

A community of members ages 55+ helping one another to live safe, active and connected lives

## AHA Offers In-person December Events

by Executive Director Cele Garrett

AHA has remained cautious in its approach to offering in-person events in recent months. After enjoying a few in-person AHA events this summer, it became necessary for us to cancel August and September in-person events when the delta variant of COVID-19 surged. Each month we carefully look at local COVID infection rates and we check in with the hosts of our various events and, so far, our hosts have chosen to hold their event virtually. For December, we have the opportunity to once again mix in some in-person gatherings:

The **Scottish Walk parade**, a longtime Alexandria tradition, has become an AHA tradition as well. It remains a wonderful (and very cost-effective) way to promote our village community to the general public. Just as important—it is a lot of fun! The event is ON this year and so are we. Join us on **Saturday, December 4**. We are lining up some enjoyable transportation for our members who prefer not to walk the parade route. Those who wish to walk can carry one of our banners or a special sign (both lightweight) or just walk along with us.

Our longtime members Tom Crowley and Christena Nielsen have once again generously offered to host the **AHA holiday party on Thursday, December 9** at their Old Town home. Though their home is spacious, we are taking even greater precautions to avoid crowding. There will be a strict limit on the number of attendees and there will be two time shifts guests may choose from: 5-6 p.m. or 6:30-7:30. This event is limited to vaccinated guests only.

Many AHA members have enjoyed our annual **holiday dinner at A La Lucia** each December. We are pursuing this tradition once again, though the date has not yet been determined. Stay tuned in the coming weeks as we offer further details. It will be important to RSVP as early as you can for any of these December events. We understand that not everyone is ready to partake in these gatherings, but we are planning carefully to make them as safe as possible.

### COVID Vaccination Update

The Centers for Disease Control and Prevention (CDC) now has booster recommendations for all three available COVID-19 vaccines in the United States.

- For individuals who received a Pfizer-BioNTech or Moderna COVID-19 vaccine, the following groups are eligible for a booster shot at least 6 months after their initial two doses:
  - Anyone 65 years and older
  - Anyone age 18+ who lives in long-term care settings
  - Anyone age 18+ who has underlying medical conditions
  - Anyone age 18+ who works or lives in high-risk settings
- For individuals who got the Johnson & Johnson COVID-19 vaccine, booster shots are recommended for anyone who was vaccinated two or more months ago.

If you need transportation to and from your booster appointment, please call the AHA office: 703-231-0824.

## November 2021 Calendar

The programs in this calendar will be presented via Zoom. The AHA office will send you the Zoom link after you have registered for a program. The link will allow you to attend via computer or phone.

|                 |   |             |
|-----------------|---|-------------|
| Nov. 2, Tue.    | <b><i>Don't Forget to Vote!</i></b>   | 6 am - 7 pm |
| Nov. 9, Tue.    | Ladies' Night In  | 5-7 pm      |
| Nov. 10, Wed.   | Armchair Travels: Join Dave Dupuis who will share details from his 21-day trip across the Atlantic on the sailing vessel <i>Samibella</i> , a 39' catamaran | 10-11 am    |
| Nov. 12, Fri.   | Politics Forum: "Former President Donald Trump and the November 2024 Presidential Election: What Are His Election Plans for 2024?" with Dr. Helen Desfosses | 1:30-3 pm   |
| Nov. 16, Tue.   | What's in the News  | 10-11:30 am |
| Nov. 16, Tue.   | Board Meeting   | 2-4 pm      |
| Nov. 18, Thur.  | Social and Racial Equity Book Discussion: Part 2 of <i>Why Are All the Black Kids Sitting Together in the Cafeteria?</i> by Beverly Daniel Tatum            | 10-11 am    |
| Nov. 18, Thur.  | Men's Night In  | 5-6:30 pm   |
| Nov. 19, Fri.   | Roundtable: Future Health Care Planning   | 10-11 am    |
| Nov. 22, Mon.   | Readers Theater   | 2-3 pm      |
| Nov. 23, Tue.   | Ladies' Night In  | 5-6:30 pm   |
| Nov. 25, Thurs. | Thanksgiving Dinner at Tempo. Please RSVP to the Office by Nov. 15.   | 1-3 pm      |
| Dec. 4, Sat.    | Scottish Walk - Join the parade with us. Specific details to follow.  | 10-12 pm    |



## November Program Highlights

### Wednesday, Nov. 10 **Armchair Travels.**

Ever wonder what it would be like to cross the big wide ocean in a boat? Not a cruise ship or a military vessel, but in a small sailboat like one you might see in a local marina? Dave Dupuis, below, will share details from his 21-day trip across the Atlantic on the sailing vessel *Samibella*.



