

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

AHA'S S2A RESULTS ARE IN

By Cele Garrett

The Spring2ACTion fundraiser has now ended and AHA can report our final fundraising total: \$39,174! (We had an ambitious goal of \$38,000.) Over 150 people contributed to this campaign—and the results attest to the phrase “every gift matters.”

There were 181 nonprofits participating and AHA ranked #22 in total dollars raised. As always, Del Ray Café was a fun place to spend the day. The restaurant did a great job promoting the event and they contributed nearly \$600 to our campaign at the end of the evening. ACT for Alexandria, the Alexandria Gazette and the Zebra newspaper all came by to take videos and photos to post on social media.

Below is a list of our matching gift donors. MANY additional donors contributed significantly to the campaign. We are beyond grateful to each of you for being a significant part of this effort.

~Cele and the AHA team

Mason Hirst Foundation
Bob Eiffert and Michael Curry
Penny Roberts
Barbara Rosenfeld
Carol Siegel
The Bichon Boys (Victoria Almquist and Jane King)
Louise and Mike Kenny
Shelli Ross

Chriss Nielsen and Tom Crowley

The Adventurers: Kathie Fricke, Ruth Arnold, Mary Ann Bier, Virginia Kress, Susanne O'Neill and Sandy Heistad

Pete Crouch/Crouch Realty Group
Harriett McCune
Pam and Steve Nelson
Susanne Adams
Nancy Kincaid
Gretchen and Richard Klimoski
Bill and Teddye Clayton
Synergy HomeCare
The AHA Office Divas

AHA Anniversary Celebration

It's now been twelve years since AHA opened its doors in 2011. Let's celebrate all we've achieved since we've started and reminisce about how we have survived the COVID years. Most importantly, we will share grateful thanks to all our volunteers who have helped us through the trying times and the fun times.

So, mark your calendars for **Thursday, May 25 from 2 to 4p.m. at Cameron Station's Party Room** for a fun celebration including refreshments and even a celebratory glass of bubbly.

Cameron Club – Victoria Hebert Great Room
200 Cameron Station Boulevard
Alexandria, VA 22304

There is street parking and handicap parking to the right of the entrance.



May 2023 Calendar

<p>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.</p> <p>In-person events are open to those who are fully vaccinated.</p>		
Tuesday May 9	What's in the News – with Howard Weiss facilitating – via Zoom.	10-11:30am
Tuesday May 9	Ladies' Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5pm
Wednesday May 10	Politics Forum: "Will antagonism among the 2024 Republican presidential candidates threaten the issues, stability, and even continuity, of the national GOP?" – via Zoom.	1-2:30pm
Wednesday May 10	Movie Group – discussion of <i>The Train</i> and <i>Minari</i> (both available on Amazon Prime Video) – via Zoom.	4-5pm
Thursday May 11	Interview with Mayor Justin Wilson – via Zoom. See page 3 for details.	5pm
Friday May 12	Announcing the Northern Virginia Science Center , presented by leadership from the Northern Virginia Science Center Foundation – via Zoom.	10am
Saturday May 13	AHA Happy Hour at The View in the Alexandria House, 400 Madison Street.	5-7pm
Thursday May 18	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5pm
Monday May 22	Readers' Theater – via Zoom.	2-3:30pm
Tuesday May 23	Coffee and Conversation at Royal Restaurant in Old Town.	10-11:30am
Tuesday May 23	Dine Around at Prime Steak & Seafood, 110 S. Pitt Street. Limit 8.	6pm
Thursday May 25	AHA Anniversary Party at Cameron Station, 200 Cameron Station Boulevard. See page 1 for details.	2-4pm



Celebrate Memorial Day on May 29

May Program Notes

Wednesday, May 10 **Movie Group:** Join the group to discuss the following two films:

Minari, Academy Award Nominee for Best Film, is about a Korean American family that moves to an Arkansas farm in search of its own American dream. Amid the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.

The Train is set in August 1944 during World War II. It pits French Resistance member Paul Labiche (Burt Lancaster) against German Colonel Franz von Waldheim (Paul Scofield), who is attempting to move stolen art masterpieces by train to Germany.

