

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

It's Scottish Walk Time!

By Cele Garrett, Executive Director

For me, nothing kicks off the holiday season like the Scottish Walk Christmas parade. When our kids were small, our family never missed a chance to stand on the sidelines to see the Scotty dogs, clap to the bagpipers and cheer on Clan MacGregor (when there were enough marchers for our clan to “make the cut,” that is!) I think it’s one of those local events that really reflects the personality of Alexandria. Since AHA began operating in 2011, we have marched in the parade (excepting 2020 when the event cancelled due to Covid), so the Scottish Walk is an AHA tradition too.

The parade provides great visibility for AHA but, more important, it illustrates that older adults are fun and active—and enjoy being a vital part of this community we love. Once again, AHA member Ann Liddle is graciously opening her home to AHA members and volunteers for some warm refreshment and snacks prior to the parade lineup. (Her home is less than one block from AHA’s lineup spot so, yes, we’re a little spoiled!) We’ll be walking AND riding in some convertible cars—and will supply the banners, signs and AHA red scarves. Put Saturday, Dec. 2, 9:30a.m. on your calendar and call the AHA office to register so we will know how many walkers and riders we will have and can put some carpools together. Our goal is to beat our record of 45 AHA participants. Can we do it?!



AHA at December 2022 Scottish Walk

AHA Launches Interest Groups

By Julie Gentry

Our members and volunteers have such a variety of interests that we often are asked if we have an interest group focused on a specific topic. We have decided to take this idea a step further and launch some informal interest groups for AHA members and friends.

The idea is that any group of folks can come together for a particular topic or event without having to schedule through AHA. For example, AHA member Bob Eiffert is gathering an interest group for people who love cars. There are several different car shows coming this fall, and several AHA members and volunteers who own vintage or collectible vehicles might be interested in getting together.

The AHA newsletter will regularly include a list of interest groups that have or hope to form, with a description of each and a single point of contact (POC) for anyone who might like to join. Since these groups will not be officially sponsored by AHA, there will not be restrictions on the range of topics, and they can include non-AHA members as well. In fact, this can be a great way to introduce other friends to our AHA community. So put on your thinking caps and create something of interest to you that others could join.

Guidelines for Establishing an Interest Group

- Anyone can establish or organize an interest group and identify a single point of contact (POC). The POC will share information with the group. The POC is responsible for introducing group members to each other.
- Interest groups could be book clubs, museum tours, local theater, local history, exploring neighborhoods in D.C., or knitting.
- The POC cannot be an AHA staff person.

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November 2023 Calendar

Program Notes

Please note the programs in this calendar may be held 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.

Wednesday Nov. 8	“Aging Eyes: What to Know” with guest speaker Sean Curry, MPH with the Society for Prevention of Blindness – via Zoom.	10am
Wednesday Nov. 8	Movie Group – discussion of <i>News of the World</i> and <i>Midnight in the Garden of Good and Evil</i> – via Zoom.	4-5pm
Thursday Nov. 9	The Biden Administration and the Israel-Hamas War: Challenges and Consequences , hosted by Northwest Neighbors Village – via Zoom.	11am-12 noon
Thursday Nov. 9	Virtual Tour of the Getty Museum , hosted by Potomac Community Village – via Zoom.	2-3:30pm
Saturday Nov. 11	AHA Happy Hour at the Alexandria House, 400 Madison Street.	5-7pm
Monday Nov. 13	“The Climate Crisis: You Can Lend a Hand!” presented by Gloria Mog with Elders Climate Action (ECA) – via Zoom.	1-2pm
Monday Nov. 13	Grief Support: A Journey of Many Roads , at AHA office conference room.	3pm
Tuesday Nov. 14	Ladies’ Night Out at Aldo’s Italian Kitchen, 2850 Eisenhower Avenue. Limit of 12.	5pm
Wednesday Nov. 15	Dine Around at Taverna Cretekou, 818 King Street. Limit of 10.	6-8pm
Thursday Nov. 16	Tech Thursday: Better Understanding of the “Google-verse” with Chris Miller, at AHA office, 3139 Mt. Vernon Avenue. Limit 10.	1pm
Thursday Nov. 16	Men’s Night Out at Aldo’s Italian Kitchen, 2850 Eisenhower Avenue, No limit.	5pm
Thursday Nov. 23	AHA Thanksgiving Lunch at Laporta’s Restaurant, 1600 Duke Street. – Limit 10.	12 noon
Monday Nov. 27	Readers Theater – via Zoom.	2-3:30pm
Tuesday Nov. 28	Coffee and Conversation at Royal Restaurant in Old Town.	10-11:30am
Tuesday Nov. 28	Downsizing and Decluttering , with Pete Crouch and Karen Gardiner at Beatley Library, 5005 Duke Street.	1:30-3:30pm
Monday Dec. 4	AHA Holiday Dinner at A La Lucia, RSVP by Nov. 30 . More details soon.	6pm

Wednesday, Nov. 8 “Aging Eyes: What to Know” with special guest speaker Sean Curry, MPH with the Society for Prevention of Blindness, who will speak about: Factors impacting the aging eye; normal changes as we age; eye conditions and diseases to know about; low vision and area resources and services. Via Zoom but be sure to sign up on the AHA Hub (aha.clubexpress.com) or call the AHA office at 703-231-0824.

