at age 89 on Aug. 10 in her Porto Vecchio home with daughter Amanda at her side.

Maggie Moose was “ever the gracious hostess,” former AHA Chair Barbara Rosenfeld said. “Maggie held garden parties at their home on St. Asaph Street to raise funds and make connections in the early days when we were trying to get AHA started.” After Maggie moved to Porto Vecchio, AHA Member Virginia Martin recalled, “Almost everyone who moved in after she did, has a story to tell of how she welcomed them and invited them over to get acquainted.”

L Liddle noted that Maggie and Dick were high school sweethearts in Arkansas. Dick Moose became an assistant secretary of state for Africa, which involved much travel and entertaining in the diplomatic sphere. Maggie’s skills as a masterful cook, hostess and gardener were put to ample use.

She also was an accomplished writer. She published her first novel *Happy Days* in 1974. As she traveled the world, she did some reporting for NPR during the Iran hostage crisis. A short time before her death, Maggie published *Kidnapping Elephants*. She was a member of the Alexandria Literary Society for 37 years.

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September 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 the meeting link after you have registered for the program.

Date	Program	Time
Sept. 8, Tues.	"What's in the News" Discussion	10-11.30 a.m.
Sept.10, Thurs.	Ladies' Night "In"	5-7 p.m.
Sept.11, Fri.	The Politics Forum: Martin Tolchin on his new book "Politics and the Media"	1.30-3 p.m.
Sept.14, Mon.	Art Talk: SAAM docent Lee Ann Lawch "Wars at Home & Abroad" Artists in WWI through WWII.	10-11.15 a.m.
Sept.14, Mon.	The Monday Book Club: "News of the World" by Paulette Jiles	1-3 p.m.
Sept.15, Tues.	AHA Board Meeting	2-4 p.m.
Sept. 16, Wed.	Coffee and Conversation on preparing to vote in Alexandria.	10-11 a.m.
Sept. 17, Thurs.	Men's Night "In"	5-6 p.m.
Sept.18, Fri.	Roundtable Current Affairs Topic: "Age-Friendly Alexandria"	10-11.30 a.m.
Sept. 22, Tues.	"What's in the News" Discussion	10-11.30 a.m.
Sept. 23, Wed.	Alexandria Health Dept. on "Contact Tracing in Alexandria"	10-11 a.m.
Sept. 24, Thurs.	"Understanding Qualified Immunity" with Howard Weiss.	10-11 a.m.
Sept. 28, Mon.	Readers' Theatre Group	1-2.30 p.m.
Sept. 29, Tues.	Armchair Travels: "Switzerland"	1-2 p.m.
Sept. 30, Wed.	Isabel Sawhill (Brookings Institution) on her recent book "A New Contract for the Middle Class"	5.30 p.m.

September 2020 NOT ZOOM Calendar

Thursday, Sept. 17, Blazing Saddles "Mystery" Bike Ride, 10 a.m.-noon. Combine socializing with a little exercise and have fun. All riding abilities welcome. Meet at the bike path, North Fairfax and Madison Streets. Reservations required to maggie.stauffer@comcast.net by Sept. 16.

September Programs

Monday, Sept. 14 Art Talk - Wars at Home and Abroad: How Artists were Affected by WWI, the Depression and WWII. Led by Lee Ann Lawch, a volunteer docent with the Smithsonian American Art Museum (SAAM).

Friday, Sept 18 The Roundtable will feature a discussion of the Age-Friendly Plan, developed by the Alexandria Commission on Aging and approved by the City Council and AARP, that lays out in detail the steps that are being taken, in transportation, housing, health and more, to make Alexandria a livable community for all ages. Jane King will lead the discussion.

Wednesday, Sept. 23 Answering the Call: Contact Tracing in Alexandria

Contact tracing has been in the news as a tool in the fight against COVID-19 but how does it work and what is your role? Join representatives from the Alexandria Health Department to learn more about the contact tracing process - and separate fact from fiction. Presenters: Natalie Talis, MPH and Susanne Young, MPH, CMP, CDP.

Thursday, Sept. 24 Understanding Qualified Immunity

AHA member and retired attorney Howard Weiss leads our conversation about systemic racism with a discussion aimed at defining and analyzing the impact of the legal doctrine of "qualified immunity," applied as a shield to block lawsuits under federal law against police for violations of Constitutional rights.

