

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



Dog (and cats) Days of Summer

AHA members love their pets, and all agree the pets love their treats, belly rubs and walks even on the hottest days of the summer. So, be cool, folks!

August 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 an AHA program. In-person events are open to those who are fully vaccinated.

Several of our recurring monthly programs that you are not listed are taking a summer hiatus for August. They will be back in September.

Tuesday August 8	What's in the News – via Zoom.	10-11:30am
Tuesday August 8	Ladies' Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue, no registration limit.	5pm
Wednesday August 9	Movie Group – discussion of <i>Mrs Palfrey at the Claremont</i> and <i>Local Hero</i> – via Zoom.	4-5pm
Tuesday August 15	Preventing Frauds, Scams and Identity Thefts presented by Greater Stonegate Village – via Zoom.	4-5pm
Thursday August 17	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue, no registration limit.	5pm
Tuesday August 22	Coffee and Conversation at Royal Restaurant in Old Town, limit of twelve (12).	10-11:30am
Tuesday August 29	Dine Around at City Kitchen, located at 330 South Pickett Street, limit of eight (8).	6pm

Community Events

August 1 – National Night Out

On Tuesday, August 1, 2023, The City of Alexandria will celebrate National Night Out (NNO), a day designed to heighten crime prevention awareness, generate support for anti-crime programs, and send a message to criminals that neighborhoods are organized, and working with law enforcement to help prevent crime. Join a neighborhood group or get together informally with your neighbors.

Alexandria City Academy

The programs provide participants with the opportunity to learn about the City government's wide range of functions, services, activities and issues through first-hand experience, interaction with staff, and how to become engaged and involved in the community.

The Fall 2023 Session of the Alexandria City Academy will begin on Thursday, September 14 ending on Thursday, November 9. Graduation will be on Tuesday, November 14. Classes are held on Thursday evenings from 6:30 to 9 p.m. at various locations throughout the city. For additional information email elaine.scott@alexandriava.gov.

Program Notes

Tuesday, August 8

What's in the News

Howard Weiss will lead the discussion of topics with national, state, and local significance, including good, as well as bad, news. AHA member Adam Perry will provide perspective and insight into matters of news related to racial concerns, such as policing, housing, government, schools, Supreme Court decisions, and hate crime, informed by his life experience.

Wednesday, August 9

The Movie Group

will discuss two films: *Mrs. Palfrey at the Claremont* is a 2005 U.S.-produced comedy-drama film based on the 1971 novel by Elizabeth Taylor. Abandoned in a retirement hotel, Mrs. Palfrey strikes up a curious friendship with a young writer after she has an accident outside his basement flat. The two newly found friends discover they have a lot more in common with each other than they do with other people their own age. It can be viewed on Amazon Prime, Roku and Vudu.

Local Hero is a 1983 Scottish comedy-drama film about an American oil company representative who is sent to the fictional village of Ferness on the west coast of Scotland to purchase the town and surrounding property for his company. The film can be viewed on Amazon Prime or Turner Classic Movies (TCM).

New Members for June and July

Diane Macintosh	Associate	Old Town
Babette Smith	Full Member	Brad-Lee
Doug Land	Full Member	Del Ray
Victoria Rutson	Associate	Parkfairfax
Tim Dombro	Full Member	Cameron Station



A hot summer day, a raging thunderstorm, then the hopeful peace of a rainbow or two.

History Lesson: Women's Equality Day From Nationaltoday.com

Women's Equality Day, celebrated every August 26, commemorates the passage of women's suffrage in the United States, and reminds us of the hurdles overcome by the heroic women who faced violence and discrimination to propel the women's movement forward.

In the early 19th century, American women, who generally could not inherit property and made half of a man's wages in any available jobs, began organizing to demand political rights and representation.

By the early 1900s, several countries including Finland, New Zealand, and the United Kingdom had legalized voting for women as the movement continued to sweep across the world. In the U.S., the 19th Amendment to the Constitution was first introduced in 1878, but it failed to gain traction. It was not until women's involvement in the World War I effort made their contributions painfully obvious that women's suffrage finally gained enough support. Women's rights groups pointed out the hypocrisy of fighting for democracy in Europe while denying it to half of the American citizens at home.

Because a Constitutional amendment requires approval from two-thirds of the states, 36 of them had to ratify the 19th Amendment before its passage. The deciding vote in the Tennessee legislature came from Harry T. Burn, a young state representative whose mother's plea to support the amendment became a deciding factor in his vote (which he switched at the last minute).

Women are not done fighting for equal rights. Today, the wage gap between men and women still impacts women's economic power, and gender-based discrimination still plagues workplaces and business transactions.

To remind us of the struggles of the past, present, and future, Congress designated August 26 as Women's Equality Day in 1971.

Nothing spoils a good story like the arrival of an eyewitness.

Mark Twain

Play TRIVIA for Free and Earn Prizes By Ruth Arnold

On Sundays in August from 7:30 – 8:30p.m. join Vitality Society, an online community for people 60 and better to remain at their best by tapping into their vitality, creativity and curiosity.

Did you know that one of the greatest benefits of trivia games is increased brain health? It's true! In fact, research suggests that older adults who frequently participate in intellectually and socially engaging activities exhibit higher cognitive function than those who do not.

Join Vitality Society members for a fun game that is also good for your brain health. You do not have to be a member of Vitality Society to play.

Winners will receive a private group Zoom fitness or wellness class with one of Vitality Society superstar coaches.

Learn more and RSVP at <https://bit.ly/vstriviasummer>. Any questions about registration, contact concierge@vitality-society.com.

