

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

## A Quick Summer Hello!

by Cele Garrett, AHA Executive Director

As we enter our final month of a hot summer, I've heard from some of our members who have had some fun travel adventures. Please send us a photo we can include in our September newsletter! A few other members have experienced "adventures" of a different sort this summer: an unexpected medical crisis. I have seen heartwarming acts of friendship and support among our members these past months--and it reaffirms the value of a village community like AHA. I want to thank our intrepid volunteers for time spent with our members--and I'm gratified for the friendships that often form as a result of these interactions.

It was wonderful seeing so many of you at our happy hour a few weeks back. Stay cool, everyone!

## Summer Happy Hour

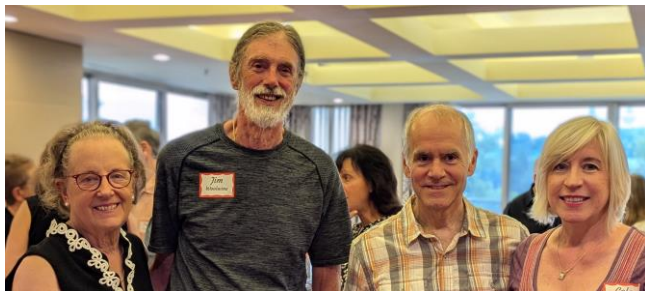
AHA's summer happy hour was a smashing success. Thank you to everyone who attended. And we look forward to seeing even more members and volunteers next year. For more photos, go to page 5.



Howard Weiss, Doug Land, and Matt Sheehan



Patricia Mellen and Chuck Audrain



Jim and Gail Woolwine, Scott and Cele Garrett



Jane Plitt and Peggy Marchbanks

## August 2024

### Calendar

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: Dine Around, Financial Literacy, Happy Hour, Interviews, and Movie Group will not meet in August.**

Thursday, August 8	<b>Oh Hell! Let's Play Cards</b> at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Saturday, August 10	<b>"Clear the Clutter" Donation and Recycling Pickup</b> at your home.	morning
Tuesday, August 13	<b>Ladies' Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. Limit of 10.	5pm
Thursday, August 15	<b>Tech Thursday: How to Share Digital Photo Albums (Google or Apple)</b> at AHA office, 3139 Mt. Vernon Avenue.	1pm
Thursday, August 15	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Saturday, August 17	<b>AHA Lunch Group</b> at 1799 Prime Steak and Seafood, 110 S Pitt St. Limit of 6.	12 noon
Thursday, August 22	<b>Lunch Around</b> at Chadwick's, 203 Strand St. Limit of 10.	12 noon
Thursday, August 22	<b>Oh Hell! Let's Play Cards</b> at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Monday, August 26	<b>Fixing Social Security for the Long Run</b> via Zoom. Thank you to Encore Learning for including AHA members. Contact the office for the Zoom link.	3-4:30pm
Tuesday, August 27	<b>Coffee and Conversation</b> at Royal Restaurant, 730 N St Asaph St. Limit of 12.	10-11:30am

## Program Notes

### Saturday, August 10 – "Clear the Clutter," Donation and Recycling Pickup

On Saturday morning, August 10, AHA will team up with HITT Contracting, a national firm based in Falls Church, to offer our members a special service: HITT employees will pick up and haul away items you would like to dispose of, recycle or donate. This is a chance to get rid of some burdensome things taking up space in your home. AHA members will need to reserve a spot by calling or emailing the AHA office no later than 12 noon on Tuesday, August 6. To learn more about this event, please refer to Richmond Bowen's article on page 4.

### Thursday, August 15 – Tech Thursday: How to Share Digital Photo Albums

Join AHA tech volunteer Chris Miller to talk about how to use Shared Albums to share photos with friends & family. This is the best way to share a bunch of photos with a bunch of people - much better than sending them by text or email. We'll cover the two main approaches: Google and Apple. Be sure to bring your phone!



"I get a lot of anxiety when summer ends, and then fall starts, and then summer comes right back again." Cartoon by Pat Achilles

## Paratransit Reminder

by Howard Weiss, AHA member

We are very fortunate to have [the City of Alexandria's paratransit program](#). This specialized, door-to-door transportation service is available for residents who are disabled or have difficulties using Metro. The service runs seven days per week and serves Alexandria, Arlington, DC, Falls Church, and Fairfax, including airports.

**Who qualifies?** Residents who cannot use Metrobus or Metrorail due to their physical challenges are eligible. Residents [apply to the Paratransit Coordinator](#) and must include a certificate from a physician or physical therapist.

**How much does it cost?** Service within Alexandria is free. Services outside of Alexandria costs either \$4 or \$6 per trip, depending on distance. A personal care attendant can ride free.

**How do I make a reservation?** Once approved, you can make a reservation using the [Alexandria DOT app](#) or the [Alexandria DOT Web Portal](#). While you can also call the Paratransit Call Center at 703-836-5222 during business hours, I have found the app and portal easiest. You must make a reservation at least one day ahead. It's best to schedule your trip as far in advance as possible.

