

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

AHA Year-end Campaign

Cele Garrett, AHA executive director

In a few days, you'll receive a letter in the mail from AHA co-founder Ernie Lehmann, on behalf of AHA. I realize you get lots of letters and emails as the year draws to a close—but I fervently hope you will open that letter, read Ernie's personal story and consider a special year-end contribution to AHA.

AHA is a member-based organization—and our member dues comprise about 37% of our operating expenses. AHA must raise funds for the remaining 63%. We spend most of our time and energy on services and programs to meet our members' needs. But a few times each year—now being one of those times—it's important for us to convey that AHA is a nonprofit organization that cannot exist without support from the community we serve. We reach out to many people during this campaign—and this year, you're hearing from us a little earlier in the hope that Ernie's letter doesn't get lost "in the shuffle."

I hope you believe that supporting AHA is an investment worth making. Loneliness and isolation among older adults continues to be a growing problem—and a village like AHA is there to provide social engagement and a compassionate helping hand. With the health care industry experiencing record shortages in the labor market (a problem that, unfortunately, will get worse), a community-based group dedicated to helping older adults achieve healthier outcomes is a low-cost way to help address this reality. But "low cost" doesn't mean "no cost." There are real expenses associated with running a nonprofit organization—and those costs only increase over time. As the holiday season approaches, I thank you in advance for counting AHA among the organizations you will support. We are immensely grateful.

It's Scottish Walk Time!

Cele Garrett, executive director

We are busy planning one of our favorite AHA gatherings: walking and riding in the Scottish Walk Christmas parade! And this year, we are really leaning in to our collective Scottish heritage. We are asking you to send us your Scottish family name so it can be represented in the parade. If you happen to know which clan it's associated with, all the better! (For me, it's Greer, a sept of Clan MacGregor.) This year, we will have our longtime friend Mitch Opalski serve as M.C. for the "call and response" as we walk. Mitch is the owner of Synergy Home Care and, if you know Mitch, you know he always brings the fun!

AHA has walked in the parade since 2011, so the Scottish Walk is an AHA tradition too. The parade provides great visibility to AHA but, more important, it illustrates that older adults are still fun and active—and enjoy being a vital part of this Alexandria community we love. Once again, AHA member Ann Liddle is graciously opening her home to AHA members and volunteers for some warm refreshment and snacks prior to the parade lineup. (Her home is less than one block from AHA's lineup spot so, yes, we're a little spoiled!) We'll be walking AND riding in some convertible cars. We'll supply the banners, signs and AHA red scarves for those who don't have their own family tartan. Put **Saturday, December 7, 9:30am** on your calendar and call the AHA office to register so we'll know how many walkers and riders we'll have and can arrange some carpools. Can't wait to see you there! *Lang may yer lum reek!* (Long may your chimney smoke!)

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

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

NOTE: Financial Literacy is on hiatus for November.

Saturday, November 9	Happy Hour at the home of Teddy McBay. Limit of 30.	5-7pm
Tuesday, November 12	Ladies' Night Out at MacMillan Spirit House, located at 500 Montgomery St. Limit of 10.	5pm
Wednesday, November 13	Artificial Intelligence Presentation by Alejandro Suarez via Zoom.	10-11:30am
Wednesday, November 13	Movie Group on Zoom. Movies for this month: <i>The Monk and the Gun</i> , and <i>The Match</i> .	4-5pm
Wednesday, November 13	Dine Around , at the Carlyle, located at 4000 Campbell Ave, Arlington. Limit of 12.	6:00pm
Thursday, November 14	Oh Hell! Let's Play Cards at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	2-3pm
Monday, November 18	AHA Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Thursday, November 21	Tech Thursday: Using PayPal, Venmo and Zelle at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	1pm
Thursday, November 21	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Monday, November 25	Morning Brew at Panera, located at 3201 Duke Street. No limit.	10am
Tuesday, November 26	Coffee and Conversation at Royal Restaurant. Limit of 12.	10-11:30am
Thursday, November 28	Thanksgiving Lunch at Laporta's, located at 1600 Duke St. Limit of 6.	12 noon
Saturday, November 30	Theater Outing to see <i>Summer, 1976</i> at Studio Theatre	2pm

Note: Your editor, Laurie Cammisa is traveling this month. Mary Ann Bier is the temporary editor for this issue.