Wednesday, Nov. 8 The Movie Group will discuss the following films. Watch at home and join the discussion. *News of The World*. It’s the end of the Civil War. Captain Jefferson Kidd crosses paths with a 10-year-old girl taken by the Kiowa people, who he must return to her aunt and uncle. Kidd agrees to escort the child across the harsh plains of Texas. The long journey turns into a fight for survival as the traveling companions encounter danger at every turn. Available on Amazon Prime Video.

Midnight in the Garden of Good and Evil - A young journalist travels to Savannah to cover the city’s Christmas celebration amid a backdrop of eccentric characters. He becomes intrigued by a sultry singer and engrossed by a murder trial. A wealthy society figure is accused of shooting his male lover, and the question is whether it was in self-defense as he claims. Available on YouTube or Amazon Prime Video.

Monday, Nov. 13 “The Climate Crisis: You Can Lend a Hand.” Join a conversation with Gloria Mog, Coordinator of the Virginia Chapter of Elders Climate Action (ECA). Most of us understand how serious the climate crisis is since its effects scream at us across the headlines of every news source daily. Many citizens around the world are working tirelessly to slow down the current acceleration of climate change and work towards just and sustainable solutions that will limit harm to our grandchildren and all future generations. As Mog says, “This is a problem that cannot wait and all of us can be a part of the solution.” Register by Nov. 10 to the AHA office at 703-231-0824 or email to AHA@AtHomeinAlexandria.org.

Monday, Dec. 4 AHA Holiday Dinner. Join AHA members at A La Lucia located at 315 Madison Street. Limit of 40 in the private dining room. Sign up on the AHA Hub (aha.clubexpress.com) or call the AHA office at 703-231-0824 by Nov. 30.

- Interest Groups will be listed regularly in the AHA newsletter with a description of the group’s focus and any proposed activities.
 - The group’s brief description and POC should be submitted to Julie Gentry by the 15th of the preceding month.
 - Groups may be limited in size by the POC.
- Groups can choose to meet in-person or virtually. If it is virtual, a member of the group must have access to a Zoom account (or similar platform).
 - The **AHA Zoom account** is reserved for **AHA sponsored activities ONLY**.
- If you are interested in starting an Interest Group, the name of the group, short description for the group and POC contact information must be submitted to Julie Gentry at JulieKGentry@gmail.com.

Interest Group Example

Collectible/Classic Vehicles

- Description: Individuals with an Interest in vintage or collectible vehicles to share information about events for the hobby.
- Point of Contact: Bob Eiffert at MichaelandBob@comcast.net.

Welcome New Members

Mary Shine	Old Town
Tom Surpitski	Taylor Run
Noreen Lopez & Kim Kirkland	Old Town



Remember to vote on Nov. 7 at your polling place. Vote early at the Elections office at 132 North Royal Street or at Beatley Central Library, 5005 Duke Street up until Nov. 4 at 5p.m.

This year the ballot includes candidates for State Senate and for district-specific House of Delegates. Find more information at AlexandriaVA.gov/elections or call 793-746-4050.

AHA’s Hospice Discussion, Part I

By Cele Garrett, Executive Director

I want to thank AHA members Alan Dinsmore and Nancy Kincaid for organizing a very informative discussion about hospice care in September that featured special guests Colleen Duewell (Lionheart Elder Care) and Corrie Cyre, RN (Sparrow Nursing Solutions). It was the kickoff to AHA’s new *Finishing Strong* series. Below are some important points about hospice. (Note: There was so much information covered in this interactive session that we cannot include it all in this space. Look for Part 2 in the December newsletter.) My thanks to Corrie Cyre for writing up an excellent outline of the session, which I have edited below:

Defining Hospice: Hospice is a service covered by Medicare that’s designed to support *with care and comfort* a seriously ill patient who is approaching the end of their life. Hospice is appropriate when the goals of care are no longer curative, but rather palliative, so the person can experience the best possible quality of time for their remaining time. A person often qualifies for hospice when it is reasonable to expect they will pass away within six months.

Defining Palliative Care: Palliative care providers are symptom management specialists (just like cardiologist are heart specialists). The medicine is meant to lessen troubling symptoms of their disease, *not* to cure the root cause of that disease. Certain forms of treatment can be “palliative” without being associated with hospice. “Palliative care” is often used to describe another service that is provided by certain hospice agencies, in hospitals or by physicians—but “palliative” is not synonymous with “hospice.”

When and how a person would begin hospice care: A person can and should request a hospice consult from their doctor when their personal goals of treatment change from cure to quality of remaining life. In particular: hospice should be considered when these two things contradict each other and the person suffers from a disease process that is incurable, they have exhausted treatment options, and/or they are just exhausted with having treatment in general.

