

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

Welcome Jenifer Eoff

AHA's newest staff member has arrived! Jenifer is serving in the newly created role of volunteer manager. She and her partner Kelly (along with their three pups, Buddy, Abbey and Lil) relocated from the Seattle area back to the East Coast. Jenifer brings a wealth of experience in education and education administration. Most recently, she served as the interim principal for a charter public school in Tacoma, Washington. Prior to that, she was the director of school operations for that school. She has extensive experience in training and instruction, including with her current role as adjunct professor for the Community College of Baltimore County. We are happy to welcome Jenifer!



"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

AHA Thanks Its Supporters

By Cele Garrett

By the first week of January, our year-end fundraising campaign was complete. Thanks to over 100 AHA supporters, we exceeded our goal by 23 percent. We are grateful beyond measure for each and every contribution that helped us to end 2022 in strong shape. This campaign allows donors to make their gift in honor or in memory of a special individual. In turn, it is our privilege to honor the following individuals who were named, along with a gift to AHA:

In honor of:

Susanne Adams
Ann Liddle
Sandy Heistad
Christena Nielsen
& Tom Crowley

In memory of:

David Butler
William R. Hahn
L Liddle
Ginger Quinn
Herb Zucker



Armchair Travels is Antsy

If you have taken a trip in the last year - or even further into the past - that you would like to share with your AHA friends, contact Susanne O'Neill, oneillsn@msn.com, to set up a Zoom slide show in the coming months. This program was very popular during our COVID lockdown months. It can continue for those who would like to share a trip or adventure and for those who are not able to travel as much as in the past.

Remembering Susan Bell

AHA Member Susan Bell passed away on January 18. We will pass along further details as they become available.

February 2023 Calendar of Events

Schedule via Zoom or in person. The AHA office will send you the Zoom link after you have registered for a program. In-person events are open to those who are fully vaccinated.

Tuesday Feb. 7	The Truth Behind the Pictures - with White House photographer Christy Bowe , sponsored by BMAV – via Zoom.	2-3pm
Wednesday Feb. 8	Movie Group – discussion of <i>Glass Onion</i> and <i>The Swimmers</i> . – via Zoom.	4-5pm
Thursday Feb. 9	Drawing the Map of Your Life , sponsored by Northwest Neighbors Village. – via Zoom.	1-2pm
Saturday Feb. 11	AHA Happy Hour at The View , 400 Madison Street.	5-7pm
Tuesday Feb. 14	What's in the News – via Zoom.	10-11:30am
Tuesday Feb. 14	Ladies' Night Out at Del Ray Cafe, 205 East Howell Ave. Limit of 8.	5-7pm
Wednesday Feb. 15	Politics Forum: "Is America's Political Center Disappearing?" – via Zoom.	1-2:30pm
Wednesday Feb. 15	The Birth of Documentary Photography: The Camera as a Tool for Social Change , sponsored by Greater Stonegate Village in Maryland. – via Zoom.	4-5pm
Thursday Feb. 16	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Tuesday Feb. 21	Formidable: American Women and the Fight for Equality: 1920-2020 , sponsored by BMAV. – via Zoom.	2-3pm
Wednesday Feb. 22	How to Write a Memoir: Telling Your Story . With author Chris Palmer. Sponsored by Little Falls Village. – via Zoom.	1-2:30pm
Thursday Feb. 23	Lunch Around at Delia's Mediterranean Grill & Brick Oven Pizza , located at 209 Swamp Fox Road. Limit 10.	12:00 noon
Monday Feb. 27	Readers' Theater – via Zoom.	2-3:30pm
Tuesday Feb. 28	Coffee and Conversation at Royal Restaurant in Old Town.	10-11:30am
Tuesday Feb. 28	Dine Around at RT's Restaurant , located at 3804 Mt. Vernon Ave. Limit 10.	6pm

Program Notes for February

Tuesday, Feb. 7 The Truth Behind the Pictures. Christy Bowe, one of the few women still photographers who has covered five consecutive White House administrations, will give a lecture showcasing some of her award-winning pictures and the behind-the-scenes stories that took place while capturing them. Hosted by the Bethesda Metro Area Village.

Wednesday, Feb. 8 Movie Group. Join Barbara Brennan as she leads us in discussion of recent Netflix films *Glass Onion* and *The Swimmers*.

In *Glass Onion*, a suspense film, a tech billionaire invites his eclectic crew of friends for a getaway on his private Greek island. When someone turns up dead, world-famous detective Benoit Blanc is put on the case.

