

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

September Brings New AHA Offerings

Cele Garrett, AHA exec director

Hello September! We're excited to announce a new monthly series on financial literacy led by AHA member Brenda Bloch-Young. As the programming chair for Economics and Finance at George Mason University's Osher Lifelong Institute (OLLI), Brenda is well versed in the topics she will bring to AHA. (See page 5.)

AHA is launching a new monthly series called *Finishing Strong*, an in-person gathering where members can learn and speak openly about various topics related to end-of-life planning. Knowledge and wise planning give us more decision-making control for the long term. We will learn from one another to help ourselves and loved ones prepare for that last phase of life. (See page 3.)

And, AHA is bringing back a crowd favorite with *Tech Thursdays!* These in-person sessions will help us learn more about popular technology options. (See page 2.)

Finally, *StrongerMemory*[™] returns on Sept. 13 for its fourth series, once again led by AHA volunteer Roberta McGregor. (See page 5.) There are other special topics planned for September—like an interview with our guest City Councilman Kirk McPike on Sept. 7.

At the same time, AHA will move away from hosting programs that often focus on national politics. As a nonprofit organization, we need to convey and maintain our political neutrality, especially as we approach another presidential campaign season in a highly charged political environment. Our long-running program *What's in the News* will continue as a regular, independent event outside of the AHA calendar. If you are not already on the WITN attendee list, contact the office and we will provide you with the information you need. AHA member and retired professor Helen Desfosses has led her recurring program *Politics Forum*, where we have explored politics from a historical, international and policy standpoint. Helen will lead *Personal Lessons and Reflections from a Public Policy Scholar* on Sept. 13. Helen is stepping down from her regular monthly series but AHA will feature her on special occasions in the year ahead.

AHA Staff Changes

Cele Garrett, AHA exec director

This is the kind of news that is not much fun to write: **Dara Surratt**, a treasured member of our team for the past six years, has made the decision to leave AHA. She has been such an integral part of our organization's growth and it's hard for me to imagine AHA without her. Dara expressed her plans to me several months ago. In characteristic fashion, Dara deflects attention away from herself and she didn't want a big deal made of her departure. Respecting her wishes, we held off on sharing this news. Though we won't send her away in a splashy "party" manner, I'm sure we will see Dara from time to time. I know you join me in thanking her for all she has done for AHA.

As Loretta Darst recently said, "Dara is a conscientious colleague and team player, always adding sound reasoning when talking to members and staff. Her ability to problem-solve has been a huge asset for AHA. I'm very grateful to have worked with her." And Tegan Cohen summed it up with "She was an excellent teacher—and funny! She set a standard for me that I'm proud to uphold. I'd anticipated working with her for many years; it's not fair I only got to work with her for a year! In an ideal work environment, you like and respect your colleagues on both professional and personal levels—and I certainly feel that way about Dara."



Dara was committed to making sure AHA was in good hands before she left us, which brings me to a second piece of news: AHA welcomes **Elizabeth Donovan**, above right, as our new Operations Co-Manager.

(Continued on page 3, Staff).

September 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 register for a program. In-person events are open to those who are fully vaccinated.

