

Remembering L Liddle

By Executive Director Cele Garrett

Longtime AHA member Linus (“L”) Liddle died unexpectedly July 18 at his home. Not only was L a prince of a man in every way, but he was a key player in the formation of AHA as an organization—both in the years leading up to our opening and for several years afterward. He remained active with AHA until the very end—whether it was participating in Men’s Night Out, hosting an AHA book club, or inviting AHA members to those wonderful pre-parade gatherings for the annual Scottish Walk.

Steve Nelson recalled recently, “The first AHA phone number was L’s cell number, as he helped assemble the first practical, working office. L built the initial database that kept AHA gears moving, served as the first executive director and then stepped in again later when duty called.”

As Maggie Stauffer noted, “He was tireless in providing technical and administrative support—never losing his patience while trying to resolve early-days issues.”

AHA former board chairs—Barbara Rosenfeld and Carol Downs among them—have expressed how great an impact L made on our organization, both as a board member and as a skilled volunteer.

As Julie Gentry aptly noted, L was masterful with “the practical side of building the processes and procedures needed to launch this incredible organization.”

L had a career with the federal government and worked in the Civil Service Commission, the Bureau of the Census (where he met his wife Ann) and the U.S. Patent and Trademark Office. At the PTO, he was instrumental in the development of the Automated Patent System, digitizing the many thousands of paper patents so they could be searched digitally.

He and Ann retired in 1995 and enjoyed many years of travel. L loved to cook and was an avid crossword puzzle fan (finishing the New York Times and other puzzles in pen!). He and Ann completely renovated and built a large addition to their Old Town home, doing nearly all of the work themselves.

In lieu of flowers, Ann has asked that contributions in L’s memory be made to AHA or to a cause of your choice.



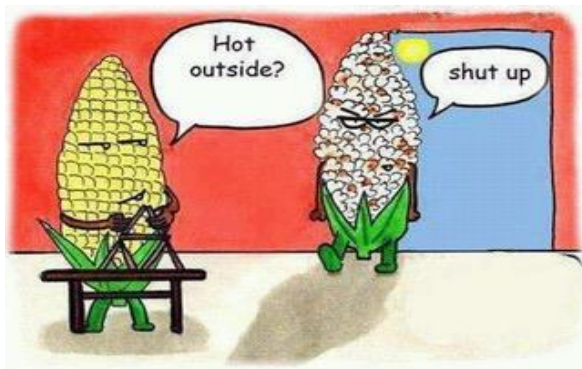
August 2022 Calendar

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.

Aug. 9, Tuesday	Ladies' Night Out at Bistro Sancerre, 1725 Duke St. Suite 100 at 5pm. Validated parking in building. Limit of 10.	5-7 pm
Aug. 17, Wednesday	AHA Travel Group - Bring ideas for local or nearby events, theatre, museum exhibits etc., that would be of interest to members. Let's attend together. Via Zoom.	11 am-Noon
Aug. 18, Thursday	Movie Group – discussion of <i>All the President's Men</i> (available on Amazon Prime) and <i>Quartet</i> (available on Amazon Prime and Netflix). Meeting is via Zoom.	3-4 pm
Aug. 23, Tuesday	Dine Around at the Carlyle restaurant in Shirlington at 4000 Campbell Avenue, Arlington, VA 22206.	6:30-8:30 pm
Aug. 24, Wednesday	Coffee and Conversation at Mae's Market & Cafe located at 277 S. Washington Street.	10-11:30 am

The August calendar is short, but we look forward to a fuller fall schedule. If you have traveled or stayed at home this summer, how about sharing your experiences for the next newsletter? Describe a special trip or a good book you read or a movie you watched or even a local attraction you attended. Send your article to aha@athomeinalexandria.org or to the editor marybier@comcast.net.



Program Notes

Thursday, August 18 **Movie Group**
will discuss two films. *All the President's Men*, on the 50-year anniversary of the Watergate break-in, sets the standard for journalism films. It tells the story of *Washington Post* reporters Carl Bernstein and Bob Woodward, whose investigation into the Watergate scandal set the stage for President Richard Nixon's eventual resignation.

