

## Spring2ACTion

By Executive Director Cele Garrett

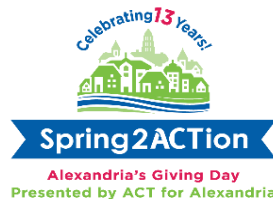
Once a year, Alexandria's nonprofit organizations all come together for Spring2ACTion, an online "giving day" hosted by ACT for Alexandria, our community foundation. This year the big day is **Wednesday, April 26**.

We've had a long tradition of gathering at Del Ray Café as our "campaign headquarters." We've booked our usual downstairs "Kitchen" room and we hope you will stop by for a cup of coffee and croissant in the morning, a nice lunch, happy hour and/or dinner that evening. The restaurant generously donates a portion of its daily proceeds to AHA at the end of the night, which goes toward our campaign total.

As in previous years, you can contribute during the two weeks leading up to the big day. The online fundraising page will "go live" on April 12. If you prefer to contribute by check instead of doing so online, your gift will count toward our total if it is received in our office by April 26.

Throughout this fundraiser, some generous AHA donors will offer a matching gift so that your online contribution will be doubled. If you would like to offer a matching gift to entice others to donate, we would gratefully welcome it. Call or email me (703-587-6405, [cele@AtHomeInAlexandria.org](mailto:cele@AtHomeInAlexandria.org)).

We are lucky to have a well-organized community-wide campaign like Spring2ACTion—and it is a highly effective and cost-efficient fundraiser for AHA. It is one of our two annual fundraisers, the other being our year-end campaign. Thank you in advance for understanding how important S2A is for us. Watch your email inbox for further updates and videos.



## Jane King Rejoins AHA Board

Returning to the AHA Board after a hiatus, Jane King brings her experience as a previous board member when she served terms as secretary as well as board chair. Once again Jane will serve a term as secretary on the current board.

During her career, Jane developed expertise in the needs of those who are aging, initially in consumer protection. She was involved in developing livable communities that support the ability of their senior residents to stay in their communities as they age.

On retirement, Jane was encouraged to join Alexandria's Commission on Aging. She served on the commission for 10 years before term-limited and served as its chair for two of those years. While on the Commission, she led the development of Alexandria's comprehensive Age Friendly Plan, approved by the City Council and AARP.

Jane was recognized for her contributions to the City of Alexandria with the Commission on Aging's Excellence in Aging Award for Lifetime Achievement. She was designated a Living Legend of Alexandria.



## April 2023 Calendar

Please note that the programs in this calendar may be scheduled via Zoom or in person. The AHA office or hosting village will send you the Zoom link after you have registered for a program.

Wednesday April 5	<b>Garden Tour at Simpson Park</b> with botanist Bob Faden. Rain date April 7. See page 5 for more details.	11:00am
Saturday April 8	<b>AHA Happy Hour</b> at The View in the Alexandria House, 400 Madison Street.	5-7:00pm
Tuesday April 11	<b>What's in the News</b> – via Zoom.	10-11:30am
Tuesday April 11	<b>Ladies' Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Avenue No limit.	5:00pm
Wednesday April 12	<b>Movie Group</b> – discussion of <i>Cyrano</i> and <i>Just Mercy</i> (both available on Amazon Prime Video) – via Zoom.	4-5:00pm
Friday April 14	<b>Overview of Dementia</b> , with Dr. Deirdre Doerflinger, Clinical Assistant Professor at Catholic University of America – via Zoom.	1-2:00pm
Saturday April 15	<b>Met Opera LIVE in HD: Der Rosenkavalier</b> , at Hoffman AMC theater.	12:00noon
Tuesday April 18	<b>The Aging Eye, A Prevention of Blindness Presentation</b> , organized and hosted by Friendship Heights Neighbors – via Zoom.	3-4:00pm
Thursday April 20	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5:00pm
Monday April 24	<b>Readers' Theater</b> – via Zoom.	2-3:30pm
Tuesday April 25	<b>Coffee and Conversation</b> at Royal Restaurant in Old Town.	10-11:30am
Tuesday April 25	<b>Dine Around</b> at Mount Vernon Inn Restaurant, 3200 Mount Vernon Highway. Limit 12.	6:00pm
Wednesday April 26	<b>Spring2ACTion Fundraiser</b> , drop in for coffee or a meal at the Del Ray Café, 205 East Howell Avenue. See page 1 for details.	all day
Wednesday April 26	<b>Lunch Around</b> at Del Ray Café, 205 East Howell Avenue. Limit of 8.	12:00 noon
Thursday April 27	<b>Gilded Mansions of Dupont Circle</b> Learn about the extravagant mansions built for the wealthy around the turn of the 20 <sup>th</sup> century.	1-2:00pm
Friday April 28	<b>The Seven Types of Senior Communities</b> presented by Pete Crouch at the Beatley Central Library, 5005 Duke Street. See page 5 for details about this program.	1-2:30pm

## Program Notes

**Wednesday, April 12** **Movie Group** will discuss *Cyrano* and *Just Mercy*.

*Cyrano* is the classic story of a self-conscious wordsmith who fails to woo Roxanne but who helps young Christian nab her heart through love letters. *Just Mercy* relates the early career of world-renowned civil rights defense attorney Brian Stevenson, who works to free a wrongly condemned death row prisoner.

