

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

AHA Thanks its Corporate Sponsors

Cele Garrett, AHA executive director

As we reflect on this past year at AHA, I'm reminded once again that it takes the energy and efforts of so many people to make our organization function and thrive. Several businesses invested in AHA this past year—and their support has made a great difference.

AHA often recommends home care agencies when our members ask us which companies they can trust. All of AHA's four preferred providers have, in turn, supported us financially. Our providers are **Assisting Hands Home Care**, **Comfort Keepers**, **Griswold Home Care**, and **Synergy Home Care**. The owners of these agencies are very active in the daily work of their team—and that attention makes a difference.

We've had a longstanding partnership with **Goodwin Living At Home**. They will pay an AHA Associate membership fee for any of their own members who live in Alexandria and wish to take part in our social activities. They support us as a corporate sponsor in addition to our membership collaboration.

Six Half Dozen Design has provided consistent monthly financial support to AHA for the past several years. Beyond their financial support, Six Half Dozen provides AHA with pro bono design and marketing support. Ben Roberts and his creative team do fantastic work for many nonprofits in Alexandria and we consider ourselves lucky to work with them.

Two Important Surveys for Older Adults in Alexandria

Cele Garrett, AHA executive director

The Alexandria Commission on Aging is updating its Age Friendly Strategic Plan. This updated plan will be presented to City Council and, when approved, will guide funds and services for Alexandria's senior population. Your responses to this survey really matter. The survey only takes a few minutes to complete: <https://forms.office.com/g/5dRWGbrKDW>.

Are you caring for an older adult who is living with a chronic medical condition or dementia? You might benefit from talking with others with a similar experience. Senior Services of Alexandria and Goodwin Living are exploring the creation of a caregiver support group and would like your feedback on the format. Go to <https://bit.ly/4fzfXb3> and complete a brief survey before December 31.



We look forward to seeing many of you at the Scottish Walk on Saturday, December 7!

Many thanks to the student volunteers from Alexandria City High School who dedicated their time and creative energy to provide new signage for AHA.

December 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.

NOTE: Let's Play Cards, Financial Literacy and Morning Brew are on hiatus for December.

Saturday, Dec 7	Scottish Walk. Meet at the home of Ann Liddle before setting out to walk. No limit.	9:30am
Monday, Dec 9	AHA Holiday Dinner at A La Lucia, located at 315 Madison St. Limit of 40.	6pm
Tuesday, Dec 10	Tech TUESDAY: Using Amazon Echo & Alexa at AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	1pm
Tuesday, Dec 10	Ladies' Night Out at Piece Out, located at 2419 Mt Vernon Ave. Limit of 10.	5pm
Wednesday, Dec 11	Movie Group on Zoom. Movies for this month: <i>A Special Day</i> and <i>Ghostlight</i> .	4-5pm
Saturday, Dec 14	AHA Holiday Happy Hour at the home of Ann Liddle. Limit of 30.	5-8pm
Monday, Dec 16	AHA Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Wednesday, Dec 18	Dine Around at Clyde's, located at 1700 N Beauregard St. Limit of 10.	6:00pm
Thursday, Dec 19	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Tuesday, Dec 24	Coffee and Conversation at Royal Restaurant. Limit of 12.	10-11:30am
Wednesday, Dec 25	Holiday Lunch Around at Ada's on the River, located at 3 Pioneer Mill Way. Limit of 8.	12 noon

Program Notes:

Walk with AHA in the Scottish Walk

Join us for this fun annual tradition. If you need a ride, please call the office no later than Tuesday, December 3.

AHA Holiday Dinner at A La Lucia

Celebrate the holidays with AHA friends! A La Lucia will serve a three-course dinner for \$45, which includes a first, entrée and dessert plus tax and tip. Individual checks will be given to attendees. The AHA reservation will be for the private dining room, which seats up to 40 people. Be sure to sign up right away if you are interested in attending. Registration is required by Wednesday, December 4. Let's celebrate the holidays together!

Tech TUESDAY

Please note that this month, Chris Miller will be leading a tech session on TUESDAY, December 10. This is a change from the typical Thursday schedule.

AHA Holiday Happy Hour

Join AHA members and volunteers for a holiday happy hour at the home of Ann Liddle on Saturday, December 14! As is typical with our happy hours, this will be potluck style. Please bring an appetizer or beverage of your choosing.

Coffee and Conversation

Join AHA friends on Tuesday, December 24 for coffee and conversation at Royal Restaurant!

Holiday Lunch Around

Join AHA friends on Wednesday, December 25 for lunch at Ada's on the River. Enjoy the holiday with fellow AHA members.



Building Better Brain Health

Do you or someone you know repeat things or struggle with the ability to focus? Do you want to prevent memory lapses?

Join us for Goodwin Living's *StrongerMemory*, a program to help improve your ability to retrieve memories. Past participants have noticed improvement in their ability to focus, find misplaced items and remember conversations.



You will be given a workbook to guide you. For 12 weeks, you will be encouraged to spend just 20 to 30 minutes a day reading aloud, writing and quickly completing simple math problems in the workbook. You are also invited to join weekly support calls. In these Zoom calls, you can share your experience with others, give and get encouragement, and gather practical advice from one another.

The facilitator for the program is Roberta McGregor, EdD, MSN, RN, a Registered Nurse with over 30 years' experience in acute care education and academia.

Invite a friend and join us on Zoom for the kickoff session on January 29, 2025, at 3:00 pm. The group will meet by Zoom every Wednesday for 12 weeks, ending on April 16.

