

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

All AHA Members are Scottish for a Day



AHA “showed up and showed out” at the 2024 Annual Scottish Walk Christmas Parade. Starting from upper left and going counter clockwise:

1. AHA marchers gathered at the home of Ann Liddle prior to the parade. Shown here are Barbara Rosenfeld, Chriss Nielsen, Gretchen and Richard Klimoski, and John Veldhuis.
2. AHA Member Teddy McBay, her son and grandchildren, put on their Scottish hats, dressed up Trigger and gave him pride of place as we lined up for the parade.
3. The whole AHA gang gathered for a team photo as we got ready to line up.
4. Mitch Opalski from Synergy Home Care led the AHA team with a lively call and response. Executive Director Cele Garrett is front and center while Richard Klimoski identified all the Scottish families among our AHA membership.
5. Finally, AHA Members Pam Johnson and Loretta Darst brought up the rear with a long line of AHA cars in their wake.

January 2025 Calendar

Please note the programs in this calendar may be scheduled via Zoom or in person. The AHA office will send you the Zoom link once you have registered. The link will allow you to attend via computer or phone.

NOTE: Happy Hour, Lively Arts and Financial Literacy are on hiatus for January.

| | | |
|-----------------------|---|------------|
| Wednesday, Jan. 8 | Movie Group on Zoom. Movies for this month: <i>Perfect Days</i> and <i>Crossing</i> . | 4-5pm |
| Thursday, Jan. 9 | Oh Hell! Let's Play Cards at AHA office, 3139 Mt. Vernon Avenue. Limit of 10. | 2-3pm |
| Tuesday, Jan. 14 | Ladies' Night Out at Mason Social, located at 728 N Henry St. Limit of 10. | 5pm |
| Thursday, Jan. 16 | How to Write an Ethical Will with Chris Palmer. On Zoom. No limit. | 10am |
| Thursday, Jan. 16 | Tech Thursday: Organizing Your Email at AHA office, 3139 Mt. Vernon Avenue. Limit of 10. | 1pm |
| Wednesday, Jan. 22 | Dine Around , at IndoChen Cameron Station, located at 4906 Brenman Park Dr. Limit of 12. | 6:30pm |
| Thursday, Jan. 23 | Lunch Around at Narman, 682 N St Asaph St. Limit of 12. | 12 noon |
| Thursday, Jan. 23 | Oh Hell! Let's Play Cards at AHA office, 3139 Mt. Vernon Avenue. Limit of 10. | 2-3pm |
| Thursday, Jan. 23 | Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit. | 5-6:30pm |
| Monday, Jan. 27 | Morning Brew , at Paris Baguette, 4616 Kenmore Avenue. No limit. | 10am |
| Tuesday, Jan. 28 | Coffee and Conversation at Royal Restaurant. Limit of 12. | 10-11:30am |

Program Notes:

Let's Play Cards Join AHA friends to play Oh, Hell! It's a fun-filled bridge-like game that is quick and easy to learn. The group meets twice monthly, so you'll be a card shark in no time! Come join in the fun.

How to Write an Ethical Will with Chris Palmer Join Chris Palmer, author of the new book *Achieving a Good Death: A Practical Guide to the End of Life* and a board member of the Bethesda Metro Area Village, in a workshop on writing an ethical will. Your loved ones will find inspiration, comfort, and guidance in these documents, gaining a deeper understanding of who you are. By the end of the workshop, you'll have made significant progress toward completing the first draft of your ethical will.

Tech Thursday Join AHA tech volunteer Chris Miller to learn how to keep your email organized. Learn tips and tricks on how to bulk delete messages and more!

Morning Brew will take place at Paris Baguette this month. The purpose of the Brew is to provide a welcoming table in a local coffee shop where both new and "seasoned" AHA members can stop by and just get to know one another better. Anyone is welcome to attend, including prospective new members. Please be sure to register.

Stronger Memory A new session of Stronger Memory is kicking off on January 29th. AHA volunteer Roberta McGregor will facilitate the 12-week series of the StrongerMemory program, designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Reserve your spot with the office.