Friday, May 12 **Northern Virginia Science Center Foundation.** A world-class, interactive science museum is coming to Northern Virginia. Leadership from the Northern Virginia Science Center Foundation will share a bit about the organization's history, mission and vision for the future. A highlight of the presentation will include an animated fly-through of the new museum. Participants will learn a variety of ways they may wish to be involved in the project. Executive Director Nene Spivy will present the program and will take questions. For more details, see novasci.org.

Marketing and Outreach

Our new canopy sure came in handy on a hot, sunny day when we participated in the Old Town North Farmers Market on April 16. Several AHA members joined Jenifer Eoff and Loretta Darst to help staff the booth. The market was not well attended that day, but we have plans to go back on a different date. We were impressed by the offerings: fresh potted herbs and beautiful plants and flowers.

If you have an interest in joining Jenifer and Loretta at a farmers market, please contact at Jenifer@AtHomeInAlexandria.org.



Jenifer Eoff, Ann Liddle and Loretta Darst.

Conversation with Mayor Wilson

On May 11, 2023, at 5:00 p.m., Howard Weiss will conduct an hour-long Zoom interview with Mayor Justin Wilson, the first in a series of interviews of City Council members and other city and state officials to be conducted through 2023.

Justin Wilson was first elected mayor of Alexandria in November 2018 and re-elected in November 2021. Prior to that tenure, he served eight years on the City Council, culminating in his service as vice mayor from 2016 to 2019. Mayor Wilson also is employed as a senior director by Amtrak.

Mayor Wilson holds a degree in Information Science from Virginia Commonwealth University and is a Fellow of the Sorenson Institute at the University of Virginia. Prior to serving on City Council, Wilson served as president of the Del Ray Citizens Association and chairman of the Alexandria Transit Company. A lifelong Alexandria resident, Mayor Wilson lives in Del Ray with his wife and two children.

The interview with the mayor will address a range of issues, including economic development and growth, affordable housing, the municipal budget, crime and law enforcement, COVID recovery, education, street renaming, access to the city government, minorities' and women's rights and advancement. Time will be allotted for questions from the audience.

What's in the News? Has a New Moderator

By Brenda Bloch-Young

In June, we will celebrate the fifth anniversary of *What's in the News*. After all these years, I have decided to pass the role of moderator to Howard Weiss. I am confident that he will rebrand the monthly event with his unique style. It is definitely a challenge to keep up with the "breaking news" in these times.

We have made strong friendships within the group that will continue in the future. Howard and I are planning an in-person event to celebrate the *News* in June. Details will follow shortly.

Thanks for your participation and support.



State Updates Plan for Aging Services

By Alan Dinsmore

The Virginia Department of Aging and Rehabilitative Services (DARS) has posted the DRAFT State Plan for Aging Services to cover the period Oct. 1, 2023 - Sept. 30, 2027, on its website for public comment. To review the plan, visit <https://vda.virginia.gov/stateplans.htm>. **Public comments are due by May 5, 2023.** Comments may be filed by email: StateAgingPlan@dars.virginia.gov. Please copy Alan Dinsmore on your email reply. Consider saving the document even if you don't have time to reply. The plan can be a guide when you have to search for services.

Why are comments important? The plan authorizes planning for a wide range of services that may be accessed through the City of Alexandria Aging and Disability Services. For example, some AHA members have used the office of adult protective services to help friends. Others have used the services of the Virginia Insurance Counseling and Assistance Program (VICAP) to help navigate their insurance plans. These are just two of the wide range of services available to us.

The goals of the plan may include: health promotion and engagement (including advancement of dementia service capability), information access and coordination of services (including long-term care service and support systems), elder justice (including adult protective services), and caregiving supports and services.

It is not necessary to comment on all sections of the plan. Choose one or two of particular interest to you because of the experiences of family and friends. The comments may be brief and should refer to section or goal of the state plan.

Your comments are important. They are read and carefully considered.