What is the trip preparation like? What time of year is safest for crossing? How do you know where to cross? What are the potential dangers? What does one do for 21 days on the open sea?

**Friday, Nov. 19 Roundtable.** Aging life care specialist Colleen Duetzel and end-of-life doula Jane Euler, both from Lionheart Eldercare, will briefly review the relevant supports, documents and their purposes for end-of-life care. Topics will include: the difference between home care and home health care; the costs of these services and whether insurance may cover them.

**Saturday, Dec. 4 The Scottish Walk** is back! Join us to walk in this popular Old Town parade. If you are willing to help, we need folks to carry our banner or a fun sign—plus a few folks to direct participants. Please let the office know if you are planning to walk and if you can help: 703-231-0824.



AHA marchers in the last pre-pandemic Scottish Walk in December 2019.

## Taking Charge of your Future Health Care

by Cele Garrett

Our AHA board member Victoria Almquist was the special guest at October's Roundtable gathering to discuss the medical aid in dying (MAID) movement. MAID refers to a practice in which terminally ill adults have the option to ingest medication prescribed by their doctors to end unbearable suffering, a practice that currently is authorized in 11 states. While MAID has many monikers (Death with Dignity, End of Life Options Act, etc.), it is factually incorrect to refer to the practice as suicide or euthanasia.

It is important to have in place an advanced medical directive, but Victoria explained that in Virginia, a Physician Orders for Scope of Treatment (POST) carries a lot of influence when a medical incident occurs. It is vital to obtain this document from your physician's office and to schedule an appointment expressly to discuss information you wish to convey about your treatment preferences. This talk was recorded, and the link will be shared in the Nov. 1 *eBlast*.

During this Roundtable discussion, several questions emerged about hospice care, palliative care and other medical options as families encounter serious illness, health crises and end-of-life decisions. Participants agreed that we could benefit from a general discussion about the choices we have for our end-of-life care. Roundtable will offer that opportunity on Nov. 19. Join us as, Colleen Duewel, specialist in aging life care, and Jane Euler, end-of-life doula (a care guide), both from Lionheart Eldercare, briefly review the relevant supports, documents and their purposes.

Topics will include: the difference between home care and home health care; the costs of these services and which are covered by insurance, Medicare or long-term care; hospice and palliative care distinctions; and the role of an end-of-life doula. Bring your questions to this interactive session.

The Washington Area Villages Exchange (WAVE) recently welcomed guest speaker Kim Callinan, CEO of Compassion & Choices, at its quarterly meeting for an informative discussion about end-of-life care. That Zoom session was recorded and the link can be found on the WAVE website: <https://wavevillages.org/index.php/meetings>

## My Thanks to an AHA Sponsor

by Cele Garrett

Recognizing that we have not been able to host a fundraising event for the past two years—and preferring to move away from that aspect of raising money because of its labor-intensive nature—we recently began putting into place a new corporate sponsorship program. The first business to step up as a corporate sponsor was Crouch Realty Group of McEneaney Associates, headed by longtime AHA volunteer Peter Crouch. His support has been a significant help this past year, so I want to take this chance to thank him personally.

This past year, I have spoken with a number of AHA members and friends who have taken stock of their living environment to see if they can age safely in place. AHA has been giving much thought to providing resources that will help our members age safely in their home—like ramping up our volunteer organizing services and exploring a partnership with a home safety assessment provider.

