

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

## Members, Staff and Sponsors are AHA Winners in Spring2ACTion

Our hearts are full of gratitude for the 141 donors who supported AHA during our annual Spring2ACTion campaign. It was a challenging fundraiser this year and we finished at 85 percent of our goal: \$32,310 against our goal of \$38,000.

To give a "big picture" perspective: there were 172 nonprofit organizations participating and AHA ranked number 21 in total dollars raised. We don't "compete" against other nonprofits; we just work very hard to meet our own goal—but everyone has fun looking at the leaderboard to see how all the nonprofits are doing with their own fundraising. This campaign was a team effort in every sense, and I thank each of you for the significant role you played in our success.

I'm unable to list each donor here but I wish to thank the following individuals for giving a leadership gift or offering a matching gift during Spring2ACTion:

Susanne Adams  
Elisabeth Campbell  
Bill and Teddye Clayton  
Peter Crouch/Crouch Realty Group of McEneaney Assoc.  
Tom Crowley and Christena Nielsen  
Bob Eiffert and Michael Curry  
Roland Frye and Susan Pettey  
Louise and Mike Kenny  
"Office Divas": Loretta Darst, Cele Garrett, Megan McIntyre and Dara Surratt  
"Three Intrepid Ladies": Linda Langley, Susanne O'Neill and Penelope Roberts

Nancy Kincaid  
Mason Hirst Foundation  
Steve and Pam Nelson  
Harriett McCune  
RMP Foundation/Vicki Vasques  
Shelli Ross  
Carol Siegel  
Maggie and Barry Stauffer

I wish to thank Del Ray Café for once again providing a fun, dedicated space for all of us to gather throughout the day and for the exceptional promotion they gave to us. Their donation—10% of the day's proceeds—added significantly to our total.

Finally, we couldn't have pulled off this effort without my "sidekick" Loretta Darst.

Thank you, everyone!  
Gratefully, Cele



AHA members enjoying lunch at Del Ray Café during Spring2ACTion

## May Calendar

Please note that the programs in this calendar may be scheduled **via Zoom or in person**. 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.

If the program is in person, it is limited to only those who are fully vaccinated.

May 9, Mon.	Author Talk by Len Rubenstein, <i>Perilous Medicine: The Struggle to Protect Health Care from the Violence of War</i> . Pre-registration only, contact Susanne O'Neill at <a href="mailto:oneillsn@msn.com">oneillsn@msn.com</a> .	7-8 pm
May 10, Tues.	What's in the News via Zoom.	10-11:30 am
May 10, Tues.	Ladies' Night Out at Cafe 44, 44 Canal Center Plaza, Suite 401. Limit 8 for two tables outside, street parking or garage.	5-6:30 pm
May 11, Wed.	Dine Around at Tempo, 4231 Duke St. RSVP by Monday, May 9.	6:30-8 pm
May 12, Thurs.	Movie Group discussion of <i>The Eyes of Tammy Faye</i> and <i>Under the Tuscan Sun</i> . Both are available on Amazon Prime Video. Via Zoom.	3-4 pm
May 17, Tues.	AHA Board Meeting via Zoom.	2-4 pm
May 18, Wed.	AHA Travel Group via Zoom. See Page 3 for more information.	11-Noon
May 19, Thurs.	Men's Night In via Zoom.	5-6:30 pm
May 20, Fri.	Roundtable: Velda Weathers will discuss "The Role of Adult Protective Services," via Zoom.	10-11 am
May 20, Fri.	Wine Café Happy Hour at the home of Barry and Maggie Stauffer, 1201 Wilkes St. Bring snacks to share. Learn more on Page 3.	5:30-7:30 pm
May 31, Tues.	Fiona Hill on "Finding Opportunity in the 21 <sup>st</sup> Century," via Zoom.	11-12 pm

## May Program Notes

**Monday, May 9 Author Talk:** AHA member Susanne O'Neill is hosting an event featuring local author (and AHA supporter) Leonard Rubenstein. She is extending an invitation to AHA members and volunteers. Rubenstein's book, *Perilous Medicine: The Struggle to Protect Health Care from the Violence of War*, presents a series of compelling case studies at war zones. In person at Marina Towers, 501 Slaters Lane, Alexandria, Potomac Room. Registration is necessary at [oneillsn@msn.com](mailto:oneillsn@msn.com).