The Swimmers is a heart-warming film where two young sisters from war-torn Syria embark on a harrowing journey as refugees, putting both their hearts and champion swimming skills to heroic use at the 2016 Rio Olympics.

Thursday, Feb. 9 Drawing the Map of Your Life. One of the most important and satisfying tasks of elderhood is telling the story of how you came to be the unique person you are. An engaging and creative way of telling this story is by drawing your life's journey as a map. David Oldfield will share stories and illustrations from his recent book, *An Atlas of Aging*, which features the life maps of 20 older adults from around the world. Hosted by Northwest Neighbors Village.

Wednesday, Feb. 15 The Birth of Documentary Photography. Join Rollin Fraser of Greater Stonegate Village (GSV) as he discusses how the origins of documentary photography come from the basic human desire to capture and change our world. Contact the AHA office or sign up at AHA.ClubExpress.com.

Wednesday, Feb. 22 How to Write a Memoir: Telling Your Story. Author Chris Palmer leads this interactive workshop for people who want to create a memoir that values the struggles in their lives, makes sense of them and explores their meaning. The focus will be practical and designed to help participants make rapid progress.

Tips to Recover from a Fall

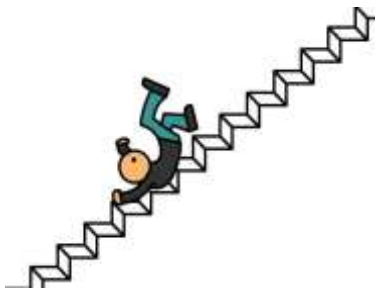
According to the Centers for Disease Control and Prevention, every year, more than 25 percent of adults age 65 and older fall. Falling once doubles a person's chances of falling again. The difficulty older adults have with getting up without assistance is attributed to not having learned the skill and partly because they are less agile. A recent article from AARP Health summarized effective ways to get up from a fall. "It's a good idea to practice getting up, almost like a fire drill," says Brianne Carroll, a physical therapist at the NYU Langone Orthopedic Center in New York City. Plus, "being able to get up from the floor (without assistance) is a positive health behavior, just the same way that exercising is," Carroll says.

After a fall, take a moment to review your body for injuries. If something hurts as you move, it is best to seek assistance. If you're seriously injured and you try to get up, you could make the injury worse.

If you feel okay, though perhaps a bit shaken, here's a good strategy for trying to get up.

- Slowly roll onto your side, push yourself up onto your hands and knees into a crawling position, and crawl toward a sturdy chair, coffee table, or couch.
- Once you are in front of the steady piece of furniture, put your hands on it and put your stronger leg out first, then get up into a half-lunge position before rising to a standing position.
- If you cannot fully stand, you can turn your body and sit on the chair, sofa, or table.
- If you cannot crawl because you have bad knees, scoot on your rear on the floor or roll your way over to that piece of furniture.
- You can scoot your way to a step on a staircase then put your butt on the lowest step and use your legs to push yourself up to a higher one.

Whichever strategy you use to get up, take your time and do not try to do too many things at once, Carroll says. "Once you get up from a fall, sit for a couple of minutes and calm yourself so you don't get up too quickly and fall again."



New Memory Support Program Comes to Alexandria

Insight Memory Care Center, a longstanding nonprofit organization based in Fairfax, is bringing a new program to Alexandria. "Reconnections" provides recreational activities, engaging programs and socialization opportunities for those experiencing early memory loss. The weekly program will be held at Sunrise of Old Town. In the coming weeks, Insight will offer an open house on the following dates and times for visitors to learn more: Wednesday, Feb. 8, 12-2pm or Wednesday, Feb. 22, 3-6pm. To register for an open house, go to insightmcc.org/events.

Who's Behind the Curtain at the Little Theatre of Alexandria?

AHA is thrilled to share that Tegan Cohen, our newest AHA Operations Co-manager, will be playing a part in The Little Theatre of Alexandria's production of *Letting and Lovage*. AHA staff invite you to join them for the Sunday, March 5, 3pm performance. If you have had the privilege of meeting Tegan, you can sense she is a character. Here is your chance to see her playing the role of Miss Framer in this comedy filled with British humor.



Letting and Lovage is a tale of unlikely friendship and the enduring power of history. Moving swiftly between the most thrilling sites in England—including a house in which several events of historical significance very nearly happened, an office within the hiring authority for the Preservation Trust, and a basement flat in Earls Court in which historically-significant events happen with alarming regularity. The show gently challenges audiences to reexamine what they know about the world and themselves. Is our past a collection of facts or a collection of stories? What have we lost in our mad dash towards modernity? Is it enough to be merely alive?

