

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

## Spring2ACTion is Almost Here

by Cele Garrett

Once a year, Alexandria nonprofits come together for Spring2ACTion, an online “giving day” hosted by ACT for Alexandria, our community foundation. This year the big day is Wednesday, April 27.

For the past two years, the pandemic has prevented us from having a fun, in-person gathering at Del Ray Café on campaign day. This year, feeling optimistic, we have booked our usual downstairs “kitchen” room at the Del Ray Café restaurant. We invite you to stop by for a cup of coffee and croissant and cheer us on. (The address is 205 East Howell Avenue.) If this is your first Spring2ACTion, you must join us to see what the excitement is about!

As in previous years, you can contribute to the campaign in the two weeks leading up to the big day. The online portal will “go live” on April 13. If you prefer to contribute by check instead of doing so online, your gift will count toward our total if it is received in our office by April 27.

Throughout this fundraiser, some generous AHA donors will offer a matching gift so that your online contribution will be doubled. If you would like to offer a matching gift to entice others to donate, we would gratefully welcome it.

Spring2ACTion is a highly effective and cost-efficient campaign for AHA—and it has become more important for AHA since we have not held an in-person fundraiser for nearly three years. Watch your email inbox for further updates and videos.



## A Big “Member Survey” Thank You

by Cele Garrett

By the time you receive this newsletter, our member survey will be wrapping up. We’ve asked the survey company to extend the deadline to Friday, April 8 to allow a few more members to complete it. I want to thank everyone for participating. Your input is important. We will use this feedback when we begin

## April Calendar

The programs in this calendar are scheduled **via Zoom or in person**. For those scheduled 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. Please note specific details for in-person gatherings.

Apr. 7, Thurs.	Movie Group discussion of <i>Power of the Dog</i> and <i>The Lost Daughter</i> , both available on Netflix, via Zoom.	3-4 pm
Apr. 8, Fri.	Politics Forum with Dr. Helen Desfosses, "Russia, the US and Ukraine: An Up-to-the-Minute Analysis" via Zoom.	1:30-3 pm
Apr. 12, Tues.	What's in the News, via Zoom.	10-11:30 am
Apr. 12, Tues.	John Glenn, John Kennedy, & the New Battleground of the Cold War with historian Jeff Shesol, based on his book <i>Mercury Rising</i> , via Zoom.	1-2 pm
Apr. 12, Tues.	Ladies' Night In, via Zoom.	5-7 pm
Apr. 15, Fri.	Roundtable discussion: "Recycling Right Alexandria: What Qualifies, What Doesn't" with Howard Lee, Recycling Program Analyst for the City of Alexandria.	10-11 am
Apr. 16, Sat.	Happy Hour gathering at the home of Bob Eiffert and Michael Curry. Bring a beverage and appetizer to share.	5-7 pm
Apr. 17, Sun.	Easter dinner at Tempo Restaurant. 4231 Duke St. Limit 8.	1-2:30 pm
Apr. 19, Tues.	Board Meeting	2-4 pm
Apr. 20, Wed.	AHA Travel Group, organizational meeting. Interested in traveling with other members? Come to a discussion, via Zoom.	11- noon
Apr. 21, Thurs.	Men's Night OUT, at the home of L Liddle, 526 S. Pitt St. 22314, Bring your own beverage; Parking on the west side of Pitt Street or in the Lyles Crouch School lot.	5-6:30 pm
Apr. 25, Mon.	Readers Theater, via Zoom	2-3:30 pm
Apr. 27, Wed.	Spring2ACTion Fundraiser, drop in for coffee or a meal at the Del Ray Cafe, 205 E. Howell Ave., Alexandria, VA 22301.	all day
Apr. 28, Thurs.	Social and Racial Equity Group: discussion on next steps, bring your ideas.	10-11 am

## Program Notes

**Tuesday, April 12** At the height of the Cold War, JFK saw the race to explore outer space as a race for survival - a race that America was losing. The Soviets seemed unstoppable in space. As historian Jeff Shesol will describe, drawing on his new book, *Mercury Rising*, when John Glenn blasted off aboard Friendship 7, on February 20, 1962, he carried America's hopes into orbit - into a new and perilous Cold War battleground. Glenn's historic flight did not, in itself, win the space race, but it did shift the momentum. In addition to writing history books, Jeff Shesol formerly served as a speechwriter for Bill Clinton.  
Sponsored by Chevy Chase At Home.

