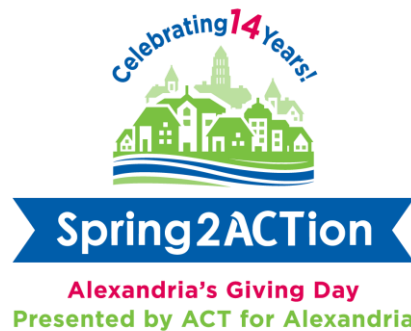


A community of members ages 55+ helping one another to live safe, active and connected lives

Spring2ACTion

By Executive Director Cele Garrett



Once a year, Alexandria's nonprofit organizations all come together for Spring2ACTion (S2A), an online "giving day" hosted by ACT for Alexandria, our local community foundation. This year the big day is Wednesday, April 24. This is a critical fundraiser for AHA.

AHA has had a long tradition of gathering at Del Ray Café, our "campaign headquarters" that entire day. Stop by for a cup of coffee and croissant in the morning, a nice lunch, happy hour and/or dinner that evening. The restaurant generously donates a portion of its daily proceeds to AHA at the end of the night, which goes toward our campaign total.

You can contribute during the two weeks leading up to the big day. The online fundraising page will "go live" on April 10. If you prefer to contribute by check instead of doing so online, your gift will count toward our total if it is received in our office by April 24.

Throughout this fundraiser, some generous AHA donors will offer a matching gift to double your online contribution. If you would like to offer a matching gift to entice others to donate, we would gratefully welcome it. Call or email me (703-587-6405, cele@AtHomeInAlexandria.org).

We are lucky to have a well-organized community-wide campaign like Spring2ACTion—and it is a highly effective and cost-efficient fundraiser for AHA. It is one of our two annual fundraisers, the other being our year-end campaign.

Thank you in advance for understanding how important S2A is for us. Watch your email inbox for further updates and videos.

Love to Write? Or Love to Edit? Or Both?

This is your chance to be a spectacular volunteer for AHA! The **AHA Newsletter** is seeking a new editor. You may create your own format, write your own stories, or edit the good news and photos from AHA members, staff and volunteers. AHA depends on its volunteers, the backbone of the organization. You can share this effort with a partner or a buddy! Be creative! Learn the news before it happens! On the job training included!

Contact the AHA office, aha@AtHomeInAlexandria.org or Mary Ann Bier, marybier@comcast.net.

April 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.

Monday, April 8	Grief Support: A Journey of Many Roads , at AHA office conference room.	3pm
Tuesday, April 9	Ladies' Night Out at Royal Nepal, 3807 Mt. Vernon Avenue. Limit of 10.	5pm
Wednesday, April 10	Movie Group – discussion of <i>Made in Italy</i> and <i>The Lady in the Van</i> – via Zoom.	4-5pm
Saturday, April 13	AHA Happy Hour at The View in the Alexandria House, 400 Madison Street.	5-7pm
Wednesday, April 17	Dine Around at Bonefish Grill, at 5920 Kingstowne Town Center. Limit of 12.	5:30pm
Thursday, April 18	Tech Thursday: "How to use the Free Password Managers that Google, Microsoft and Apple Provide," at the AHA office conference room, 3139 Mt. Vernon Avenue. Limit of 10.	1pm
Thursday, April 18	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Avenue. No limit.	5-6:30pm
Tuesday, April 23	Coffee and Conversation at Del Ray Café, at 205 East Howell Avenue. Limit of 12.	10-11:30 am
Wednesday, April 24	Spring2ACTion Fundraiser , drop in for coffee or a meal at the Del Ray Café, 205 East Howell Avenue. See page 1 for details.	all day
Wednesday, April 24	Lunch Around at Del Ray Cafe. 205 E Howell Avenue. Limit of 17.	12 noon
Tuesday, April 30	Conversation with Dr. Michelle Rief, Chair, Alexandria School Board – via Zoom	10am

April Showers Bring May Flowers



Wednesday, April 10 **The Movie Group** features the following films available to watch from home and discuss on Zoom: The first film, *Made in Italy* is a 2020 comedy-drama film starring Liam Neeson and follows an artist who must restore a villa with his estranged son. It's available on Netflix.