Welcome New AHA Members

Kate and Jim Ring	Associate	Old Town
Sharon Thompson	Associate	Valley Drive
Louise Welch	Full	Old Town
Barbara O'Neil	Full	Old Town
Elaine and Lee Wick	Full	Old Town

What's Up with AHA Members



Sharyn Hennessy, Alexandria YMCA director Nick Dorazio, John Veldhuis, Shirley Rettig, Jeanne Delgard (former neighbor of Bob Faden), Nancy Kincaid and guide Bob Faden. It was a very warm day, but these hardy folks followed Bob as he introduced the group to trees, shrubs and flowering plants behind the YMCA, as well as some of the special planting groups in the Simpson Park gardens. Bob and his wife Audrey collected plants from many garden centers, botanist friends and from their own travels. They planted and cared for most of the specimens in these gardens. The Simpson Park gardens are maintained by Master Gardeners and the City of Alexandria and include descriptive information for our education and pleasure.



Lucelle O'Flaherty, Heather Peeler and Cele Garrett

On Spring2ACTion day, Lucelle O'Flaherty with The Zebra and Heather Peeler with ACT for Alexandria stopped by to cheer AHA on. Both ladies took videos and photos to post on social media. Thanks, Lucelle and Heather!



Meet New Volunteers

Nicole S.



Nicole is a current member of the Royal Australian Air Force who relocated to the United States under orders in January 2020. She and her husband Chad live in Alexandria. While new to the AHA team, she has already found great enjoyment meeting our members and helping in any way she can. With her immigration process underway, Nicole will be with us for a while to come.

Steve K.



Steve K., is a 25-year resident of Alexandria, is a retired federal executive and a US Navy Veteran. Steve was a senior security, nuclear and defense executive with over 30 years of government, transportation and technology industry experience. Steve is the President and CEO of SJ Karoly Solutions, LLC and Executive Vice President of K2 Security Screening Group (SSG). Steve and his wife Kelly have two children: Olivia is a sophomore at Penn State University and Jack is a sophomore at Alexandria City High School. Steve enjoys working around the house, walking his goldendoodle Rosie, dabbling in the kitchen, and riding his Peloton bike.

Remembering Alanna Duckett

We have learned that AHA member Alanna Duckett passed away last week. We will share further details when they become available.

A Collection of Life Stories

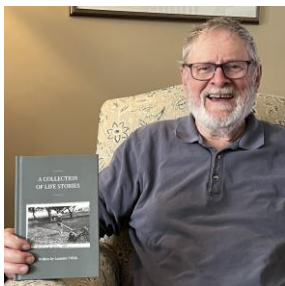
By AHA Member Leander J. Wick

For Christmas, I received a surprise *Storyworth* subscription from my son. He wanted to hear more stories about my life growing up on the farm and later years.

The program sends you weekly questions to write about, like “what was your favorite childhood toy?” Your gift giver can also give you questions, or you can add your own, which I did. I wanted to share more about my family, simple pleasures and how you know you are getting older.

I answered 40 questions, most in several paragraphs, then attached relevant pictures of family in years gone by. (For this I needed a savvy grandson’s help!).

The result is *A Collection of Life Stories* by Leander J. Wick, a 210-page book, see below. *Storyworth* offers help along the way but does not edit. The staff was very helpful and prompt when I had a question. I received one free book and paid \$39.00 for an extra. This was a very good experience, and I am happy to have published my stories! Lwicko@aol.com. (See Lee and his book below.)



AHA is Now on Instagram!



Photo above is screenshot of AHA’s first Instagram post. Instagram is a social media site that allows quick updates about people and events. Following was the first post:

Meet the staff for At Home in Alexandria - Your Alexandria "Village." We help to provide valuable functional, social, and emotional support to seniors in our community who wish to continue to live independently.

Expect to see updates on our events, members, volunteers and fundraisers! We look forward to sharing more with our followers on this platform, helping keep everyone involved and informed.

Many thanks to our volunteer Caitlin McGuckin for doing our social media! Caitlin is a recent Virginia Tech graduate and will be moving to NYC in the fall to pursue a career.

If you have an Instagram account and want to follow us, then scan:



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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN MAY

MAY 1	MAY DAY
MAY 5	CINCO DE MAYO
MAY 6	DERBY DAY
MAY 14	MOTHER'S DAY
MAY 29	MEMORIAL DAY CELEBRATED

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