

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

Welcome New Staff Member Tegan Cohen

By Cele Garrett, Executive Director

I am happy to announce we have filled an important position that has been vacant since Megan McIntyre left AHA in July. Our new operations and member services co-manager is Tegan Cohen. Tegan attended Sweet Briar College and The Theatre Lab School of the Dramatic Arts in Washington D.C. Tegan is pursuing an acting career in the Washington D.C. metro area, which occupies her evenings and weekends. Most recently, she appeared in the cast of The Little Theatre of Alexandria's "Blue Stockings." In recent years, Tegan has worked in retail and in property management, where her sharp customer service skills were put to the test. Tegan is excited to join the team and will be training with Dara Surrat in the coming weeks. Welcome, Tegan!

Don't Forget...

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 StrongerMemory™ starting Sept. 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, led by facilitator Roberta McGregor. Register by calling the AHA office, 703-231-0824.

Remembering Sherry de Vries

By Pam Nelson, AHA Board Chair

AHA Board of Directors' secretary Sherry de Vries passed away unexpectedly August 5 at her home. She had recently returned from a trip to France. Sherry retired from the U.S. Marine Corps Reserve after 27 years of service, a banking career, and from the Federal Aviation Administration.

She moved to the Alexandria area in 1990 and was active in the community. She served as the president of the Inner-City Civic Association, was a board member of the Alexandria Human Rights Commission and served as board member and president of the Alliance for National Defense, a group supporting women in the military.



Sherry and her cat Punky will be missed at our AHA Zoom board meetings. Punky will be moving to Illinois to live with Sherry's cousin. A celebration of life will be held later in the fall near Marine Corps Base Quantico. Sherry's family has asked that donations in Sherry's memory be made to At Home in Alexandria, Best Friends Animal Society or Doctors Without Borders.



September 2022 Calendar

September Program Notes

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 open to only those who are fully vaccinated.

Wednesday, Sept. 7	StrongerMemory™ session 1 for those already registered. – via Zoom.	3-4pm
Thursday, Sept. 8	Movie Group – discussion of <i>Woman in Gold</i> and <i>Thirteen Lives</i> . – via Zoom.	3-4pm
Friday, Sept. 9	“Fashioning an Empire” Virtual Tour with the National Museum of Asian Art. Sponsored by Chevy Chase at Home – via Zoom.	1-2pm
Saturday, Sept. 10	AHA Happy Hour at the Alexandria House in ‘The View’ party room located on the 23 rd floor of the Alexandria House.	5-7pm
Tuesday, Sept. 13	What’s in the News – via Zoom.	10-11:30am
Tuesday, Sept. 13	Ladies’ Night Out at Del Ray Café located at 205 East Howell Avenue. Limit of 10.	5-6:30pm
Wednesday, Sept. 14	Politics Forum: “Biden v. Trump: The current Struggle to Define the American Presidency,” by Helen Desfosses, via Zoom.	1-2:30pm
Thursday, Sept. 15	Lunch Around at Ada’s on the River located at 3 Pioneer Mill Way. Limit of 10.	Noon
Friday, Sept. 16	Roundtable: “How To Film Bears and Sharks Without Getting Eaten,” with wildlife filmmaker Chris Palmer --via Zoom	10-11am
Thursday, Sept. 22	Men’s Night Out at Aldo’s Italian Kitchen located at 2850 Eisenhower Avenue.	5-6:30pm
Monday, Sept. 26	Readers Theater – via Zoom.	2-3:30pm
Tuesday, Sept. 27	Dine Around at Fratelli Italian Restaurant, located at 410 South Van Dorn Street. Limit of 10.	6:00pm
Wednesday, Sept. 28	Coffee and Conversation at Mae’s Market & Café located at 277 South Washington Street.	10-11:30 am
Thursday, Sept. 29	Racial and Social Equity Group: Planning meeting. Bring ideas for subjects or books to be discussed in future meetings --via Zoom.	10-11am

Thursday, Sept. 8 **Movie Group:**

Woman in Gold describes the fight to reclaim the Gustav Klimt painting stolen by the Nazis during World War II from the Altman family.

Thirteen Lives recounts the rescue of the Thai soccer team that was trapped in a flooding cave. Directed by Ron Howard. For more information on these films and to register go to the AHA Hub, contact the AHA office at 703-231-0824 or email AHA@athomeinalexandria.org.

Friday, Sept.9 “Fashioning an Empire.” View extraordinary Seventeenth-Century textiles, full-length portrait paintings and beautiful illustrated manuscript folios that appeared in the Smithsonian National Museum of Asian Art’s recent “Fashioning an Empire: Safavid Textiles from the Museum of Islamic Art, Doha” exhibit. Sponsored by Chevy Chase at Home. Register with AHA by Sept. 8.

