

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

## Artificial Intelligence Creates a Poet

Artificial Intelligence, or AI, has generated a lot of enthusiasm among internet alication users recently. AI apps allow the user to suggest words, themes or topics to create a written piece for fun, for work or for school. The ChatGPT app, <https://OpenAI.com/blog/ChatGPT/>, is so popular that the site is very busy during the day, according to AHA member Brenda Bloch-Young. She says, “I see potential problems or dangers using AI as a writing tool, but it's fun to play around with.” Brenda takes a leap into poetry with her tribute to AHA, below.

In Alexandria, there's a group that's dear,  
Whose members have a wealth of cheer,  
They call themselves AHA, you see,  
A place where retirement's sweet and free.

They love to talk, share, and laugh,  
Their discussions will never be half,  
Favorite books and movies abound,  
And in new things, they are always found.

At restaurants, they gather and dine,  
A happy hour that's always fine,  
The volunteers are simply great,  
They make sure that no one's late.

Connections and support are AHA's claim,  
That's why they value the group's name,  
Age in place is their guiding star,  
And with each other, they've come so far.

If you're looking for some fun,  
Or just want to chat and run,  
AHA is the place to be,  
Where the retirement life is carefree.

## Remembering Lenore Holm

AHA member Lenore Holm passed away peacefully February 20 at 93 years of age. Lenore's first and last love was music. The daughter of a professional pianist, she had little formal training, but her talent and drive earned her first place in the graduate concerto competition at Northwestern University's School of Music. She taught piano for much of her life, both privately and at Columbia College—and she always said that working with young people kept her young. She played violin in the Columbia Philharmonic Orchestra and was the organist and choir director at her church. After earning a second master's degree in library science, she became the music librarian at Converse College and then the University of Maryland. Lenore completed her career with nearly 20 years at the Library of Congress, retiring at age 78. She played her grand piano to her last day.

Lenore grew up in Minnesota and Chicago. She met her husband in Germany while she was serving as a social director at U. S. Army bases. She traveled around Europe extensively. She enjoyed numerous western travel adventures with family—even sleeping in a tent into her 80s.

Lenore's *joie de vivre* affected all who knew her—and she knew no strangers. Despite her innate extroversion, Lenore also had a deeply contemplative, spiritual side. She attended lectures at the Jung Society and was a “crowned crone” in the Wisewoman Forum.

Lenore is survived by her younger brother; her three children, Natalie Mack, Shannon Earl, and Eric Mack; and her four grandchildren. A private service for immediate family will be held March 3 at Congressional Cemetery in Washington, D.C. A celebration of life will follow at her home in the spring. Memorial donations may be made to the Northwestern University School of Music, The Jung Society of Washington, or At Home in Alexandria.

## March 2023 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. In-person events are open to those who are fully vaccinated.		
Wednesday March 8	<b>Movie Group</b> – discussion of <i>The Wife</i> (available on Netflix) and <i>The Banshees of Inisherin</i> (available on Amazon Prime and HBO) – via Zoom.	4-5 pm
Thursday March 9	<b>What Can You Do About Environmental Issues?</b> - presented by Cornell University's RISE program and hosted by Village to Village Network – via Zoom.	2 pm
Tuesday March 14	<b>What's in the News</b> – via Zoom.	10-11:30 am
Tuesday March 14	<b>Ladies' Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5 pm
Wednesday March 15	<b>Sharing Legacy with Little Ones</b> , sponsored by Bethesda Metro Area Village – via Zoom.	1-2 pm
Thursday March 16	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5 pm
Saturday Mar. 18	<b>Met Opera LIVE in HD: "Lohengrin"</b> , Hoffman AMC Theater, 206 Swamp Fox Road.	12:00 noon
Monday March 20	<b>Memories from the Heart: The Art of Ghostwriting with Lyric Winik</b> , hosted by Chevy Chase Village – via Zoom.	1-2 pm
Thursday March 23	<b>Lunch Around</b> at Northside 10, 10 East Glebe Road. Limit 10.	12:00 noon
Monday March 27	<b>Readers' Theater</b> – via Zoom.	2-3:30 pm
Tuesday March 28	<b>Coffee and Conversation</b> at Royal Restaurant in Old Town.	10-11:30 am
Tuesday March 28	<b>Dine Around</b> at Bistro Sancerre, 1725 Duke Street, #100. Limit 12.	6 pm
Wednesday March 29	<b>End-of-Life Planning Issues and Options with Dixcy Bosley, Iona Senior Services</b> - hosted by Friendship Neighbors Network Village – via Zoom.	1-2 pm



## Program Notes for March

**Wednesday, March 8** **Movie Group:** Join the discussion of these two films that you watch at home and then discuss via Zoom.