AHA's Current COVID Guidelines

by Cele Garrett, AHA executive director

While AHA no longer *requires* COVID vaccinations for members attending in person events, we do *recommend* that members be fully vaccinated. We will continue to monitor the Alexandria Health Department's COVID guidelines. We ask that any member experiencing any symptoms to test prior to coming to an AHA event. We will continue to notify members if we think they have been exposed to Covid at one of our events.

Biggest Social Security Changes in 2025

Condensed from article by
Andy Markowitz on AARP.org

While everyone eagerly awaits the cost-of-living adjustment (COLA) in Social Security each year, there are lots of other changes. These changes impact the people receiving Social Security benefits but also the workers paying into the system. Here are three of the important ways Social Security will be different in 2025.

1. The **COLA** for 2025 will be 2.5%.
2. The standard monthly premium for **Medicare Part B**, which covers doctor visits and other outpatient treatment, will go up from \$174.70 to \$185 in January.
3. If you need to visit a Social Security office, you must now **schedule an appointment** by calling 800-772-1213. More information is available at www.sss.gov.

Alexandria's Age-Friendly Plan: Your Opinion Counts

Alexandria is a member of the AARP Network of Age-Friendly States and Communities. The Alexandria Commission on Aging and the Division of Aging and Adult Services are partnering to update the City's Age-Friendly Plan. While focused on older residents, the plan intends to create a livable community for all ages. This updated plan will be presented to City Council and, when approved, will guide funds and services for Alexandria's older residents.

You have two opportunities let the city know what matters to you and how to make Alexandria more Age-Friendly:

1. Complete a short survey before January 17 (<https://tinyurl.com/AgeFriendlyPlan>). If you need help, call 703-746-3339.
2. Attend a workshop hosted by Senior Services of Alexandria on January 17, 2025 at the Nannie Lee Center Exhibit Hall at 1108 Jefferson Street from 10 – 11:30 a.m. You can RSVP to events@seniorservicesalex.org or call 703-836-4414 extension 110.

AHA ZOOM Movie Group

hosted by Barbara Brennan

Movie Group will bring in the New Year with two foreign films. The January meeting will be held on January 8 at 4:00 p.m. AHA will send you the Zoom link after you have registered for the program.

Perfect Days (free with Hulu subscription or \$3.99 to rent on Amazon or Apple TV). This German/Japanese 2023 movie is the story of Hirayama, a man who cleans public toilets in Tokyo. He lives a simple life with a focus on finding tranquility in his daily tasks.

Crossing (free with Amazon Prime or \$5.99 on Apple TV). This 2024 Turkish film centers on Lia, a retired teacher, made a promise to find out what happened to her long-lost niece Tekla. Their search in Istanbul reveals a beautiful city full of connections and possibilities.



Are You Curious?

by AHA Member Ann Kaupp

Learn about Encore Learning's upcoming courses during a virtual (Zoom) course preview on Thursday, January 30 from 9:30 am to noon. Open to Encore members and non-members alike, the session will have the volunteer instructors talking about their courses. Visit www.encorelearning.net for information.

Encore is a nonprofit educational organization for anyone over the age of 50. Spring Semester begins on March 3, offering 38 courses in a wide variety of subjects. Most classes will be held at George Mason University in Arlington or on Zoom.



Welcome New Member

Ray Moseley (Potomac Yard)

Embracing Tech

by Chris Miller, AHA's Tech Volunteer

All of us struggle to keep up with enhancements on our smartphones, tablets and computers. So how can we keep up? Chris Miller, AHA's tech volunteer, runs a monthly Tech Thursday gathering for our members.

Each month, participants tackle a different topic: evaluating television streaming services, sharing digital photo albums, choosing a password manager and more.

Technology can make real improvements to our daily lives and ultimately give us more independence than ever. And Tech Thursday can help you overcome your hesitance in using these tech tools. Please join us at the January Tech Thursday on January 16 at 1:00 p.m. at the AHA office. Please register to the office: 703- 231-0824 or AHA@AtHomeInAlexandria.org



Chris Miller at one of his regular "Tech Thursday" sessions with AHA members at the AHA office.

AHA's Holiday Dinner

AHA Members Ann Liddle and Nancy and John Veldhuis were among those joining the AHA Holiday Dinner at A La Lucia on December 9.