Saturday, Sept. 10 AHA Happy Hour returns to The View at Alexandria House Condominium, 23rd floor, 400 Madison Street. Bring a beverage and a snack to share. You must register with AHA by Sept. 9 to gain admittance to the building.

Thursday, Sept. 15 Lunch Around returns with a table for 10 at Ada’s on the River, 3 Pioneer Mill Way, in Old Town. See the menu at <https://www.AdasOnTheRiver.com/menu>.

Friday, Sept. 16 Roundtable: “How To Film Bears and Sharks Without Getting Eaten.” Chris Palmer is an award-winning wildlife filmmaker, author, speaker, and professor. As a filmmaker, he has swum with dolphins and whales, come face-to-face with sharks and Kodiak bears, camped with wolf packs, and waded hip-deep through the Everglade swamps. He will also describe the adventures and challenges involved in making films about wild and potentially dangerous animals.

Bill Clayton on the English Language

English is flexible. Sometimes I ruminate on the words or phrases that have crept into the language. Some of them should be discontinued.

“Crisp” is a perfectly good word, but it has been largely eclipsed by “crispy.” Personally, I think “crispy” is too cutesy.

Why did every sale become a “sales event?” Was it to make otherwise humdrum shopping more exciting?

The word “of” is doing double duty these days: “He considered that too big of a problem” “He bought too big of a car for his garage.” Drop the “of,” people.

The use of “inside” and “outside” is given extra, unwarranted, duty elsewhere. You hear, “The visitor was inside of the house.” Or “Children played outside of their house.” Give the “of” a rest.

I blame advertising for one hoary oldie you hear a lot nowadays: “Enclosed is a free gift.” Strictly speaking, a gift by its nature is free.

Why do people speak of “an historic occasion?” That is an affectation or possibly something from British usage. We don’t say, “I read an history book,” do we?

Often in television weather reports, you hear something like, “I’m talkin’ serious rain here.” Or “We’re talkin’ storms ahead.” It is a harmless verbal cliché, I know, but it is like dragging fingernails across a blackboard.

Now we come to one of the silliest habits in spoken English: the double “is.” It is one of those verbal hiccups creeping into speech: “I think the problem is-is” Or “The point is-is....” One “is” will do. Well, except for this correct usage: “The question is, is he running or not?”

(Editor: comments may be sent directly to tbclayton@comcast.net)

Updates to Medicare Benefits

By Alan Dinsmore

It seemed that the Medicare benefits debate would go on and on. Seniors rightly wondered if anything like significant improvements would ever take place. Then along came the Inflation Reduction Act of 2022 passed by Congress and signed into law by President Biden.

Those of us who look to Medicare to cover our health expenses can easily detail health-related expenses that significantly impact our household budgets. This is most apparent if we use high-cost medications for cancer, multiple sclerosis, or rheumatoid arthritis to name only a few serious health conditions.

Among the first rank of these changes is the first-ever authorization for Medicare to negotiate drug prices. This process will start in 2026 on a short list of the drugs that prove to be the most expensive for Part B. In subsequent years an additional 20 drugs covered under Part B and D will be included in this process. Common practice is for the Secretary of Health and Human Services to propose something like this through a notice of proposed rulemaking published for public comment. Watch for this.

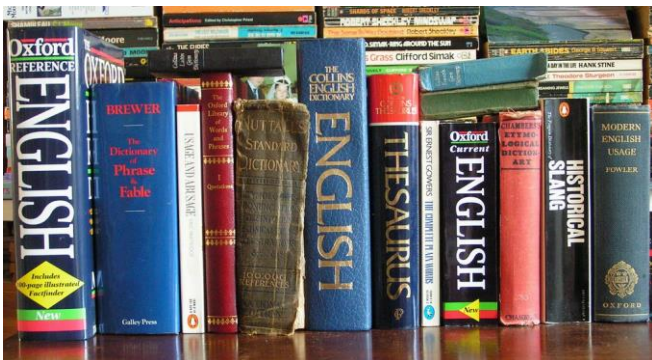
Further assistance with out-of-pocket costs will come in 2024 with the elimination of the current Medicare requirement that beneficiaries pay a 5 percent coinsurance charge above the threshold for the Part D drug benefit. The most significant overall impact on drug expenses will be seen in 2025 when the maximum Part D out-of-pocket liability will be \$2,000.

Several other out-of-pocket expense reductions will take effect next year.