To register, please contact the AHA office at aha@athomeinalexandria.org or 703-231-0824.

If you have questions, contact Roberta McGregor directly at rmcgregor13@comcast.net or (703) 598-1390 (either text or phone). You can also read more about the program on [the Goodwin Living website](#).

AHA Zoom Movie Club

The next AHA Zoom Movie Club hosted by Barbara Brennan will be December 11 at 4:00 p.m. 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.

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.

At its November meeting, the group discussed *The Monk and The Gun* and *The Match*, rating them 4 and 4.8, respectively. Movie selections for December are:

A SPECIAL DAY (Amazon Prime or Apple TV) is a 1977 Italian classic starring Sophia Loren and Marcello Mastroianni. It is set in Rome on the historic day in 1938 when Benito Mussolini and the city first rolled out the red carpet for Adolf Hitler. The film takes place entirely in a working-class apartment building where an unexpected friendship blossoms between a conservative housewife and a liberal radio broadcaster.

GHOSTLIGHT (Amazon Prime or Apple TV) is a 2024 drama that finds a melancholic construction worker drifting from his wife and daughter. He discovers community and purpose in a local theater's production of Romeo and Juliet. As the drama onstage starts to mirror his own life, he and his family are forced to confront a personal loss.



Mary Page Hickey: Becoming a Botanical Painter

The *Alexandria Times* recently featured AHA Member Mary Page Hickey and her journey to becoming a botanical painter.

Mary Page spent most of her adult life in Michigan raising four children with the love of her life, William Stark Hickey. After his early death, a 10-day course on botanical painting set Mary Page on the path to melding her love of horticulture, the environment and art into the beautiful watercolors she creates. Her paintings have been published in botanical books and periodicals as well as exhibited in shows throughout the Northeast and London.

She offered simple advice to living a fulfilled life. “Do what makes you happy and productive. Gardening for me is therapeutic. Exercising is absolutely essential. I paint to classical music and do needlepoint in the evenings.” However, the most important guidelines in Mary Page’s life are faith, family, friends – and fun. “I need faith first. I couldn’t live without that.”

You can read more about Mary Page’s journey in the *Alexandria Times* article.



Men’s Night Out

More than a dozen AHA members gathered for the monthly **Men’s Night Out (MNO)** event in November. The next MNO will be on Thursday, December 19. More information is available in the Calendar on page 2.



AHA Happy Hour



There were lots of happy faces at the AHA Happy Hour on November 9. Teddy McBay (pictured with Cele Garrett welcoming the guests) and Jerry File hosted the gathering at Teddy’s beautiful home. Among the guests were Ann Liddle, Gretchen Klimoski and Mary Lou Collins.

AHA hopes to hold these happy hours monthly and needs to find volunteers to host. What does it mean to host? This is a potluck event so the host has a fairly easy lift. Just provide the location and seating and your guests will do the rest. If you are interested in hosting, please contact Veronica Ferris at 703-231-0824 OR AHA@AtHomeInAlexandria.org.

Election Volunteers



The election may be over, but it is never too late to thank our election volunteers. AHA members Julie Gentry (left) and Kim Keleher (right) both volunteered. Julie helped count absentee ballots and Kim helped at a polling station. Thanks Julie and Kim for helping us fulfill our civic responsibilities!

New Board Member Appointed



AHA Board Chair Pam Nelson recently announced the appointment of Victoria Almquist to the AHA Board.

Victoria is a longtime resident of Alexandria. She has a BA from Auburn University and an M.Ed. from Boston University. Victoria worked in policy advocacy on a range of issues, primarily in the nonprofit sector. In 2015, she retired from the Campaign for Tobacco-Free Kids where she had managed a coalition of medical and public health groups that advocated for tobacco control policies, as well as overseeing the youth advocacy and industry accountability programs.

Victoria has volunteered for the Smith Center for Healing and the Arts, the Alexandria Commission on Aging, and AHA. She is currently an executive volunteer with Compassion and Choices, an organization that focuses on end-of-life care and options.

Board of Directors

Pamela Nelson, Chair	Alan Dinsmore, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
Victoria Almquist	Ruth Arnold
Jenny Elrod	Kathie Fricke
Gretchen Klimoski	Virginia Kress
Karen Streich	John Veldhuis

Emeritus Members

Jane King (voting)	Bob Eiffert (non-voting)
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Reminder: Join Us for the Scottish Walk

Please join us Saturday, December 7 at 9:30 a.m. as AHA walks in the Scottish Walk Christmas Parade. We will gather at the home of AHA member Ann Little for some warm refreshments and snacks prior to the parade.

Call the AHA office at 703-231-0824 to register so we'll know how many walkers and riders we'll have and can arrange some carpools.



Last year, AHA had a great turnout in the parade!

Adventures in China



AHA member Brenda Bloch-Young and her daughter recently traveled to China and had a reunion over dim sum with long-time, local friends.



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN DECEMBER

<i>December 3</i>	<i>Giving Tuesday</i>
<i>December 20</i>	<i>National Ugly Christmas Sweater Day</i>
<i>December 21</i>	<i>Winter Solstice</i>
<i>December 25</i>	<i>Hanukkah</i>
<i>December 25</i>	<i>Christmas</i>
<i>December 26</i>	<i>First Day of Kwanzaa</i>
<i>December 26</i>	<i>Boxing Day</i>
<i>December 31</i>	<i>New Year's Eve</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.