

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

Welcome New AHA Board Members

Ray Biegun is a long-time resident of Alexandria who holds a master's degree in organizational development and knowledge management from George Mason University. He has served in the United States Air Force and has worked for the public and private sectors as a management consultant and leadership coach. He currently serves on the Alexandria Commission on Aging and is a Senior Ambassador for Senior Services of Alexandria. He is very active in his church where he helped lead a successful effort to develop affordable rental housing on church property. He has also volunteered for many other community organizations.



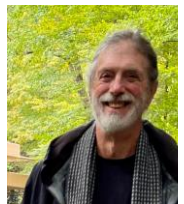
Alan Dinsmore has lived in Alexandria since 1968. His work career began with the U.S. Senate Special Committee on Aging and continued at the American Foundation for the Blind. He specialized in aging concerns and issues throughout this career. Since he retired, he has been an active volunteer. He is returning to the AHA Board after serving for the maximum number of years in earlier terms. He has also returned to the Alexandria Commission on Aging for a second time where he chairs the Transportation Committee. Alan is a stalwart AHA volunteer and has led several programs for AHA, including co-chairing the Program Committee.



Karen Streich had an eclectic career in engineering and management where she specialized in change leadership and facilitation helping people think strategically, align and move forward. After moving to Alexandria three years ago, she discovered AHA and was able to take advantage of all her mother had taught her about effectively helping older people. She served on AHA's recent strategic planning initiative. She loves her interactions with AHA members and staff and looks forward to expanding her interaction with AHA.



Jim Woolwine has a bachelor's degree in political science and a master's degree in public administration from West Virginia University. He retired in 2022 as treasurer and financial officer of the Diplomacy Center Foundation, a nonprofit affiliated with the U.S. Department of State to create the National Museum of American Diplomacy. He also held chief financial officer positions with other nonprofits. He is a retired Foreign Service Officer of the U.S. Department of State, having served overseas in West Africa and Europe. He is a Certified Public Accountant. Jim has been an AHA member and supporter and has agreed to transition into the role of treasurer for the board.



The AHA Board thanks both Babs and Victoria for their excellent service!

Victoria Almquist is retiring after nearly three years on the board. After her first year, she volunteered to become the Vice Chair and Chair of the Governance Committee. During her two years as committee chair, she secured five new board members, prepared several by-laws changes and revised the Board Member Handbook. Unfortunately, due to a confluence of personal events, she had to resign from the board in October. She may consider rejoining at a future date.

Barbara (Babs) Waters is retiring after six years on the Board. During her time on the board, she was instrumental in securing the Cameron Station Community Center for our AHA anniversary events and has hosted numerous coffees to recruit new members to AHA. She has personally brought in several new members from her neighborhood. She and her husband Elliott have been stalwart walkers at the Scottish Christmas Walk, and they coordinate AHA's very popular Dine Around program.

January 2024 Calendar

Program Notes

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.

Monday Jan. 8	Grief Support: A Journey of Many Roads , at AHA office conference room.	3pm
Tuesday Jan. 9	Ladies' Night Out at Royal Nepal Restaurant, 3807 Mt. Vernon Ave. Limit of 10.	5pm
Wednesday Jan. 10	Movie Group – discussion of <i>Utama</i> (Amazon Prime & YouTube) and <i>Maestro</i> (Netflix) – via Zoom.	4-5pm
Thursday Jan. 11	In-person Tour of Library of Congress by AHA Member Louise Kenny – Limit 15. See details on page 3.	1-2pm
Saturday Jan. 13	AHA Happy Hour in the Madison Room at the Alexandria House, 400 Madison Street.	5-7pm
Wednesday Jan. 17	“How Private Equity Changes YOUR Medical Care” with Eileen Appelbaum, hosted by Friendship Heights Neighborhood Network – via Zoom.	2-3pm
Wednesday Jan. 17	Dine Around at Laporta's Restaurant, 1600 Duke Street. Limit 10.	6-8pm
Thursday Jan. 18	Tech Thursday: “How to Identify Email Scams (and what to do if you fall for one),” with Chris Miller, at AHA office, 3139 Mt. Vernon Avenue Limit 10.	1-2pm
Thursday Jan. 18	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5pm
Tuesday Jan. 23	Coffee and Conversation at Del Ray Café, 205 E Howell Ave. Limit of 6.	10-11:30am
Thursday Jan. 25	Lunch Around at Chadwick's, 203 Strand St. Limit of 10.	12 noon
Tuesday Jan. 30	Interview with Councilwoman Alyia Gaskins – via Zoom. See details on page 3.	10-11am



Welcome New Member

MaeWanda Jackson – Associate (Old Town)

Wednesday, Jan. 10 **Movie Group:**

Utama is a 2022 Bolivian film with English subtitles available on YouTube and Amazon Prime. A fictional tale drawn from real life takes place in the Andean plateau - the Altiplano - an arid, mountainous strip in western Bolivia. An elderly Quechua couple live a tranquil life in the highlands when an uncommonly long drought threatens everything they know. Do they decide to stay and maintain their traditional way of life or move in with family members in the city?