**Friday, April 15 Roundtable:**  
"Recycling Right Alexandria" by Howard Lee, Recycling Program Analyst for the City of Alexandria, manages the city's recycling collection, processing, and food waste programs. Howard will share important information on the city's recycling program, recycling do's and don'ts, insights into the recycling industry and tips on how you can reduce your waste and live a more sustainable lifestyle. RSVP by April 13 on AHA Hub or to the AHA office at 703-231-0824.

**Saturday, April 16 Happy Hour** at the home of Bob Eiffert and Michael Curry, 1418 Juliana Place. Pam and Steve Nelson are co-hosts. Bring a beverage and an appetizer to share. RSVP by April 13 on AHA Hub or to the AHA office at 703-231-0824.

**Thursday, April 21 Men's Night Out.**  
L Liddle has volunteered to host the event at his house, 526 S. Pitt Street. Bring a beverage; L will provide the snacks. Parking on the west side of Pitt Street or in the Lyles Crouch School lot. RSVP by April 18 on AHA Hub or to the AHA office at 703-231-0824.

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**Check out Alexandria Library virtual programs for April at**  
[alexlibraryva.gov/events](http://alexlibraryva.gov/events)  
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## ***Resilience – The 2022 Theme for All Alexandria Reads***

As residents of Alexandria, we have a wonderful resource in our libraries. The libraries have a large collection of books; periodicals both physical and electronic; the computers for public use inside the library; the ‘hot spots’ for connecting both inside and outside the library for those who do not have a wi-fi connection at home; and the many helpful staff who develop programming and provide reference services for adults, youth and children.

Once a year, Alexandria Library sponsors the All Alexandria Reads program. This year the theme is resilience. Resilience here represents the diversity of our community and country, the resilience of immigrants and the need for resilience in maintaining sustainability in our climate-sensitive world. There are selections of books and discussion groups, craft programs for all ages as well as a bike tour around the city to recognize the resilience of our various neighborhood communities.

To learn more about these books and programs, go to [alexlibraryva.gov/events](http://alexlibraryva.gov/events). It is helpful to choose the age group, i.e., Adults or Seniors, to simplify your search. Or visit your nearby library branch and ask for assistance from a staff member.



Beatley Central Library

## **Poetry Fence: Words of Resilience**



Come by the Duncan branch library, 2501 Commonwealth Avenue, to read words of resilience on a poetry fence installation (at the corner of Dewitt and East Windsor Avenues in Del Ray). You are welcome to write or share a poem to be added to the curated poetry fence. This installation will celebrate the community coming together around the power of words and their resiliency.

## ***Resilience – COVID, War and Politics***

Just as we are emerging from the trauma and isolation of the COVID-19 pandemic, we now find ourselves bombarded with the graphic depictions of the trauma of war in Ukraine. Janice McLean, Ph.D., (in photo) a retired clinical psychologist, spoke about these continuing bombardments to our mental health at the March Roundtable discussion group.



First of all, as McLean explained, the pandemic and its dangers for seniors forced us to isolate with minimal contact with family or friends. The pandemic disturbed the expectations we

had for traveling to visit family out of town, for our ability to share the joy of a wedding or the birth of grandchildren or attending funerals of loved ones. The pandemic showed us the divisiveness in society over vaccines and masking. We were not able to continue our activities, such as volunteering or socializing as on previous occasions. The thoughts that develop may cause depression or the inability to function in a healthy manner. Just as we strive to recover and see some light at the end of this long stretch, a war appears on the horizon, and we think “What’s next?”

We always have choices, according to McLean, as we strive to make something meaningful out of difficulty. For example, although almost unbelievable, something good has come out of the evil occurring in Ukraine – a president who energizes his country to fight the enemy in an astounding display because, “We’re hungry for heroes,” says McLean. “We, however, are in a strong position to recover, and we must put things in perspective. The price of gas does not relate to death, war, or destruction. Make a difference on your own ‘lily pad’ with a monetary donation, or a gift your time or your effort.”

Keep on getting up – focus on the positive: support your own resilience; turn off the constant news cycle; and watch happy-ending television or movies. As seniors we tend to reflect on our lives, so write a memoir. Janice McLean believes better times are ahead. And remember, as she says, “Giving gets back more.”



