

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

Tech Thursday is Back

By Loretta Darst, Marketing and Membership Manager

AHA is excited to have the tech support series back as a recurring event on the AHA calendar. Volunteer Chris Miller held the first Tech Thursday session on Sept. 21, with nine members in attendance. The session, "How to use the Camera on Your Smartphone" covered several things: how to save photos that you receive into your photo library, how to add a new contact to your contact list, and how to read QR codes. Scan the QR code below and see where it takes you.

Chris was patient and respectful of everyone's learning pace, provided clear instructions and used the hands-on approach throughout the session. He met everyone's interest and helped everyone feel more comfortable and proficient with using their phones. Attendees left looking forward to next month's session. Susanne O'Neill commented, "Chris was great." Howard Weiss said, "Chris is an invaluable asset to AHA." Many thanks to Chris Miller for sharing his time and expertise.

Tech Thursday sessions will be held every third Thursday of the month at the AHA office conference room. Check the calendar to see what topic Chris will cover and sign up right away, as space is limited.



AHA members learning how to manage mobile phone photos. In left photo, Barbara Rosenfeld, Alan Dinsmore, Lee Gutwald, Sandy Heistad and Susanne O'Neill. In right photo from center front, , Mary Lou Collins, Howard Weiss, Chris Miller, Mary Margaret McGrail, Marie-France Bunting (partially hidden).

Made in ALX Old Town Store and AHA Team Up

By Cele Garrett, Executive Director

Have you visited Made in ALX? This Old Town store features works from 40+ talented creators in Alexandria. One of those artists is Eileen O'Brien, a longtime AHA volunteer. Eileen has arranged to have AHA selected as the designated nonprofit to receive a percentage of the evening's sales on Thursday, October 12 from 7-9pm. Three other artists—Emily Collins, Alexandria Schmeling and Kellie Sansone—will join Eileen as featured artists that evening.

Come out to browse and shop—and see the work of these local artists. We love supporting Eileen's work and we thank her for putting our name forward! Snacks and beverages will be provided. Address: 533 Montgomery St, Alexandria. Free parking in the garage at 530 First St, one block away.

October 2023 Calendar

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. In-person events are open to those who are fully vaccinated.		
Thursday Oct. 5	"Felix Frankfurter and Brown v Board of Education" with Professor Brad Snyder, hosted by Northwest Neighbors Village – via Zoom.	11am - 12noon
Thursday Oct. 5	"Emergency Preparedness for Seniors" with Janel Doughten, hosted by Greater Stonegate Village – via Zoom.	4-5pm
Monday Oct. 9	Grief Support: A Journey of Many Roads, at AHA office conference room, 3139 Mount Vernon Ave.	3pm
Tuesday Oct. 10	Ladies' Night Out at Ramparts, 1700 Fern Street. Limit of 12	5pm
Wednesday Oct. 11	Movie Group – discussion of <i>Living</i> (Netflix) and <i>Hopscotch</i> (Amazon Prime) – via Zoom.	4-5pm
Saturday Oct. 14	AHA Happy Hour at the View at Alexandria House Condominium, 400 Madison Street.	5-7pm
Tuesday Oct. 17	Financial Literacy: "Will You Outlive Your Money?" with Brenda Bloch Young – via Zoom.	10-11:30am
Tuesday Oct. 17	AHA Board Meeting	2-4pm
Thursday Oct. 19	Tech Thursday: "Ten Settings for Customizing Your iPhone" with Chris Miller, at AHA office conference room, 3139 Mount Vernon Ave. Limit 10.	1pm
Thursday Oct. 19	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5pm
Tuesday Oct. 24	Coffee and Conversation at Royal Restaurant, 730 N St. Asaph St. Limit of 12.	10-11:30am
Tuesday Oct. 24	Dine Around at Los Tios, 241 S. Van Dorn Street. Limit of 8.	6-8pm
Wednesday Oct. 25	Interview with Councilman Canik Aguirre, by Howard Weiss – via Zoom.	1pm
Thursday Oct. 26	Lunch Around at Blackwall Hitch, 5 Cameron Street. Limit of 10.	12 noon
Saturday Oct. 28	Corridor Conversations -- Movies Then & Now: Theatres Along the Corridor, hosted by Hyattsville Aging in Place – via Zoom.	2-3:30pm

Program Notes

Thursday, Oct. 5 "Felix Frankfurter and Brown v Board of Education." Brown v. Board of Education of Topeka was a 1954 landmark decision by the U.S. Supreme Court which ruled that U.S. state laws establishing racial segregation in public schools are unconstitutional. The Court's decision in Brown paved the way for integration, was a major victory of the civil rights movement, and a model for many future impact litigation cases. Hosted by Northwest Neighbors Village.

