

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

September Is Here—and So Are Some New AHA Events!

by Cele Garrett, AHA Executive Director

I'm not sure what happened to the summer, but we are ushering in September with some new AHA offerings!

The **AHA Lively Arts Discussion** will be held on Monday, September 16 at 9:30 am at St. Elmo's Coffee Pub North Old Town (529 Montgomery St). This new AHA monthly conversation is for sharing information about arts events in our region. Come prepared to talk about – or just listen to reports of– recent art exhibits, local theatre, or books that we have been enjoying or might like to try with a buddy. AHA member Charlotte Tsoucalas will arrive early to welcome you to the table.

The **AHA Morning Brew** coffee gathering will take place on Monday, September 23 at 10 am at the Alexandria Pastry Shop (in the Bradlee Shopping Center, 3690 King Street H). There is no agenda at this meeting, just an opportunity to provide a welcoming table in a local coffee shop. Both new and “seasoned” AHA members can stop by and just get to know one another better. AHA members Bob Eiffert and Jim Woolwine will be there to welcome you. (They're both tall so you can't miss 'em!)

We plan to resume and add to some of our favorite offerings, too.

The **Met Opera at the Theatre** outings will resume with 2024/25 season of The Metropolitan Opera. This season there are eight Met live theatre transmissions, the first being Offenbach's *Les Contes d'Hoffman* on Saturday, October 5 at 1 pm. All we need is someone to be our “leader” by choosing a designated row that AHA members select when buying their ticket online—and possibly meeting in the theatre lobby beforehand. Contact the AHA office if you're interested.

Weekly **Chair Yoga Classes** (offered in partnership with Alexandria House) will continue to meet. Now we're eager to know if there is interest among AHA members in a **gentle mat yoga class**. Let us know!

In September, we're also offering a few special presentations.

The **Continuum of Care** panel discussion (held jointly with Arlington Neighborhood Village (ANV)) will be held on Tuesday, September 10 at 10 am at the Fairlington Community Center (3308 S. Stafford St, Arlington, just off Quaker Lane). The panel will include professionals from a home care agency, home health care company, an aging life care specialist, and a hospice care group.

The **Alexandria Senior Communities: A Breakdown** presentation will be held on Friday, September 27 at 10:30 am at Beatley Library. Presenters are real estate broker Pete Crouch and Colleen Duetel of Lionheart Elder Care.

Brett Sanders, Owner/Administrator of Assisting Hands Home Care and AHA Annual Sponsor, pens a guest column this month and shares more information about these two events. See his column on page 3.

All these events are free but do require registration: aha@athomeinalexandria.org, 703-231-0824 or via AHA Hub.

September 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: *Tech Thursday* will not meet in September and will resume in October.**

Tuesday, Sept 10	Continuum of Care Panel Discussion at the Fairlington Community Center, 3308 S. Stafford Street.	10am-12pm
Tuesday, Sept 10	Ladies' Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. Limit 10.	5pm
Wednesday, Sept 11	Movie Group on Zoom. Movies for this month: <i>Wicked Little Letters</i> and <i>The French Connection</i> .	4-5pm
Thursday, Sept 12	Oh Hell! Let's Play Cards at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Saturday, Sept 14	Happy Hour at the home of Dodo and Charles Ablard. Limit of 30.	5-7pm
Monday, Sept 16	AHA Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Tuesday, Sept 17	Financial Literacy: Required Minimum Distributions on Zoom.	10-11:30am
Wednesday, Sept 18	Dine Around , at T.H.A.I. in Shirlington, 4029 Campbell Ave. Limit of 12.	6:30 pm
Thursday, Sept 19	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue.	5-6:30pm
Saturday, Sept 21	AHA Lunch Group at Vaso's Kitchen, 1225 Powhatan St. Limit of 6.	12 noon
Monday, Sept 23	Morning Brew at Alexandria Pastry Shop, 3690 King St. H. Limit of 8.	10am
Tuesday, Sept 24	Coffee and Conversation at Royal Restaurant. Limit of 12.	10-11:30am
Thursday, Sept 26	Lunch Around at Bollywood Masala, 211 King St. Limit of 12.	12 noon
Thursday, Sept 26	Oh Hell! Let's Play Cards , at AHA office, 3139 Mt. Vernon Ave. Limit of 10.	2-3pm
Friday, Sept 27	Alexandria Senior Communities: A Breakdown at Beatley Library, 5005 Duke Street.	10:30-11:45am

Program Notes

Monday, September 2 – AHA Closed

The AHA office will be closed in observance of Labor Day.

Tuesday, September 10 – Continuum of Care

At Home in Alexandria (AHA) and Arlington Neighborhood Village (ANV) are co-hosting a panel discussion on the continuum of care. More information on page 3.

