

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



Spring2ACTION

by Cele Garrett, AHA Executive Director

Each 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 9.**

This is a critical fundraiser for AHA. Spring2ACTION and our year-end campaign are our two fundraisers each year. Member dues make up 38% of AHA's operating budget. AHA seeks out corporate and foundation funding too. **We are proud that 100% of our funding comes directly from our community.**

AHA has had a long tradition of gathering at Del Ray Café (205 E. Howell Ave.), our "campaign headquarters" that entire day. Stop by for a visit over a cup of coffee and croissant in the morning, a nice lunch, happy hour, or dinner that evening. The restaurant generously donates 10% of its daily proceeds to AHA at the end of the night, which counts toward our campaign total.

The online fundraising page is live now. 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 8.

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 encourage others to donate, we would gratefully welcome it. Email or call at Cele@AtHomeInAlexandria.org or 703-587-6405.

We are lucky to have a well-organized community-wide campaign like Spring2ACTION. It is a highly effective and cost-efficient fundraiser for AHA. Thank you in advance for understanding how important S2A is for us. Watch your email inbox for further updates and videos.

APRIL 2025

SPECIAL EVENTS

Wednesday April 9	Spring2ACTion stop by the Del Ray Cafe as we participate in AHA's annual spring fundraiser. As noted below, advance registration for Lunch Around, also held at Del Ray Cafe is required.	9am-8pm
Wednesday April 16	Paper Players hosted by Mila Mateu at the AHA Office. Get your creative juices going and come have some fun making collages with AHA friends. You bring a pair of scissors. We'll provide a paper base, glue, and magazines. We'll produce individual Art Masterpieces.	2-3pm
Wednesday April 30	Tour of Dr. Gladys West Traveling Exhibit at Virginia Tech Innovation Center. To learn more read the article on page 4.	10am

REGULARLY SCHEDULED EVENTS

Tuesday April 8	Ladies Night Out at Dos Hermanos, 1603 Commonwealth Ave. Limit of 10.	5pm
Wednesday April 9	Lunch Around at Del Ray Cafe, 205 E Howell Ave. Limit of 20.	12 noon
Thursday April 10	Tech Thursday: How to change your email address. At AHA office. Limit of 10. NOTE: Tech Thursday will be on the <u>second Thursday</u> this month.	1-2pm
Wednesday April 16	Movie Group on Zoom. NOTE: movie group will be on the <u>third Wednesday</u> , this month only. April's movies are: - <i>The Children's Train</i> (2024) (Netflix): A young boy living in post-World War II Naples, is sent to northern Italy as part of a Communist Party initiative to provide a break from poverty. - <i>How to Make Millions Before Grandma Dies</i> (Thai with English Subtitles) (2024) (Amazon Prime, Apple TV): A university dropout low on money volunteers to take care of his terminally ill grandmother in the hope of pocketing an inheritance.	4-5pm
Thursday April 17	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No Limit.	5-6:30pm
Monday April 21	AHA Lively Arts Discussion at St. Elmo's Coffee Pub, 529 Montgomery St. Limit of 8.	9:30-10:30am
Wednesday April 23	Dine Around at Vola's Dockside Grill, 101 N Union St. Limit of 12.	6pm
Monday April 28	Morning Brew at Panera in Alexandria Commons, 3201 Duke St. Limit of 12.	10-11am

TO REGISTER

Please call or email Veronica Ferris 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.

AHA Board of Directors Leadership Succession

by Pam Nelson, outgoing AHA Board Chair



Pam Nelson, Alan Dinsmore, Victoria Almquist

I am pleased to announce that Alan Dinsmore has been elected AHA Board Chair effective April 1. Alan has specialized in aging concerns and issues throughout his career. In retirement, he has been an active volunteer serving on the Alexandria Commission on Aging and a stalwart AHA volunteer and leader. A board member since January 2024 and vice chair since August, Alan will help AHA continue to thrive and grow.

We are also very fortunate that Victoria Almquist has returned to serve in 2025 and has been elected as Vice Chair. Victoria worked in policy advocacy on a range of issues. She has volunteered for the Smith Center for Healing and the Arts, the Alexandria Commission on Aging, and AHA as well as an executive volunteer with Compassion and Choices, an organization that focuses on end-of-life care and options. Victoria's experience and expertise will serve Alan and the board well.

As I continue to serve as a board member through 2025, I am excited about the future of AHA - our very special village. I am deeply grateful for the opportunity to serve with so many exceptional members of our board who have supported me both as Chair and personally.

Remembering Kate Hacker



AHA Member Kathleen "Kate" Stritch (Trotter) Hacker passed away on March 4. A school librarian, secretary, and world traveler, Kate dedicated her life to being a mother and a friend.

