

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

Special Presentation: Alexandria's Pilgrimage Toward Racial Reckoning

By Cele Garrett

About a year into her term, former mayor Allison Silberberg recalls receiving a letter from the Equal Justice Initiative based in Montgomery, Alabama. The letter described two lynchings that had taken place in our city in the late 1890s—events that have not been widely known but that were confirmed by the Office of Historic Alexandria. So began a years-long process that culminated in a pilgrimage to Montgomery in early October by a delegation of nearly 160 Alexandria citizens, including local students.

In Montgomery, the National Memorial for Peace and Justice includes over 800 steel six-foot “pillar” monuments, one for each county in the U.S. where a racial terror lynching took place. The Alexandria Community Remembrance Project (ACRP) established two volunteer committees to take the required steps necessary to “claim” Alexandria’s lynching pillar. This was no small undertaking: It began with research conducted to confirm the sites of the two separate lynchings and involved many steps over the next five years. Soil samples from the lynching sites were taken to Montgomery for the public ceremony to honor victims Joseph McCoy and Benjamin Thomas. The work and reckoning continues.

AHA’s November Racial Equity discussion will feature two special guests: Audrey Davis, the director of Alexandria’s Black History Museum, and Tiffany Pache, the coordinator of the Alexandria Community Remembrance Project. Both have been instrumental in spearheading this initiative. They will share powerful stories from the recent pilgrimage and discuss the continued work of the initiative. RSVP to the AHA office at 703-231-0824, email to AHA@AtHomeInAlexandria.org or go to the AHA Hub at aha.clubexpress.com.

Remembering Herbert Zucker

On October 17, 2022, Herbert Zucker, 94, of Alexandria, Virginia and Berwyn, Pennsylvania, passed peacefully in his sleep.

Zucker worked for 45 years at *TV Guide Magazine* principally as their marketing director. One of his early writings for the *Magazine* was a report on the taping of the Sinatra-Presley show in Miami Beach. During the 1980s, Zucker led the way in developing strong partnerships with the fledgling cable industry at a critical time. He was instrumental in maintaining the *Magazine’s* leadership in the industry during a period when many competitors were emerging. He retired in 1999. He met his long-time partner Joan Bondareff on a travel companion dating website—unique at the time—and they traveled the world together for 22 years.

Zucker was a graduate of New York University and the University of California at Los Angeles. He was predeceased by his wife, Nancy. They raised two daughters and a son. One of the daughters, Eileen, predeceased him, as did a grandson, Steven Horn.

Zucker leaves behind, in addition to his partner, his daughter, Amy Crooks of Chesterbrook, Pennsylvania, his son, Bradley Zucker of Davie, Florida, three grandchildren, three great-grandchildren and many close friends.

The funeral service and interment will be held at Haym Salomon Memorial Park in Malvern, Pennsylvania. The date is yet to be confirmed.



Herb Zucker and
Joan Bondareff
at an AHA
event.

November 2022 Calendar

Some events in this calendar may take place in person; other programs are on 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. All scheduled in-person events are open to those who are fully vaccinated.		
Monday, Nov. 7	The Optimal Exercise Prescription for Cognitive and Physical Benefits: A Research Update – Hosted by Bethesda Metro Area Village – via Zoom.	3-4pm
Tuesday, Nov. 8	What's in the News – via Zoom.	10-11:30am
Tuesday, Nov. 8	Ladies' Night Out at Elo's Italian Restaurant , 1603 Commonwealth Avenue. Limit 10.	5-7pm
Wednesday, Nov. 9	Politics Forum: "The Top 5 Lessons from the Nov. 8 Midterm Election" – via Zoom.	1-2:30pm
Wednesday, Nov. 9	Movie Group – discussion of <i>My Donkey</i> , <i>My Lover & I</i> and <i>Don't Look Up</i> – via Zoom.	4-5pm
Saturday, Nov. 12	AHA Happy Hour at the home of Bob Eiffert and Michael Curry. Please bring a beverage and snack to share. Limit 24.	5-7pm
Monday, Nov. 14	Downsize, Age-in-Place or Both , with Pete Crouch and Karen Gardiner. This meeting is in person at Beatley Library, 5005 Duke Street. Limit 10.	10:30am
Wednesday, Nov. 16	Hearing Aids: Say What?! – Hosted by Arlington Neighborhood Village – via Zoom.	10-11am
Thursday, Nov. 17	Social & Racial Equity: Alexandria's Pilgrimage Toward Racial Reckoning – via Zoom.	10-11am
Thursday, Nov. 17	Men's Night Out at Hank's Oyster Bar , 818 North Saint Asaph St., Limit 10.	5-6:30pm
Friday, Nov. 18	Dine Around at Del Ray Cafe , 205 East Howell Avenue. Limit 10.	6-8pm
Tuesday, Nov. 22	Coffee and Conversation at The Royal Restaurant , 730 N Saint Asaph St. Limit 12.	10-11:30am
Thursday, Nov. 24	AHA Thanksgiving Dinner at Theismann's Restaurant in Old Town. RSVP by Nov.19. Limit 10.	1-3pm
Tuesday, Nov. 29	Notre Dame: Restoring an Icon – Hosted by Bethesda Metro Area Village – via Zoom.	1-2pm

November Program Notes

Wednesday, Nov. 9 **Movie Group: *My Donkey, My Lover and I***. French with English subtitles, found on Amazon Prime Video.