*The Wife* is a 2017 drama film directed by Björn L. Runge and written by Jane Anderson, based on the 2003 novel by Meg Wolitzer. It follows an aging woman (Glenn Close) who questions her life choices as she travels to Stockholm with her husband (Jonathan Pryce), who is set to receive the Nobel Prize in Literature. Available on Netflix.

*The Banshees of Inisherin* is a 2022 black tragicomedy film directed by Martin McDonagh. Set on a remote island off the west coast of Ireland, the film stars Colin Farrell and Brendan Gleeson. The two lifelong friends find themselves at an impasse when one abruptly ends their relationship with alarming consequences for both. Available on Amazon Prime Video.

**Wednesday, March 15** **Sharing Legacy with Little Ones** Join Margi and Mark Kramer in this talk about how to encourage conversation about our legacy and to keep the memory of loved ones alive. Margi and Mark teamed up to create a book that motivates adults to share meaningful stories and have lively conversations about family history. Hosted by Bethesda Metro Area Village.

**Saturday, March 18** **Met Opera LIVE presents Richard Wagner's "Lohengrin."** It is the story of a knight of the Holy Grail. If you are a fan of Wagner, be warned that the opera lasts five hours including intermissions. To attend this opera, sign up so members can meet at the Hoffman AMC theater.

**Monday, March 20** **Memories from the Heart: The Art of Ghostwriting.** Lyric Winik, known as "the go-to scribe for political memoirs" and a "gifted crafter of sentences," will take us behind the scenes of her book collaborations with First Ladies Laura Bush and Michelle Obama, NPR's Nina Totenberg and others to explain how she is able to capture another person's essence and translate voices and memories onto the page.

**Wednesday, March 29** **End of Life Planning Issues and Options.** Learn how to replace fear with a plan for your end-of-life care and make empowering decisions. Dixcy Bosley will clarify what lies ahead, how to get specifics, identifying what matters most, considering prolonging life, and how to communicate and document your wishes.

## Volunteer Corner

### Tech Coaching is in AHA's Near Future

AHA is launching an exciting new tech coaching program in May. Our volunteer manager, Jenifer Eoff, will be seeking volunteer coaches and participants soon. More details to come in the April newsletter. Meanwhile, check out AARP's Senior Planet. It offers free, live online classes for seniors. Visit [www.SeniorPlanet.org](http://www.SeniorPlanet.org) to learn more.

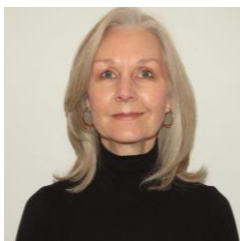


### Meet New Volunteers

**Chris Hayes** was born and raised in Alexandria, where he resides with his wife, Katy, also a native Alexandrian, and his son Harrison. Chris stays active coaching both youth soccer and basketball teams. Chris's education includes a degree in communications from Bethany College and a master's degree in telecommunications from Indiana University. While at IU, Chris taught television



production classes and worked for the athletic department shooting official team films and tapes. Chris currently works as a realtor and has the Seniors Real Estate Specialist (SRES) designation.



**Janet M.**, originally from Colorado, has lived in the Del Ray neighborhood for over 35 years. An economist specializing in tax policy, Janet recently retired from the U.S. Department of the Treasury.

She first became interested in policies and programs related to older people while working at AARP's Economic Policy Institute. "Now that I have retired from Treasury, I'm looking forward to being more active in my Alexandria community, including serving my neighbors through AHA," she says.