AHA Happy Hour



There were lots of happy faces at the AHA Happy Hour on December 14. Anne Liddle was our gracious host – for both the Happy Hour and the gathering prior to the Scottish Walk. Among the guests were Peggy Marchbanks and Jane Plitt; Paula Berg, Paul Horne, and Herb Berg; Carol Siegel, Mary Lou Collins, Mila Mateu and Barbara Rosenfeld – all pictured above.

Want to host a future happy hour? You just need to provide the location and seating and your guests will do the rest.

If you are interested in hosting, please contact the office at 703-231-0824 or AHA@AtHomeInAlexandria.org.

Giving Thanks for Friends ... and AHA!



The annual AHA Thanksgiving lunch is always a festive occasion. Howard Weiss, Mary Lou Collins, Mila Mateu, Pat Roland, Nancy Kincaid, Rose Cook, Diane Dippold MacIntosh, Madelaine Morgan, and Shirley Rettig enjoyed a traditional Thanksgiving meal with all the fixings at LaPorta's Restaurant on King Street.

AHA Says “Thanks!”

AHA’s Year-End Campaign

by Cele Garrett, AHA executive director

As I write this on December 18 (in time for the print deadline for this newsletter), I am filled with gratitude for the 97 individuals and families who have contributed financially to AHA during our year-end campaign. This space is too limited to list all donor names, but gifts were made in honor of—or in memory of—the following people.

In Honor of: Ruth Arnold, Ernie and Montsie Lehmann, and Cele Garret

In Memory of: Earle Baughman, Lee Gurel, AHA co-founder Judith Jones, and AHA co-founder Richard Moose

Thank you all for helping AHA to greet 2025 with great promise. Happy New Year!

AHA thanks Cloudbreak Foundation

by Cele Garrett, AHA executive director

AHA would like to thank the Cloudbreak Foundation for its support of AHA in 2025 with a grant to help us strengthen our volunteer recruitment efforts.



Board of Directors

| | |
|-------------------------|---------------------------|
| Pamela Nelson, Chair | Alan Dinsmore, Vice Chair |
| Jim Woolwine, Treasurer | Ray Biegun, Secretary |
| Victoria Almquist | Gretchen Klimoski |
| Ruth Arnold | Virginia Kress |
| Jenny Elrod | Karen Streich |
| Kathie Fricke | 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: M. Laurie Cammisa

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| | |
|------------------|-----------------|
| Laurie Blackburn | Pete Crouch |
| Louise Kenny | Jessica LeFevre |
| Ernie Lehmann | Mitch Opalski |

Thank you to AHA’s Outgoing Board Members



Board Chair Pam Nelson thanks the members of the board for their service to AHA and our members in 2024. A special recognition to the following members completing their service this year:

- **Sandy Heistad** after serving 3 terms including as Secretary in her first term

- **Virginia Kress** after serving 1 term including as a member of the finance committee

- **Susanne O’Neill** after serving 2 terms including as a member of the program committee

- **Shelly Schwab** after serving 1 term including as coordinator of Coffee and Conversation

Farewell to Elizabeth Donovan

by Cele Garrett, AHA executive director

I am sad to report that AHA’s operations co-manager Elizabeth Donovan will be leaving us on January 10. Elizabeth joined us in late August 2023 and has been a great asset to our team during that time. Though we knew we’d eventually lose her when she completed her degree in social work later this year, she is having to step away sooner to fulfill an internship that can’t provide the flexibility she would need to continue her AHA work. We sure will miss her.

Tegan will continue in her role as operations manager—and we are trying a new model, utilizing the talents of some key office volunteers. We would welcome a few more volunteers to this team too! Reach out to me to 703-231-0824 or cele@athomeinalexandria.org if you are interested.

CONTACT US

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN JANUARY

| | |
|-------------------|---|
| <i>January 1</i> | <i>New Year's Day</i> |
| <i>January 3</i> | <i>Swearing in of the 119th U.S. Congress</i> |
| <i>January 15</i> | <i>Birthday of Martin Luther King, Jr.</i> |
| <i>January 20</i> | <i>Martin Luther King, Jr. Day Observed</i> |
| <i>January 20</i> | <i>National Day of Service</i> |
| <i>January 20</i> | <i>Inauguration of the President of the United States</i> |

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AHA Office Staff wish you



The office will be closed on January 1.