

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

## AHA's 2022 Member Survey: What's Next?

By Executive Director Cele Garrett

This spring, 102 AHA members answered the call and completed our online member survey. This represented 50 percent of our membership and was a statistically credible sample on which to glean data about what you value most in your experience as an AHA member. I want to sincerely thank each member who took the time to give us your thoughts about AHA's current services and about future services you'd like to see. If you weren't able to take part in the survey, your feedback is always welcome.

Indeed, the data was insightful. Recently, our staff, AHA board members, and other interested AHA volunteer leaders were treated to a detailed debriefing from Scott M. Broetzmann, principal with Customer Care Measurement and Consulting (CCMC). Though AHA has conducted a member survey every three years or so since we began our operations, the data aggregation and detailed study with this survey was on a level beyond anything we could have done on our own. Scott's team took on AHA as a pro bono client and we are beyond grateful for the gift of their leadership and for all that we've learned in this process.

So what's next? This summer, AHA will begin a strategic planning process that will involve some action teams working together to elevate AHA's services in the years ahead. Our goal is to make continuous incremental improvements to select areas of our member services. In the near future, AHA will send a letter to our members that highlights the results of the study, explains the priorities we've identified from this study and details how and when we will implement those priorities.

## Remembering ...

### David Butler

David Butler passed away at age 80 on June 2 from complications of a severe infection. David is survived by his partner of 36 years, Alan Dinsmore. AHA will remember David as a great storyteller, a skill honed by 17 years as a Washington tour guide. Prior to that he graduated from Harvard with a Ph.D. in government and international finance. He taught at Johns Hopkins and the Paul H. Nitze School of Advanced International Studies. Said Alan Dinsmore, "His love and his stories will be with us forever."

A memorial service for David will be held on Saturday, July 9 at 1 p.m. at Christ Church Washington Parish, 620 G Street SE, Washington, DC.

### Sylvia Lowe

AHA member Sylvia Lowe passed away on May 27. Sylvia and her husband Will joined AHA several years ago and enjoyed many years of living in Old Town until his death in 2016. A graduate of Bryn Mawr College and a student of French, Greek and Latin as well as English and philosophy, she was a published poet and prolific writer, editor, and book critic for the *Herald Tribune* and other newspapers, and a translator. Her poetry was published in *Harper's* and *The New Yorker*, and her scholarship included editing Andrew Muir's *William Marsh Rice and his Institute: A Biographical Study* (Rice 1972), contributions to *The Papers of Jefferson Davis* (Rice 1971-2015), and a translation of Emile Mâle's *Art and Artists of the Middle Ages* (Black Swan Press 1986). As an editor, she worked at Rice University and in Washington at the (then Georgetown) Center for Strategic and International Studies. Married to Donald R. Morris from 1953 to 1973, she raised four children in Berlin, Paris, Kinshasa, Houston, and Washington and later married William W. Lowe. She is survived by three children, their spouses, a granddaughter and five stepchildren and their families.

Burial arrangements are private, with a memorial service in the fall.

## July 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.

July 4, Monday	<b>AHA OFFICE CLOSED</b>	
July 9, Saturday	<b>Alexandria Birthday Celebration</b> at the homes of Nancy Kincaid and Joyce and Dick Bachman. Total limit of 30.	8 pm to end of fireworks show
July 12, Tuesday	<b>What's in the News - via Zoom</b>	10-11:30 am
July 12, Tuesday	<b>Ladies' Night Out</b> at Taverna Cretekou, 818 King Street. Limit of 8.	5-7 pm
July 14, Thursday	<b>Movie Group</b> – discussion of <i>House of Gucci</i> and <i>Respect</i> . Both are available on Amazon Prime Video. - <b>via Zoom</b>	3-4 pm
July 19, Tuesday	<b>AHA Board Meeting via Zoom.</b>	2-4 pm
July 21, Thursday	<b>Men's Night Out</b> at Barca Pier, 2 Pioneer Mill Way. Street or garage parking. Limit of 8.	5-7 pm
July 26, Tuesday	<b>Dine Around</b> at Indo-Chen Restaurant, 4906 Brenman Park Dr. in Cameron Station – Street Parking.	6:30-8:30 pm
July 27, Wednesday	<b>Coffee and Conversation</b> at St. Elmo's Coffee Pub, 529 Montgomery Street in Old Town.	10-11:30 am
July 27, Wednesday	<b>"Global Supply Chain"</b> with Dr. Todd McAllister, National Defense University – Co-hosted by Little Falls Village, Council of Former Federal Executives and Associates, and Little Falls Library of Montgomery County Public Libraries.	1-2:30 pm



## Program Notes for July

**Saturday, July 9** Celebrate Alexandria's birthday fireworks from the balconies of Nancy Kincaid and Joyce and Dick Bachman in the Alexandria House condominium, 400 Madison Street. Bring your own beverage; snacks will be provided by each host. Each location is limited to 15 vaccinated guests. Specific details on entry to the building will be provided three days prior to the event.