## "Out of the Blue" Medical Emergency and Off to the Emergency Room

By Alan Dinsmore

Through personal experience or helping a spouse, partner, or friend, we know about emergency medical services (EMS) and transport to the emergency room. However, there are details that are sometimes not apparent even with that experience. Here is a selection based on my experience.

1. Make a list of all the items for a "go" bag. This should include your glasses and case, your hearing aids and batteries, your cell phone and charging cord. Sure, you can use the phone at your bed. Does it have your digital phone directory? Extra set of residence keys and car keys? Your support team members may need to access your house or move your car.
2. Make sure that list is pinned or taped to your "go" bag. If you are alone and uncomfortable enough to call EMS, you probably will not have the energy to go chasing around looking for these items.
3. Your current prescription list should be folded into your wallet. You won't have time and probably will not feel like searching for the containers. Do you think you might have a med that might not be in the hospital pharmacy? This could be the case if you are in a medical trial or using a specialty prescription. A note should be part of your list. That's one good reason to make sure somebody has your house keys so it can be retrieved if the hospital pharmacy does not carry the item.
4. Who is going to take care of Fido and Fluffy?
5. Not living in a condo or apartment? You need to make sure that EMS knows where to get your keys.

Finally, make this all a lot simpler and enroll in Smart911. That way, your call to EMS will pull up all that information including Fido or Fluffy sitters. Do remember that personal items you need to take are your responsibility.





## What's Up with AHA Members



Ladies Night Out met at Del Ray Café and enjoyed the special Valentine's Day menu for the evening. From left, **Kathie Fricke, Barbara Reed, Mary Ann Bier, Sandy Heistad, Penny Roberts, Barbara Rosenfeld and Susanne O'Neill.**



Lunch Around attracted eight members to a meal at Delia's Mediterranean Restaurant. From left, **Kathie Fricke, Sharon Hennessy, Madelaine Morgan, Bruce Stevens, Walt and Jane Owiesny, Ruth Arnold and Jane Cohen.**

## Remembering Susan Bell

AHA member Susan Bell died at her Alexandria home on January 25 from breast cancer. She was 81. Susan is survived by a brother, three children and seven grandchildren. She earned a Bachelor of Arts in English (College of Wooster), a Master of Arts in Religious Education (Chicago Theological Seminary) and a Master of Arts in Social Work (Catholic University).

Susan attended seminary with Jesse Jackson and worked with him on Operation Breadbasket, a campaign that boycotted businesses that refused to employ African Americans or to buy products sold by African American-owned businesses. Later, Susan lived in San Clemente, California while her husband Richard served in the Marine Corps during the Vietnam War. There she started a youth program, providing a safe space for youth to engage in active discussions about race relations, social justice, drug use and other controversial subjects. She was devoted to teaching adolescents to be inquisitive and to not be afraid of boisterous discussions.

In the early 1970s, Susan and husband Richard moved to northern Virginia, where she practiced as a licensed therapist and was active in several faith groups and activist organizations, including a Palestinian rights group, where she traveled several times to Israel, the former Soviet Union and many other countries. For those who wish to honor Susan's memory, donations may be made via GoFundMe to provide ongoing support to two Mexican children that Susan has sponsored through ChildFund since the boys were very young: <https://www.GoFundMe.com/f/donate-in-memory-of-susan-bell>.

## Member Thoughts on *The Good Life*

By AHA member Marie-France Bunting

Want to know why it was a good idea for you to join AHA? Read *The Good Life* by Robert Waldinger, MD, and Marc Schulz, PhD, and you'll discover that the secret to happiness lies in building good relationships. This book is based on a scientific study undertaken by the Harvard Study of Adult Development that began in 1938 and followed the lives of 724 participants and their descendants over three generations and continues today.

The initial group included 268 sophomores at Harvard College and 456 young men from the Boston area—mostly from disadvantaged neighborhoods. Over the years, the study has included wives, sons and daughters of the original group and has become more diversified. Looking at the life story of some of the participants might help us see what factors are strongly associated with physical and mental well-being and which coping mechanisms some people use when things don't go well.