Wednesday, Oct. 11 Movie Group will discuss the following films. *Living* – 2022 on Netflix. Stars Bill Nighy. Overwhelmed at work and lonely at home, a civil servant's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. He continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation. ***Hopscotch* – 1980 on Amazon Prime.** In this comedy, CIA operative Miles Kendig (Walter Matthau) deliberately lets KGB agent Yaskov (Herbert Lom) get away, his boss threatens to retire him. Kendig beats him to it by destroying his own records and traveling to Austria where he begins work on a memoir that will expose all his former agency's covert practices. The CIA catches wind of the book and sends other agents after him, initiating a frenetic game of cat and mouse that spans the globe.

Thursday, Oct. 19 Financial Literacy: "Will You Outlive Your Money?" This analysis looks at how much you have in savings and considers your life expectancy. The number one concern among retirees is that they may outlive (i.e., live to be 100 years old) their money or need to use it all on long term care. There are some strategies to consider.

Upcoming Book Sales

If you are downsizing or decluttering, all Alexandria libraries accept donated books. Watch local news for books sale dates.

Beatley Central Library: Book Sale Oct. 18-23. The Friends of Beatley Library accepts donations of books, DVDs, CDs, and more. However, we need to pause donations of DVDs and CDs until Nov. 15, 2023.

Barrett Library: ongoing book sale inside the library.
Temple Beth El Book Sale Feb 2024; currently accepting book donations.

Conversation with Councilman Canek Aguirre

By Howard Weiss, AHA member

On Oct. 25, at 1:00 pm, in the latest of a series of interviews of Alexandria civic leaders, Howard Weiss will moderate an interview with Councilman Canek Aguirre on Zoom. The interview will last 60 to 75 minutes. It will conclude with a 15-minute question and answer segment.

Councilman Aguirre was first elected as Alexandria's first Latino councilman in 2018 and is currently serving his second term through 2024. The son of Mexican immigrants, he is a native of Los Angeles. Prior to serving on the council, he served on numerous municipal and regional boards and commissions. Aguirre was a community activist and heavily involved in Alexandria schools and the integration of minority students into the educational system. He has also focused on affordable housing, crime and policing issues and community development, zoning and transportation concerns. Canek has a Bachelor of Arts degree from the University of North Carolina at Chapel Hill.

DOT Paratransit Program

The Alexandria Department of Transportation ("DOT") operates a paratransit program that offers a convenient, inexpensive alternative to ride-sharing companies and cab companies senior card discount program. Senior Services of Alexandria manages this service. To be eligible for this service, you must complete a form demonstrating that you are disabled in some way (e.g., vision difficulties or legs and back issues). The form is short and simple. A doctor or physical therapist must certify your responses. You do not need to be using a wheelchair, walker or cane.

Membership entitles you to free trips on 24 hours' notice within Alexandria and \$4.00 to \$6.00 trips to Washington D.C., Arlington, Fairfax County, Fairfax or Reagan and Dulles airports. For further information and the form, call 703-746-4084.



Ten Drugs Subject to Medicare Price Negotiations

By Alan Dinsmore, AHA member

In a first for the program, Medicare has released the names of the 10 drugs that will be subject to price negotiations this year. Medicare's authority in this matter is the recently enacted Inflation Reduction Act of 2022 signed into law in August 2022. The list is: Eliquis (prevention and treatment of blood clots), Jardiance (diabetes and heart failure), Xarelto (prevention and treatment of blood clots and reduction of risk with coronary or peripheral artery disease), Januvia (diabetes), Farxiga (diabetes, heart failure, chronic kidney disease), Entresto (heart failure), Enbrel (rheumatoid arthritis, psoriasis, psoriatic arthritis), Imbruvica (blood cancers), Stelara (psoriasis, psoriatic arthritis, Crohn's disease, ulcerative colitis). In addition, the following diabetes control drugs are included: Fiasp; Fiasp FlexTouch; Fiasp PenFill; Novolog FlexPen; Novolog PenFill.

Drug companies with a selected drug for the negotiation program and the public will have an opportunity to submit data and information on the selected drugs to the Centers for Medicare and Medicaid Services (CMS) by October 2023. The negotiation period ends on August 1, 2024.

CMS will select up to an additional 15 drugs for negotiation in future years.

Staying Healthy in the 2023-2024 Flu Season

Don't let seasonal respiratory illnesses get in the way of your 2023-2024 fall and winter seasons.

Here are the 3 things you need to know for a healthy year:

- COVID-19, the flu, and RSV are all respiratory illnesses that are expected to spike in the fall and winter. Older people, people with underlying health conditions at higher risk for severe illness.
- Get vaccinated against these viruses can help protect you and your loved ones from getting very sick this fall and winter.
- Talk to your doctor now to plan for getting vaccines this season and staying healthy.

What's Up with AHA Members



Sandy Heistad was invited by her daughter, **Wendy Carter**, (above in the Red Room) to the 2023 Praemium Imperiale Laureates recognition on Sept. 12, at the White House. This is a global arts prize awarded annually by the Japan Art Association for Lifetime Achievement in the Arts: Painting, Sculpture, Architecture, Music, and Theatre/Film. A Grant for Young Artists is also presented to nurture young talent. The awards ceremony is held annually in Tokyo. The Japanese Art Association hopes that the Praemium Imperiale will serve to promote increased international cooperation and understanding and contribute to world peace. The first Laureates were celebrated at the White House by President and Mrs. Clinton in 1994.