**Thursday, July 14** **The Movie Group** will discuss the sensational story of murder, madness, glamour and greed in *The House of Gucci*, and the story of Aretha Franklin in *Respect*. Both are available on Amazon Prime Video.

**Tuesday, July 26** **Dine Around** will meet at Indo-Chen Restaurant in Cameron Station. The menu features Indo-Chinese cuisine. Review the menu at [www.indochen.com](http://www.indochen.com). A private room can accommodate 20 or more guests in the private dining area. Otherwise, seating will be in the main dining area. Call the AHA office or go to [aha.clubexpress.com](http://aha.clubexpress.com) to RSVP.

**Wednesday, July 27** **"Global Supply Chain"** with Dr. Todd McAllister, Director for Global Supply Chain and Logistics Strategy at National Defense University. This discussion will help us better understand basic concepts of today's global supply chain and key historical events. China plays a significant and undeniable role in the global supply chain. Not until the shock waves of COVID-19 did America and many other countries realize the magnitude of their dependence on China for their own economic health. We thank Little Falls Village for sharing this event. Register on AHA Hub or to the AHA office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org). or 703-231-0824.

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*Almost everything will work again if you  
unplug it for a few minutes, including  
you...*

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## Bereavement Support Group

By Roberta McGregor, AHA Volunteer

All of us will likely experience the sadness, pain, and helplessness of losing a loved one at some point in our lives. The hopeful news is that you do not have to go through the grief associated with this loss alone. There are others who are going through the same process but may be at different places in their emotional healing. We all know this is a journey that may take weeks, months, or years.

AHA is interested in knowing how many people would be interested in participating in a bereavement group and receiving support from others who have also lost a loved one. This will be an informal and in-person opportunity for members to share anything they feel comfortable with about their loss. The dates, times, and location will be determined by the participants.

When I lost my husband to cancer 21 years ago, I joined a bereavement group and found love, caring and understanding that was so therapeutic that I didn't want the group to end. Others felt the same way. Because we formed such a close bond, we continued to meet for dinner for months after the group ended. We felt a need to check on each other to see how we each were doing. If one of us was suffering, for whatever reason, we rallied around that person offering support and comfort. We cried, laughed, sang, and danced our way through the most difficult journey we had ever faced.

**Alan Dinsmore** related that, "I just recently lost my partner of 36 years. The offerings of warmth and support from our AHA friends make me feel that it would be so uplifting to meet and share our stories."

Please contact **Roberta McGregor** at [rmcgregor13@comcast.net](mailto:rmcgregor13@comcast.net) by August 1, 2022, or call the AHA office at 703-231-0824, if you are interested in participating in a group. I will then be back in touch with you with further details.



## Superstar Foods for Better Health

By Bill Clayton

Nutrition Action, a publication of the Center for Science in the Public Interest, urges people to consider 10 food "superstars for better health." Some are familiar, like leafy greens; others a bit of a surprise.

Here is the Nutrition Action list:

- Sweet potatoes – "Loaded with carotenoids" – a factor in the body's creation of vitamin A, essential for normal growth and development. Sweet potatoes are also a good source of fiber and potassium.
- Mangoes – Good source of vitamins C and A. Kitchen hint: Grilled mango is unbelievably delicious."
- Plain Greek yogurt – twice the protein of ordinary yogurt. Fat-free unsweetened Greek yogurt is a "perfect foil for the natural sweetness of berries and bananas" and goes well with whole-grain cereal, the report says.
- Broccoli – "Loaded with vitamin C, carotenoids, vitamin K and folate." Kitchen hint: Steam until bright green. Dust with parmesan cheese, add a few drops of lemon juice or olive oil.
- Garbanzo beans (chickpeas) – Versatile in many dishes. "Rich in protein, fiber, copper, folate, iron, magnesium, potassium and zinc."
- Leafy greens – (Remember what your mother said?) Powerhouses like kale, collards, spinach, mustard greens and Swiss chard. They are good for several vitamins and minerals and for fiber.
- Wild salmon – "Rich in omega-2 fatty acids, may help reduce the risk of heart attacks or strokes."
- Watermelon – A serving of two cups has one-quarter of a day's vitamin C, 10 percent of a day's vitamin A and a "nice shot of potassium."
- Oatmeal – "A great whole-grain breakfast. It helps lower cholesterol. But resist the temptation to add sugar or syrup, by topping oatmeal with banana slices or toasted almonds."
- Butternut squash – Baked in the oven, stir-fried or made into soup, "A lip-smacking way to load up on vitamins A and C, and fiber."



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

**Betty Jo Middleton** recently published a book of poems, *Senior Moments*, reflecting those thoughts and experiences we all have at this time of life. Here is a sample:

### Senior Moments

If you have a senior moment  
and it bothers you a lot,  
just remember  
what  
you remember  
and forget  
what  
you forgot.

