

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

A New Year with a New Chair and Board Members for AHA

After serving as vice chair for two years, **Pam Nelson**, top right, assumes the role of AHA chair. In addition to more than 40 years of leadership and program management experience, Pam has been an active member and volunteer for AHA since its inception. She will also continue as co-chair of the Governance Committee along with Victoria Almquist, who has been elected to serve as vice chair after serving admirably as secretary. Victoria will also continue to serve as interim secretary. Kathie Fricke will continue to serve as treasurer for 2022. Kathie has done an outstanding job in very challenging times, ensuring sound financial management of AHA.



Ruth Arnold was born and raised in England; she moved to the U.S. in 1970 and in 1986 became a U.S. citizen. She served for nearly 40 years in Her Majesty's Diplomatic Service, assigned first to Bonn, Germany, and then to Washington, D.C. where, for over 20 years, she held the position of Accommodation Officer, with responsibility for the buying, leasing and furnishing of properties for Diplomatic Service personnel and the British ambassador's residence. Since retirement, Ruth has been an active volunteer with her church (including the Meals on Wheels and Bag Lunch programs, and in the church Gift Shop). Ruth serves on her condominium association board, and that of the MG Car Club, and is a Senior Services of Alexandria Senior Ambassador.



Gretchen Klimoski graduated from the University of Massachusetts with a degree in fine arts. She served as the director of the Greater Lafayette Museum of Art in Indiana for three years before moving with her husband to Columbus, Ohio where she worked for the Ohio Historical Society in a new, federally funded office focusing on the preservation of the state's historic sites. She earned a master's degree in Historic Preservation and Architectural History and was appointed Deputy State Historic Preservation Officer for the state of Ohio. After 10 years in this position, she then opened GLK & Associates, a consulting firm specializing in strategic planning and board development for nonprofit organizations. She and her husband Richard moved to northern Virginia in 1995. Currently she creates one-of-a-kind and limited-edition jackets and shirts under the name Toad Hollow Designs. She is a member of Studio Fiber Arts at the Workhouse Arts Center and Potomac Fiber Arts located in the Torpedo Factory in Old Town.



John Veldhuis is a retired educator who has been a teacher, principal, superintendent of education, professor, and university president. He has lived, visited and/or worked in 26 different countries. It is obvious John loves to travel. He enjoys reading, gardening and learning new things. He is also an active person who has ridden his bicycle around the perimeter of the United States (that is how he met his wife Nancy) and climbed Mount Trail. He has a wide variety of interests and is a lifelong learner. John and Nancy moved to Alexandria in 2009 and have made it their home, making new friends through the membership of AHA.



January 2022 Calendar

The programs in this calendar are scheduled via Zoom unless otherwise noted. 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.

Jan. 11, Tues.	What's in the News	10-11:30 am
Jan. 11, Tues.	Ladies' Night In	5-7 pm
Jan. 14, Fri.	Politics Forum: 'The Other Side of the Story – Reasons for Optimism in 2022' with Dr. Helen Desfosses	1:30-3 pm
Jan. 18, Tues.	Board Meeting	2-4 pm
Jan. 19, Wed.	Armchair Travels: "The Polar Bears of Churchill" with Penny Roberts.	1:30-3 pm
Jan. 20, Thur.	Men's Night In	5-6:30 pm
Jan. 21, Fri.	Roundtable: Planning meeting for 2022. Bring ideas for programs and join the discussion.	10-11:00 am
Jan. 24, Mon.	Readers' Theater. Read a part in a TV or play script assigned to you.	2-3:00 pm
Jan. 26, Wed.	Coffee and Conversation	10-11:30 am
Jan. 27, Thur.	Social and Racial Equity Program will be discussing what we have learned and what positive steps we can take, based on our reading of <i>Why are all the Black Kids Sitting Together in the Cafeteria?</i> by Beverly Daniel Tatum.	10-11:00 am
Feb.1, Tues.	"Freer in Egypt": Join a Smithsonian Museum of Asian Art docent on this online tour to explore Charles Lang Freer's vision, retrace his travels and look carefully at the objects he acquired during his visits.	1-2:00 pm

Looking for something new in 2022? Join a program you have not tried before. The facilitators welcome fresh viewpoints, new ideas and topics for discussion. Perhaps a diverse opinion for ***What's in the News?*** or the ***Politics Forum***. Suggest a topic or speaker for the ***Roundtable?*** How do you feel about ***Social and Racial Equity*** in our community? ***The Readers' Theater*** is always looking for new talent - whether you have it or not – so give it a try.

Just sign up on the AHA Hub or call the office.

Thank You, Bob Eiffert

by Babs Waters

After an almost 30-year career with the City of Alexandria and Fairfax County governments in the areas of aging, long-term care and housing at the directorship level, Bob Eiffert retired in 2016 and was elected to the board of directors of AHA shortly thereafter.

Bob also served for 11 years as a member of the Commission on Aging—first as chair of the Housing Committee, then vice chair and chair of the Commission on Aging until 2018. He continues as a member of the Housing committee and a resource person for the Commission as a whole. Bob was awarded the Commission on Aging's Annie B. Rose Award for Lifetime Achievement in 2019 because of his lifelong work and engagement in the aging arena.

Bob will have served three two-year terms on the AHA Board, with the last two-year term as chair. Bob has been a champion of all things AHA and on Dec. 4, 2021, had the honor of leading the AHA delegation in the Scottish Walk in Old Town.