Both films are available on Prime Video.

**Friday, April 14** **Overview of Dementia.** Speaker is Deirdre Carolan Doerflinger, PhD, Clinical Assistant Professor, The Catholic University of America, and Nurse Practitioner, Department of Medicine, Geriatrics, Inova Fairfax Hospital.

**Saturday, April 15** **Met Opera LIVE in HD.** Set in an idealized Vienna of the past, Richard Strauss's most popular opera, *Der Rosenkavalier* concerns a wise woman of the world who is involved with a much younger lover but ultimately forced to accept the laws of time, giving him up to a pretty, young heiress. Buy your ticket and join others at the Hoffman AMC theater, 206 Swamp Fox Road.

**Tuesday, April 18** **The Aging Eye, A Prevention of Blindness Presentation.** Speaker Narmien Murdock, MD, is a third-year resident in Georgetown University's Ophthalmology Residency Program. Register with AHA Hub or call the office at 703-231-0824.

**Thursday, April 27** **Gilded Mansions of Dupont Circle.** The speaker Ralph Buglass will draw on vintage photos to tell stories of these extravagant residences--most of them surviving today for other purposes. Hosted by Northwest Neighbors Village Network. Register with AHA Hub or call the office at 703-231-0824.

### Local events:

**April 14 & 15** – 2023 Garden Market at River Farm. [www.AHSGardening.org](http://www.AHSGardening.org).

**April 15** - Alexandria Home and Garden tour. [www.vagardenweek.org/tours/old-town-alexandria/](http://www.vagardenweek.org/tours/old-town-alexandria/).

**April 28-30** – Georgetown French Market, <https://www.georgetownfrenchmarketdc.com/>.

## Volunteer Spotlight

By Jenifer Eoff, Volunteer Manager



**Kelly W.** Kelly is a former Air Force pilot and now flies for American Airlines out of Reagan National Airport. She grew up in the D.C. area and recently returned to Alexandria after living in Seattle for the past few years. She has always enjoyed working with people and giving back to her community so AHA seemed like a perfect fit. She told us she enjoyed her volunteering opportunities so much that she has already mentioned the organization to several of her fellow pilots in the hopes of getting others involved.



**Bryan S.** Originally from southern Ohio, Bryan moved to D.C. in 1987 to pursue graduate school at George Washington University. He was a career exhibition designer at the Smithsonian's Museum of Natural History, and later, chief of exhibition design for the relocated Washington, D.C. Newseum and the Smithsonian's National Museum of African American History and Culture. During his high school years, Bryan and his father restored a vintage MG sports car, which he still drives today, 50 years later. Retiring in 2020, Bryan is now a full-time artist, making found-object assemblages and sculptures. Bryan is thrilled to be part of the AHA volunteer team.

### Connect Through Tech



In partnership with New York-based DOROT (DorotUSA.org), AHA is excited to announce *Connect Through Tech*, which trains volunteers to be technology coaches and pairs them with members who need assistance using smartphones, tablets, laptops and desktop computers.

Trained tech coaches will teach you to stay connected with Zoom, FaceTime, email and online shopping. Coaching is one-to-one and tailored to your goals and skill level. Coaching may be conducted remotely or in-person.

If you are interested in being matched with one of our tech coaches, please contact Jenifer Eoff at [jenifer@AtHomeInAlexandria.org](mailto:jenifer@AtHomeInAlexandria.org) or call the AHA office at (703) 231-0824.

**Note: Internet access and smartphone, tablet or computer required.**



Have you had a wonderful experience with one of our volunteers? We would love to know about it. Please email Jenifer Eoff at [jenifer@AtHomeInAlexandria.org](mailto:jenifer@AtHomeInAlexandria.org) and don't forget to include the volunteer's first name and why they should be recognized.

**Spring Cleaning Help – Filing:** The AHA office staff is seeking a volunteer to help us clean out and organize our volunteer files. This project will likely take 3 - 4 hours and will take place in the AHA office anytime between 10 a.m. and 2 p.m. Monday through Thursday (whatever fits your schedule). If you are interested in fine-tuning your filing skills, please email Jenifer Eoff at [jenifer@AtHomeInAlexandria.org](mailto:jenifer@AtHomeInAlexandria.org) or call the office at 703-231-0824.

