

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

AHA'S Sprint2ACTion Results Are In

By Cele Garrett, AHA executive director

Each year, when our important Spring2ACTion fundraiser wraps up, I feel so grateful (and more than a little in awe) that there are so many people who make the decision to support AHA. Of course, the campaign requires preparation, solid messaging and some creativity (plus a lot of emails—sorry about that!). Ultimately, though, donors are the ones to decide whom they will support and then must follow through on their intentions.

This year, 160 individuals—AHA members, community friends, volunteers, “friends of friends” and a few foundations and companies—lent their support to us. AHA raised over \$47,000, making this the most successful Spring2ACTion in our history. There were more than 180 nonprofits participating this year. (Bet you didn't know there were so many worthy organizations in our city!) AHA ranked sixteenth in total dollars raised. Not too shabby for a scrappy nonprofit organization that's only 13 years old!

As always, Del Ray Café was a festive (and delicious) place to spend the day. The restaurant did a great job promoting our event and they contributed \$900 to our campaign at the end of the evening. We thank them for their continued generosity.

Below is a list of our matching gift donors. MANY additional donors contributed significantly to the campaign too. We are beyond grateful to each and every person who invested in AHA during this year's fundraiser.
~Cele and the AHA team

Mason Hirst Foundation
John Marshall Bank
Synergy HomeCare
Anonymous
Bob Eiffert and Michael Curry
Harriett McCune
Pam and Steve Nelson
Barbara Rosenfeld
Susanne Adams
Carol Siegel
Nancy Kincaid
Dogs and Cat Lovers: Kris Brown, Jane King, and Vicki Rutson
Gretchen and Richard Klimoski
Louise and Mike Kenny
Bill and Teddye Clayton
Shelli Ross
Chriss Nielsen and Tom Crowley
Karen and Tommy White
The Adventurers: Ruth Arnold, Mary Ann Bier, Kathie Fricke, Sandy Heistad, Virginia Kress, Susanne O'Neill and Barbara Reed.
Men's Night Out Gang: Charles Ablard, Alan Dinsmore, Tim Dombro, Bruce Stevens, John Veldhuis and Jim Woolwine.



Cele Garrett, center, with AHA members and Mitch Opalski from Synergy HomeCare, lower right, at Del Ray Café.

May Calendar

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| 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. The link will allow you to attend via computer or phone. In-person events are open to those who are fully vaccinated. | | |
| Tuesday, May 7 | AHA Lunch with Nancy at The MacMillan Spirit House, 500 Montgomery Street. Limit of 12. | 12 noon |
| Wednesday, May 8 | Movie Group – discussion of <i>Sheep without a Shepherd</i> and <i>Woman in Gold</i> – via Zoom. | 4-5pm |
| Thursday, May 9 | Oh Hell! Let's Play Cards – New member Mark Edelman will teach members how to play Oh Hell; bring on your favorites, too; at AHA office, 3139 Mt. Vernon Avenue. Limit of 7. | 3pm |
| Monday, May 13 | Grief Support: A Journey of Many Roads , at AHA office conference room. | 3pm |
| Tuesday, May 14 | Ladies' Night Out at Padaek, a Thai restaurant, 2930 South Glebe Road, Arlington, VA. In the shopping center with parking available. Limit of 12. | 5pm |
| Wednesday, May 15 | AHA Anniversary Celebration at AlexRenew . See details on page 4. | 2-4pm |
| Thursday, May 16 | Tech Thursday: "All About Password Managers" , at AHA office conference room. Limit of 10. | 1pm |
| Thursday, May 16 | Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit. | 5-6:30pm |
| Monday, May 20 | Interview with City Manager Jim Parajon – via Zoom. More details to come. | 1pm |
| Wednesday, May 22 | Dine Around at Our Mom Eugenia, located in Shirlington at 4044 Campbell Avenue. Limit of 8. | 6pm |
| Wednesday, May 23 | Lunch Around at Royal Restaurant, at 730 North St. Asaph Street. Limit of 10. | 12 noon |
| Tuesday, May 28 | Coffee and Conversation at Royal Restaurant, 730 North St. Asaph Street. Limit of 12. | 10-11:30 am |



Program Notes

Tuesday, May 7 Join your AHA friends at **The MacMillan Spirit House**, a new restaurant in Old Town. Nancy Kincaid is the host for this event. Make your reservations with the AHA office or on aha.clubexpress.com.

Wednesday, May 8 **Movie Group:** *Sheep Without a Shepherd* available on Amazon Prime. A 2019 Chinese film, with English subtitles. This Chinese crime thriller film is an official remake of the 2013 Indian Malayalam-language film *Drishyam*. Desperate measures are taken by a man who tries to save his family from the dark side of the law after they commit an unexpected crime.

Woman in Gold Available on Netflix, the film is based on the true story of Maria Altmann, an elderly Jewish refugee living in Los Angeles who, together with her young lawyer, fought the government of Austria for almost a decade to reclaim Gustav Klimt's iconic painting of her aunt, *Portrait of Adele Bloch-Bauer I*, stolen by the Nazis in Vienna. Altmann took her legal battle all the way to the Supreme Court of the United States, which ruled on the case *Republic of Austria v. Altmann* (2004).