*Note: Many AHA members have told us how much they enjoyed this book. AHA has a copy in its office if a member should wish to borrow it.*

## Tapestry on Display for Women's History Month

The Alexandria Ellen Coolidge Burke Branch Library at 2701 Seminary Road is displaying a tapestry entitled "Women from the Dawn of Time" during the entire month of March. The exhibition is located on the second floor, near the circulation desk.

The 216 women depicted in this cross-stitch tapestry design by Anita Barondes, are just a few of the many women who made major contributions to the arts, medicine, writing, politics, sports, science and leadership since the dawn of time. Some are known to almost everyone despite, in many cases, their having to overcome family and societal efforts to prevent them from achieving greatness. But how many know of Belva Lockwood, the first female attorney in America to practice before the United States Supreme Court; or Lise Meitner, the Austrian nuclear physicist, whose partner was awarded the Nobel Prize in chemistry for her discovery; or Murasaki Shikibu, who wrote Tales of Genji, the first novel; or Rebecca Crumpler, the first black woman to receive a medical degree in America?

Artist Anita Barondes lives in Alexandria and volunteers for Burke Branch Friends group. She took four years to research, design and stitch the tapestry. This stunning piece was awarded a first-place prize and The People Choice Award at the prestigious Woodlawn Needlework Show in 2021.

### Board of Directors

Pamela Nelson, Chair	Victoria Almquist, Vice Chair
John Veldhuis, Treasurer	Bob Eiffert, <i>Interim Secretary</i>
Ruth Arnold	Kathie Fricke
Sandy Heistad	Gretchen Klimoski
Virginia Kress	Susanne O'Neill
Adam Perry	Shelly Schwab
Barbara "Babs" Waters	

**Executive Director**  
Cecile (Cele) Garrett

**Marketing and Membership Manager**  
Loretta Darst

**Member and Operations Co-Managers**  
Dara Surratt & Tegan Cohen

**Volunteer Manager**  
Jenifer Eoff

**Editor:** Mary Ann Bier

**Advisory Council**

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

From the AHA Office

## Is Your Phone Number Up to Date with AHA?

Now that mobile phones are used by most people, many of us have decided to forgo our home landline number. Or maybe we still have the phone line connected, but we rarely answer calls or check messages. If you've been an AHA member for several years, kindly check the AHA member directory to confirm that your most current contact information is included. Important note: A directory was sent to AHA members via email on January 1, 2023. You can send an email to [Loretta@AtHomeInAlexandria.org](mailto:Loretta@AtHomeInAlexandria.org) with any updates—or log in to your account on AHA Hub to make that change yourself.

## StrongerMemory™ Coming in April

AHA is pleased to bring back StrongerMemory™ beginning Wednesday, April 5 at 3 pm. The series will last for 12 consecutive weekly sessions and once again will be led by AHA volunteer Roberta McGregor. StrongerMemory™ is gaining a strong village following. George Mason University soon will release some very promising data on a study involving 104 individuals who have gone through the 12-week program and who continue to do the daily brain exercises. Consider joining our spring group. Contact the AHA office to sign up.

## Welcome New Members

Anthony Dokurno - Full Member (West End)  
Jeanne Solak - Full Member (Old Town North)  
Thomas Solak - Full Member (Old Town North)  
Jenny Bengston - Associate (West End)

### CONTACT US

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

[aha@AtHomeInAlexandria.org](mailto:aha@AtHomeInAlexandria.org)  
[www.AtHomeInAlexandria.org](http://www.AtHomeInAlexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN MARCH

MARCH 8 INTERNATIONAL WOMEN'S DAY  
MARCH 12 DAYLIGHT SAVINGS TIME STARTS  
MARCH 14 NATIONAL PI DAY  
MARCH 17 ST. PATRICK'S DAY  
MARCH 20 EQUINOX DAY  
MARCH 28 FIRST DAY OF RAMADAN

## IN THIS ISSUE

P. 1 *AI Poem*  
P. 1 *Obituary – Lenore Holm*  
P. 2 *Calendar*  
P. 2 *Program Notes*  
P. 3 *Volunteer Corner*  
P. 3 *Emergency Go-Bag*  
P. 4 *What's Up*  
P. 4 *Obituary – Susan Bell*  
P. 4 *Book Review*  
P. 5 *Women's History Month Display*  
P. 5 *From the AHA Office*