Maestro is a 2023 Netflix film about American conductor and composer Leonard Bernstein that centers on his relationship with his wife Felicia Montealegre.

Wednesday, January 17 **“How Private Equity Changes YOUR Medical Care”** with Eileen

Appelbaum, Co-Director of the Center for Economic and Policy Research. What is private equity and how does it change physician practices, ER, mental health services, and hospice? The research shows that private equity can impact costs and health outcomes. Private equity firms have become major players in the healthcare industry. How has this happened and what are the results?

Thursday, January 18 **Tech Thursday** led by

AHA volunteer Chris Miller. We are all targets for email scams: messages that purport to be about something you care about but are really a malicious attempt to extort money from you. In this session, you'll learn some simple and effective ways to identify malicious email and what to do if you fall for one. The group will meet in the conference room of the AHA office, located at 3139 Mount Vernon Avenue.

Alexandria School Board January 2024 Special Election

Voters in District A can vote in the January 9 special election for the Alexandria School Board seat vacated by Willie Bailey.

Early in-person voting happens at the Alexandria Office of Voter Registration & Elections, with a deadline of 5pm on Saturday, January 6.

Mail-in ballots must be postmarked by January 9 or returned to Office of Voters Registrations & Elections by 7pm on Tuesday, January 9.

New Sponsors Join AHA

By Executive Director Cele Garrett

There are many commercial businesses that support older adults in our community: senior living communities, home care agencies, aging life care managers, moves management companies and much more. As a nonprofit, AHA works hard to align ourselves with quality companies. We invite select companies to invest in AHA as a sponsor. Not all of them are able to do so but we are pleased to announce that the following three organizations have thoughtfully committed to supporting AHA as a sponsor for 2024. Through the coming year, we hope other companies we work with regularly will join the ranks of corporate sponsors.

Assisting Hands Home Care is one of the home care agencies AHA recommends. Owner Brett Sanders opened their office in Arlington in 2018 and, almost immediately, personally got acquainted with the work of area villages like AHA. (In fact, he was a sponsor of our first in-person Washington-area village conference in 2019.) We thank Brett and his team for being a lead sponsor of AHA.

AHA has had an active partnership with **Goodwin Living At Home** for many years. We have collaborated on projects and co-hosted events together on a variety of topics. Though our names sound a little similar, our programs are very different. Goodwin Living At Home is a comprehensive program for individuals whose goal is to have a full range of support services -- including medical care-- brought to their home environment (instead of in a senior living community). Many AHA members are also GLAH members.

There have been notable changes to some senior living communities in our area lately. One major change is that **Elancé Luxury Living** (owned by Retirement Unlimited, Inc.) is now managing three senior living properties in our area: **Elancé Old Town** (formerly Sunrise of Old Town), **Elancé at Alexandria** (formerly The Fountains at Washington House) and **Elancé West End** (formerly Brandywine Living). There are current and former AHA members living at each of these communities. We thank **Elancé** for supporting AHA as a sponsor.

To order free COVID tests, go to

<https://www.CovidTests.gov> and click on "Order Free At-Home Tests." Once you complete the form, click "Check Out Now," then "Place My Order" and you're done. If you need help with ordering kits, contact the AHA office to place your order.

Come See the Most Beautiful Building in Washington, D.C

The Library of Congress is sometimes seen as a hidden gem in Washington. People have often heard of it but have not been there or know all that it offers, particularly for "locals." Join AHA Associate member and library docent Louise Kenny for a one-hour tour as she relates the history and high points of the Thomas Jefferson building and the scope of the Library's collections, resources and programs that are offered to the public. Come see the civilization-changing Gutenberg Bible and the only surviving copy of 1507 map that was the first map to label our land mass "America." Learn about the scope as well as specific initiatives such as the Veteran's History Project, Folklife Center, classical concerts, annual book festival, other events and family activities. Gather at 1:00p.m. on the lowest level of the Library, right after passing through security.

Attendees must arrange their own transportation. Use Metro to travel to the Capital South station or use your favorite ride-share app and carpool with AHA friends.

Thursday, January 11, 1:00p.m.

Limited to 15 people

Conversation with Councilperson Alyia Gaskins

On Tuesday, January 30, 2024, at 10:00a.m., Howard Weiss will conduct a Zoom interview with Councilperson Alyia Gaskins. The interview will address matters of concern regarding Alexandria's budgetary issues, taxes, crime, schools, development, the city's new zoning regulations, street name changes and the proposed construction of a new sports arena in Potomac Yards. A period will be reserved after the interview for audience questions.

Councilperson Gaskins was elected in 2021 and is serving her first three-year term. She has announced that she is running for mayor in November 2024. She represents the city on local and regional Boards and Commissions. She is a senior program officer at the Melville Charitable Trust, a national philanthropic organization devoted to ending homelessness. Her consulting business, Cities Rx, focuses on building physical, social and economic health.

What's Up with AHA Members

At the Scottish Walk



Gathering before the parade at home of Ann Liddle



Cheerful marchers



AHA sponsors before the parade.