Community Events

May 4 10a.m. to 2p.m Alexandria RecFest at Armistead L. Boothe Park, 520 Cameron Station Blvd. Learn about city recreational activities, enjoy demonstrations, etc. Free.

May 11, 2024, from 10a.m. to 1p.m. Eco-City Festival at NOVA Community College (NVCC), located at 5000 Dawes Avenue. Learn about environmentally friendly practices and local projects.

Throughout May and into the summer, the Alexandria Police Department will hold **Community Cookouts, from 6 to 7:30p.m. at various park locations**. Free; checkout details at <https://www.AlexandriaVA.gov/ALX275>.

Financial Literacy and Estate Planning

By AHA member Brenda Bloch-Young

The June session of our Financial Literacy series will feature a special guest, Kay Bransford. After living as an adult-child caregiver for her parents, Kay transitioned from a corporate career to serve as a professional financial advocate. Kay founded MemoryBanc in 2012 and received an “Older-Adult Focused Innovation” award from AARP Foundation, wrote *MemoryBanc: Your Workbook for Organizing Life* that was named a “Book of the Year” by *Today’s Caregiver*, and serves as Power of Attorney and Trustee. She has seen the 200 things that can go right and wrong when it comes to estate planning and navigating daily personal finances. Kay has whittled down the basic information every adult should document in the hopes that people will record it so their loved ones can help when needed.

Given that seven out of 10 adults over 65 will need three or more years of long-term care services, having your daily personal finances documented and organized is a blessing to those that will step in to help you. This isn’t just something that older adults should do; it is something EVERY adult should have done. Online access and electronic billing make it difficult for others to step in and manage bill pay, if only temporarily. In the hope that people will at least document the basics, Kay wrote the *What If Kit* and gives it away.

Please register to join us via Zoom on **June 18**, 10am to 12 noon to learn more.

Remembering Kyong Littman

By Cele Garrett

Our AHA member, Kyong Littman, passed away this past week. (We had just seen her out and about a week prior, so the news came as a surprise.) She was a lovely and gracious lady, always enjoying the conversation she had with our volunteers. When I shared the news of her passing with those who had worked with her, I had numerous replies: One volunteer said, “She was unfailingly so, so sweet.” Another volunteer noted, “I am so sorry to hear about this. I drove her several times and ran into her at Trader Joe’s from time to time. A delightful and companionable lady.” Another wrote, “She reminded me of my mom in many ways. We are all the less without her.” Our volunteer Roberta MacGregor was especially close to Kyong, having served as her designated AHA “buddy.” Though I know Roberta wouldn’t ask to be singled out, I am compelled to note just how important Roberta was to Kyong.

Kyong will be laid to rest in Florida and no memorial service is planned. We were all so very fond of her—and she was so grateful for all that AHA provided to her.

June Primary in Alexandria

By AHA member Julie Gentry

The June 18 primary is called a “dual” primary. The **Democratic ballot** will list the Democratic candidates for Mayor and City Council. The other offices (U.S. Senate and House of Representatives) do not have a primary because there are no candidates challenging Senator Tim Kaine or Representative Don Beyer. The **Republican ballot** will list the candidates for U.S. Senate only. Voters must select which of the two ballots they wish to receive. To review the ballots, go to www.AlexandriaVA.gov/elections. Early in-person voting begins May 3 and can be done at the Elections Office at 132 N. Royal Street. For dates and times, please go to www.AlexandriaVA.gov/elections.

As you’ve probably heard, there are 11 candidates running for City Council and three candidates vying for Mayor. The Council race is very competitive. While four of the Council candidates are incumbents, the other seven are newcomers. So...how can you learn more about each of them? Several local printed and digital media organizations have created profiles of many of the candidates. If you want to get more information, search any of the following using the candidate's name in the search:

- Alexander Times (alextimes.com)
- AlexNow (alexnow.com)
- Patch.com
- alexandriava.gov

OR

Go to the candidate’s website by searching for the candidate’s name. In addition to background information, candidates often also list dates and times for in person “meet and greet” sessions.



Welcome New Members

Mark Edelman - Old Town
Janice and Bob Howard - West End
Doug Blass - Old Town

What's Up with AHA Members



Karen Streich and Susanne Adams (above) in the Del Ray Café garden. The lunch-around gang (below) on the porch.



Several members of AHA were recognized by Volunteer Alexandria at their annual President's Awards. Besides **Mary Ann Bier** (left), recognized but not present were **Susanne Adams, Bob Eiffert, Susan Pettey, Ann Liddle, Pam Nelson and Babs Waters**. A certificate, a letter from President Joe Biden and a pin were included with the recognition. Photo by **Loretta Darst**.



