

A Community of Members Age 55+ Helping One Another to Lead Safe, Active, and Connected Lives

AHA Partnering with Others to Bring You Helpful Information

by Cele Garrett, AHA Executive Director

A key component of the AHA mission is to help our members lead safe lives. Our AHA volunteers helping people in their homes and transporting them in the community are two aspects of our work. Another important role we play is to inform our members of other services available to them in our community. Here are a few opportunities to learn more.

Online grocery shopping can be a great service but it can be a bit intimidating at first. Let us help you learn how to use these services. On Monday, February 10 from 1:00 – 2:00 pm, AHA will hold a Zoom presentation with Jenny Elrod (executive director for Goodwin Living At Home and AHA board member) called *Stay Home, Shop Smart: Online Shopping 101 with Instacart*. We'll explore tips to make the online grocery shopping experience seamless and secure.



AHA members are welcome to extend this invitation to friends. See the calendar on page 2 for instructions on how to register.



"Solo aging" has gained a lot of attention as more and more Baby Boomers age and find themselves living alone. AHA and Senior Services of Alexandria (SSA) will co-host the discussion ***Strategies for Addressing Solo Aging, Social Isolation and Mental Health for Seniors*** at Beatley Library on Wednesday, February 19 from 1:00 - 2:30 pm. We will

hear from Steve Gurney, president of ProAging Network and Rhonda Williams, longtime social worker at DAAS Older Adult Clinical Services, and two individuals, each of whom became a solo ager when their life circumstances suddenly changed. Please register through SSA at events@seniorservicesalex.org or call (703)836-4414 at ext. 110. This event is open to the public.

Finally, keeping our minds active and engaged is important to our overall well-being:

- See the article on page 3 about **Encore Learnings** course offerings this Spring semester.
- And don't forget the **AHA Zoom Movie Group** held on the second Wednesday of every month. See page 3 for information on the movie selections for February.

If you have any questions, please call or email us at the AHA office.

February 2025 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 join Zoom.

NOTE: Tech Thursday, Ladies' Night Out, Lively Arts, Oh Hell! Card Game, and Financial Literacy are on hiatus for February.

Monday, February 10	Online Grocery Shopping Presentation by Goodwin Living at Home on Zoom. See front page for more information.	1pm
Wednesday, February 12	Movie Group on Zoom. Movies for this month: <i>The Judge</i> and <i>The Burial</i> . See page 3 for more info.	4-5pm
Saturday, February 15	AHA Valentine's Happy Hour at the home of Joan Bondareff. Limit of 25. Please register (see below).	5-7pm
Tuesday, February 18	Travel Discussion at Panera, 3201 Duke St (Foxchase). Join Laura Ferraro and other AHA members to discuss upcoming trips, travel tips, Road Scholar offerings, and the potential for short or weekend trips.	11:15am
Wednesday, February 19	Strategies for Addressing Solo Aging, Social Isolation and Mental Health for Seniors at Beatley Library. See front page for more information.	1-2:30pm
Wednesday, February 19	Dine Around at RT's Restaurant, 3804 Mt Vernon Ave. Limit of 12.	6pm
Thursday, February 20	Men's Night Out at Aldo's Italian, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, February 24	Morning Brew at Paris Baguette, 4616 Kenmore Ave. No limit.	10am
Tuesday, February 25	Coffee and Conversation at Royal Restaurant, 730 N St Asaph St. Limit of 12.	10-11:30am
Thursday, February 27	Lunch Around at Vaso's Kitchen, 1225 Powhatan St. Limit of 12.	12 noon

TO REGISTER

Please call or email the AHA office at AHA@AtHomeInAlexandria.org or at (703) 231-0824.

AHA'S COVID GUIDELINES

AHA no longer requires, but **highly recommends**, COVID vaccines for members attending in-person events. If you don't feel well, please test prior to attending AHA events.

Encore Learning Course Registration Opens February 3

Several of our AHA members enjoy Encore Learning classes. This Spring, Encore is offering 26 courses on a wide variety of subjects. Registration for Spring semester courses opens February 3 with courses beginning on March 3.

Encore is a nonprofit education organization for anyone over the age of 50. Most classes will be held at George Mason University in Arlington or on Zoom. Visit www.encorelearning.net for more information.



Age-Friendly Planning

AHA showed up in full force at a January 17 workshop to provide input for updating the Alexandria's Age-Friendly Plan. AHA member Jim Bruen, AHA Board Members Alan Dinsmore, Ray Biegun, and Pam Nelson along with AHA executive director Cele Garrett were all active participants at the workshop.



AHA ZOOM Movie Group

hosted by Barbara Brennan

What better way to stay warm during this bitter cold than to watch a movie at home . . . and then discuss it with friends! The February Movie Club meeting will be held on February 12 at 4:00 p.m. AHA will send the Zoom link after you have registered for the program. See more information in the February 2025 Calendar on page 2.