- Insulin costs to beneficiaries with diabetes will be limited to \$35.00 per month.
- Drug manufacturers will be penalized in the form of "rebates" to be paid to the government if they impose price increases that exceed general inflation.
- Starting in 2023 cost sharing will be eliminated for vaccines covered under Part D.

Unrelated to these amendments, the Centers for Medicare and Medicaid Services will shortly propose a new rule that will cover what is referred to as "medically necessary dental care." This coverage would be restricted to services related to dental procedures required for surgery, transplant or radiation. A rule requiring public comment will be proposed, which should clarify this coverage.

Left undone are comprehensive expansions of dental care and vision benefits beyond those available for cataract procedures.



What's Up With AHA Members, Associates and Volunteers

Barbara Rosenfeld, seen below at an outdoor concert of the Vermont Symphony, spent the summer in cool, green Vermont, staying at a condo on Sugarbush Mountain. She says, "I had shared it with my partner Marty, who died last winter. It was a little intimidating to go up alone, but the community was supportive and welcoming and the heated indoor and outdoor pools inviting. I walked a lot in the hills, but my biggest accomplishment was learning to play pickleball."



Brenda Bloch-Young, once again in Cornwall, England, celebrated her son, Aaron's, 40th birthday along with daughter Erica.



Julie Gentry celebrated her "big" birthday at Wintergreen Resort in central Virginia with daughters, Rebecca and Melissa.



At left, **Sandy Heistad** is waiting for a great dinner to go with that special frozen drink on her recent trip to Charleston and Isle of Palms, South Carolina. She was visiting with a long-time friend, trying many tasty restaurants and seeing the sites.

To commemorate her birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was *'My Favorite Things'* from the legendary movie *'Sound Of Music'*. Here are some of the lyrics she used:
(Contributed by Nancy Kincaid)

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Farewell to Molly Lunsford

By Cele Garrett

Molly Lunsford passed away on August 11 at the age of 86. She and her husband Dick were AHA members until recent months when they moved to Falls Church so Molly could receive care for glioblastoma. Molly, a graduate of Radcliffe College, led a truly fascinating life and remained active with PFLAG (Parents and Friends of Lesbians and Gays), National Organization for Women, MoveOn.org, Girl Scouts and numerous other groups. Alcoholics Anonymous was central to Molly's life for decades.

In addition to her husband, Molly is survived by three children and eight grandchildren. Memorial contributions may be made to NARAL Pro-Choice America, Episcopal Relief and Development or Planned Parenthood. A memorial service was held on August 20.

Dedicated to all US citizens, Constitution Day and Citizenship Day on Sept. 17 commemorates the formation and signing of the Constitution of the United States on Sept. 17, 1787.

AHA Medical Equipment Closet

by Susan Pettey

Did you know AHA has some medical equipment available to borrow? Thanks to donations by members, we have a small selection of medical equipment, such as transport chairs, walkers, a kneeling scooter, toilet risers, and canes, available to borrow from the office.

All equipment has been thoroughly cleaned and is ready for a new user. We may not have what you need, but you may want to check first before buying new equipment. Just call the AHA office to check what is available.

AHA will also assist any members who have equipment that they would be willing to loan out but would like to retain for future use. AHA will keep a record of what you have available that may be of assistance to someone in need.

Many thanks to AHA staff for keeping tabs on what is available.

What to Do When a Fall Happens

From the Northwest Neighbors Village Bulletin

Stay calm. Take your time to assess the situation. Even if there are no outward signs of bleeding, there may be internal bleeding. It's important to take falls seriously. If you or someone you know falls and feels like they can get up, move to a sturdy surface like a chair. Begin by getting onto hands and knees, and gradually making your way up to sit in the chair. If you can't get on your hands and knees, scoot on your bottom until you can get to a place to pull yourself up on a chair. It is not recommended to go directly to a standing position because blood pressure changes could cause another fall.

If you are with someone who falls, do not help them up because you might injure yourself or they might get injured in the process. Make them comfortable and create a safe space. You can move a chair near them so they can try to get up on their own. If the person is unable to get up, call 911.

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SPECIAL DAYS IN SEPTEMBER

SEPT. 5 LABOR DAY
SEPT. 11 PATRIOT DAY
SEPT. 11 GRANDPARENTS' DAY
SEPT. 16 STEPFAMILY DAY
SEPT. 17 CITIZENSHIP/CONSTITUTION DAY
SEPT. 22 FIRST DAY OF AUTUMN
SEPT. 23 NATIVE AMERICAN DAY
SEPT. 25 ROSH HASHANAH

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