The second film is *The Lady in the Van* starring Maggie Smith. The film is a 2015 British comedy-drama based on Alan Bennett's memoir that tells the (mostly) true story of his interactions with Mary Shepherd, an elderly woman who lived in a dilapidated van on his driveway in north London for 15 years. It's available on Amazon Prime.

Community Events

April 6, from 9-11 am **April is Earth Month** and anyone hoping to contribute locally can help out at an event in Old Town next week.

The City of Alexandria Department of Transportation and Environmental Services Stormwater Management Division is hosting a stream clean-up event at the shoreline of Windmill Hill Park.

Participants will meet at South Union Street and Gibbon Street for a sign-in and event briefing before walking to the shoreline. The city will provide gloves, bags, and first aid kits during the events. Participants are encouraged to dress appropriately in long pants and covered footwear, and to bring water.

To register for the event or request more information, contact nolan.compton@AlexandriaVA.gov.

April 12-13 **Spring Garden Market at River Farm**, <https://AHSGardening.org/about-river-farm/>.

April 13, 10am-4pm **Join AlexRenew** for a celebratory open house to meet the team and get a once-in-a-lifetime photo op with Hazel the Tunnel Boring Machine. AlexRenew is located at 501 N. Union Street.

April 24-27 **Friends of Duncan Library Book Sale** - 2501 Commonwealth Avenue. [FriendsofDuncanLibrary.org/book-sale](https://www.friendsofduncanlibrary.org/book-sale).

Conversation with ...

AHA member **Howard Weiss** will interview **Dr. Michelle Rief**, chair of the Alexandria School Board on Tuesday, **April 30, at 10:00am**. Dr Rief is an experienced college professor and education non-profit executive. She is a parent of three children who attend Alexandria City Public Schools, and she has held leadership positions in the Mount Vernon Community School PTA and the Alexandria PTA Council. She was first elected to the Alexandria School Board in 2018 and currently serves as the School Board liaison to Naomi L. Brooks and Lyles-Crouch Traditional Academy. She previously served as the School Board liaison to Alexandria City High School, the Career and Technical Education Advisory Committee and the City of Alexandria's IT Commission.

Dr. Rief also serves on the Virginia School Boards Association (VSBA) Legislative Committee and as the VSBA Northeastern Region vice-chair. Register with AHA for the Zoom link.

AHA Bids Farewell to Jenifer Eoff



Kelly Wight and Jenifer Eoff

Earlier this month, AHA's volunteer manager, Jenifer Eoff, had to leave us and we miss her already! She and her partner Kelly bought a "fixer upper" house in Hollin Hills and they are diving in "feet first" to make it their new home. She promises she will not stay out of sight and, when things settle down, we'll get to see her sometimes as an AHA volunteer. We thank her for the good work she did for AHA in her 14 months with us.

Polling for Interest in Playing Cards

Come play cards! We'll learn to play Oh Hell!, a bridge-like game favored by Tom Hanks and Steven Spielberg, among others. If you've got a favorite card game, we can learn that, too. We plan to put this on the AHA May Calendar. Date and time TBD. Reserve your spot at the table by letting the AHA office know you're interested: AHA@AtHomeInAlexandria.org or 703-231-0824.

Help us Build AHA's Corporate Partners Program

by AHA board members **Karen Streich** and **Gretchen Klimoski**

The AHA board is actively involved in strengthening AHA's funding so we can continue to provide quality programs and services well into the future--and one path we've been pursuing is corporate support. Over the past year, AHA has been building its corporate partnership program and we're excited about the feedback we've received so far. We continue to meet with companies who are interested in working with AHA.

We are asking for your help in this endeavor.

The networks of our members, volunteers and friends are significantly greater than those of the AHA staff and board alone. We're asking you to consider business leaders with whom you're connected who might wish to know about AHA and the work we do in our community. Contact Cele Garrett at AHA if you'd like to talk about specific contacts. We will do the outreach once you can connect us. We appreciate your support in our efforts to build a strong, sustainable organization so AHA can continue to support our members for a long time to come.

AHA Drop-in at Gustave Boulangerie

On Tuesday, March 26, AHA hosted a "drop-in" event at Gustave Boulangerie in Del Ray. A number of people stopped by the AHA table and spoke with AHA members about our village and its mission. We shared some of Gustave's wonderful pastries while sparking some interest in membership and volunteering! Below, Louise Kenny, Julie Gentry, Mary Lou Collins, Loretta Darst, Pam Nelson, and co-owner, Ibtissam Lhadi "Sam".