Positive Aging SourceBook Founded to Help Others

Guide to Retirement Living which is currently published as the Positive Aging SourceBook was founded by Steve Gurney in 1990 to provide individuals, families, and professionals with the most comprehensive listing of every retirement community, assisted living, nursing and rehab center and home care option in the D.C., Northern Virginia and Suburban Maryland areas. The publication filled a huge void in the marketplace.

Positive Aging SourceBook works with the complex and emotional aspects to decision-making that readers go through as they age or care for aging family members. Every issue features dozens of articles written by experts on aging concerns and real-life stories detailing solutions that have worked for others. Expert speakers are available on many topics through virtual programming.

To read more about programs offered and articles on aging go to <https://www.retirementlivingsourcebook.com/about-us>

Free copies of the sourcebook can be found in the AHA office at 3139 Mount Vernon Avenue, or in Alexandria libraries.

What's Up with AHA Members



AHA members **Alan Dinsmore** and **Bob Eiffert** with an MGB at the Sully Car Show on June 18. Bob says “**Ruth Arnold** - we missed you!” Ruth is the proud owner of a vintage MGB.



What's in the News met at the home of **Carmen Raventos-Suarez** in June for a first in-person meeting since the beginning of the COVID pandemic. Carmen took the photo of the group. Future in-person events are planned.



Susanne O'Neill and grandchildren, Dean and Maya O'Neill explored the Chincoteague and Wallops Island area with the Road Scholar Grandparents program. There were muddy marsh collections, a research vessel cruise, viewing water critters through a microscope, a visit to the Beebe ranch to see a descendent of the famous pony, Misty, and many more adventures.



Pam and Steve Nelson, left above, were enjoying lunch at Glenstone Museum and Garden when who should they run into – **Sandy Heistad** and her friend **Betty Yarris**, visiting from Ohio.

The Volunteer Corner

By Jenifer Eoff, Volunteer Manager

Reminders

Thank you to all our volunteers for providing exemplary service to AHA's members. We really appreciate all that you do to ensure our village thrives.

Please review the reminders below before completing your next request.

- Once you have accepted a request, contact the member at least 24 hours prior to the assigned time to discuss and confirm the details, such as location, pickup time, parking, building access, mobility or other assistance as needed.
- For transportation requests, familiarize yourself in advance with the pickup and drop-off addresses to ensure you arrive on time at the member's home and appointment destination.
- All requests should go through the AHA office. If a member asks you directly for an additional service, kindly remind them to contact the AHA office.
- If you are unable to provide the service for any reason, please call the AHA office immediately (leave a voicemail if no answer). If the AHA office is closed, notify the AHA staff person listed on the request confirmation email.

Transportation Challenges – Can you help us meet the need?

Even as we continue to add new volunteers, meeting all of the transportation requests remains a constant challenge, especially in the summer months. **Are you interested in helping us complete 100% of our member requests?** If so, here are a couple of ways you can help us reach our goal:

- We have a list of drivers who are open to being called on **short notice** to fulfill a transportation request. Please email aha@AtHomeInAlexandria.org if you would like to be added to this list.
- You can really help by providing at **least two rides a month - more if possible!**



Low Vision Resource Center Expands to Alexandria

By Sean Curry
Metro Area Director
Prevention of Blindness Society

The Prevention of Blindness Society of Metropolitan Washington (POB) is happy to announce an expansion to our Alexandria services. We have opened a Low Vision Resource Center in Alexandria.

The center is a great place for those with vision loss and their friends and family to make an appointment to learn and try technologies, ask questions about available resources and services, and connect with others experiencing vision challenges.

Is the Center right for me? Ask yourself:

- Do you have difficulty reading?
- Do you have difficulty walking downstairs?
- Do you have a hard time seeing or driving at night?
- Have you had a fall in the last year due to sight?

If the answer is “yes” to any of these questions, there are resources, services, and technologies that can help you.

To schedule an appointment or learn more about our offerings, call our hotline at 301-951-4444.

By appointment only.

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You Can “Walk Your Way to Fitness”

By Bill Clayton

Why Walk? Mayo Clinic says it is simple, requires no special equipment and increases breathing and heart rate. Other benefits are improved balance, coordination and leg strength – all important in preventing falls. As people age, they must give increasing attention to avoid falling.

The more you walk, Mayo says, “the more practice you’ll get at catching yourself when you trip or quickly change direction.”

How much is enough? Mayo says most healthy adults should “aim for at least 30 minutes of physical activity a day. That can be done in two 15-minute or three 10-minute segments throughout the day. If you can park your car so that you have to walk several minutes to the door, all the better.

Mayo lists several health benefits from regular walking, combined with a healthy diet:

* Arthritis – Regular physical activity involving your joints can reduce pain and the risk of joint problems.

* Cancer – Walking “can help you maintain a healthy weight. That is important because studies suggest that obesity is a risk factor for cancer of the colon, kidney, esophagus, uterus and, in postmenopausal women, the breast,” Mayo reports.

* Coronary artery disease – “Regular physical activity can reduce your risk of coronary artery disease, (and) improve the efficiency of your cardiovascular system” as well as reducing “good cholesterol” and helping manage blood pressure.

* Depression – Physical activity can help ease depression and anxiety and improve sleep.

* Osteoporosis – “Walking is a weight-bearing activity that helps your bones stay strong.” Walking, combined with a diet high in calcium and with sufficient Vitamin D, “can help prevent or slow the bone-thinning process of osteoporosis.”

To get started in a walking routine, set realistic goals. Use comfortable shoes, clothing appropriate to the weather and sun protection when needed. Sip water. Before you walk, talk to your doctor if you smoke or are overweight or have a health concern.

CONTACT US

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ALEXANDRIA

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SPECIAL DAYS IN AUGUST

August 1	National Night Out
August 4	National Chocolate Chip Cookie Day
August 21	Senior Citizens Day
August 26	Women's Equality Day

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