Dispelling an important myth about hospice care: Hospice isn’t designed to hasten your death and is not associated with medically assisted death. However, when the goal of care is comfort (vs. continued curative treatment), there may now be adjustments in the frequency and dosages of certain medications. For many patients, hospice is a *quality over quantity of life* decision to discontinue the curative approach in favor of a palliative approach to care. Hospice itself does not make death imminent; rather, it supports you through the inevitable process.

What's Up with AHA Members

In addition to usual members' exploits, we are sad to share that a few of our very loyal and longtime members are moving away

One of AHA's original members, **Penelope "Penny" Roberts** (at right) is leaving AHA to retire again. Penny has been an AHA member and volunteer since its very beginning...and there aren't too many people who can claim that! Penny has worn so many different hats it is hard to single any one of them out. As chair of the volunteer committee, she helped write the volunteer handbook and train new volunteers. As chair of the program committee, she brought new and exciting opportunities for members to socialize and share ideas. If that didn't keep her busy enough, Penny has generously given her time and experience as a member of the AHA governance committee and the Board of Directors. Says Cele Garrett, "Penny has added immensely to everything she has been a part of. If I had a new program idea, I always ran it by Penny. She has a keen sense of what our members are looking for. She literally is irreplaceable." AHA will miss her guidance, wisdom and humor and wish her the best to enjoy "almost heaven, West Virginia".



It was a sad day when we learned Maggie and Barry Stauffer (at left) will soon relocate to the Lancaster, PA area. They have chosen to join a planned senior community called Willow Valley. Maggie and Barry have lived in Alexandria for many decades so this was a difficult decision for them.

Maggie jumped onboard to help launch AHA in the early days—and (as Barry will concur) if Maggie is involved with a project, Barry is too! The Stauffers have been a big part of many fun-filled gatherings--hosting many AHA events themselves—and Maggie has been a warm and welcoming AHAer on countless get-acquainted visits with new members. Whether developing AHA ads, organizing AHA events with flair, or creating new signs for the Scottish Walk parade, Maggie's talents had no bounds. We couldn't have asked for a better AHA cheerleader. We wish them the very best.



Julie Gentry wins the prize for getting out and around in recent months. Above left, **Brenda Bloch-Young and Julie** visited the National Zoo to say goodbye to the pandas. Brenda said, "So sad to see them go after 50 years in D.C." In the center photo, **Marie Cataffo and Julie** at the Kreeger Museum in D.C. On a perfect August day, Marie and Julie visited "a small and remarkable museum in D.C." The museum is the former home of art collectors David and Carmen Kreeger and houses, inside and out, a wonderful mixture of paintings, sculptures and masks that the Kreegers acquired from 1952 to 1988. On the right, Julie says, "While visiting friends in Bend, Oregon, we traveled to some incredible parks. Surrounded by volcanic terrain, Tumalo Falls is in the Deschutes National Forest. A very steep quarter-mile trek led to one of the tallest and most beautiful waterfalls in central Oregon. From the top of the falls, it's a 97-foot drop to Tumalo Creek".

Financial Literacy

by Brenda Bloch-Young

For the December session, we will discuss financial housekeeping. How organized is your record keeping? Do you have a list of all of your assets and liabilities? Often, we have a system of managing these items. Yet, if you are unable to process financial transactions, it will be helpful for your designated representative to have a clear guide. Join the discussion on Dec. 5. Register on the AHA Hub or call the office to sign up at 703-231-0824.



May you always have:

Love to share,
Cash to spare,
Tires with air,
And friends who care

- Anonymous

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A Tip from

Stronger Memory™/Goodwin Living

Theresa Mandela, StrongerMemory™ Outreach
Coordinator, Bachelor of Science in Nursing,
Registered Nurse

Our bodies need nutrients and vitamins in food to stay healthy—and there are specific nutrients and foods that are especially good for brain health. Studies have shown that lean fats and omega-3 fatty acids are especially good for brain health and foods high in cholesterol and saturated fat can have a negative effect on brain health.

In general, the best diet to follow for brain health is something similar to the Mediterranean diet. If brain health is your main goal, you can follow the MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet. The key practices in the MIND diet are to eat lots of leafy greens and berries and to snack on nuts, which are high in vitamin E. Additionally, the MIND diet recommends reducing your meat intake, eating fish once a week and cooking with olive oil. Following the MIND diet fully can be challenging but making even a few of these changes can be beneficial to your brain health.

Some fun brain-healthy foods include cacao nibs, blueberries, salmon, spinach, avocados, walnuts and broccoli. You can use turmeric, rosemary and olive oil while cooking for an extra boost in brain health. The options are endless!

P.S. If you're feeling a bit of a brain fog, drink some water and eat a brain-healthy snack like blueberries and walnuts for a quick pick-me-up.

Getting older has its advantages...Call it a senior moment and you can get away with just about anything.

- Courtesy of AARP

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN NOVEMBER

NOV. 5 DAYLIGHT SAVINGS TIME ENDS
NOV. 7 ELECTION DAY – **VOTE!**
NOV. 11 VETERANS DAY
NOV. 12 DIWALI
NOV. 23 THANKSGIVING
NOV. 28 GIVING TUESDAY

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