

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

Getting Member Input – How are We Doing?

By AHA Board Member Gretchen Klimoski

In April 2022 AHA received the results of a Member Experience Survey done by Customer Care Measurement and Consulting. The survey went out to all Full and Associate members and was returned by 55 percent of AHA's Full members and 52 percent of Associate members. The survey looked at overall member satisfaction, the value of existing services and programs and asked member interest in additional services and programs. Overall, the results were positive with over 80 percent of members reporting that they were "very satisfied" with AHA, its staff and its services.

This survey was studied by the AHA Board and was used as the basis for examining what AHA needs to do to build on its successes and it looks to the future as it recovers from the COVID era and resumes in-person programs.

The planning process consisted of a Core Planning Committee of four board members and the Executive Director. An additional board member designed and coordinated the process. The committee's primary assignment was to determine what most needed to be addressed by the planning process and to develop goal statements. Three goals emerged:

1. To provide an organizational structure and financial and other resources to allow AHA to meet member needs.
2. To provide a member experience that gains and retains associate and full members while communicating the value of participating in the village experience.
3. To ensure that AHA's programs and services continually meet the needs of both Associate and Full members.

Three teams of AHA members and volunteers were named to produce strategies to address each of these goals. They were tasked to also frame measurable outcomes and to consider the human and the financial resources needed to implement each strategy. In all, the three teams generated 11 strategies.

In addition to select AHA Board members, the following members and volunteers served as committee members in this process:

Mary Ann Bier
Barbara Brennan
Pete Crouch

Alan Dinsmore
Louise Kenny
Jessica Lefevre

Adam Perry
Susan Pettey
Penny Roberts

Karen Streich
Maggie Stauffer

Summaries of the team discussions and the strategic actions generated were turned over to the Core Planning Committee. This committee's discussions resulted in combining two similar strategies and one strategy being referred to the Executive Committee for direct action. The remaining nine strategies were refined by assigning project oversight responsibilities for each strategy and assigning a timeframe for implementation. The committee also agreed that there needs to be both a development committee and a membership committee of the Board and that the role of the program committee needs to be revised.

For further information about the plan and the individual strategies, contact the office by email at aha@AtHomeInAlexandria.org or call 703-231-0824.



July Calendar

Please note 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.

Several of our recurring monthly programs that are not listed are taking a summer hiatus for July and August. They all will start again in September.

Monday July 10	What's in the News with Howard Weiss as the new host. – via Zoom.	10-11:30am
Tuesday July 11	Ladies' Night Out at Matt & Tony's All Day Kitchen + Bar. Limit of 12.	5-7pm
Wednesday July 12	Movie Group – discussion of <i>The Whale</i> and <i>Das Boot</i> (both available on Amazon Prime). – via Zoom.	4-5pm
Thursday July 20	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Tuesday July 25	Coffee and Conversation at Royal Restaurant in Old Town. Limit of 12.	10-11:30am
Thursday July 27	Lunch Around at Primo Family Restaurant, 1636 Belle View Boulevard. Limit of 12.	12:00 noon
Friday July 28	Grief Support: A Journey of Many Roads at AHA office, 3139 Mount Vernon Ave. See article below for more information.	3pm

Program Notes for July

Monday, July 10

What's in The News will return to its usual format. Howard Weiss will moderate a Zoom discussion of major national and local political stories affecting AHA members. A link to the discussion will be sent to members who register in a timely manner. The discussion will be sure to include uplifting news. Further, the program will include a segment focusing on national and local educational and school issues and concerns. AHA member Marie Cataffo will lead this segment of the discussion. For decades, Marie taught school at several levels and participated in administrative, and union matters in several states.

Wednesday, July 12

Movie Group: *The Whale* is a 2022 American psychological drama film starring Brendan Fraser, Sadie Sink, Hong Chau, Ty Simpkins, and Samantha Morton. The plot follows a reclusive, morbidly obese English teacher who tries to restore his relationship with his teenage daughter.

Das Boot (The Boat) is a 1981 West German war film set during World War II. An adaptation of Lothar-Günther Buchheim's 1973 German novel based on his experiences aboard German submarine U-96, the film follows U-96 and her crew as they set out on a hazardous patrol in the Battle of the Atlantic. It depicts both the excitement of battle and the tedium of the fruitless hunt. Both films are available on Amazon Prime Video.

