

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

AHA Members Receive Awards

by Bob Eiffert

AHA stalwarts Susanne Adams and Babs Waters were honored by the City with awards recognizing their years of volunteer service. The Alexandria Commission on Aging (COA) and Mayor Justin Wilson presented the 2022 Excellence in Aging Awards on May 10.

Susanne Adams won the Annie B. Rose Lifetime Achievement Award for at least 10 years of volunteer service to seniors in Alexandria. Said Mayor Wilson, “The generous spirit and selfless work of Annie B. Rose lives on in Susanne Adams, a 10-year volunteer with At Home in Alexandria (AHA). A retired professional nurse, Susanne has continued to use her acquired work skills as a “buddy” for isolated older persons, as an AHA board member, as a driver and as companion. She has responded to over 250 AHA member requests for assistance. Cele Garrett, the executive director of At Home in Alexandria, aptly sums up Susanne’s approach to her volunteerism: “The truth is, Susanne gives everyone special treatment because she cares so much about each person.” Susanne continues to serve on the AHA Member Services Committee.

Susanne was gracious in her acceptance. In typical fashion, she said she did not feel she deserved the award but was grateful for the recognition. Susanne was nominated by Bob Eiffert, Cele Garrett, Jane King and Susan Pettey.

The Annie B. Rose Award recognizes an individual whose exemplary achievements span a lifetime of public service and whose achievements have been devoted to significantly enhancing the community, especially to advancing social justice and aging concerns for all residents.

Congratulations also to Babs Waters, who was honored with the Lois Van Valkenburgh Excellence in Aging Award, which recognizes an individual who has made outstanding contributions to elevating the quality of life for older adults in Alexandria within the past year (although Babs has served much longer than that). We know Babs as a strong advocate for seniors and an enthusiastic AHA board member, but she also serves on Alexandria’s Commission on Aging, where she helped the Commission implement the Age Friendly Community Plan. She has been the Chair of the Commission since December 2018 and a member for years before that. In addition, Babs has taught fall-prevention classes, led line dance classes, and worked with the Friends of Beatley Library.

Babs also accepted the award with humility and grace. She was especially honored to have her daughter and son at the Zoom presentation as well.



Susanne Adams, left, and Babs Waters

June 2022 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.

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

Date	Event	Time
June 10, Fri.	Movie Group – Discussion of <i>The Imitation Game</i> (Netflix) and <i>Belfast</i> (Amazon Prime), via Zoom.	1-2 pm
June 11, Sat.	AHA's 11th Anniversary Happy Hour – Carlyle Room, 2181 Jamieson Avenue.	5-7 pm
June 13, Mon.	Dine Around - A La Lucia's private dining room.	6:30 pm
June 14, Tues.	What's in the News	10 am
June 16, Thurs.	Men's Night Out – Aldo's Italian Kitchen, 2850 Eisenhower Avenue.	5-6:30 pm
June 17, Fri.	Roundtable – "Spot a Scam!" with Martin Bailey and Trudy Marotta from AARP, via Zoom .	10-11 am
June 21, Tues.	AHA Board Meeting via Zoom	2-4 pm
June 21, Tues.	Ladies' Night Out – The Pier at Barca, 2 Pioneer Mill Way, limit 10.	5-7 pm
June 23, Thurs.	Social & Racial Equity Group – In-person tour of the re-opened Freedom House Museum. * Maximum of 20 tickets available.	11 am or 11:15 am
June 27, Mon.	Readers' Theater Steve Nelson will provide details to those who register.	2-3:30 pm
June 29, Wed.	Coffee and Conversation – Alexandria Pastry Shop, Bradlee Shopping Center, 3690 H King Street.	10-11:30 am
* There are 10 tickets available for 11:00 am and 10 tickets available for 11:15 am. These are timed entries.		

Did you know?

The summer solstice is the two moments during the year when the path of the Sun in the sky is farthest north in the Northern Hemisphere - this year it is June 21 at 5:13a.m. or farthest south in the Southern Hemisphere on December 21.

June Program Notes

Saturday, June 11 AHA's 11th Anniversary Happy Hour. We have not been able to celebrate AHA's anniversary for the past two years so a happy hour in June would be just the thing. We won't have a formal program this year. Instead, we will keep things casual and serve beverages and appetizers "potluck style." We have booked the spacious Carlyle Room at 2151 Jamieson Ave. The 4th floor room has an outdoor terrace to enjoy as well.

