

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

Thank You, Mary Ann!

By Cele Garrett, AHA Executive Director

For over five years, Mary Ann Bier has been the one to put our monthly newsletter into a readable and coherent format — often writing articles herself. Last month, she officially retired from the job and we are incredibly grateful to her for the countless hours she has given to this project.

If you've already done the math, you know this translates to over 60 newsletter issues and 300+ pages of copy. Just think about all the news that's taken place since she tackled that first issue in the spring of 2019!

From all of us: Thank you, Mary Ann!



Mary Ann Bier
Editor Emerita, AHA Newsletter

“What dreadful hot weather we have! It keeps me in a continual state of inelegance.”

— Jane Austen

To learn how to stay healthy during this heat wave, join the Dupont Circle Village on Monday, July 29 for Live and Learn: Hydration and Nutrition (see details on page 3).



“It looks like we're all booked up for heat-dome season, but I have some great packages heading into tornado/flood season.”

July 2024 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. The link will allow you to attend via computer or phone.

In-person events are open to those who are fully vaccinated.

PLEASE NOTE: AHA Movie Group and AHA Interviews will be taking a Summer hiatus and will not meet in July and August.

Thursday, July 4	Independence Day , AHA office closed	all day
Tuesday, July 9	Ladies' Night Out at Rustico Alexandria. Limit of 8.	5pm
Thursday, July 11	Oh Hell! Let's Play Cards , at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Wednesday, July 17	Dine Around at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. Limit of 10.	6pm
Thursday, July 18	Tech Thursday: Managing Your Digital Legacy , at AHA office conference room.	1pm
Thursday, July 18	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Saturday, July 20	Special July Happy Hour at the Carlyle Towers, 2151 Jamieson Ave.	5-7:30pm
Tuesday, July 23	Coffee and Conversation at Royal Restaurant. Limit of 12.	10-11:30am
Thursday, July 25	Lunch Around at Vaso's Mediterranean Bistro, 1118 King Street. Limit of 12.	12 noon
Thursday, July 25	Oh Hell! Let's Play Cards , at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Saturday, July 27	AHA Lunch Group at Jula's on the Potomac. Limit of 6.	12 noon
Monday, July 29th	Live and Learn: Hydration and Nutrition , hosted by Dupont Circle Village	3:30-5pm
Tuesday, July 30th	Tech Junk Swap , at AHA office conference room.	1-3pm

Program Notes

Thursday, July 4 - AHA Office Closed

The AHA office will be closed in observance of the holiday. We will be open on July 5th, though working remotely. We wish you a very happy 4th of July!

Thursday, July 11 and Thursday, July 25 - Oh Hell! Let's Play Cards

There are now **two** opportunities per month to join AHA member Mark Edelman and other AHA friends to play cards! Oh Hell! is a bridge-like game and is a ton of fun. All are welcome!

Thursday, July 18 - Tech Thursday: Managing Your Digital Legacy

Join AHA tech volunteer Chris Miller to learn how to set up your digital affairs so that your loved ones can access them when you're no longer able to. Digital legacy includes photos, bank accounts, email accounts, Facebook accounts, etc. Join Chris and AHA members to learn more!

Saturday, July 20 - Special July Happy Hour

On Saturday, July 20, we will host a summer happy hour for members and volunteers. We have reserved the lovely and spacious community room at Carlyle Towers (2151 Jamieson Avenue) from 5-7:30pm. There is a wonderful balcony to enjoy too.

We encourage members and volunteers to invite any friends or neighbors who might be interested in AHA. Some of our smaller-group social activities have a limited capacity and they often fill up quickly, so this happy hour is a wonderful opportunity to invite guests without the concern of a crowded venue.

As is typical with our happy hours, this will be potluck style. Bring an appetizer or beverage of your choosing. (Of course, guests do not need to bring anything.) RSVP to AHA (aha@athomeinalexandria.org; 703-231-0824).

More Program Notes

Monday, July 29 - Live and Learn: Hydration and Nutrition

This session, courtesy of Dupont Circle Village, will focus on hydration and nutrition for older adults, especially those with chronic conditions like diabetes, heart disease, and kidney disease. This session is facilitated by Neelam Singh, a Certified Holistic Health and Functional Nutrition Coach and Yoga Teacher with over ten years of experience. She empowers individuals aged 45 and above to take charge of their well-being through natural solutions.

Tuesday, July 30 - Tech Junk Swap

AHA tech volunteer Chris Miller and AHA member Carol Siegel have teamed up to co-facilitate a Tech Junk Swap! Many of us have accumulated tech odds and ends (charger cords, earbuds, old phones) that we'd like to get rid of, but it can sometimes be difficult to know what may still be useful. At this event you can bring any tech that you have questions about and Chris will advise. All tech that you no longer need, but is still usable, can be taken home by another member. Chris will dispose of the unusable items. To learn more about the Swap, go to the event description on AHA's Hub or website calendar. Here are answers to some of the questions you may have about the Tech Junk Swap:

What can I bring to the Swap? Telephones, cell phones, cables, chargers and cords, headphones, earbuds, keyboards, computer mice, remotes, and speakers.