Grief: A Journey of Many Roads

By AHA Member Alan Dinsmore

"Where it is possible to see further than our knowledge reaches, and yet a little way beyond the outworks of our divining, perhaps we would endure our sadness with greater confidence."

– Rainer Maria Rilke

Members and volunteers of At Home in Alexandria are invited to join a discussion group moderated by AHA members and volunteers who have themselves experienced a loss. Participants will meet for the first time on July 28 at 3:00PM in the new AHA conference room at 3139 Mt. Vernon Avenue. The location is DASH bus accessible and street parking is available. Participants will decide on the time, venue, and length of each session. Topics for possible discussion are:

- Remembering the person who died
- Moving away from the pain of loss
- Developing our new identity
- Searching the "why" questions: Why do bad things happen to good people?
- How to continue and receive support

This will be an open group; participants can join when they feel able and leave when energy levels and other demands change. Grief is an ongoing process that can unfold over the course of many years. However, it almost never follows a given schedule and stops and starts in many places. Together we will explore the broad range of thoughts that accompany loss and of appropriate individual ways to lend and borrow strength from each other.

If you are interested in participating in these meetings, please RSVP on AHA Hub or to the AHA office: 703.231.0824 or AHA@AtHomeInAlexandria.org.

Help Make the Magic!

By Victoria Almquist, AHA Vice-Chair

As a board member of AHA, I hear a lot from members about how much they like our programs. There is such a rich variety of activities with new offerings every month. Social events are so popular that many end up with wait lists. Who does not love Happy Hour and Ladies Night Out? The educational and enrichment offerings reflect our living in such a diverse, educated, and international community with abundant resources. Members offer travelogues on their adventures and others share their interests in politics, finance and public affairs. You know what I am talking about because you attend and enjoy these events!

But (and there is always a but, isn't there?) these amazing programs don't happen by magic. They are the result of hard work by the Program Committee and the volunteers who offer to share their skills and interests. We need members to step up and help make the magic!

If there are social offerings you enjoy, volunteer to help coordinate those events. Have an issue important to you? Offer to find a speaker to tell other members about it. Or create a program to provide training on a skill you have and would like to share. If we do not have the involvement of our members in running our existing programs and creating new events, eventually there won't be many offerings -- and that would be a shame. Please help AHA continue to grow and thrive by becoming involved in our programs. Contact the office by email, aha@AtHomeInAlexandria.org or call 703-231-0824.

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Remembering the Recent Passing of Two AHA Members:

Barbara Christopher
Ann Martone

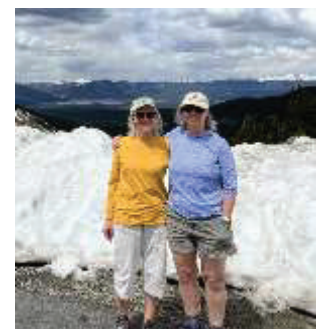


What's Up with AHA's People

On June 4, **Howard Weiss**, (below) returned to the stage as a standup comedian after a three-year COVID-related hiatus. He performs as "Youngblood" on Sunday nights at 7p.m. at Hops N Shine, 3410 Mt. Vernon Avenue. Videos of his performances are available online. For more information, contact Howard at h.weiss496@gmail.com.



Loretta Darst, Marketing and Membership Manager, traveled south to visit family and friends. Her trip started in Texas where she spent the weekend with high school friends, enjoyed time with nephews and their families and then two days working on her brother's vineyard pruning grapevines to be ready for the July harvest. She ended her trip visiting a friend in Colorado, hiking and taking in all the beauty at Cottonwood Pass.



CONTACT US

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— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
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SPECIAL DAYS IN JULY

JULY 1 CANADA DAY

JULY 4 INDEPENDENCE DAY

*JULY 8 ALEXANDRIA BIRTHDAY-
MUSIC & FIREWORKS*

JULY 14 BASTILLE DAY

JULY 25 NATIONAL WINE AND CHEESE DAY

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"I have reached an age when, if someone tells me to wear socks, I don't have to." Albert Einstein (1879-1955)

"By the time you're eighty years old you've learned everything. You only have to remember it." George Burns (1896-1996)