A schoolteacher is looking forward to her long-planned summer holiday with her married lover Vladimir, the father of one of her pupils. When she learns that Vladimir must cancel because his wife organized a surprise hiking vacation, Antoinette decides to follow them, accompanied by a protective donkey named Patrick.

Don't Look Up is available on Netflix. Starring: Leonardo DiCaprio, Jennifer Lawrence, Meryl Streep, Cate Blanchett. In this comedy, two astronomers go on a media tour to warn humankind of a planet-killing comet hurtling toward Earth. The response from a distracted world: *Meh*.

Monday, Nov. 14 **Downsize, Age-in-Place or Both:** Many of us contemplate moving to smaller, more manageable residences as we age, and many strongly prefer staying in their own homes. What are the pros and cons of moving? What can be done to my home to safely age in place? How do I even go about the process of downsizing?

Join us for a candid discussion with longtime AHA sponsor and seniors real estate specialist Pete Crouch, who has deep experience helping older adults--including many AHA members--prepare for and execute a move. He'll be joined by professional organizer Karen Gardiner of Simplify For Life, who also has worked with several AHA members. Karen, a Certified Age in Place Specialist (CAPS), has great insights on how a home can be prepared for staying as long as possible. This meeting is in person at 10:30am, at 5005 Duke Street, Beatley Library, Alexandria.

Saturday, Dec. 3 **Scottish Walk in Old Town, Alexandria.** See page 4 for details and how to participate.

To register for all programs, call the AHA office at 703-231-0824 or email to AHA@AtHomeInAlexandria.org or go to the AHA Hub at AHA.ClubExpress.com.



What you need to have on hand in a medical emergency

by Ann Liddle

As most of you know, my husband L died suddenly and unexpectedly in July. I don't want to make anyone sad, but I want to share a few things I learned when that happened. I've mentioned these to almost everyone I've talked to since he died. These things would be important not only in sudden deaths but in other medical emergencies.

The purpose of this article is to ask you to be prepared. At our age, medical emergencies can happen quickly and many of us live alone.

If you call 911 and report a death, the operator will call the EMTs and the police. The police asked me almost immediately if L had a Do Not Resuscitate (DNR) order. I said yes and he asked if it was on the fridge. It was not but I knew it was in a file drawer in the desk. The policeman found it and that allowed the EMTs to stop trying to resuscitate L, who had clearly died. They were very grateful he had one that I could find. It would have been better if it had been easily available on the fridge (that is a thing).

They then asked me the name of his primary care doctor to call about cause of death and agreeing to sign a death certificate. Even that took me a few minutes to find. They needed that information before I could even call the funeral home to come get him.

In addition to these very basic items, I've discovered many different lists of information that should be handy in case of an emergency. You can Google it and find lots of websites with very good suggestions, even forms to fill out or notices to place by the front door. Here's a brief list of the information to include in an envelope on the fridge. Some sites suggested carrying a copy in your purse or wallet.

1. Your full name, phone numbers, email address, home address
2. Date of birth, place of birth
3. Emergency contacts – full names, phone numbers and email addresses, home addresses
4. DNR (enclosed) or a statement that there is no DNR
5. Decision maker – Person authorized by you to make medical decisions on your behalf – Name, phone numbers, email address, home address, relationship. (Be sure this person knows this!)
6. Medications – Name and dosage
7. Current medical conditions and devices – for example, diabetes, atrial fibrillation, pacemaker, hip replacement, etc.
8. Health care providers – Type (for example, primary care, heart etc.), names, phone numbers
9. Current treatment regimens
10. Health insurance – list all types with ID numbers, group numbers, etc.
11. Vaccinations, especially COVID - with dates, if known.

There are longer, more involved lists on the internet, but I think these are the basics and provide all the immediately needed information. One caution – do not include your SSN.



What's Up With AHA Members, Associates and Volunteers



Sandy Heistad, above right, at the Annapolis Boat Show with her long-time friend Ulla Kopp, visiting from Maine.



Maggie and Barry Stauffer conquered lots of hills in Portugal while doing a combined bike trip and river cruise down the Douro River.



Sandy Heistad, Mary Ann Bier and Pam Nelson enjoy a beautiful day while touring the White House gardens.

Welcome New Members

Peggy Marchbanks (Associate member), one of AHA's original members, returning to Alexandria and to AHA
Elizabeth Twietmeyer (Full Member)

SAVE THE DATE: Saturday, December 3 Scottish Christmas Walk Parade

Come walk with AHA members and friends this year! And if you are willing to help, we will need folks to carry our banner, folks to carry signs, and folks to direct participants. We are also looking for a convertible or two to carry a few of our members. Last year was a beautiful day, and we all had a fun time. Plan to join us this year! Register on AHA Hub or to the AHA office at 703-231-0824 if you are planning to participate. If you have questions or would like to volunteer, contact Penny Roberts (703-836-9644 or penelope.roberts@me.com) or Susanne O'Neill (703-966-0993 or oneillsn@msn.com).