© Betty Jo Middleton



The book is available on Amazon.com when you search for the title or the author.



**Maggie and Barry Stauffer** are walking the El Camino de Santiago starting here in beautiful Baiona, Spain.

## AHA's 11<sup>th</sup> Anniversary Celebrated



AHA Happy Hour gathering at Carlyle Towers condominium community room on June 11. As a resident of the condo, board member **Adam Perry** arranged for use of the space. **Loretta Darst** created a lively slide show of members and events of the past. The potluck event offered lots of good food, drink and company.



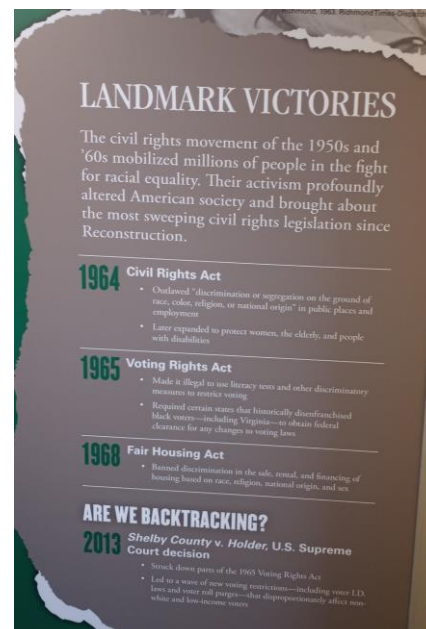
Executive Director **Cele Garrett**, seen here with **John and Jane Rahming**, recognized AHA's 11<sup>th</sup> anniversary and its many achievements.



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## A Visit to Freedom House By Nancy Veldhuis

The Social and Racial Equity group visited the newly reopened Freedom House in Alexandria, a must-see place for understanding the depths of our area's involvement in our nation's foundational "flaw": slavery. Among the many well-done displays there is this piece on Landmark Victories towards racial equity. Please look at the last entry: Are we backtracking? And please remember how much remains for all.



## Senior Exercise Videos

By Jane Starkey

In last month's newsletter, Bill Clayton described equipment for exercising at home. I want to add to that by recommending at-home exercises for seniors that are available on YouTube. You can do them alone or with a friend.

If your insurance offers the Silver Sneakers exercise program, there are excellent senior exercises on its web site: [www.SilverSneakers.com](http://www.SilverSneakers.com).

You can also search YouTube for "senior exercises" to find a variety of free sitting and standing exercises, including warmup, stretching, balance and cardio. Most do not require any special equipment.

I have been trying to do a ten-minute warmup in the morning, which wakes me up and gets me going, and a 10- or 15-minute set of exercises in the afternoon. After about three months of exercising, my balance, flexibility and stamina have improved quite a lot. I do the standing exercises, but there are quite a few that can be done in a chair. Among the exercise programs that I like are "Yes2Next" (which features exercise coach April and her mother), "The Girl with the Pilates Mat" and "AIM Fitness."

## In case you feel bad about missing your exercise today, ponder this:

- The inventor of the treadmill died at the age of 54.
- The inventor of gymnastics died at the age of 57.
- The world bodybuilding champion died at the age of 41.
- The best footballer in the world, Maradona, died at the age of 60.
- James Fuller Fixx, credited with helping start America's fitness revolution by popularizing the sport of running, died of a heart attack while jogging at age 52.

### **BUT...**

- The KFC inventor died at 94.
- Cigarette maker Charles Winston died at the age of 102.
- The inventor of opium died at the age of 116, in an earthquake.
- And the Hennessy Liquor inventor died at 98.

How did smart people conclude that exercise prolongs life? The rabbit is always jumping up and down, but it lives for only two years, and the turtle, that doesn't exercise at all, lives 400 years.

Get some rest, chill, stay cool, eat, drink and enjoy your life!

Anonymous

## AARP Advice about Identity Theft

AARP Speakers Bureau presented a frank, eye-opening talk about fraud, scams and identity theft to AHA's Roundtable on June 17. In particular, identity theft includes stealing incoming or outgoing mail, rifling through garbage cans and recycling bins or impersonating someone you trust. Identity theft is a federal crime.

To protect yourself, add a fraud alert to your credit report, which requires a lender to contact you before opening an account in your name. The three credit bureaus are Equifax, Experian or TransUnion. Or you can choose to freeze your credit through these bureaus.

For more information or assistance, contact AARP speakers, Martin Bailey, [bailey.m@comcast.net](mailto:bailey.m@comcast.net), or Trudy Marotta, [marottatr@aol.com](mailto:marottatr@aol.com)

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## SPECIAL DAYS IN JULY

*JULY 1 CANADA DAY*

*JULY 4 INDEPENDENCE DAY*

*JULY 9 ALEXANDRIA BIRTHDAY*

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