Wednesday, Nov 13 - Artificial Intelligence, or AI, felt like science fiction for most of us until it suddenly took the world by storm. But what is AI? Why is it suddenly so popular? Can it help us, or harm us? In this discussion, Dr. Suarez will describe how AI works, how it can impact our daily lives, and what could be in store for the future.

Alejandro Suarez, Ph.D., is a program director at the U.S. National Science Foundation (NSF).

Wednesday, Nov 13 - AHA Movie Group: *The Monk and the Gun* is a 2023 drama. In 2006, as Bhutan prepares to hold its democratic election, Bhutanese government stages a mock election as a training exercise. An old lama instructs young monk to procure some firearms in preparation for the impending upheaval. Meanwhile, an American visitor arrives in the country to acquire an antique rifle - which by chance falls into the monk's hands. On Amazon Prime. ***The Match*** is a 2021 Croatian American historical sports drama. The film was inspired by true events in the spring of 1944 when the Nazis organized a football match between a team of camp inmates and an elite Nazi team on Hitler's birthday. A match the prisoners are determined to win, no matter what happens. On Amazon Prime.

Wednesday, Nov 13 - Dine Around at the Carlyle. Join AHA members Babs and Elliot Waters at the Carlyle, located at 4000 Campbell Ave, Arlington, VA 22206. Free parking is available in the garage on S Quincy St. The restaurant is accessible, with an elevator in the kitchen that the staff can take you to. **Please note:** we'll have 24 hours to cancel, without penalty. However, after the 24-hour period, each guest will have \$5.00 added to their ticket. There will also be a 20% gratuity added to each ticket.

Yoga Dates for November

Yoga will be offered four times this month! Join Virginia Kalish, MD, retired geriatrician/family medicine doctor and certified yoga instructor on Tuesdays in The View (located at the top floor of Alexandria House). The cost to participate in Chair Yoga and Slow Flow Mat Yoga is \$15 per month, paid to the instructor.

Chair Yoga: 5, 12, 19, and 26 from 10-11am

Slow Flow Mat Yoga: 5, 12, 19, and 26 from 11:15am-12:15pm.

Brenda Starr, reporter: "Outside the AHA Calendar"

by Diane Dippold MacIntosh, Ph.D., AHA member

As the self-appointed representative and self-anointed reporter for AHA, I attended "[Aging in Place](#)," the fifth event in Councilwoman Alyia Gaskins' *Resident Roundtable* series. The venue this time was Chadwick's on the Strand, October 7. The topic was: "How Alexandria can better support seniors to live and age comfortably in our City."

Attending were six residents and two Gaskins staffers. Some of the questions posed were:

- * What's your vision for aging in place?
- * What barriers currently exist?
- * How would we measure accountability in achieving this vision?

Almost all the attendees at Resident Roundtable were active seniors with the heartening exception of one young woman attuned to aging issues because her father had served on a Commission on Aging in another city. All attendees were women. Some had heard of AHA but did not know much else other than our nonprofit status. One asked how I had heard of the event--I touted our *Newsletter's* expansive section on outside events, "Outside the AHA Calendar."

Most of the discussion centered on pedestrian transportation issues--crossing lights blinking too briefly for seniors and median strips too small to safely navigate multi-lane streets. But the over-arching concerns were cost of housing for low-income seniors and the lack of affordable long-term care for dementia-patient seniors.

The relatively new enclave of Old Town Village often dominated the transportation conversation. The entrance to this quiet community with no retail presence is tucked away west of Route 1 between Duke and Wilkes Streets. Incorporated 27 years ago, it consists of 155 town homes adjacent to 127 condominiums. Whether driving or walking, its senior residents are familiar with City ordinances on what is permitted on walks, bike lanes, or streets for "micromobility vehicles." This term is urban planning-speak for skateboards, scooters, and bicycles, many of which now have "electric propulsion." One resident fretted about "the little scooter people."

Democratic Councilwoman Gaskins herself listened intently as staffers took notes. Gaskins is currently campaigning for mayor. No Republican is running for the seat; not since 1976 has there been a Republican mayor.