Time to Celebrate AHA

By Pam Nelson, AHA Board Chair

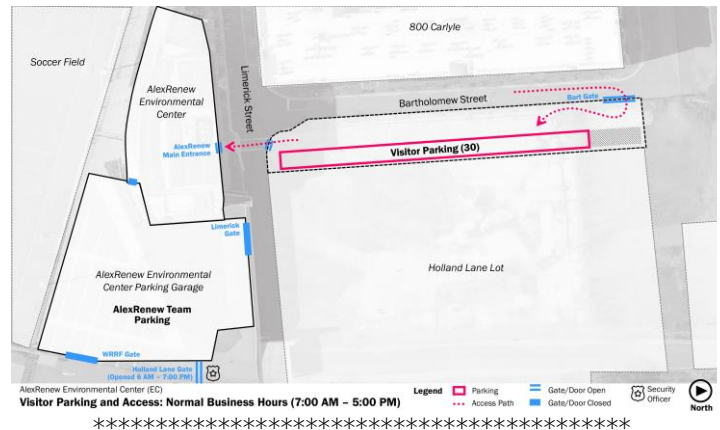
Let's celebrate our lucky 13 and all we have achieved since AHA began operation in April 2011.

On May 15 we will gather at AlexRenew for a fun afternoon of sharing memories, meeting other members and volunteers and thanking all who have contributed with time and treasure to support our wonderful village.

So, RSVP and mark your calendar for Wednesday, May 15 from 2:00 to 4:00pm at the AlexRenew reception space for a fun celebration including refreshments.

AlexRenew is located at 1800 Limerick Street, Alexandria, VA 22314. Our party will take place on the 6th floor accessed via elevator. There is a parking area (30 spaces) located north of the AlexRenew building at the end of Bartholomew Street that is available for our use. There is also public parking on Limerick and the surrounding streets for a nominal fee.

Attendees are not allowed to park in the garage, only in the visitor lot on Batholomew Street highlighted in the Visitor Parking image or on the surrounding streets.



Space Available in Chair Yoga

Join chair yoga by Virginia Kalish, MD, at Alexandria House, The View, 400 Madison Street. This class focuses on flexibility, balance, core strength, and well-being. Using a chair and other props, students will challenge themselves with yoga flow in the chair, as well as standing poses beside a chair.

Classes meet on Tuesdays, (no class May 21), from 10-11am. Cost is \$15 per month. For more details contact Virginia at ybkalish@gmail.com. Register with the AHA office at 703-231-0824, or at aha@AtHomeInAlexandria.org.

A Bit of History – Cinco de Mayo

We all like a party, so Cinco de Mayo is another opportunity to get together for food and drink in the month of May, but do you know the history of Cinco de Mayo? It is a yearly celebration held on May 5 to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862 but it did not remove the French from Mexico at that time. However, following the end of the American Civil War in 1865, the United States began lending money and guns to the Mexican Liberals, pushing France and Mexican Conservatives to the edge of defeat. At the opening of the French parliament in January 1866, Napoleon III announced that he would withdraw French troops from Mexico. In reply to a French request for American neutrality, the American secretary of state William H. Seward replied that French withdrawal from Mexico should be unconditional. France withdrew from Mexico in 1866.

More popular in the United States than in Mexico, Cinco de Mayo has become associated with the celebration of Mexican-American culture. Celebrations began in Columbia, California, where they have been observed annually since 1862. The day gained nationwide popularity beyond those of Mexican-American heritage in the 1980s due to advertising campaigns by beer, wine, and tequila companies; today, Cinco de Mayo generates beer sales on par with the Super Bowl. In Mexico, the commemoration of the battle continues to be mostly ceremonial, such as through military parades or battle reenactments. The city of Puebla marks the event with various festivals and reenactments of the battle. (Thanks to Wikipedia)

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When Do I Call EMS? What Will Happen?

By Alan Dinsmore

AHA Member

Commission on Aging Member

AHA members are invited to the May 7 meeting of the Alexandria Commission on Aging featuring a presentation on Emergency Medical Services by Jeff Woolsey, retired EMS Captain now the community outreach coordinator for Alexandria EMS. The meeting will be at 4:00pm at the Del Pepper Community Resource Center, 4850 Mark Center Drive, 9th Floor. Parking is free in a covered garage, left turn from the entry drive and then right into the garage.

Captain Woolsey will take us from the first call to EMS including when to call, what to expect in the residence, and what to expect on hospital arrival. He will also address important questions like what if the person just fell, how will EMS personnel assess an emergency, what services are available in EMS transport vehicles, where you go depending on the emergency. Does Medicare pay? Additional questions: Should I ever drive somebody to the emergency room? Is EMS staff trained to deal with dementia? What is the role of Smart911? An important hint for those who cannot attend: If you or a spouse, friend or partner are enrolled, make sure the call to EMS is from the cell or landline used to enroll. Your information is protected through that number. If the call comes from a relative, friend, or caregivers' phone, EMS dispatchers will not have access to your Smart911 information.

The free **Smart911** service allows individuals and businesses to create online safety profiles with home, workplace and mobile phone numbers, along with additional information that would be valuable to dispatchers and first responders during an emergency. Learn more at City of Alexandria's website:
<https://www.alexandriava.gov/Smart911>.

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SPECIAL DAYS IN MAY

May 1 May Day
May 4 Kentucky Derby
May 5 Cinco de Mayo
May 12 Mother's Day
May 27 Memorial Day

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