For some of us, staying in our longtime home is the only choice. The issue is making it a safe place to stay. Here is where Pete has been invaluable to AHA: Pete often provides handyman-type services to our members himself and he has a stable of vetted contractors who can help keep a house running. And here is a volunteer service he provides to AHA members you may not know about: Pete will be glad to accompany you when you are meeting with a contractor who is assessing work to be done in your home. Because he has a construction background and because he regularly hires contractors himself, he can help diagnose problems in your home and his involvement can add an extra measure of safety when you are vetting contractors.

Sometimes we find that the right decision is to leave our beloved home. Call AHA when you need a volunteer to help you downsize—and do consider Peter Crouch if you need a real estate broker who specializes in senior moves: Peter B. Crouch, Seniors Real Estate Specialist; 703-244-4024; [Pete@CrouchRealtyGroup.com](mailto:Pete@CrouchRealtyGroup.com).

We salute our generous sponsor and volunteer.

thank you!



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

**Kathie Fricke** and Anne Augusterfer assisted **Jane King** with gardening work after Jane's two-week beach vacation in Bethany Beach in September.



**Maggie and Barry Stauffer** had a gorgeous day on Sept. 24 for the 8,500 people who took part in Washington D.C.'s annual 20-mile bike ride along some of the city's most beautiful streets - all car-free.



On a recent visit with her son, who now lives and works in Atlanta, **Brenda Bloch-Young** sat with a froggy friend at the Atlanta Botanical Garden.



Taking a catnap in the catnip. **Einstein** the cat, at age 15, is a senior member of **Loretta Darst's** household. He could qualify as an AHA member . . . just saying.



**Julie Gentry, Sandy Heistad and Mary Ann Bier** in Annapolis enjoying a seafood lunch near the dock on a beautiful fall day.

With many helpful downsizing hints from AHA's Helen Desfosses, who served on the Alexandria Library Board, **Teddy and Bill Clayton** donated around 400 books to Alexandria's Beatley Library and its branches. Helen, who has many years of experience on library boards in Alexandria and Albany, N.Y., told the Claytons about recipients for books, including asking libraries that are looking for donations about coming book sales. For paperback books, prison and jail libraries are a possibility in addition to commercial outlets. Dealers in rare books are another prospect. Bill Clayton had surprising success on the neighborhood listserv: He offered, free, a 20-volume encyclopedia from the 1970s and a neighbor wanted it and carried it, in stages, down the 23 steps to his auto.



## If Jealousy had a face



Submitted by Nancy Kincaid

## Chest Pain Advice

by Bill Clayton

Chest pain has many potential causes, some not life-threatening, others warning of a heart attack, the Mayo Clinic Health Letter reports.

The term “angina” describes a “sensation of squeezing, pressure, heaviness, tightness or discomfort in the chest,” a feeling akin to having a heavy weight on your chest, the clinic says. “When blood flow to the heart is reduced in a relatively consistent and predictable way, chest discomfort called stable angina can occur.” Reduced blood flow through the coronary arteries could be caused by plaque deposits. With stable angina, the artery narrowing still allows for enough blood flow to the heart muscle. With a diagnosis of stable angina, exertion raises the heart’s demand and the artery narrowing causes brief discomfort.

The Mayo report says, “If chest discomfort is a new symptom for you, it is important to immediately seek medical help. This is also true if you have been diagnosed with stable angina and it worsens or changes.” Those developments could be called unstable angina and could be a precursor to a heart attack.

The unstable form of angina occurs even at rest, lasting a long time.

Testing “can help confirm artery narrowing and angina,” the Mayo Health Letter says. Treatment can include such lifestyle changes as losing weight, exercise at a safe level, reducing stress, eliminating tobacco and limiting alcohol. Also, doctors can prescribe medications designed to improve symptoms or prevent complications such as blood clots.



### CONTACT US

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## From the Editor

The AHA Newsletter is always looking for remarkable stories, photos of your adventures and timely advice for life and health. If you have an event, a pet photo or anything you would like to share from your amazing life, please send it along to [marybier@comcast.net](mailto:marybier@comcast.net). If you prefer to talk rather than email, please contact the AHA office first at 703-231-0824.

Sincerely,  
Mary Ann Bier

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