Wednesday, Sept. 30 A New Contract for the Middle Class featuring Isabel Sawhill, Senior Fellow, Brookings Institution

A renowned expert at the Brookings Institution on children, families, and the middle class in America, Sawhill also served in the Clinton Administration as an associate director at the Office of Management and Budget. Her most recent book, *A New Contract for The Middle Class*, examines income stagnation, fragmented families, and time pressure, among other topics. Special thanks to Georgetown Village for sharing this opportunity with AHA. RSVP: By phone to 202-999-8988 or email lynn@georgetown-village.org

Voting Absentee in Alexandria in November...What does that mean?

by Julie Gentry and Kit Leider

EARLY VOTING IN PERSON

You can vote early at the **Alexandria Office of Voter Registration and Elections** (the election office) at 132 North Royal Street beginning 45 days before Election Day starting Sept. 18 and ending Oct. 31, 2020. You must provide your name and address and show an acceptable form of ID. You can cast your ballot at the election office and feed it into the scanner yourself. You DO NOT need a reason to vote early. Accessible equipment and/or curbside voting is available upon request.

APPLYING TO VOTE ABSENTEE BY MAIL

Request an absentee ballot **online** at <https://vote.elections.virginia.gov/VoterInformation> or **in person** at 132 North Royal St. Ballots will be mailed beginning Sept. 18, 2020. After applying, you can check the status of your request (date application received, date ballot sent, date ballot received) at <https://www.elections.virginia.gov/citizen-portal/>.

Your request for a mailed absentee ballot must be received by the Alexandria City Registrar by 5:00 p.m. Oct. 31, 2020. For completing your absentee ballot, follow the instructions that are sent with your ballot.

- Return your ballot by MAIL anytime. If mailing a ballot, it must have a stamp and be postmarked on or before Election Day and received by your registrar by noon on the third day after the election.
- Return your mail ballot IN PERSON to the Alexandria Election office **at 132 North Royal Street** beginning Sept. 18. When you arrive, hand your Absentee Ballot envelopes (outer and inner) to Election office staff. Accessible equipment and/or curbside voting is available upon request.

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Maggie studied theatre with Sanford Meisner and Martha Graham, and appeared in off-Broadway productions and in a television series in Arkansas. She was part of the USO, entertaining in Europe in the 1950s.

Maggie Moose is survived by daughter Amanda and son Jeffrey and by four grandchildren. The Moose family has suggested that gifts in memory of Maggie be made to At Home in Alexandria.

AHA to Help Members with Early or Absentee Voting

by Cele Garrett

Several AHA members have applied to vote by mail but prefer to deliver their completed ballots to the election office in person. If this is your plan, please know that AHA volunteers will be available to drive you to the election office or to another yet-to-be-determined ballot return location in the city. AHA volunteers also are willing to take you to the election office if you prefer to vote early in person between Sept. 18 and Oct. 31. Volunteers, however, are not allowed to take in your ballot or a “bundle” of ballots from a group of voters. You must turn in your own ballot.

Just as we have done in previous years, AHA will have volunteers available to drive members to their local voting precinct on Election Day. Anyone who is 65+ or with a disability can vote curbside on Election Day. We are pleased that a few volunteers already have called our office to offer their transportation support. As with all member requests, we ask you to give us at least three days of advance notice for any of these requests.

Tracking your Ballot

Under a new rule approved by Virginia’s Department of Elections, voters will be able to track their absentee ballots every step of the way, thanks to special U.S. Postal Service barcodes that will be used to show where ballots are as they go from a voter’s address to their local registrar’s office.

Using the U.S. Postal Service barcodes aims to give voters a greater sense of where exactly their ballots are, as opposed to other mail-in systems where voters have less information. This service is like those systems already used by the Postal Service and by retailers like Amazon to track deliveries.



What's Up With AHA Members, Associates and Volunteers



Pete Crouch captured this visit of **Brigitte Guttstadt**, seated, and her sister Ursula. They were finally able to visit after months of separation due to the COVID-19 restrictions at Brigitte's care facility.

A few months ago, we ran a story about AHA member **Rita Mattia**, who had recently published her first book, *Trying Stuff*. Never one to slack off during a quarantine, Rita has now created and produced her first podcast series.

"Writa Writes and Reads" premiered on Thursday, Aug. 20, with new weekly episodes airing until the end of the year. Each features Rita reading a story that reflects her love of family heritage, theater, music and growing up short and goofy in New Jersey.

Look for Writa Writes and Reads wherever you listen to podcasts, or go to this link:
<https://feeds.buzzsprout.com/1276346>.

AHA Advisory Council Member **Mitch Opalski** got a mention in the Alexandria Gazette Packet, about his bringing entertainment to the caregiver staffs of assisted-living facilities. Opalski's Synergy Home Care visited six Northern Virginia sites with entertainers ranging from juggling stilt walkers to a large comedian riding a tiny tricycle. The Gazette writer Jeanne Theismann quoted Opalski: "We wanted to do something fun. At the same time, we wanted to let these tireless workers know how much they are appreciated."