***The Judge* (2014)** (available to rent on Amazon and Apple TV+). Hank Palmer (Robert Downey Jr.), a brilliant but shady attorney, returns to his Indiana hometown after learning that his mother has passed away. His arrival triggers renewed tension with his father, Judge Joseph Palmer (Robert Duvall). As the lawyer prepares to depart, his father is arrested for a hit-and-run death. Hank takes on his father's defense, despite the objections of the resentful old man.

***The Burial* (2023)** (free with Amazon Prime membership). Willie E. Gary, an unconventional lawyer (Jamie Foxx), helps Jeremiah Joseph O'Keefe (Tommy Lee Jones), a funeral home owner with financial troubles, save his family business from a corporate behemoth.



How I Stayed Sane During The Polar Vortex . . . and helped my local Temple

by Julie Gentry, AHA member

As the polar vortex descended, I decided to declutter my bookshelves. While I knew I could donate my books to the Alexandria Public Libraries, I remembered that Temple Beth El (3830 Seminary Road) has an upcoming annual book sale on Presidents Day weekend. So, I took advantage of that opportunity.

If you have books to donate, Temple Beth El will take them now and throughout the year. If you don't need help, you can leave boxes/bags of books outside of the Temple's storage units any time Tuesday – Friday between 9:00 am and 3:00 pm. Please make sure the ground is dry and the weather is sunny. This space is monitored by the Temple's maintenance staff, who will move them inside the storage units as their schedule allows. If you need help unloading your books, you can call (703) 370-9400 for more info.

The book sale hours are Sunday, February 16 from 8 am to 5 pm; Monday, February 17 from 9 am to 3 pm; and Tuesday, February 18 from 9am to 1pm.

Spring Cleaning . . . in February???

While we think of April and May when we say "spring cleaning," February can also be a great time to tackle our clutter, just like Julie Gentry did during the polar vortex. *Psychology Today* says cleaning can improve your mood, reduce stress, and increase creativity. It can also help you feel more in control of your environment and improve your productivity.

As an AHA member, you don't need to do it alone. AHA volunteers are available to help you. Just call the office to let us know you want help.

We have also compiled a list of local worthy charities that accept a variety of goods for donation. Don't forget Julie's suggestions for donating books to the Alexandria Public Libraries and Temple Beth El.

Alexandria Restore

(supporting our local Habitat for Humanity)
868 S. Pickett Street
(703) 360-6700



The Twig

(supporting Inova Alexandria hospital)
106 N. Columbus Street
(703) 683-5544



Look Again Resale Shop

(supporting our local Prevention of
Blindness Society)
900 King Street
(703) 683-2558



Goodwill

- 7558-B Telegraph Road
(703) 310-6195
- 6220 Richmond Hwy.
(703) 647-8402



Enjoying Our Morning Joe!

The Morning Brew on January 27 drew a big crowd with Mary Ann Bier, Julie Gentry, Jim Woolwine, John Veldhuis, Laura Ferraro, Pam Johnson, David Cavanaugh, Michael Curry and Alan Dinsmore attending. Thanks to Jim for organizing this month's gathering!



Tell Us. How Do You Choose Restaurants?

Nina Tisara, AHA friend and contributor to *The Zebra Press*, is working on an article about elder dining. She is looking for your input.

Nina will launch a survey in her *Memories and Musings* column in the March edition of *The Zebra*. The survey will ask elders what's important to them when they select a restaurant for dining with friends or family.

The results will be published in the *Zebra's* May edition, in time for Older Americans month. The *Zebra* also plans to make the results available to local restaurateurs to encourage them to make their restaurants more appealing to older adults.

How can you participate? Look for Nina's column in the March edition of *The Zebra* to find out more about the survey. You can also reach out to Nina at NinaT@NinaTisara.com. Nina is also looking for photos of AHA members dining out to use in the newspaper. Again, you can email her directly.

If you aren't already a subscriber, you can sign up for a free digital subscription at www.TheZebra.Org/Subscribe.



Welcome New Members

Nancy Jemiola (Carlyle)
Tom and Ruth Reeder (Del Ray)
Leif Christoffersen (Old Town)

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN FEBRUARY

<i>February 2</i>	<i>Groundhog Day</i>
<i>February 9</i>	<i>Super Bowl LIX</i>
<i>February 14</i>	<i>Valentine's Day</i>
<i>February 15</i>	<i>George Washington Birthday Parade in Alexandria</i>
<i>February 17</i>	<i>President's Day</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 *Newsletter*. Please send your submission to *Newsletter* Editor Laurie Cammisa at Laurie@The-Red-Binder.com or to Veronica Ferris at Veronica@AtHomeInAlexandria.org.