How much can I bring to the Swap? You may bring what can fit in a shoe box.

What should I NOT bring to the Swap? No VCRs, monitors, no laptops, and no DVD players.

Can someone help me bring my old technology into the office? Yes. An AHA staff member will be available to help you bring in your tech from the parking lot to the office.

A New Home for Your Old Computer By Barbara Rosenfeld

While AHA's Tech Junk Swap on July 30 (see program notes for more details) gives you an opportunity to donate your tech odds and ends, AHA isn't able to accommodate your larger tech items. So, what can you do if you have an old PC or Mac laptop that you don't use anymore and that is gathering dust at your home?

Don't take it to recycling or the dump! Instead contribute it to a nonprofit organization that will refurbish it and give it to a needy student or adult. I was delighted to learn about Computer CORE (Community Outreach and Education), a 501(c)3 nonprofit organization with an office in Old Town. Computer CORE restores old electronics and gives them to students to use for virtual classes and to low-income adults who want to gain job-seeking skills.

I was also happy to learn that they would safely wipe the data from my laptop so I didn't have to worry about anyone getting my information. Computer CORE has given away over 1,900 refurbished computers and placed over 1,700 students in free, online learning since March 2020. By donating your no-longer-used but still operable computers (and related equipment), you will be helping support computer and job skills training for individuals seeking an opportunity to transform their careers and improve their lives.

Computer Core is located at 201 N. Union St., Suite 110. Call the office to schedule your pickup at 703-931-7346, or check out their website at www.computercore.org.

A final tip: ask them if you can double park on N. Union while dropping off your items. They might even come out to meet you.



computer core

Remembering Mary Macone

AHA member Mary Macone passed away peacefully at her home on May 28. She is interred at Ivy Hill Cemetery in Alexandria. Her compassionate spirit and genuine appreciation for all who have helped her will be truly missed. As one AHA volunteer put it, she was "so vibrant and full of life." Another volunteer said, "She was a lovely lady and so 'with it.'" Mary is survived by her son, daughter-in-law, and granddaughter, who will carry on her memory and attitude of goodwill to all.



Did you miss something? Recordings from Recent Zoom Events

Last month we had two wonderful Zoom events:

1. Interview with Alexandria's Commonwealth's Attorney Bryan L. Porter and
2. Financial Literacy: "What If" Kit with Kay Bransford of MemoryBanc.

Many thanks to Howard Weiss and Brenda Bloch-Young for facilitating these events. If you would like to access the recordings from these events or any Zoom recordings from past AHA events, please contact the AHA office at aha@AtHomeInAlexandria.org or 703-231-0824.



AHA Member Howard Weiss interviewing Commonwealth's Attorney Bryan L Porter on June 17, 2024.

Welcome New Member

Carol Fay – Old Town



Kay Bransford of MemoryBanc addressed AHA members on June 18 about her "What If" Kit.

AHA Service Spotlight: Technology Services

Did You Know? AHA offers a variety of technology services, provided by our amazing Tech Volunteers! Whether you need help troubleshooting, want to dive deeper into a tech topic, or have tech goals you want to achieve, we've got you covered.

AHA offers the following technology services:

Tech Troubleshooting: We can help when your device isn't working right or you need help setting up a device.

Tech Thursdays: You can stop by the AHA office on the third Thursday of the month to discuss a tech topic. Attendance is limited, so make sure to register on the AHA Hub or by contacting the office.

One-on-one Tech Training: We can match you with a DOROT-trained tech coach to enhance your tech skills. Just let us know your tech goals.

Don't miss out on technology support! Remember, our tech volunteers are here to help you every step of the way. Contact the AHA Office today at AHA@AtHomeInAlexandria.org or 703-231-0824.

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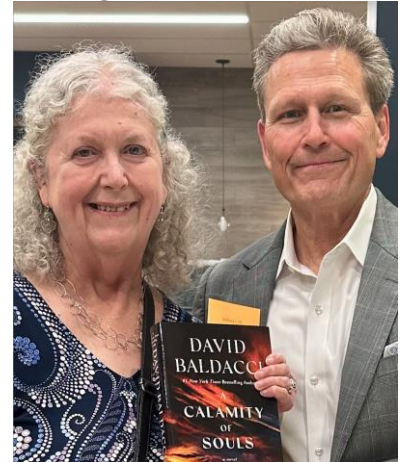
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Member News

Meeting her favorite author



AHA Member Nancy Blanton met her favorite author, David Baldacci, at the Alexandria Library Foundation's 2024 Author Event. Baldacci discussed his newest best seller, [A Calamity of Souls](#), set in 1968 southern Virginia and involves a racially charged murder case. It's already been called "a modern masterpiece and an instant classic."

Visiting the Redwoods



AHA Member Brenda Bloch-Young was in northern California with her son and daughter-in-law and had a chance to see the magnificent redwoods.

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN JULY

<i>July 4</i>	<i>Independence Day</i>
<i>July 16-17</i>	<i>Islamic holiday of Ashura</i>
<i>July 21</i>	<i>Full moon: Super Buck Moon</i>
<i>July 21</i>	<i>National Ice Cream Day</i>

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