Steve Nelson reports: "The AHA Readers Theatre Group met online Aug. 24 and had our first theatrical readings. Joining in were **Cele Garrett, Virginia Kress, Penelope and John Rahming, Linda Langley, Helen Desfosses, and Pam and Steve Nelson**.

"We read Bob & Ray routines: "The Slow Talkers of America," "Women's Auxiliary of the Department of Sanitation (WADS) Recruitment Announcement," and "Wing Po.""

In late July, **Bob Eiffert and Michael Curry** went to Blacksburg to visit a friend. While there, they ventured up to Mountain Lake, where much of the movie "Dirty Dancing" was filmed and enjoyed lunch at the table where the lead film family was seated for a lunch scene.

Alexandria Health Department – Leads Fight against Covid 19 in the City Part One by Jane King

Alexandria's Health Department (AHD) is charged with the responsibility of "protecting and promoting the health and well-being of our communities." While this may seem to be a bold assertion of its mission, it takes on this role by supporting an ambitious agenda that fosters its success.

For many of us, its broad ranging activities may be largely invisible, though COVID-19 has enhanced public awareness of the importance of the department. It is the lynchpin of the response by city government to the pandemic.

Outside of the pandemic, the department normally manages a number of programs from nutrition counseling to Women, Infants and Children (WIC program), immunizations, a Teen Wellness Center, family planning, case management, HIV/AIDS testing and counseling, treatment of Sexually Transmitted Infections and screening and treatment of tuberculosis.

It is the Health Department that inspects the sanitation standards for food preparation wherever it is sold and the cleanliness of pools and spas. But that is not all that is on its plate.

To identify the attributes of the city that may have deleterious effects on the health of its residents, the department conducts a Community Health Assessment every five years. This is a city-wide undertaking for which the department invites every community member and organization to participate. With many partners, for 2020 to 2025, the department is overseeing the development of a Community Health Improvement Plan that will focus on mental health, poverty, and housing in the city.

AHD also regularly investigates communicable diseases that arise in the city and offers guidance to the community to prevent and control the spread of diseases—clearly a daunting task during this pandemic. Before COVID-19, AHD conducted this work for illnesses such as norovirus, hepatitis, and food-borne illnesses. The Health Department now faces its biggest challenge since it was created after World War One.

The October Newsletter will cover the work of AHD to combat Covid 19.

Flu Vaccines 2020-2021

by Kathie Fricke

The Center for Disease Control (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Getting a flu vaccine during 2020-2021 will be more important than ever. It is recommended that you get a seasonal flu vaccine each year by the end of October. However, if flu viruses are circulating, vaccinations should continue through flu season, even into January or later.

Fluzone High-Dose is available for people 65 years and older. This vaccine contains four times the antigen (the part of the vaccine that helps body build up protection against flu viruses) of standard-dose inactivated influenza vaccines. The higher dose of antigen in the vaccine is intended to give older people a better immune response, and therefore, better protection against flu.

If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. Call or visit your pharmacy's website to schedule an appointment for your flu vaccine.

Additional information on vaccines is available on the CDC's website: <https://www.cdc.gov/flu/highrisk/65over.htm> and the City of Alexandria's website: https://www.alexandriava.gov/news_display.aspx?id=117192

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RMDs - The Market has Recovered.

Now what?

by Brenda Bloch-Young

As part of the CARES Act, Congress suspended the requirement to take your Required Minimum Distribution this year as there was a significant drop in the stock market in March. This would give older adults time to recover those losses in retirement accounts. The good news is that the market has recovered. If you are in the fortunate position where you do not need that money for living expenses, you have some flexibility.

As tax policy is likely to change in the next few years, you may consider taking a distribution from your IRA this year. Look at this year's tax picture and see whether it makes sense to take all or part of that distribution at potentially a lower tax rate. Maybe you can offset it with other deductions or charitable contributions? There may be some tax-planning opportunities.

As always, check with your tax accountant or financial advisor to determine the best options for your situation.

Save the Date for Virtual Senior Law Days! "Should I Stay or Should I Go" Housing Options as We Age

The annual Senior Law Day is going virtual this year with three workshops taking place on Sept. 11, 18 and 25 from 2 - 3 p.m. Senior Services of Alexandria and the Alexandria Bar Association have lined up local legal, financial, and housing experts to talk about the many housing issues faced by older adults. The three panels will cover: Housing Options; Financial Considerations; Essential Estate and Healthcare Documentation. It is more important than ever to understand what we need to know to make informed decisions! For more information, call 703-836-4414, ext. 110, or register just once for all three days at <https://www.eventbrite.com/e/senior-law-day-2020-tickets-116233307953>.

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