Monday, June 13 Dine Around at A La Lucia restaurant's private dining room at 315 Madison Street, entry on Royal Street. Cost is \$42 for a three-course dinner or you can order off the regular menu. Contact Nancy Kincaid for more details.

Thursday, June 16 Men's Night OUT, at Aldo's Italian Kitchen, 2850 Eisenhower Avenue, Alexandria, VA 22314. The restaurant faces an access road behind the office building. Parking after 5p.m. is free and open without restrictions, despite signs that might say "reserved." RSVP in AHA Hub or call the AHA office by June 14.

Friday, June 17 Roundtable: Spot a Scam! Nearly all of us have fallen victim to some level of scam. Guest speakers are AARP volunteers Martin Bailey and Trudy Marotta who are involved with AARP's Fraud Watch Network. The network's goal is to help consumers protect themselves, their families, and their communities from scams and fraud. Have you heard about the Western Union scam case? We will cover the latest scams in the news. Learn more about AARP's free watchdog alerts and other fraud prevention resources to help you better spot and avoid scams.

Thursday, June 23 Social & Racial Equity Group. This will be a tour of the reopened City of Alexandria Freedom House Museum, 1315 Duke Street. The museum honors the lives and experiences of the enslaved and free Black people who lived in and were trafficked through Alexandria. There are 10 tickets available for 11a.m. entry and additional 10 tickets for 11:15 entry. Meet in front of the museum. Contact Penelope Roberts for more information.



Adult Protective Services

AHA's Roundtable discussion group met with Bennie Blackley, shown below, from the City of Alexandria, Division of Aging and Adult Services, who explained Adult Protective Services (APS). APS provides services for adults who are being abused, neglected or exploited and who are:

- 18 years or older and physically or mentally disabled or
- 60 years or older.



APS services include assessing and documenting adults' service needs, determining services needed, and developing a plan to obtain services. Adults receiving Protective Services may live in their own homes, with relatives, in nursing homes, homes for adults, hospitals or group care facilities.

Blackley described the types of abuse that may be investigated to include physical abuse; verbal abuse; neglect by withholding food, medications or services; exploitation in financial matters or fraud. At times, self-neglect may be the issue where an individual may be failing to self-care, such as maintaining personal hygiene or forgetting to take medications or even to eat regularly.

Hoarding as a self-care issue was also addressed. APS has a hoarding task force that specifically addresses this condition, providing counselors who sympathetically work with the individual to address the stressors causing the hoarding tendency and help to manage the situation.

APS takes calls from the public when there is a concern for a neighbor or friend. Details gleaned from confidential interviews will help the staff determine if the concern meets the requirements for investigation. APS reports back to the concerned citizen that the report was followed up but does not provide details of a private nature regarding the issue.

More information, as well as a graphic of calls, is available at www.alexandriava.gov. Enter Adult Protective Services in the search bar.

APS can be reached at 703-746-5999 for general information. To report an incident, call 703-746-5778. The Virginia state hotline for APS is 888-832-3858.

The Unexpected Joy of Volunteering

by Susan Pettey

I have chaired an AHA committee for several years and have enjoyed getting to know other AHA members and volunteers through that experience. Last year, I joined the AHA board. More recently, knowing AHA was a bit short on volunteer drivers, I decided to give that a try.

Though I was providing a service for an AHA member, I got so much in return.

A small corps of volunteers supports the needs of many AHA members, providing services like driving, tech support, errands, handyman services, short-term pet care, and decluttering. Many volunteers discover that they often get more back than they give. In exchange for driving to a doctor's appointment, for example, a volunteer may meet a member and make a friend for life.

Roberta McGregor explained that as a result of her volunteer efforts, "I have met some of the most incredible people and have made some close friends. The members are kind and very appreciative." Roberta, a retired registered nurse, has been an AHA volunteer for about five years. She adds, "This has been very rewarding and has provided me with a feeling of having done something valuable and important for another person."

I drove an AHA member to an appointment and learned he was a retired horticulturist. He spoke of his trips around the world to collect plant specimens. We spent the whole drive talking about gardening--when we weren't comparing notes on our favorite restaurants! I look forward to continuing our conversation the next time I drive him.

Volunteering does not need to be time-consuming, according to AHA Executive Director Cele Garrett. Volunteers can sign up for one or more services per month, depending on the amount of time they have available. At Home in Alexandria relies on volunteers to fulfill its commitments to members. If you have not yet volunteered, why not give it a try?