**Tuesday, May 10 What's in the News:** Join this long-standing program that reviews international, domestic and local news. Facilitated by Brenda Bloch-Young, who suggests six to seven topics for discussion prior to the meeting, to include COVID news in our community, as well as concluding with some good news to lift your spirits.

**Wednesday, May 11 Dine Around:** A popular dinner gathering revived since the beginning of the pandemic at the popular Tempo Restaurant. Be sure to RSVP by May 9 on AHA Hub or to the office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or 703-231-0824.

**Friday, May 20 Roundtable:** "What does the City of Alexandria Adult Protective Services do?" Areas the speaker will touch on include, but are not limited to:

- What's the role of APS?
- When should it become involved?
- How to contact APS?
- What else should we know?

**Tuesday, May 31 Chevy Chase Guest Speaker Series:** Fiona Hill attracted national fame when she testified during former President Trump's first impeachment trial, but her fascinating life story begins earlier, as she details in her new book, *There is Nothing for you Here: Finding Opportunity in the 21<sup>st</sup> Century*. The title quotes Hill's father as he encouraged her to leave England's struggling coal-mining country. Hill will share lessons learned and explain her belief that only by expanding opportunity can we save our democracy. This is a Zoom event hosted by Chevy Chase at Home. Register by May 27 on AHA Hub or to the office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or 703-231-0824.

## Wine Café Happy Hour

by Maggie and Barry Stauffer

Everything is coming up Rose' at the Stauffers' Wine Café & Bistro. Come join us for a special May Happy Hour on Friday evening, May 20<sup>th</sup> from 5:30 to 7:30 p.m.

You'll have a chance to indulge in a Rose' wine tasting and vote for your favorite. A special welcome will be given to all the May Birthday Babies attending. Dust off your pink party attire and join the fun. Weather permitting, this will be an outdoor event hosted by Maggie and Barry Stauffer at their home. Please bring an appetizer to share and possibly a drink. The Wine Café will have sparkling Rose' available for all guests. This event is open to all fully vaccinated guests.



## New Travel Group is Ready to Go!

An enthusiastic AHA on-the-go travel group met April 20 on Zoom to discuss group travel, length of trips, and destinations.

Susanne O'Neill presented a sample of Road Scholar ([www.roadscholar.org](http://www.roadscholar.org)) trips to three different domestic destinations: Columbia River Gorge in Oregon; Door County, Wisconsin; and Nashville. These trips are six to seven days in length, include moderate exercise levels, along with the usual guided-tour experience, with hotels and restaurants, site visits and local transportation included. The group also made suggestions for shorter trips with interest in late summer and fall availability.

Attendees are researching other trip suggestions to share. If you wish to consider travel with AHA friends or wish to suggest a travel destination, contact Susanne O'Neill at [oneillsn@msn.com](mailto:oneillsn@msn.com). Join the next meeting on May 18, 11 to Noon on Zoom.

## Recycling Right in Alexandria

Howard Lee, (at right) Recycling Program Analyst for the City of Alexandria, presented an informative program on recycling in the city to the Roundtable group on April 15.



Challenges for residents generally fall into the category of

what *not* to put in recycling bins. Not all plastics are recyclable at this time. Distressing to attendees was that the ubiquitous plastic take-out containers, both those with a tray/bowl and a separate top, as well as the clam-shell type, are not acceptable. Cottage cheese and yogurt containers are also prohibited at the recycling sorting facility. A lot of this has to do with the technology needed to process the material at the collection sites. Also, anything smaller than two-inch by two-inch (2"x2"), (e.g., a Keurig or Nespresso cup) will not work because items fall through or get trapped in the filters at the sorting facilities. Pill containers, however, are acceptable to recycle. When in doubt, throw it in the trash.

Lee showed brief videos of a sorting facility for the general recyclables and one for the glass sorting facility in Fairfax County. The glass is separated from lids, then crushed into a dust or into gravel size pieces that may go into sandbags that are used in our area for flood emergencies.

Learn more at [www.alexandriava.gov/recycling](http://www.alexandriava.gov/recycling).

## AHA Launches New Movie Group

AHA's new Movie Group met for the first time on April 19 and had an engaging discussion about *The Power of the Dog* and *The Lost Daughter*, both of which are complex psychological dramas involving the major characters and supporting cast. The group highly praised the acting, the direction and the scenery of both films. The facilitator, volunteer Barbara Brennan, brought each attendee into the discussion and asked each to rate the films from 1 to 5.