She is survived by her husband Gary, her daughter Marjorie "Dale", son-in-law Edwin and two grandchildren, Christopher and MJ Ramirez. She will be missed by all of her friends at AHA.

AHA Chair Yoga Class

There are spots open in the AHA Chair Yoga Class held every Tuesday at 10:00 am in April, beginning April 1.



Classes will be held at The View in Alexandria House at 400 Madison Street.

Virginia Kalish, MD, a retired geriatrician/family medical doctor and certified yoga instructor, will lead the classes focusing on flexibility, balance, core strength and well-being.

The fee is \$15 for the month, payable by check or Venmo to Virginia Kalish.

Synergy Recognizes Nancy and Christina

By Cele Garrett



AHA member Nancy Kincaid still lives independently in her beautiful Old Town apartment. Several years ago, she determined that she would welcome additional help at home a few hours each week. So began a long relationship with Synergy Home Care (one of AHA's preferred providers). Nancy thinks so highly of her aide Christina that she nominated her for a Synergy award. Mitch Opalski, the owner of SynergyHomeCare, stopped by to honor both Nancy and Christina.

Don't Feel Well? Check It Out Early

By Louise Kenny, AHA Member

My husband and I made a visit to the newly opened Inova Health Center - Oakville on Route 1 in Potomac Yard just after Christmas and we are glad we did. I urged my husband to go the emergency room after he showed unusual symptoms. Although reluctant, he agreed to go. He was diagnosed with pneumonia (despite his receiving the pneumococcal vaccine) and had sepsis, a potentially serious and sometimes fatal condition where your body attacks itself in response to an infection. At the emergency room, he was treated with IV antibiotics and spends three nights in the hospital. Today, he is fine.

If he had refused or delayed going to the hospital, the outcome could have been very different. I share my story as a reminder that, if you don't feel well, even if it doesn't seem like a critical or emergency situation, seek care immediately. Visit your local emergency room or call your doctor. Don't delay. It can save your life.

National Center for Women's Innovations Unveils Dr. Gladys West Traveling Exhibit at the Virginia Tech Innovation Center

By Jane Plitt, AHA member and NCWI Founder and Board Chair

On March 7th, the National Center for Women's Innovations (NCWI) officially unveiled the Dr. Gladys West traveling exhibit at Virginia Tech's Innovation Campus in Alexandria, a momentous event that highlighted the groundbreaking contributions of Dr. West to the development of the Global Positioning System (GPS). The exhibit is open to the public Monday through Friday, 9 AM - 5 PM, and Saturdays from 10 AM - 4 PM, until it moves to the University of Colorado --Denver at the end of June.

A distinguished crowd gathered, including VT Innovation Campus Executive Director Lance Collins, Trimble VP of Construction Lisa Ruggeri, and Virginia Secretary of Commerce Caren Merrick. One of the highlights was an emotional address by Andre Jones, the eldest grandson of Dr. West. He emphasized the significance of the exhibit, not only to honor his grandmother's extraordinary work but to inspire future generations, especially young girls, to reach for the stars. He Facetimed his grandmother and the crowd enthusiastically waved to her.

The exhibit, underwritten by Trimble, showcases Dr. West's remarkable journey from a poor Black sharecropper's daughter to a pioneering mathematician. Plitt shared the story of the critical mentorship Dr. West received from influential figures such as the Hunters at Virginia State University and Dahlgren Proving Grounds manager Ralph Niemann, who broke racial barriers by hiring talented Black professionals. The exhibit serves as both a tribute to Dr. West's legacy and an inspiration for young girls to pursue careers in STEM. NCWI encourages everyone to experience the exhibit before it departs for Denver. **I will lead a personal tour for AHA members on April 30th at 10am. Hope you'll join me! (Register through AHA.)**



What Happened Last Month?



March Happy Hour at Alate Old Town



Brenda Bloch-Young with her daughter in Mexico City visiting a snake-inspired, eco park. This mosaic tile bench is intended to represent the snake's skin.



Welcome New Member

Bruce McColm (Old Town)
Darold and Patricia Harris
(North Ridge)

Board of Directors

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Have Photos From a Recent Trip?

We'd love to see them! Please send your submission to *Newsletter* Editor Laurie Cammisa at Laurie@The-Red-Binder.com or to Veronica Ferris at Veronica@AtHomeInAlexandria.org.

CONTACT US

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— AT HOME IN —
ALEXANDRIA

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SPECIAL DAYS IN APRIL

<i>April 1</i>	April Fool's Day
<i>April 12</i>	Passover Begins
<i>April 13</i>	Palm Sunday
<i>April 18</i>	Good Friday
<i>April 20</i>	Passover Ends
<i>April 20</i>	Easter Sunday
<i>April 22</i>	Earth Day

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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.