Technology Update

Most devices using 3G (third generation) networks, including those without phone service that are used solely for the purpose of calling 911, will gradually become inoperable beginning Jan. 1, the Federal Communications Commission announced recently. This type of upgrade is typical as technology develops for improved and faster telecommunication services that include internet access, web browsing and social media.

The change will not only affect phones but also medical alert devices, tablets, smartwatches and home security systems that are limited to 3G technology.

Most users will receive a notice from their service provider. Phones that are only used for contacting emergency services and do not have an active cell plan for phone service may not receive this warning.

If you think you may be affected by this upgrade and have not heard from your service provider, contact the provider or call the AHA office, 703-231-0824, for some assistance.

AHA Happy -- at the Scottish Walk in Old Town



-- and at the Holiday Party at the home of Chris Nielsen and Tom Crowley



What's Up with AHA Members, Associates and Volunteers

An AHA group gathered on **Nancy Kincaid's** balcony to watch the boats, each vessel with a different theme in lights. They passed slowly by and then turned around at the bridge and went past in the other direction before dispersing. The hostess laid out a table full of nibbles and attendees brought their own drinks.



Nancy Kincaid also arranged the prix fixe dinner at A La Lucia that drew a crowd of 19, including some diners relatively new to AHA and its events. The seating arrangement among three tables afforded a good chance for conversation. Nancy, above with **Joyce Bachman**, said the number, lower than previous years, made the event “more fun” than the more crowded times with several tables.



Brenda Bloch-Young spent two weeks over Thanksgiving with her kids in Portugal. She says, “We spent the first week in a house in the country near the Atlantic Ocean and the second week in an apartment in Lisbon. We visited several castles, saw beautiful tiles, and ate great seafood.” Here they are in Cabo da Roca, the most Western point of Europe.



Two Antique Cars in the Scottish Christmas Walk

by **Bob Eiffert**

AHA had five cars in the Scottish Christmas Walk parade, two of which were antiques. Both were in outstanding condition. AHA member John Veldhuis, along with Shirley Rettig, drove his beautiful yellow 1966 Mustang convertible. John told me he got the car for \$100. I said, “Not in that condition you didn’t.” John replied, “Oh yes I did.” It turns out he bought a \$100 raffle ticket from the Bailey’s Crossroads Rotary Club five years ago where the car was the prize. John won. What a great investment! You too could have a chance, because John says the club buys another 1966 Mustang convertible every year for its raffle.



The second antique was an incredibly rare 1921 Lincoln seven-passenger touring car. Bob Montague, a friend of AHA member Susanne Adams, offered to drive it in the parade for AHA. Bob told me that he is only the second owner of the car. It was purchased new 100 years ago by Mr. Willard, the owner of the Willard Hotel in Washington, D.C. It was in his family for 32 years. After his death, the immediate family did not want to keep it. Bob was a distant relative of Mrs. Willard's, so a family representative contacted the young Bob and said he could have the car if he would get it out of the barn where it was stored in Fairfax City. Bob agreed and has owned the car for the 68 years since. It has been beautifully restored and was a hit at the parade, below.



Home Safety Visit

by Sherry de Vries

A while back I got an unexpected visitor, Captain Woolsey of the Alexandria Fire Department. He came to offer an evaluation of my house for falling risks. I took him up on the offer and we went through the house, as he offered tips and suggestions for preventing falls and better ways of carrying things and negotiating steps. I was pleased. He offers this service to anyone in Alexandria who wants to make the home environment safe. According to the Center for Disease Control and Prevention, 36 million people over 65 experience a fall each year. About one in five of those falls causes a serious injury, such as a head injury or a broken bone—usually to the wrist, arm, ankle or hip.

The reason Captain Woolsey came to my house was that I had been taken to the hospital by an Alexandria Fire Department ambulance after I had fallen. He tries to follow up on all cases like mine and make a home visit. Call Captain Woolsey and schedule an appointment for a home visit. Don't wait until you have a fall to meet him.

Jeff Woolsey, EMS Captain, Community Paramedic,
Office: 703-746-5734, Cell: 703-740-6427

Notes from AHA

by Executive Director Cele Garrett

We have had a festive December where we came together in person for a few AHA events. As we all know, COVID is surging once again in our area so, throughout January, we will be taking another pause of in-person events. AHA monitors local COVID numbers regularly and we are encouraged that our city has achieved vaccination rates that are much higher than the national average. Most Alexandrians now have strong protection against serious illness so we all hope the surge will leave as quickly as it has arrived. Check out our virtual calendar of events and join us when you can.

We are excited to offer members a new program, StrongerMemory™, that comes to AHA from our friends at Goodwin House. There is no charge to participate in this weekly program, but our group will be limited in number. Join us for the information session on Wednesday, February 23 at 10 a.m.

In last month's newsletter, we mentioned our upcoming AHA member survey. We will finalize our plans through January and have determined to wait until early March to "launch." More on that a bit later.

As of this writing on December 27, AHA officially has met its financial goal for its year-end campaign! I don't recall ever getting to the finish line before the end of the year. (We don't always make our goal, though so far we have always come close.) I am beyond grateful for each person who has taken the time to support AHA during such a busy time of year. It is a great way for us to start the new year. Thank you so much.

My final note is to say that Dara, Megan, Loretta and I have enjoyed working with our members and volunteers so much in 2021. You make our work so interesting and fun—and we learn so much from you. Whatever 2022 brings, AHA will be right here to help. ***Warmest wishes from us all!***

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