The group is now scheduled to meet monthly on the second Thursday of the month from 3 to 4 p.m. For May, the films selected are *The Eyes of Tammy Faye* and *Under the Tuscan Sun*. Both are available on Amazon Prime Video. Sign up on AHA Hub to the office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or 703-231-0824.

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

**L Liddle** hosted an in-person happy hour for Men's Night OUT, the first such in-person event since he hosted the event last July. He and spouse Ann provided wonderful snacks for 8 AHA members. While attendees brought their own beverages, **Bill Clayton** shared a large pitcher of his home-made margaritas. The group welcomed newer AHA member **Jeff Gathers**. The group agreed that the in-person format allowed for a delightful sharing of conversation. Many thanks to L (and Ann) for hosting the event. Steve Nelson is the photographer – can you find him in the photo?



Front row: Mike Curry, Bob Eiffert, Bill Clayton.  
Standing: John Veldhuis, Jeff Gathers and L Liddle.

Enjoying an Easter dinner at popular Tempo Restaurant was a treat for (from left) Jean **Antone**, **Nancy Kincaid**, **Carmen Raventos-Suarez**, **Pat Roland**, **Kathie Fricke** and **Jane Cohen**.



**Brenda Bloch-Young** reports “Instead of traveling somewhere in the world to meet my kids, they are both coming to visit me. My daughter has not returned to the U.S. in almost three years and my son is flying up from Atlanta. I am excited to spend time with them here rather than flying elsewhere to meet them.”

Seventeen AHA members enjoyed an in-person happy hour at the home of **Bob Eiffert and Michael Curry**. Many thanks to Bob and Michael for offering their home, along with long-time happy hour co-hosts **Pam and Steve Nelson**.



Alan Dinsmore, Rich Klimoski and Bob Eiffert



Rich and Gretchen Klimoski and Mike Curry in the background



Steve and Pam Nelson



Jessica LeFevre, Julie Gentry and Mike Curry



Mike Curry with Linda Langley

## Senior Services of Alexandria Health and Fitness Fair

Thursday, May 19 at 10:00a.m. at the Lee Center,  
1108 Jefferson Street, Alexandria, Virginia.

This year's Senior Health and Fitness Fair will be back in person with a fun program including:

- Interactive program by the Northern Virginia Falls Prevention Alliance
- Healthy cooking demonstrations
- Exercise with Rodney Bates – a senior-fitness favorite of the Alexandria Recreation Dept.
- Blood pressure and Glaucoma screenings.

Please RSVP online at SeniorServicesAlex.org or by calling 703-836-4414 ext. 110.

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“I don't always know what I'm talking about, but I know I'm right.”  
--Mohammed Ali

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### Board of Directors

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## Want to kick your walking exercise up a notch?

by Bill Clayton

The Mayo Clinic Health Letter has some tips. The publication says many people took up walking during the pandemic “as a way to get away from it all – if only around the block.” Walking is a good exercise that does not require special equipment or training.

Here are tips for those who want to “go for the burn” with more vigorous exercise:

- Know the difference between a casual stroll, a vigorous walk and overdoing it. “Breathing easily means your walk is casual. If your speech becomes halting, you are in a brisk pace,” Mayo says. If you cannot talk while walking, you “may be overdoing it.”
- You can boost the health benefits by alternating periods of brisk and casual walking. This “interval training” can improve cardiovascular fitness, Mayo says.
- When you walk, “keep your head up and look forward, not at the ground.” Keep your back straight, head up, shoulders relaxed and arms slightly swinging.
- When you are more physically fit, “amp it up,” the Health Letter suggests. “Take a longer stride, push off with your toes and swing your arms more vigorously.”
- If you are able, try hiking a route that takes you uphill or with a manageable load in a backpack. Ditch the ankle weights, Mayo counsels. They may strain ankle muscles. But a pedometer or other fitness tracker may help you meet fitness goals.



### CONTACT US

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— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN MAY

*May 1 May Day; Eid Al-Fitr*

*May 5 Cinco de Mayo*

*May 7 Kentucky Derby*

*May 8 Mother's Day*

*May 30 Memorial Day*

## IN THIS ISSUE

*P. 1 Spring2ACTion Update*

*P. 2 Calendar*

*P. 2 Program Notes*

*P. 3 Wine Café*

*P. 3 Roundtable Report*

*P. 3 Travel Group*

*P. 3 Movie Group*

*P. 4 What's Up*

*P. 5 Health Fair*

*P. 5 Fitness Brief*