Saturday, September 14 – Happy Hour

Join AHA Members Dodo and Charles Ablard and other AHA friends for Happy Hour! As is typical with AHA Happy Hours, we ask that you bring a drink or snack to share.

Monday, September 16 – AHA Lively Arts Discussion Group

Join AHA Member Charlotte Tsoucalas for a new group that meets to discuss arts! Come prepared to talk about – or just listen to reports of– recent art exhibits, local theatre, or books that we have been enjoying or might like to try with a buddy. More information on page 1.

Tuesday, September 17 – Financial Literacy: Required Minimum Distributions (RMD)

What's the best strategy for RMD withdrawals? There really isn't one answer here but multiple considerations depending on your personal situation. Join AHA Member and retired CPA Brenda Bloch-Young to share your thoughts and hear about options you may want to consider.

Monday, September 23 – AHA Morning Brew

There is no agenda at this informal gathering, just an opportunity for AHA members to get to know one another better. More information on page 1.

Friday, September 27 – Alexandria Senior Communities: A Breakdown

This presentation will guide us through the seven types of senior living communities. They will also cover the financial aspects of paying for the care you or your loved ones may need. More information on page 3.

Navigating the Continuum of Care: Upcoming AHA Learning Opportunities

by Brett Sanders, Owner/Administrator of
Assisting Hands Home Care and AHA Annual Sponsor

At Home in Alexandria (AHA) has always been discerning when selecting organizations as a sponsor, ensuring that each partnership aligns with its mission of helping older adults successfully navigate aging. As the owner of Assisting Hands Home Care, a licensed home care agency that provides compassionate and professional non-medical home care services, I'm honored to be one of AHA's annual sponsors. I strongly believe in the work that AHA and similar villages do in our area as they advocate for older adults to live safe, active, and connected lives.

In the spirit of collaboration and knowledge-sharing, I invite you to join two upcoming AHA learning opportunities that I believe will be of great value to all.

The first event, ***A Continuum of Care***, will be held on Tuesday, September 10, at 10 a.m. at the Fairlington Community Center. This event, co-hosted with Arlington Neighborhood Village, will feature an informal discussion on the several categories of care available to older adults, including Non-Medical In-Home Care, Medicare Certified Home Healthcare, Strategic Aging Life Care Management, and Hospice Care. I will be participating alongside other professionals to discuss, distinguish, and highlight these options. Understanding the various in-home services available to older adults is critical to making informed decisions when challenges arise.

The second event, ***Alexandria Senior Communities: A Breakdown***, will take place on Friday, September 27, at 10:30 a.m. This session, sponsored by Assisting Hands Home Care, will feature Pete Crouch, an AHA volunteer and local real estate broker, and Colleen Duewel, the owner of Lionheart Elder Care. They will guide us through the seven types of senior living communities and discuss the services each offers. They will also cover the financial aspects of paying for the care you or your loved ones may need.

These events reflect AHA's commitment to providing valuable information and resources to its members and the broader community. As someone who has had the pleasure of meeting many AHA members over the past year, I look forward to seeing you at one or both of these events.

To register, please contact AHA at 703-231-0824 or aha@athomeinalexandria.org, or you can register through AHA Hub.

Welcome New Members

Barbara Davidson – Holmes Run
Diane Hice – Del Ray
John and Gwen Mullen – Old Town

AHA ZOOM Movie Club

The next AHA Zoom Movie Club is September 11 at 4:00 pm. The AHA office will send you the Zoom link after you have registered for the program. The link will allow you to attend via computer or phone.

Hosted by Barbara Brennan, the movie group gives AHA members an opportunity to watch and discuss movies from the comfort of their own homes. Each month, two movies are selected, which members watch at their leisure. At the monthly Zoom meeting, members discuss the movies and rate them. Movie selections for September are:

Wicked Little Letters (Netflix or Apple TV). This 2023 British black comedy mystery film stars Olivia Colman, Jessie Buckley, Gemma Jones, and Eileen Atkins, among others. Based on a true scandal, it follows an investigation into the anonymous author of numerous crudely insulting letters sent to the residents of a small seaside town.

The French Connection (Amazon, Apple TV, MAX, YouTube) is a 1971 American neo-noir action thriller film. It stars Gene Hackman, Roy Scheider and Fernando Rey. It is based on Robin Moore's 1969 non-fiction book of the same name. Fictional NYPD detectives Jimmy "Popeye" Doyle and Buddy "Cloudy" Russo, whose real-life counterparts were narcotics detectives Eddie Egan and Sonny Grosso, pursue wealthy French heroin smuggler Alain Charnier.

Are You an Election Volunteer?