Thursday Sept. 7	Interview with Councilman McPike by AHA member Howard Weiss. – via Zoom.	1-2pm
Saturday Sept. 9	AHA Happy Hour at The View at the Alexandria House, 400 Madison Street.	5-7pm
Monday Sept. 11	Grief Support: A Journey of Many Roads , at AHA office conference room. See page 3.	3pm
Tuesday Sept. 12	Ladies' Night Out at Ramparts, 1700 Fern Street, Limit of 10.	5pm
Wednesday Sept. 13	Personal Lessons and Reflections from a Public Policy Scholar , with Helen Desfosses – via Zoom.	10:30am-12:00 noon
Wednesday Sept. 13	StrongerMemory™ series begins – via Zoom.	3-4pm
Wednesday Sept. 13	Movie Group – discussion of <i>Tell No One</i> (Amazon) and <i>Matewan</i> (YouTube) – via Zoom.	4-5pm
Thursday Sept. 14	How to Declutter Your Home with Chris Palmer, Author & Filmmaker , hosted by Little Falls Village– via Zoom.	1-2:30pm
Friday Sept. 15	“Finishing Strong” with Colleen Duewel, at Portner’s Landing parlor, 621 North St. Asaph Street. See page 3 for details.	2pm
Tuesday Sept. 19	Financial Literacy: “ Why You Need a Budget” , with Brenda Bloch Young – via Zoom. See page 5 for details.	10:00-11:30am
Tuesday Sept. 19	AHA Board Meeting	2-4pm
Thursday Sept. 21	Tech Thursday , with Chris Miller, at AHA conference room, 3139 Mt. Vernon Avenue.	1pm
Thursday Sept. 21	Men’s Night Out at Aldo’s Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5pm
Monday Sept. 25	Readers Theater – via Zoom.	2-3:30pm
Tuesday Sept. 26	Coffee and Conversation at Royal Restaurant in Old Town.	10-11:30am
Tuesday Sept. 26	Dine Around at Aldo’s Italian Kitchen, 2850 Eisenhower Avenue. Limit of 12.	5:30pm
Thursday Sept. 28	Lunch Around at Dos Hermanos, 1603 Commonwealth Avenue. Limit of 10.	12:00 noon

Program Notes

Thursday, Sept. 7 Interview with Councilman McPike. Howard Weiss will continue his series of interviews with the Alexandria City Council members. Join him when he interviews Councilman Kirk McPike. The interview will last one hour and include a Q&A session. Since being elected to City Council in November 2021, McPike is a member of the Alexandria Workforce Development Center Subcommittee, the Eco-City Alexandria Environmental Action Plan Steering Committee and many other city and regional committees.

Please register by Sept. 5 on the AHA Hub or to the AHA office: AHA@AtHomeInAlexandria.org or 703-231-0824.

Wednesday, Sept. 13 Movie Group will discuss the following movies: *Tell No One*, available on Amazon Prime, is a 2006 French thriller based on the 2001 novel of the same name by Harlan Coben; *Matewan* is a 1987 American drama film. An ex-Wobbly organizer for the United Mine Workers arrives in Matewan, West Virginia in 1920 to organize miners against the Stone Mountain Coal Company. This film is available on Youtube/movies/matewan.

Thursday, Sept. 21 Tech Thursday: Using the Camera on Your Smartphone. This session is not about *taking* pictures; rather, we’ll learn about sending photos to other people in email or text, using your camera to read QR codes, saving photos that you receive from others, and using your camera as a magnifier. Be sure to bring your smartphone whether it is from Apple, Samsung, Lively, or another brand.

Encore Learning Announces Fall Semester

Many AHA members participate in Encore Learning offerings, so this is a reminder that Encore’s Fall 2023 catalog is out. This semester includes 28 new courses. Encore invites AHA members to join the Fall Course Preview via Zoom on **Thursday, Sept. 7 at 9:30a.m.** to learn more about the courses and meet your instructors: <https://us02web.zoom.us/j/85225785025>. To review more information about the fall semester, check out www.EncoreLearning.net.

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Most recently, Elizabeth worked with Calvary Women's Services in Washington, DC. As program coordinator, she managed weekly meal events, conducted outreach with 25 organizations to strengthen the volunteer pipeline, and managed supplies inventory for its 14,000 square-foot facility. Aside from her organizational skills, Elizabeth's deep compassion for more than 30 clients in this transitional housing facility really won us over. She earned a B.S. in Intelligence Analysis from James Madison University and is now pursuing a degree in Social Work.

Alexandria Library Foundation to Host Premiere Event Cele Garrett, AHA Exec director

We know AHA members are big fans of our local library system. In fact, AHA is exploring future opportunities to co-host with the Alexandria Library Foundation. Meanwhile, check out the Foundation's first annual author presentation and reception featuring two special guest authors Taylor Baldwin Kiland (longtime Alexandrian and former Naval officer) and Judy Silverstein Gray (Coast Guard veteran and former journalist). They have co-written *Unwavering: The Wives Who Fought to Ensure No Man is Left Behind*. There will be a panel discussion led by Kiland featuring Gray and POW wives from the book.