## What's Up with AHA Members



Ladies' Night Out, above, was a huge success at Aldo's Italian Kitchen. Thirteen members were present that included a new member and a potential new member. (Photo by Pam Nelson)

Aldo's seems to be the go-to place for large groups of folks ready to have good food and company. Below twelve hearty souls enjoyed food, drink and conviviality at Men's Night Out at their favorite Aldo's Italian Kitchen.



### Remembering AHA Member Brigitte Guttstadt

As this newsletter was going to the printer on March 27, we learned that AHA member Brigitte Guttstadt had just passed away that morning. We will share further details in the coming days. Brigitte was one of AHA's very first members and she had a remarkable life. She was 98 years old.

## Tegan Cohen Draws an Audience to The Little Theatre of Alexandria

AHA staff member Tegan Cohen starred as Miss Framer in the production of *Lettice and Lovage* at the Little Theatre of Alexandria. Many AHA members and volunteers attended various performances to show their support for both Tegan and our local theatre. A large group of AHA members, volunteers and staff attended the March 5 production.

Comments from some of the attendees included: **Shelli Ross:** "It was a fun outing with a group of friends. The play was enjoyable and I especially appreciated the humor. Tegan was terrific!"

**Kathie Fricke:** "It was nice to see so many AHA members. Tegan is amazing!"

**Ruth Arnold:** "I enjoyed the play ... The cast got a B+ from me for their British accents! Great to be back at LTA - how lucky we are to have it in our neighborhood."

**Steve Nelson:** "It's nice to know that the Little Theatre of Alexandria is so close at hand and available. Pam and I saw their production of *Lettice and Lovage*, an English comedy that had AHA's Tegan Cohen in the production. It's about an over-imaginative tour guide in an underwhelming English manor house. Tegan plays a 'gal Friday' type office assistant. It was a fun, engaging evening and the LTA again proves a local gem. And I can only presume that tea is served now in AHA's office."



Above, AHA members at Little Theatre of Alexandria gather to support AHA staff member, Tegan Cohen, in her performance of *Lettice and Lovage*.

Below, Cele Garrett, Dara Surratt and Loretta Darst with Tegan Cohen, third from left.



## AHA Member Presents The Seven Types of Senior Communities

From a senior village all the way to Continuing Care Retirement Community or Life Plan, come learn the features and benefits of each type of senior community. Experts say we should all have a plan, and this workshop will give you the basics of what is available. Tips on decluttering and planning will be included too. Join us on April 28 from 1 to 2:30p.m. at Beatley Central Library, 5005 Duke Street. Speaker **Pete Crouch** (below), an AHA member, also serves on AHA's Advisory Council and is a Seniors Real Estate Specialist Register to attend on the AHA Hub or call the AHA office.

**BONUS:** Pete has arranged to have a professional shredding service on site that afternoon 12noon – 3pm. Come a little early to the workshop to take advantage of this free service. (Thank you, Pete, for making our spring cleaning and organizing that much easier!)



### Board of Directors

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Dara Surratt & Tegan Cohen

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## Botanist Bob Faden Leads Garden Tour

AHA member and retired botanist **Bob Faden** will lead a tour of the gardens in Simpson Park and around the parking lot behind the Alexandria YMCA, 420 East Monroe Avenue. Bob's wife Audrey designed the gardens in Simpson Park, which were installed and are maintained by the Master Gardeners of Northern Virginia. These gardens were established to demonstrate different types of gardens and a variety of plants that are suitable in our area. The tour will last for about an hour. Meet at the back door (parking lot side) of the YMCA building Wednesday, April 5 at 11:00 a.m. (rain date Friday, April 7).

## Executive Director on Spring Break

AHA's Executive Director **Cele Garrett** spent this past week with seven of her college sorority pals at a beach house in Emerald Isle, North Carolina—a good central place for ladies coming from various mid-Atlantic points. They enjoyed long walks on the beach (with some serious porpoise activity), glorious sunsets, good wine, games and bellies full of fresh tuna tacos. Mostly there was a lot of laughing, storytelling and catching up from many years of not seeing one another. All the ladies—including a computer forensics specialist, a paralegal, two nurse practitioners and a university researcher—still work, so everyone had their laptops in tow. (They each carved out their spot in the house for their Zoom calls.) The group toured Fort Macon and spent a day in the charming town of Beaufort.



### CONTACT US

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— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN APRIL

APRIL 1	APRIL FOOLS' DAY
APRIL 6	FIRST DAY OF PASSOVER
APRIL 7	GOOD FRIDAY
APRIL 9	EASTER
APRIL 18	TAX DAY
APRIL 21	RAMADAN ENDS AT SUNDOWN
APRIL 22	EARTH DAY

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