If you are volunteering at the polls this election: thank you! We'd love to come by and see you in action and snap some photos. Please let Veronica Ferris, AHA Marketing and Membership Manager know where and when you will be volunteering by emailing her at veronica@AtHomeInAlexandria.org or calling the AHA office: 703-231-0824. Thanks!

AHA Service Spotlight: Silver Service Card

Did you know that many Alexandria businesses offer discounts to Alexandria seniors?

Senior Services of Alexandria, AHA and the City of Alexandria partnered to create the Silver Service card. When presented at participating local businesses, the card allows Alexandria seniors ages 60+ to access discounts.

For a full list of participating businesses, visit seniorservicesalex.org/programs/silver-service-card/ or contact the AHA office at 703-231-0824 or aha@AtHomeInAlexandria.org. Come by the AHA office any day Monday-Friday from 10am-2pm to pick up your Silver Service card.

Interest Groups

by Julie Gentry, AHA Member

Do you have a particular interest that you would like to share with others? Would you be interested in gathering a group of like-minded people to meet regularly to discuss that interest or topic?

AHA is interested in helping members set up these "Interest Groups." While not officially sponsoring these groups, AHA is willing to help connect people to one another. And because AHA is not sponsoring the groups, there will be no restrictions on the topic or interest chosen. Additionally, non-AHA members will be welcome. For example, AHA member Howard Weiss hosts an interest group called What's in the News that meets monthly to discuss current events.

Each monthly AHA Newsletter will include a list of the interest groups that have formed or hope to form. The listing will include a description of the group and a single person who interested individuals (members and non-members) can contact for more information.

If you are interested in starting an Interest Group, please email the name of the group, a short description for the group, and a single point of contact information to me at JulieKGentry@gmail.com.

Home Safety for Older Adults

by Veronica Ferris, AHA Marketing
and Membership Manager

The National Council on Aging has put together a 2024 home safety guide for older adults. We strongly encourage you to review the guide, which is available for free online.



There are many things to consider when it comes to home safety, a few are summarized here:

Exterior: use entryway lighting and install railings around all steps.

Living Area: fix area rugs to the floor and set up a charging station for devices next to the seating area.

Stairways: add non-slip tread covers on steps and light halls/stairways with motion detection lights.

Walkways: install hand railings throughout the halls and use bright tape to mark uneven flooring or thresholds.

Bedroom: keep the room clutter-free for more restful sleep and make sure the bed is easy to get into and out of.

Kitchen: use cut-resistant gloves and nonslip cutting boards and ensure appliances are in working order.

Bathroom: mount grab bars near the toilet and bathing area and add a non-slip mat on the tub or shower floor.

For the full home safety guide for 2024, visit www.ncoa.org/adviser/sleep/home-safety-older-adults

Remembering AHA Member Jean Antone



AHA lost a longtime member when Jean Antone passed away on August 22. Jean has been part of AHA nearly since its beginning. Jean had been an antiques dealer years ago and, for years, was involved in local politics. Many of us will remember seeing her walk her little dog along the streets of Old Town, where she lived.

Lunch Around



On July 25, AHA held a Lunch Around at Vaso's Mediterranean Bistro. Thirteen AHA members attended. Thanks to Carmen Raventos-Suarez for sharing the photo. Join us for our next Lunch Around on September 12 at Bollywood Masala. More information is in the calendar on page 2.

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Dine Around

On July 11, AHA held a Dine Around at Aldo's Italian Kitchen. Nine members attended. Thanks to Mary Ann Bier for taking and sharing the photo.



From left and around the table: Mary Lou Collins, Virginia Kress, Kim Kelleher, Mila Mateu, Susanne O'Neill, Sandy Heistad, Jayne Owiesny, and Dr Helen DesFosses.

Join us for our next Dine Around on September 18 at T.H.A.I. in Shirlington. More information is in the calendar on page 2.

Thanks to Richmond Bowen and HITT Contracting

Huge thanks to AHA Volunteer Richmond Bowen for organizing a Clear the Clutter Day in August. Under Bowen's leadership, HITT Contracting volunteered to go to AHA members' homes and pick up and cart away any items for donation, recycling, or trash.



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— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
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SPECIAL DAYS IN SEPTEMBER

<i>September 2</i>	<i>Labor Day</i>
<i>September 8</i>	<i>National Grandparents Day</i>
<i>September 11</i>	<i>Day of Remembrance</i>

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Accepting Newsletter Contributions!

Would you like to write an article for the AHA Newsletter? Do you have pictures from a recent trip you'd like to share? We always welcome your contributions to the AHA Newsletter. Please send your submissions to AHA Newsletter Editor Laurie Cammisa at Laurie@the-red-binder.com.