In *Quartet*, the residents of a home for retired professional musicians have just started rehearsals for their annual gala performance honoring the birth of composer Giuseppe Verdi. Despite all being from a music background, the residents are a diverse group, with some larger-than-life personalities among the bunch. The gala's organizer believes the home's current financial problems would all be solved if fellow residents would perform "Bella figlia dell'amore" from "Rigoletto."

Senior Citizens Day...

is held annually on August 21st, which is a day to recognize the contributions older people have made and continue to make to our society. It's a time for the younger generation to share in the wisdom and experiences of our older generation of citizens.

Pat yourself on the back!



Women's Equality Day...

is observed annually on August 26, commemorating women's right to vote throughout the United States. Women were granted the right to vote on August 26, 1920, and the Nineteenth Amendment to the United States Constitution was added, stating the federal government could not deny the right to vote based on the individual's sex.



Shingles

Shingles is (yes, the word sounds plural but takes a singular verb) a sneaky disease, Bill Clayton warns. The Mayo Clinic Health Letter says if you had chickenpox as a child – before a vaccine was developed – the virus from shingles can remain dormant in your body and roar back years later when your resistance to disease is diminished by something like anesthesia or a treatment.

In Clayton's case, the shingles virus enjoyed room and board for about 80 years, until after he had a June 2021 operation for hernia repair involving anesthesia. A week or two later, he had the blisters and pain of shingles.

The Health Letter says a person's immune system "keeps the virus at bay, but when your immunity is weak or distracted, the virus can reactivate." That reactivation occurs most frequently "in older adults," the Health Letter says.

Typically, the viral affects appear on one side of the body, because the virus usually reactivates along one nerve pathway. If the immune system is severely compromised, Mayo says, "You may develop a rash on multiple areas of your body." Because the virus has reactivated, you cannot "catch" shingles from another person. "However," Mayo says, "someone who isn't immune to chickenpox can develop shingles by touching another person's open shingles blisters."

In Clayton's example, he had a mild case and was under a doctor's care for other things, so the shingles faded. He was affected on the left side of his forehead, left eyebrow, left part of jaw and other smaller areas all on the left, above the neck.

The blisters crust over with time and treatment. Some doctors fear damage to the optical nerve, so a visit to the ophthalmologist is helpful to see if there is any effect.

When the blisters or pain of shingles appears, get medical help right away, the Health Letter advises. Prescription antiviral drugs may lessen the pain and speed healing. To treat itching, try common chickenpox treatments of calamine lotion and oatmeal baths.

There is a shingles vaccine, called Shingrix, that "plays an important part in reducing your risk of shingles," Mayo says.

For some people, "the pain does not go away as the rash fades," Health Letter says. The lasting pain, called post-herpetic neuralgia, calls for long-term treatment.



StrongerMemory™

by AHA volunteer Roberta McGregor

Are you interested in improving your memory, learning about lifestyle changes to enhance brain function and engaging with others who are also working toward the same goals? Then plan to join us for Session 2 of StrongerMemory™ starting September 7 from 3:00-4:00p.m. over Zoom. StrongerMemory™ is a program developed by Robert Liebreich, the CEO of Goodwin Living. It involves a commitment of 30 minutes a day for at least five days a week participating in exercises involving basic math problems, reading out loud from books or magazines and handwriting from suggested prompts. The program is 12 weeks in length and will include weekly check-in sessions on Wednesdays from 3:00-4:00p.m. to discuss and share experiences from the exercises, and to learn information about memory prepared by facilitator Roberta McGregor. These weekly check-in sessions will be held over Zoom. To register please call the AHA office at 703-231-0824. If you have questions about the program, please contact Roberta McGregor at rmcgregor13@comcast.net or 703-598-1390.

Farewell to AHA's Megan McIntyre

by AHA ED Cele Garrett

For the past three years, Megan McIntyre has been our operations co-manager. I know AHA members and volunteers will miss her as much as we will! Megan's great skills and her master's degree in social work came in handy during the time she was with us. She leaves a big void in our operations but she will be spending more time with her family. We have begun recruiting for the person to step into her position and we hope to be able to announce her replacement soon.