That does it for "Brenda Starr, reporter." Anybody remember this star reporter, a 1940's career woman who graduated from cartoon to comic-strip siren? Little star clips twinkled in her hair; stars sparkled on her outfits; and even her shower curtain was drawn with stars. Watch this space.

New Member Appointed to the AHA Board

Board Chair, Pam Nelson, recently announced the appointment of Jenny Elrod, pictured below, to the AHA Board, filling a vacancy left by departing members.



Jenny has over 34 years' experience as a nurse and leader across the healthcare delivery system in acute, ambulatory, post-acute care, and senior living services. Jenny joined Goodwin Living in 2023 as executive director of home care and Goodwin Living At Home supporting home and community-based services in northern Virginia and D.C. Prior to that, Jenny worked as director of clinical services for a large hematology/oncology practice in Maryland and DC, as a corporate director of home health and home support services for Erickson Living supporting communities in Virginia, Pennsylvania and Massachusetts. Jenny earned her Master of Science in Nursing from Loyola University Chicago and her Bachelor of Science in Nursing from University of Maryland Baltimore County.

Reminder – Capture Your Thoughts and Experiences on Video

AHA is partnering with a group of Alexandria City High School students to offer individual video interviews with AHA members. The interview can take place either at the high school or at your home. The interview will be lightly edited for a finished product that will be approximately 30 minutes in length. It will be presented to you for your keeping; there is no cost.

The topic of the interview is up to you, so think of remembrances you wish to preserve on video. It may be your experience with a specific event, your career, your experience in the Peace Corps, your travels, your family, etc. This is a lovely way to bring different generations together—and we are delighted to be working with these students who have an interest in meeting our members. This opportunity is available between now and late January. To learn more about this project, contact Veronica at the AHA office: 703-231-0824; veronica@AtHomeInAlexandria.org.

What's Up with AHA Members



Julie Gentry, above, helping set up for the 29th annual Del Ray's Art on the Avenue on October 5. Mt Vernon Avenue filled with shoppers shortly afterwards who enjoyed the art, crafts, food and music throughout the day.



From left, Maria 'Chari' Otis, Julie Gentry, Doug Blass, Mary Ann Bier and Barbara Rosenfeld

The inaugural walking group, led by **Doug Blass**, took a brisk walk in Jones Point Park. It was a beautiful fall day with some beginning tree color. Many of the historic markers identifying the city and state boundaries were of special interest as well as the stories of early residents who made their homes and livelihoods in the Jones Point area. The lighthouse, built in 1855, is the last remaining river lighthouse in Virginia.

Longtime member **Nancy Berg** continually stays current on local news and special reports. She has found one to be particularly inspiring and informative: the *Washington Post's* recent series on civil servants. The articles, sponsored by the Partnership for Public Service, can be found at the *Post's* online site. Nancy notes, "We live in the midst of some of these civil servants; we should recognize their contributions."

Remembering Martha Sue Brown

Martha Sue Brown was a daughter, sister, aunt and friend, and known as "Aunt Sue" to her nieces and nephews. She passed away peacefully in her home on October 10, 2024, at the age of 87. Martha worked 50 years in government positions retiring from the Small Business Administration after moving to Virginia.

In 2005, she retired and spent many weekends with friends putting together memories scrapbooking. She enjoyed the Arlington County 55+ group day trips, exploring the area. Everyone who knew Martha Sue has experienced her favorite meal of the day, lunch, so it is no wonder she enjoyed the At Home Alexandria (AHA) luncheons; she often indulged in the AHA Dine Arouns for dinner, too. She loved to watch tennis and loved theatre, dance, and all the arts. Gardening was another of Martha's passions spending over a decade working her flower plot at Chinquapin Gardens.

She is survived by nephews and nieces, great-nephews and -nieces, 10 great-grand nieces and nephews as well as many friends she called her family.



Memorial services will be at the Cunningham Turch Funeral Home, Alexandria, Virginia, at 10 am, Friday, November 8, 2024. Interment will be 2 pm at Eco Eternity Forest alongside her sister, Naomi Jane Brown.

Howard Weiss Appointed to City Commission

Congratulations to **Howard Weiss** who was recently appointed as a citizen member to the Commission on Persons with Disabilities. Serving as a forum for people with disabilities, the commission researches programs and legislation relating to persons with physical and sensory disabilities. The commission advises City Council and members of the community about these programs and the relevant laws.