Great excitement was in the air in the East Room where Sandy and Wendy saw Mikhael Baryshnikov, Wynton Marsalis, First Lady Jill Biden, The Honorable Hillary Clinton, and some of the winners - a very different experience from watching East Room programs on TV. A reception followed in the State Dining Room where they talked to Japanese Embassy staff about Wendy's experiences with the Suzuki Violin method she studied for many years. Sandy shared their family experiences hosting many Japanese medical scientists doing research at the University of Iowa College of Medicine. All participants were glowing with the warmth of the event and felt hopeful thinking about world peace.

Welcome New Members

Chari and Phil Otis Full - Old Town
Lee Gutwald - Full - Old Town
Sandra Ludwig Full - Old Town

The Volunteer Corner

By Jenifer Eoff, AHA Volunteer Manager

AHA's Tech Offerings

In today's digital world, staying connected with loved ones and enjoying the benefits of technology has never been more important. Don't let technology hurdles hold you back! AHA's tech volunteers are here to provide you with the support and knowledge you need to confidently navigate the digital realm.

What We Offer:

- **Tech Troubleshooting:** For those times when your devices aren't working the way they should, our friendly tech volunteers will help you troubleshoot, set up devices, and answer your tech questions.
- **Tech Thursdays:** Our monthly series is back. Join us every third Thursday of the month at the AHA office conference room. Attendance is limited, so be sure to register in advance. (See page 1.)
- **One-on-one Tech Training:** Want to learn a new skill on your smart phone, computer or tablet? Tell us your tech goal and we'll find someone to work with you to accomplish your goal.

Don't miss out on the joys of technology! Remember, it's never too late to embrace technology and we're here to help you every step of the way. Contact the AHA Office today at AHA@AtHomeInAlexandria.org or 703-231-0824.



Accept the things to which fate binds you and love the people with whom fate brings you together, but do so with all your heart.

– Marcus Aurelius

Why is a QCD Better than a Charitable Deduction?

By Brenda Bloch-Young, AHA member

Many donors find that a Qualified Charitable Deduction (QCD) provides greater tax savings than the cash donations claimed as charitable contributions claimed on a tax return. Really? For many of us, our itemized deductions are less than the standard deduction allowed on a federal tax return since the tax laws changed in 2018. By making a charitable donation directly from a qualified retirement account, we may be able to reduce our taxable income. This is especially true if we have reached the age where we are required to take an annual distribution from that retirement account, or RMD. A QCD meets the RMD requirement and is not reported as taxable income.

There are a few caveats: Many financial custodians will provide checks specifically for this purpose. Others will require you to request a check(s) for the QCD by a specific deadline prior to the end of the year. That deadline may fall in November. As always, consult with your tax advisor. You may be pleasantly surprised to learn that this is a better strategy for you.



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Antique British Car Show

By Ruth Arnold, AHA member

For any vintage car enthusiasts out there, the MG Car Club of Washington D.C. will be holding its annual "Hunt Country Classic" Show on Sunday, Oct. 8, in Marshall (near Middleburg) Virginia. Details are available on the Club website www.mgcarclubdc.com. If the weather cooperates, this makes a delightful way to spend a fall day in the country, car enthusiast or not. The show field is on the grounds of a beautiful farmhouse, with wonderful views of the surrounding countryside.

Food is available, an opportunity to try your hand at apple grinding and even treats for four-legged spectators, plus lots of amazing old cars! Any questions, contact Ruth Arnold at 703-309-2952 or fltrbg2@comcast.net.

Senior Services of Alexandria Annual Speaker Series

Senior Services of Alexandria's annual Speaker Series "*Senior Living in Alexandria*" presents **Senior Safety and Awareness: Home Tips, Fall Prevention, Stroke Awareness and Prescriptions**. The event will take place on Thursday, October 19 at 10a.m. at Westminster Presbyterian Church, 2701 Cameron Mills Road. Local experts will discuss a variety of topics geared to keeping you safe inside and outside of your home, including

- Fall prevention
- Ideas on how to keep your home safe by removing tripping hazards and other minor fixes
- Stroke prevention measures, and
- The importance of knowing how various prescriptions interact.

The event is free and open to the public. Please register online at www.SeniorServicesAlex.org or call SSA at 703 836 4414 ext. 110.

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN OCTOBER

OCT 1 INTERNATIONAL COFFEE DAY
OCT 6 NATIONAL NOODLE DAY
OCT 7 ART ON THE AVENUE (DEL RAY)
OCT 10 INDIGENOUS PEOPLE DAY
OCT 29 HALLOWEEN PARADE (DEL RAY)
OCT 31 HALLOWEEN

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