The event takes place on September 21, 6:30-8:30pm at St. Paul's Episcopal Church. Visit <https://alexlibraryva.org/library-foundation> to register. Questions? Contact Michele Stork: 703-212-8129.

Away from Home Checks by the Sheriff's Office

As a public service to residents, the Sheriff's Office offers checks by deputies at the homes of people who are out of town. Residents may request the on-site checks by submitting an online form. Requests must be made at least a week before the resident will be away. Go to <https://www.alexandriava.gov/sheriff/away-from-home-check> for more information. If you have questions, please contact Sergeant Victor Ignacio at victor.ignacio@alexandriava.gov or 703.746.5013.

Grief: A Journey of Many Roads Alan Dinsmore, AHA Member

Something within me is waking from a long sleep and I want to live and move again. Some zest is returning to me, some immense gratefulness for those who love me, some strong wish to love them too. Alan Paton, author of *Cry the Beloved Country*.

Join your AHA friends to explore the second gathering of our support group to explore moving away from pain and loss and the emerging new you. Grief stops and starts in many places and one of these places is new beginnings. Our first session in August attracted nine participants. We shared our stories of the passing of a loved one and how our feelings changed over time, or sometimes did not change.

We will meet once again in the AHA conference room, 3139 Mount Vernon Avenue, on Sept. 11 at 3:00p.m. Please be respectful of the time everyone needs to express themselves. Also, we do have members with some hearing loss, and we ask all to speak up.

Finishing Strong - Hospice: Selecting and Managing your Choice By Alan Dinsmore

On Sept. 15, at 2:00p.m. AHA will host a presentation on compassionate care at the end of life to ensure the best quality of life for a spouse, partner or loved one.

The panel will discuss who is a candidate for hospice, how to plan, how to find high quality care, and the role of the caregiver with hospice care providers.

Principal presenter will be Colleen Duewel, founder of Lionheart Eldercare and Consulting. She has extensive experience in skilled nursing facilities, hospitals and hospice care. Carrie Cyre, owner of Sparrow Nursing Solutions, will be our nurse panelist and will assist in taking questions from the audience.

The event, part of AHA's new *Finishing Strong* initiative, will take place in the meeting room at Portner's Landing condominium located at 621 North Saint Asaph Street, across from Trader Joe's. Street and parking garage space is usually available at that time.

Friendship without self-interest is one of the rare and beautiful things of life. — James Byrnes

What's Up with AHA Members



Susanne O'Neill enjoyed making Din Tai Fung dumplings with her grandchildren and daughter-in-law during her July visit at their home in Hong Kong. Dumplings apparently become more appealing when you make them yourself!

About her trip, she says, "After two delayed flights, a canceled flight, and an unplanned limo rental from National to Kennedy Airport, we were shocked to find ourselves on time for our 16-hour Cathay Pacific flight. Our multigenerational entourage included my son and his family. We were headed to visit another son and his family, including a new baby. The trip was a whirlwind of kid- and adult-friendly pleasures — Happy Valley horse races, a water park, dragon boat races, a boat ride to a private island for lunch, a trip on the Ting-Ting trolley, the floating fishing village, Big Buddha, 360 cable car, and so much more. The best part for me was having the five grandkids together!"



Jessi McLeod was able to travel to her former home area in Maine. Jessi is on a boat on the Kennebec River, "just south of Arrowsic, an island that I used to live on. In the lobster company photo, I was seeing an eagle up in a tall pine tree."

Did you know? According to the AARP, nearly 70% of Americans over 65 depend on others for transportation as they age.

A study by the Corporation for National and Community Service found that older adults who volunteer are more likely to report fewer symptoms of depression and better overall health.

The Volunteer Corner Unleash Your Inner Chauffeur for Seniors!

By Jenifer Eoff (w/ ChatGPT ☺)

Greetings, Amazing AHA Adventurers! Buckle up and prepare for a ride on the hilariously heartwarming highway of volunteering with At Home in Alexandria! Are you ready to embark on a journey that promises laughter, wisdom, and a ton of unforgettable moments? If so, read on, because we are about to unveil the road less traveled: chauffeuring our beloved members to their appointments!