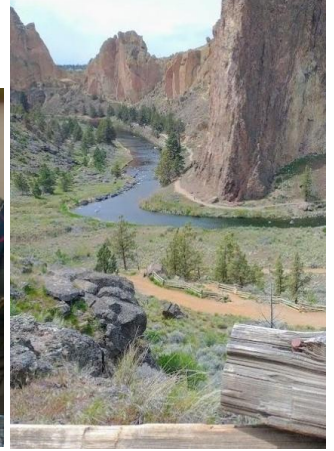
As Winston Churchill once famously said, "We make a living by what we get, but we make a life by what we give."

What's Up With AHA Members, Associates and Volunteers

A very happy group met at Café 44 for Ladies Night Out – the first outing in almost a year.



Julie Gentry, left below, celebrating her “big zero” birthday with Oregon friends of 41 years. While in Oregon, Julie spent a very windy and cold day at Smith Rock State Park in Terrebonne. It's considered one of the seven wonders of Oregon.



Kathie Fricke, Penny Roberts and Sandy Heistad at the Mormon Temple Open House. A very rainy day did not stop the visit. Penny reported, “The attractive renovations and the interesting information from the volunteers made it well worth a visit.”



May Happy Hour and birthday celebration, hosted by **Maggie and Barry Stauffer**, left, at their home was a wonderful treat on a very *HOT* evening. The May birthday group - **Carmen Raventos-Suarez, Brenda Bloch-Young, Mary Page Hickey, Julie Gentry, L Liddle, Ernie Lehman and Teddye Clayton** is below, and, at bottom, **Carmen Raventos-Suarez, Mary Page Hickey, Jane King and Sarah and Peter Goodman**. The rosé wine tasting, delicious food, a beautiful cake and sweet desserts made for a special event.



Fourteen members enjoyed a Dine Around meal at Tempo Restaurant. Shown here, from left, are **Michael Curry, Bob Eiffert, Joyce Bachman,** and prospective new member **Ed Willis**.



From Senior Services of Alexandria

Senior Law Day will be held at the First Baptist Church, 2932 King Street, on Saturday, June 4 from 8:30-noon. The theme this year is “What I Wish I Knew.” The keynote speaker will be Steve Gurney, publisher of the Positive Aging Sourcebook. Estate planners, financial experts and senior resource specialists will be sharing their knowledge about how to plan ahead to avoid crisis-driven decisions. The event is free, but you must register at www.seniorservicesalex.org or call Senior Services of Alexandria’s office at 703-836-4414, ext. 110.

Serving Humor

Bob Eiffert wrote an article for the newsletter in which he mistakenly used the word “serviced” instead of “served.” Alert proofreader **Susan Pettey** caught the error and suggested he change the wording. She said that she comes from Nebraska, where “serviced” is used to refer to certain types of animal husbandry. Bob immediately agreed to the change.



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Fitness at Home

by Bill Clayton

It is possible to stay fit at home or in a place without a fitness center, the Mayo Clinic Health Letter says.

There is low-cost equipment for getting into shape when a facility is not available.

Fitness tracker – Worn on the wrist or around the neck, a fitness tracker can keep track of the steps you take – the pace and number, as indicators of your heart rate during exercise.

Resistance bands – Like the bicycle tubes used in the past by the AHA walking group. Looped around a tree or signpost, the stretch bands’ resistance is like working with weights. The bands’ resistance helps build upper-body and lower-body strength and there are corresponding benefits for balance, flexibility and grip strength, the Mayo Clinic says. (AHA acquired its bike tubes just by asking at repair shops for tubes the shop would have discarded.)

Other objects that help are **fitness balls**, inflated to be usable but not too firm to grasp; **dumbbells** for weight training (their use benefits the limbs and body core); **jump ropes** for a good cardiovascular workout.

Caution: Work into a new fitness regimen gradually; don’t overdo. Use jump ropes, for example, only when your balance is good.

COVID Test Kits Available

Households in the U.S. are eligible to order eight additional test kits from

<https://special.usps.com/testkits>

The USPS said the order will ship in two separate packages, four tests in each package.

Coronavirus cases are rising but no one really knows by how much. Governments are sharing less data and official numbers do not include most at-home results. We may know of many vaccinated and boosted people who have tested positive. Home testing helps us isolate if the test is positive or if we have been in the presence of others who test positive.

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN JUNE

JUNE 14 FLAG DAY

JUNE 19 JUNETEENTH

JUNE 19 FATHER'S DAY

JUNE 20 SUMMER SOLSTICE

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