Save the date of March 5 and plan to join the group of AHA attendees. Tickets can be purchased through The Little Theatre of Alexandria's website or over the phone at 703-683-0496. Hope to see you there.

What's Up With AHA Members, Associates and Volunteers



Men's Night Out had an outstanding turn-out on Jan. 19 at Aldo's Italian Kitchen. From left front, **Michael Curry, Alan Dinsmore, Bruce Stevens, Ernie Lehmann, Bill Clayton, Antonio Frato, Steve Nelson, John Veldhuis, Howard Weiss and Bob Eiffert.** Are they having all the fun, ladies? Photo taken by volunteer **Richmond Bowen.**



Lunch Around at Chadwick's brought together a great group of seafood lovers. From left, **Jane Cohen, Kathie Fricke, Jim Watts, Ruth Arnold, Jean Antone, Nancy Kula, and Jayne and Walt Owiesny.** Photo taken by **Mary Ann Bier.**



Ladies' Night Out at Elo's Italian was a small but cheerful group. From left, **Pam Nelson, Carmen Raventos-Suarez, Penny Roberts and Virginia Kress.**



The Dine Around group met at the Royal Nepal restaurant for some exotic fare. From left, **Marie-France Bunting, John and Nancy Veldhuis, Babs and Elliot Waters, Penny Roberts, Janet and Jack Powers, and Mary Margaret McGrail.**



City Announces the 2023 Special Parade Route for the George Washington Birthday Parade

The 2023 George Washington Birthday Parade, for one time only, will feature a special edition parade route to pay tribute to the 100th anniversary of the city's iconic George Washington Masonic National Memorial. Learn more about the route and special events surrounding George's birthday celebration at <https://washingtonbirthday.com/2023route>.

Winter Health Tips

This winter, keep you and your family healthy and well. Flu, COVID-19 and Respiratory Syncytial Virus (RSV) are spreading at high rates throughout our community.

There are lots of easy ways to stay healthy and stop the spread:

- Wash your hands.
- Stay home and get tested when you feel sick.
- Wear a mask when you:
 - are not feeling well.
 - are at higher risk of severe illness.
 - are in a crowded environment.
 - have recently been around someone who is sick.
 - are in healthcare and congregate settings when transmission levels are substantial or high.
- Stay up to date on vaccines, including recommended boosters, for COVID-19 and flu.
- Increase airflow in indoor spaces.

For information on testing, vaccines, and more health tips, visit alexandriava.gov/FluSeason.

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Editor: Mary Ann Bier

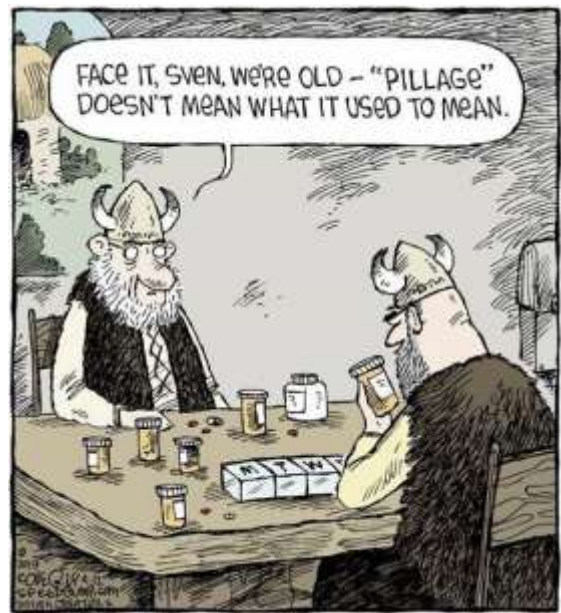
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Still Looking for Your Referrals



AHA is updating its database of local service providers. We are eager to hear your recommendations and add them to our list. Have a favorite cleaning service, plumber, electrician, painter or any other related service? Let us hear from you. The AHA database only includes companies that have come personally recommended by our members, volunteers or staffers. Email your recommendation to Loretta Darst at Loretta@AtHomeInAlexandria.org or call her at the AHA office.



Brain Teaser...

Which word logically comes next in this sequence?
Spots, tops, pots, opts...

(Look for the answer elsewhere in this newsletter.)

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Answer-Stop

SPECIAL DAYS IN FEBRUARY

FEB. 2 GROUNDHOG DAY
FEB. 12 LINCOLN'S BIRTHDAY
FEB. 14 VALENTINE'S DAY
FEB. 20 PRESIDENTS DAY PARADE
 IN OLD TOWN
FEB. 21 MARDI GRAS CARNIVAL

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