Artist and AHA volunteer, Eileen O'Brien, at right, teaching an art class to Dara Surratt, Cele Garrett, Carol Siegel, and Mary Ann Bier, not shown.



Virginia Kress, Susanne O'Neill, Barb Reed, Sandy Heistad, Ruth Arnold, and Kathie Fricke enjoying lunch and holiday decorations at the Hillwood Estate in Washington, D.C.

Introduction to the Wound Healing Center

By AHA Member Shirley Cherkasky
with AHA Volunteer Karen Streich

I wanted to let you know about the Wound Healing Center at INOVA Mount Vernon Hospital. As we age, wounds can be slow to heal or get infected and I was glad to find a place that could really help me when I needed them.

At the end of July, I brushed against a plastic planter on my balcony and received a cut that hooked into my leg. Despite my attempts to clean and dress the wound, it became badly infected. During the next couple of weeks, I learned some things about getting care for an infected wound:

- Not all urgent care centers are 1) open on the weekend when my daughter could take me or 2) accept walk-ins. I had to try two different centers before I could get help, which took extra time. Lesson: It's important to call ahead and check open times and access for walk-ins if you need urgent care.
- Urgent care sent me to the Emergency Room, where they performed several tests. I was then referred to an Infectious Disease doctor. He then referred me to the Wound Healing Center at INOVA Mount Vernon Hospital. Lesson: There are a wide range of medical resources and specialties in our area, but they are not all completely interconnected.
- Starting August 18, I had weekly appointments at the Wound Healing Center for my wound to be cleaned, treated, and re-banded. The wound was originally 5x3cm, and finally healed completely by November 10, a total of 13 weeks. Lesson: If I had known about the Wound Healing Center sooner, I may have been able to get help sooner and spent less time healing.
- The Wound Healing Center said we can make an appointment directly, or we may need to be referred depending on our insurance requirements. Lesson: We can help ourselves better if we're aware of special medical resources we may need in the future.

I've met many of the professionals at the Wound Healing Center and they have all been caring, careful, and willing to answer my questions. My wound improved every week. If you find yourself with a wound that is not healing well, I encourage you to consider the Wound Healing Center at INOVA Mount Vernon Hospital. Their phone number is 703-664-8025.

Licensed to Drive

Not needing a driver's license,
but wanting a Real ID,
she decided to pay a visit
to her local DMV.
She passed the test
and paid her fee
and, yes, she got her Real ID,
but much to her shock
and her great surprise
she found that she
was licensed to drive
until she reaches ninety-five.

Don't worry, though.
She has Uber, Lyft,
the local cab company,
and you, on speed dial.

Betty Jo Middleton
from *Second Fifties*
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How to Recognize and Defend Against Email Scams

By Chris Miller

We're subject to a constant stream of email scam attempts. The situation is discouraging, it can be stressful, and if you fall for one of these scams it is difficult to undo the damage. Here are three ways to bolster your defenses so you feel more confident engaging with the internet.

1. Take advantage of the security tools you already have

Microsoft, Apple and Google work hard to protect you by delivering improvements through regular software updates. Maybe you purchased additional security software from Norton, McAfee, or other companies. To take advantage of these tools:

- Make sure each of your devices is configured to receive automatic updates
- Install updates when you are prompted
- Make sure any additional security software you purchased is installed and running.

2. Learn how to recognize fraudulent email messages

Any time you get a message that claims to be urgent (especially with exclamation points or capitalized text) be extremely skeptical. The most effective way to recognize a fraudulent email message is to look at the *real* email address of the sender. Anyone can *pretend* to be the Geek Squad or Netflix when they send you an email, but if you know how to find their *actual* email address, you'll spot most fraudulent messages.

3. Make sure you have a handle on your most important accounts

You probably have dozens of online accounts but there are a few that are most important including (1) your email account, (2) your online bank account, (3) your Apple ID or Microsoft account, and (4) accounts (like Amazon) where you do online shopping. For these accounts, make sure

- you have strong and unique passwords
- you are using two-factor authentication to protect against hackers
- your alternate contact info (cell phone, alternate email) is accurate so companies can confirm your identity if they suspect your account was hacked.

If, after reading this, you think you need help implementing these practices, check the AHA calendar for upcoming Tech Thursday sessions.



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305



SPECIAL DAYS IN JANUARY

- Jan 1 New Year's Day*
- Jan 10 National Clean Up your Desk Day*
- Jan 15 Martin Luther King, Jr Day*
- Jan 27 International Holocaust Remembrance Day*

IN THIS ISSUE

- P. 1 New Board*
- P. 1 Retiring Members*
- P. 2 Calendar*
- P. 2 Program Notes*
- P. 2 Welcome New Member*
- P. 3 Sponsor appreciation*
- P. 3 Library of Congress visit*
- P. 3 Conversation With*
- P. 4 What's Up photos*
- P. 4 Introduction to Wound Clinic*
- P. 5 Poem*
- P. 5 Recognizing Email Scams*