"Why Drive Seniors?" you ask? Well, fasten your seatbelts as we dive into the reasons why becoming a volunteer chauffeur is *the* way to add a dash of adventure to your life.

1. **Backseat Chronicles:** Ever wondered what life was like before smartphones and streaming services? Strap in for riveting tales of life in the good old days. You'll get firsthand accounts of disco fever, rotary phones, and the perplexing mysteries of the infamous VHS tapes.
2. **Navigational Legends:** GPS? Nah, who needs it? With our members as co-pilots, you will master the art of navigation by landmarks, back roads, and "that tree that's been there forever." Your Google Maps will be green with envy.
3. **Joyful Jokesters:** Tired of the same old knock-knock jokes? Get ready to be schooled in classic humor as our members regale you with jokes that have aged like fine wine – and by fine wine, we mean hilariously cheesy!
4. **Time Capsule of Wisdom:** Forget dusty old books; our members have life's manual! Unlock a treasure trove of advice, from love and relationships to surviving the ever-changing tides of time.

So, are you ready for this uproarious adventure? At Home in Alexandria invites you to take the wheel of compassion, friendship, and endless laughter by volunteering as a driver. Whether you are a seasoned road tripper or a newbie behind the wheel, this is a journey you will not want to miss.

Don't wait! Join us in making history, one funny story at a time. After all, the only thing better than a carpool is a time-traveling, story-swapping, joke-sharing carpool with our fabulous members.

To join the ranks of our legendary volunteer drivers, visit AtHomeInAlexandria.org or give us a ring at 703-231-0824. Get ready to cruise through time and make memories that will last a lifetime – one appointment at a time.

StrongerMemory™ Coming in September

Financial Literacy for AHA

By Brenda Bloch-Young

AHA is pleased to bring back *StrongerMemory™* beginning Wednesday, Sept. 13 at 3:00p.m. over Zoom. The series will last for 12 consecutive weekly sessions, ending on Nov. 29, and once again will be led by AHA volunteer Roberta McGregor, EdD, MSN, RN. *StrongerMemory™* has a strong village following. George Mason University has published results from their study involving 104 individuals who have gone through the 12-week program and who have shown positive, statistically significant results on a post-test. Consider joining our fall group. We need ten participants to run the program. Contact the AHA office to register. Once you are registered, you will receive a workbook with information about the *StrongerMemory™* program and the required exercises.

Welcome New Members

Helen Kelley	Full Member	Old Town
Bernice Ryan	Full Member	Old Town
Dinah & Foster Wiley	Full Members	Del Ray



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We have all read newspaper and magazine articles on the importance of financial literacy. In recent surveys, a recurring theme points to a lack of understanding by Americans of all ages--and that there are very specific areas where more knowledge is helpful. A top concern among our demographic recently has been, "Will I outlive my money?" Projections are that 500,000 Americans will be over 100 years old in 2030. Modern medicine has increased our life expectancies, while the Social Security Administration was founded on the basis that we would be collecting benefits for only a few years.

While I am not currently certified in financial planning advice, I am a retired CPA and have been an active investor for over 50 years. For those of you that don't know me, my husband died suddenly when my children were four and seven years old. I needed to support the family and get them through college without incurring large debts. I have always had a sincere interest in financial guidance for women who are often left out of the discussions.

My goal in hosting these sessions is not as an advisor, but as a facilitator raising the issues we face and offering suggestions and ideas to assist us in making better financial decisions. At times, I may ask a certified professional to join us in the discussion.

The first session, on September 19 at 10a.m., will be "Why You Need a Budget: How Do You Spend Your Money?" It doesn't matter if you have a lot of money or a little; a budget is a good starting point to determine if you are spending too much or too little. Are you spending money on items or experiences that are important to you? This will help you to determine whether you might outlive your money. Join us for this first discussion!



CONTACT US

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN SEPTEMBER

SEPT 4 LABOR DAY
SEPT 10 GRANDPARENTS DAY
SEPT 15 ROSH HASHANA BEGINS
SEPT 23 AUTUMN BEGINS
SEPT 24 YOM KIPPUR BEGINS
SEPT 30 NATIONAL PUBLIC LANDS DAY

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