**How do I pay?** Fares can be paid through the app or portal using a credit or debit card in advance. I have found that paying cash directly to the driver works best. Sometimes, the electronic payment system has glitches.

**Does DOT use accessible vans?** Yes. Trips are provided by the City's contractor, National Express Transit/Diamond Transportation and their sub-contractor, UZURV. Vans, small buses, and taxis are used. Occasionally, you must share the vehicle.

**Who do I call if I have questions?** The Paratransit Call Center is available during business hours at 703-836-5222. If you need to call after business hours, you can call Diamond/UZURV directly at 703-912-7606.

I am also happy to speak with you. My number is in the Membership Directory under Howard Weiss.

## For 2024, There Are a Few Updates to RMDs

by Brenda Bloch-Young, AHA Member and retired CPA

Even though I am officially retired, I still think like a Certified Public Accountant (CPA). For instance, I try to stay up-to-date with changes to the tax code. I wanted to share some recent changes that may impact your required minimum distributions (RMDs), the minimum amounts you must withdraw from your retirement accounts each year.

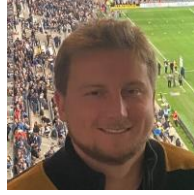
- The age to start taking RMDs is determined by the year you were born.
  - Individuals born between 1951 and 1959 must start their RMDs after age 73.
  - Those born in 1960 or later can delay RMDs until after age 75.
- RMDs are no longer required from designated Roth accounts.
- Individual retirement account (IRA) owners age 70 ½ and older can transfer up to \$100,000 to charity tax-free each year. These transfers, known as qualified charitable distributions (QCDs), offer a great way to easily give to charity before the end of the year. And, for those who are at least 73 years old, QCDs count toward the IRA owner's RMD for the year. If you want to do this, you need to contact your IRA trustee to complete the transaction. For more information, contact your own accountant or view the IRS [Publication 590-B, Distributions from Individual Retirement Arrangements \(IRAs\)](#).

As always, it is a good idea to consult with your tax advisor on individual planning that may be most appropriate for your situation and to understand the potential penalties for failure to withdraw the correct amount each year. This may include consolidating retirement accounts or a conversion of a portion of the account to a Roth IRA.

## AHA's "Clear the Clutter" Event

by Richmond Bowen, AHA Volunteer

I am pleased to announce that on Saturday morning, August 10, HITT Contracting has volunteered to pick up items for donations, recycling, or trash from AHA members' homes.



Richmond Bowen  
AHA Volunteer

As an avid AHA supporter and volunteer and HITT employee, I am organizing this event. When I learned about HITT's "Be the Good" volunteer program, I found an opportunity to bring my two worlds together.

**What items will you take?** Clothing or household items; inoperable electronics; broken cumbersome items; and recyclable papers.

**Are there items you will not take?** Furniture; paper with personal data (we won't have a shredder).

**Can I get a tax receipt for my donated items?** I am sorry, we cannot offer tax receipts.

**What about waste materials?** Our team will consider these items on a case-by-case basis.

**How do I prepare?** Collect your items and be ready for pick up. If you have multiple items, please place them in boxes if you are able. HITT volunteers will come to your home and take your items away.

**How will I know when you will arrive?** We will schedule pick-ups by appointment. We will also call you when we are on our way to your residence so you'll know when to expect us.

**How do I sign up?** Book your slot by contacting the AHA office by email at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or by phone at 703-231-0824.

## Are You a Navy Football Fan?

An AHA member -- a devout and long-standing Navy football fan -- wants to share her second season ticket in exchange for a car ride to the home games in Annapolis. A parking pass is included. She is especially looking for a fellow Navy fan for the first three home games on August 31, September 7 and 21. If you are interested, contact the AHA office and we'll get you connected.

## AHA Service Spotlight: Friendly Visiting

AHA Volunteers love meeting AHA Members and forming special relationships with them. In fact, we have several volunteers who are interested in volunteering as friendly visitors. If you would like to request a volunteer to come visit with you or speak with you on the phone, please let us know and we will connect you.

Please contact the AHA Office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or 703-231-0824 to request a friendly visitor volunteer.

## Welcome New Members

David Cavanaugh – Seminary Hill  
Gisele Jean-Baptiste – Taylor Run  
Dagmar Hall – Old Town  
Mila Mateu – Rosemont

## More of Our Summer Happy Hour



L to R: Guests Jan Alfieri and Khatiza Van Savage, Pete Crouch, Bob Eiffert, John Veldhuis and Nancy Blanton. (Charles Ablard in background.)



Chuck Court, Roman Martino, and John Veldhuis



Dodo Ablard and Diane Dippold MacIntosh (goofing around and switching up their nametags)



Adam Perry, Nancy Veldhuis and Ann Kaupp

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[www.athomeinalexandria.org](http://www.athomeinalexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN AUGUST

*August 19*                      *First day of school for Alexandria City  
Public School students*

*August 19*                      *First full moon: Sturgeon Moon*

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