Beautiful young people are accidents of nature, but beautiful old people are works of art.

- Anonymous

What's Up with AHA Members



Brenda Bloch-Young, from Mexico, reports: "My daughter is staying in Mexico City for three months, so I have joined her. We visited Oaxaca last week and thoroughly enjoyed the food and interesting drinks. Tejate is a non-alcoholic maize and cacao beverage unique to the region. It's delicious!"



Men's Night Out is always a popular event. **Bob Eiffert**, second from the left above, is the organizer and the host for this monthly outing. The group loves the food and friendly service at Aldo's Italian Kitchen. Give it a try if you are new to AHA.



Coffee and Conversation (above) brought out a big crowd at Table Talk where all enjoyed the various breakfast options.

Welcome New Members

Barbara & Robert Pringle	- Old Town
Sondra Stallard	- Old Town
Gary & Kate Hacker	- West End
Rebecca & Robin Woods	- Park Fairfax
Molly & Ted Pulliam	- Del Ray
Jane Plitt & James Bruen	- Old Town
Connie Elsberg	- West End
Kathleen Barnett & Paulo Macedo	- Old Town

Annual Artomatic Exhibit and Sale is Open

Check out this year's annual Artomatic in Washington D.C. at 2100 M Street NW. It's open now and runs through April 28. Check the website for hours of operation: (<https://www.artomatic.org/>)

You'll see more than 1,000 artists and their installations, along with the musical acts at the two stages, spoken word performances at the cabaret stage and in the poetry lounge, and the constant stream of movies at the two theatres. One of the artists featured this year is **AHA volunteer Eileen O'Brien**.



Parking is available under the building--or it's an easy walk from either the Foggy Bottom, Farragut North or Dupont Circle metro stops.



AHA Board Member **Virginia Kress**, a docent at Anderson House, Headquarters of the Society of the Cincinnati, invited members to *Art in Bloom* where local florists arranged flowers to relate or enhance a piece of art, an area or a collectible in the house. Stay tuned for the show again next spring. The house is open to visitors and is located at 2118 Massachusetts Avenue, Washington D.C. <https://www.SocietyoftheCincinnati.org/>

April is Poetry Month

AHA member Betty Jo Middleton has published two books of poetry that reflects the simple joys of our senior life.

Good Morning!

Notice the colorful plates and mugs
on the stark white breakfast table.
Notice the sun has risen again
and the sky is its usual blue.
Notice the shimmering golden yellow
of the poached egg on your plate.
Notice the faces of those sharing
the table with you, and notice, too,
the miracle that everyday life may be.

From *Second Fifties*
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**It's not what you look at that matters, it's
what you see.** Henry David Thoreau

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Annual Wellness Visit vs Annual Physical Exam

The annual wellness visit is an essential preventive service for Medicare beneficiaries. During this visit, your healthcare provider will assess your overall health, identify preventive care needs, and discuss health risks. The AWV aims to promote wellness, prevent illness, and enhance the quality of life for Medicare recipients.

Keep in mind that this wellness visit is not a physical exam. For an actual physical exam, you must contact your health provider and ask specifically for it.

You are eligible for an AWV once a year. There is no cost for this visit except if your health care provider prescribes other tests and procedures.

What to bring:

- Medical and family history: information about your medical conditions, surgeries, allergies and family health history
- Immunization records
- List of current prescriptions: a list of all medications and prescriptions you currently take.
- Provider information: names of your healthcare providers and specialists.

Health Risk Questionnaire (form UH3436) covers topics such as overall health, emotional well-being, exercise habits, nutrition and more. This helps your provider understand your health status and risks.

AHA member Nancy Kincaid just learned of this Medicare Annual Wellness visit and wanted to share this information with other AHA members. She is in the process of setting up this visit with her primary care adviser.

Always consult your health care professional if you have any questions.

CONTACT US

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— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN APRIL

APRIL 1 *APRIL FOOL'S DAY*
APRIL 4 *NATIONAL BURRITO DAY*
APRIL 8 *SOLAR ECLIPSE (NOT HERE)*
APRIL 9 *EID-AL-FITR/END OF RAMADAN*
APRIL 22-30 *PASSOVER*

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