What's Up With AHA Members, Associates and Volunteers

Many thanks to Nancy Kincaid and to Joyce and Dick Bachman, AHA members had the opportunity to view the City of Alexandria birthday fireworks on July 10. The hosts' condos in Alexandria House offer outstanding views directly in front of the fireworks. The celebration was delayed a day due to rainy weather on the previous night. However, the show was spectacular according to the guests.



Left photo: Shelly Schwab and Carmen Raventos-Suarez.
Right photo: Howard and Betty Jo Middleton.



From left, Susan Twitchell, Jim Booth, Pat Roland and Peggy Marchbanks.



From left, Liz Campbell, Barb Reed, Maggie and Barry Stauffer and Mary Jo Roos.

Welcome New Members

AHA periodically holds a social event to welcome new members and introduce them to the AHA Village experience. On July 20, Susan Pettey and Rollie Frye graciously hosted the welcoming event at their home. Some of the guests are pictured here, enjoying good company, food, drink and hospitality.



Host Rollie Frye with Tom and Ruth Hummel



From left, Susan Behnke, Jayne and Walter Owiesny, Donna and Jeff Gathers and Carl Behnke



Hosts Susan Pettey and Rollie Frye

Sleep Report from the Mayo Clinic

With each night's sleep, the body "goes to work restoring itself," says the report from the Mayo Clinic Health Letter. But several things may disrupt sleep or shorten the sleep hours that are needed.

The "strict schedule" by the brain uses different segments of sleep "for tasks in a scripted pattern," the report says. The pattern of restoration may be easily upset. "Pressures from work and family often interfere with sleep. What you eat and drink during the day can undermine sleep patterns at night. As you age, sleep becomes less consistent – restless legs and an overactive bladder may become disruptive. Even a prescribed sleeping pill can alter sleep," the report says.

When your sleep is disrupted or is less than you need, the body's "maintenance tasks" go undone. What to do? Mayo has tips for a better sleep:

- Go to bed and wake up at the same times each day, even on weekends.
- Keep your bedroom dark, quiet, relaxing and at a comfortable temperature.
- Eliminate electronic screens in the bedroom.
- Watch what you eat and drink. Large meals and caffeine can keep you awake.
- Limit alcohol use. Any amount of alcohol can disturb sleep patterns.
- Exercise during the day.
- Manage your worries through meditation or listing worries and putting the list aside.
- Limit naps - Naps longer than 20 minutes can interfere

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Senior Services of Alexandria offers Fall Senior Academy

SSA will offer in-person training starting Wednesday, September 7 and continuing every Wednesday morning through September 28 from 9:30a.m. to noon. Participants will hear from city leaders including the mayor and city manager about how the city operates, programs and resources for older adults, and how they can get engaged in the community. Attendees will meet at a different venue each week beginning at City Hall, followed by Police Headquarters, Charles Houston Recreation Center, and Beatley Library. The sessions are interactive and free to residents 60 and older. You can register online at seniorservicesalex.org or call 703-836-4414, ext. 110.

New 988 Dialing Code for Suicide Prevention and Mental Health Crisis

The new universal three-digit dialing code for suicide prevention and mental health crisis – 988 – went into effect on Sat. July 16. SAMSHA (the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services) will administer the new 988 suicide and Crisis Lifeline, which will replace the current toll-free National Suicide Prevention Lifeline 1-800-273-8255. Importantly, the pre-existing 10-digit number will remain active and will connect callers to the new 988 Lifeline. For more information: <https://www.samhsa.gov/find-treatment>.

Friendship Day ...

is an international holiday celebrating friendship. It occurs on different dates in various countries. In the United States it is observed on the first Sunday of August. Friendship Day first started in Paraguay in 1958 and since has spread to many other countries.



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SPECIAL DAYS IN AUGUST

AUGUST 7 – FRIENDSHIP DAY

AUGUST 21 – SENIOR CITIZENS DAY

AUGUST 26 – WOMEN'S EQUALITY DAY

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