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



Sandy Heistad and her daughter, Wendy Carter, celebrating Sandy's BIG birthday.



Cherry trees blooming on a Del Ray street. It is spring but the clouds look ominous, and the breeze is blustery. Photo by Mary A Bier.

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Celebrate Earth Day – April 22

## Challenge Your Brain – Word Search

S F I T O M E D O M S A S E M H  
 S E G A S R B D E O P R Q U A D  
 S R O N R E C O M P E N S E D F  
 N R M R I D I S A P P R O V A L  
 O A S I A R I L M E A A V I M Q  
 O T J F L G O U K T B E R A T E  
 P I O L F G J O S C C W L T Y T  
 T C H E P B R I D E A R O G N A  
 I A T S E T P A N Y I R U Y O E  
 M L A E S C A P A D E T C N C R  
 U L W T A N G I B I L I T Y C E  
 M Y A G N I U B M I A L C E R H  
 D E S I R G I D R E V L P A J W  
 H T O Z T A M W A L E R R A U Q

AGES

APPAL

ARMBANDS

CRACKLIEST

CYCLE

DOORING

ERRATICALLY

FAIRWAY

FOCI

HEATSTROKE

JETTIES

MATZOH

MODEM

OGLE

PSALM

QUARREL

RECOMPENSED

SMOG

TANGIBILITY

VERDIGRISED

ANGORA

APTEST

BERATE

CRUNCH

DISAPPROVAL

ENTRAPPED

ESCAPADE

FLAIRS

GISMOS

IMBUING

JUMPERS

MESAS

MOTIFS

OPTIMUM

QUAD

RECLAIM

RIFLES

SNOOP

TARS

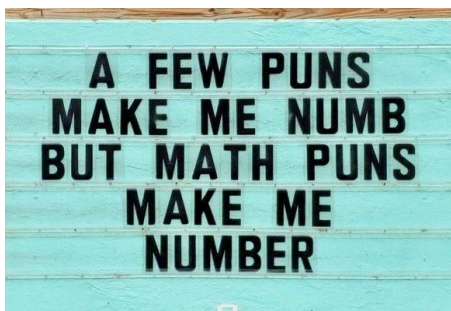
WHEREAT

## Ukrainian Refugee Aid Program Launched

The Northern Virginia Regional Commission, which includes Alexandria's Vice Mayor Amy Jackson and local leaders from across the region, launched a program that will last through April 15 to assist Ukrainian refugees fleeing war in their country. Residents can donate new and gently used coats, socks and gloves to drop off locations at **Alexandria City Hall** and **Beatley Central Library**.

Donated items will be shipped first to a collection site in Wilmington, North Carolina. From there, items will be bulk-packaged and shipped to a site in Europe for distribution to refugee locations. A small effort can make a big difference.

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As seen on a road sign in Indian Hills, CO.

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## Poems and a Thought

Out beyond ideas  
of wrongdoing and rightdoing,  
there is a field.

I'll meet you there.

by Jellaludin Rumi, 13<sup>th</sup> century

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### Insomnia

by Dana Gioia

Now you hear what the house has to say.  
Pipes clanking, water running in the dark,  
the mortgaged walls shifting in discomfort,  
and voices mounting in an endless drone  
of small complaints like the sounds of a family  
that year by year you've learned how to ignore.

But now you must listen to the things you own,  
all that you've worked for these past years,  
the murmur of property, of things in disrepair,  
the moving parts about to come undone,  
and twisting in the sheets remember all the faces you  
could not bring yourself to love.

How many voices have escaped you until now,  
the venting furnace, the floorboards underfoot,  
the steady accusations of the clock  
numbering the minutes no one will mark.  
The terrible clarity this moment brings,  
the useless insight, the unbroken dark.

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*The world is no longer a romantic place; some of its  
people are however, and therein lies the promise. Don't  
let the world win.*

John Cage

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### CONTACT US

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— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

CELEBRATE APRIL

*April 1 – April Fool’s Day*

*April 10 – Palm Sunday*

*April 15 – Passover Starts*

*April 17 – Easter Sunday*

*April 22 – Earth Day*

*April 29 – Arbor Day*

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