AHA members at the December 2021 parade.

Readers Theater Finishes out 2022

Facilitator **Steve Nelson** reports that the last meeting “was a small turnout but we managed to fill the hour easily. We welcomed two new people, **Pam Johnson and Antonio Frato**. Though not expected to present anything, Antonio managed to extemporaneously contribute very nicely. **Cele (Garrett)** hit a high note with her alto voice as she performed Schoolhouse Rock's *I'm Just a Bill*. **Alan Dinsmore** gifted us with stories from Chuck Jones, a Looney Tunes cartoonist from our childhood. I drew a story from atlasobscura.com about wendigos, creatures of northeast U.S. and Canadian woods whose diet is mainly ‘people, especially children’ to observe upcoming Halloween.”

Steve says, “Readers Theater will take November and December off for the holidays but will return January 23, 2023. Be prepared with your hilarious holiday stories of family, travel, and presents you wanted but didn't get.”

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

— Unknown

Volunteers are central to AHA’s mission. Now that our community has been vaccinated and COVID restrictions are easing up, our need for volunteers is increasing. There are a variety of opportunities for volunteers to assist our members. The first step in applying to be a volunteer is to complete the AHA Volunteer Interest Form on the Volunteer section of our website <https://AtHomeInAlexandria.org>.

No special expertise or experience is necessary to be an AHA volunteer. You only need a sincere interest in helping an older neighbor in our community; AHA will support you with the rest. New AHA volunteers often are surprised to learn how flexible we are—and how many ways there are to help. Here are some specific needs:

- Driving a member to an appointment or an errand
- Providing technical support at home
- Providing a listening ear for friendly conversation
- Organizing help with home chores
- Identifying handyman help
- Work in the AHA office.

Contact the AHA office for more information.

Board of Directors

Pamela Nelson, Chair	Victoria Almquist, Vice Chair
Kathie Fricke, Treasurer	Bob Eiffert, <i>Interim Secretary</i>
Ruth Arnold	Sandy Heistad
Gretchen Klimoski	Susanne O’Neill
Adam Perry	Susan Pettey
John Veldhuis	Barbara “Babs” Waters

Executive Director
Cecile (Cele) Garrett

Marketing and Membership Manager
Loretta Darst

Member Services & Operations Co-Managers
Dara Surratt & Tegan Cohen

Editor: Mary Ann Bier

Advisory Council

Laurie Blackburn	Peter Crouch
Louise Kenny	Jane King
Jessica LeFevre	Ernie Lehmann
Mitch Opalski	Jan Pomerantz
Vicki Vasques	

Beware of Falls

By Bill Clayton

About 8 million American adults say they have an ongoing problem with balance, and 2.5 million have chronic dizziness, a Mayo Clinic Special Report says.

“Balance and dizziness issues can be part of a vicious circle,” Mayo’s report says. “But with the right daily choices and types of activity, you can sidestep those negative mental, emotional and physical effects.”

Frequent or long-lasting episodes of dizziness mean you should consult your health care provider, to find out which of several tests will point to specific therapy. Some light periods of vertigo can be cleared with simple exercises involving slow movement of the head.

Tests for dizziness could include hearing, inner-ear, imaging and blood tests. Vertigo and other balance disorders are most often “treated with medications or through rehabilitation therapy,” and “rarely, surgery may be an option,” Mayo says.

Work on improving balance can start at home, the report points out, by:

- Removing fall hazards such as loose rugs,
- Using a cane or other assistive device,
- Installing handrails or grab bars for tub or shower,
- Placing nonslip treads on bare wooden steps.

Several other options can be discussed with a caregiver to consider areas of fall risks:

- * Medications you take,
- * Details of past falls,
- * Overall health conditions affecting walk or balance,
- * Lifestyle – Are you a risk taker, such as frequent use of a ladder?
- * Are you physically or socially active?
- * Do you drink alcohol?
- * Do you get enough sleep?



CONTACT US

At Home in Alexandria
3139 Mt. Vernon Avenue
Alexandria, VA 22305
703-231-0824

AHA@AtHomeInAlexandria.org
www.AtHomeInAlexandria.org



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN NOVEMBER

NOV 1 DAY OF THE DEAD

NOV 1 GO THE EXTRA MILE DAY

NOV 8 ELECTION DAY – VOTE!

NOV 11 VETERANS DAY

NOV 24 THANKSGIVING

IN THIS ISSUE

P. 1 Racial Equity Program

P. 1 Obituary

P. 2 Calendar

P. 2 Program Notes

P. 3 Emergency Planning

P. 4 What's Up

*P. 4 **SAVE the DATE***

P. 4 Readers Theater

P. 5 Volunteering

P. 5 Prevent Falls