Howard says he is particularly interested in the paratransit system and public transit services available to seniors and those with disabilities. A special concern is the need for bus stops with shelters and with benches.

If you have a particular concern, reach out to Howard at h.weiss496@gmail.com.

Einstein's Riddle

- A brainteaser from Doug Blass -

- 1) There are five houses in five distinct colors.
- 2) In each house lives a person with a different nationality.
- 3) These five owners drink a certain type of beverage, smoke a certain brand of cigars and keep a certain pet.
- 4) No owners have the same pet, smoke the same brand of cigar or drink the same beverage.

The question is, WHO OWNS THE FISH?

Hints:

- a) The Brit lives in the red house.
- b) The Swede keeps dogs as pets.
- c) The Dane drinks tea.
- d) The green house is on the left of the white house.
- e) The green house owner drinks coffee.
- f) The person who smokes Pall Mall rears birds.
- g) The owner of the yellow house smokes Dunhill.
- h) The man living in the center house drinks milk.
- i) The Norwegian lives in the first house.
- j) The man who smokes blends lives next to the one who keeps cats.
- k) The man who keeps horses lives next to the man who smokes Dunhill.
- l) The owner who smokes Bluemasters drinks beer.
- m) The German smokes pride.
- n) The Norwegian lives next to the blue house.
- o) The man who smokes blends has a neighbor who drinks water.

Hint: Set up a matrix for the specific elements.

Board of Directors

Pamela Nelson, Chair	Alan Dinsmore, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
Ruth Arnold	Virginia Kress
Jenny Elrod	Susanne O'Neill
Kathie Fricke	Karen Streich
Gretchen Klimoski	John Veldhuis
Emeritus Members	
Jane King (voting)	Bob Eiffert (non-voting)

Executive Director

Cecile (Cele) Garrett

Marketing and Membership Manager

Veronica Ferris

Member and Operations Co-Managers

Tegan Cohen & Elizabeth Donovan

Editor: Laurie Camissa

Advisory Council

Laurie Blackburn	Louise Kenny
Pete Crouch	Mitch Opalski
Jessica LeFevre	Vicki Vasques
Ernie Lehmann	

Medicare Prescription Plan Changes in 2025

There are some changes to Medicare law next year. Thanks to the Inflation Reduction Act, all Medicare prescription drug plans (Medicare Part D plans) will offer enrollees \$2,000 out of pocket prescription drug cap. That is, beneficiaries should not pay more than \$2,000 **out of pocket** during the plan year for prescriptions. Please review your Medicare plan and specifically at enrolling in the new option of a Medicare Prescription Payment Plan. This allows you to pay out-of-pocket prescription drug costs in the form of monthly payments instead of all at once. For more information go to <https://www.cms.gov/inflation-reduction-act-and-medicare/part-d-improvements>.



AHA Service Spotlight – Leaf Raking

This month's service spotlight is on Outdoor Services. AHA volunteers are ready to help year-round with your yard maintenance. Whether it's weeding, leaf raking, or snow shoveling. If you would like a volunteer to help you clear off the leaves in your yard or help you with another outdoor project, give us a call at 703-231-0824.



CONTACT US

At Home in Alexandria
3139 Mt. Vernon Avenue
Alexandria, VA 22305
703-231-0824

aha@AtHomeInAlexandria.org
www.AtHomeInAlexandria.org



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN NOVEMBER

NOV 5 ELECTION DAY – VOTE!
NOV 11 VETERANS DAY
NOV 13 WORLD KINDNESS DAY
NOV 28 THANKSGIVING
NOV 29 BLACK FRIDAY –
 OR BUY NOTHING DAY
NOV 30 SMALL BUSINESS DAY

IN THIS ISSUE

P. 1 *From the Executive Director*
P. 2 *Calendar*
P. 2 *Program Notes*
P. 3 *Aging in Place Report*
P. 3 *Meet New Board Member*
P. 3 *Video Interview Opportunity*
P. 4 *What's Up with Members*
P. 4 *Remembering Martha Brown*
P. 5 *Brainteaser*
P. 5 *Medicare News*
P.5 *Leaf raking*