

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

CLEAR THE CLUTTER: A HUGE SUCCESS

By Cele Garrett, AHA executive director

Those wonderful young volunteers from HITT Contracting have done it again! We sincerely thank the six volunteers who helped our AHA members make space in their homes by carting away items for donation, electronics recycling and the trash heap. Our team leader was AHA volunteer Richmond Bowen, who arranged for this hours-long decluttering haul on a Saturday morning. Last year, nine AHA households decided to part ways with some things; this year, sixteen households participated! Many thanks, HITT team!!



August 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.

Tuesdays, August 5, 12, 19, and 26	Weekly Scrabble at the home of Jeff and Donna Gathers. Limit of 3.	1pm
Wednesday, August 6	Dine Around at Trattoria da Franco, 305 S Washington St. Limit of 8.	6-8pm
Saturday, August 9	AHA Happy Hour at the home of Nancy Kincaid. Limit of 20.	5-7pm
Tuesday, August 12	Ladies' Night Out at Clyde's, 1700 N Beauregard St. Limit of 10.	5-7pm

Movie Group is on hiatus and will resume in September.

Monday, August 18	Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Thursday, August 21	Tech Thursday Music services & Bluetooth devices. AHA office. Limit of 10.	1pm
Thursday, August 21	Men's Night Out at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, August 25	Morning Brew at Panera, 3201 Duke St.	10am
Thursday, August 28	Lunch Around at RT's Restaurant, 3804 Mount Vernon Avenue. Limit of 12.	12 noon

Special Events in August

Wednesday, August 27	Demystifying Dementia with Sunday Health For more details see page 3.	11am
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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.

SUNDAY HEALTH: DEMISTIFYING DEMENTIA



Sunday Health, a team of expert clinicians, specializes in preventing, diagnosing, and treating mild cognitive impairment and dementia, is hosting a free webinar on Wednesday, August 27, 2025 at 11:00 am called *Demystifying Dementia: Understanding Cognitive Health, Prevention & Emerging Treatments*.

Join Dr. Doug Elwood, MD, Chief Medical Officer in conversation with CEO Maria Thomas for an interactive discussion that will explore how you can reduce your personal risk of cognitive decline—and how to access the latest tools and care now available.

Our thanks to Mount Vernon at Home for co-sponsoring this event. Please register to the office. You can learn more about Sunday Health at www.SundayHealth.com.



Older adults are eligible to receive a \$50 benefit to purchase fresh vegetables, fruits, and fresh cut herbs from participating farmers' markets and roadside stands.

You may be eligible if you:

- Are 60 and over,
- Have monthly income less than \$2,413 (single) or \$3,261 (couple), and
- Enjoy fresh fruits and vegetables.

Apply for this benefit today by calling the City of Alexandria Office Aging and Adult Services at 703-746-5999.

CITY OF ALEXANDRIA LAUNCHES NEW CAREGIVER SUPPORT GROUP

The City of Alexandria's Division of Aging and Adult Services is excited to launch *The Caregiver Space*, a free monthly support group for older adult caregivers. The group is led by Romita Afzal, LCSW, Senior Therapist with the City's Older Adult Clinical Services.

The group provide a safe, nonjudgmental, and supportive space for older adult caregivers to share challenges, experiences, and approaches.

These monthly meetings offer caregivers the opportunity to connect with others who understand the caregiving journey and to receive meaningful support.

Group Details:

- **Start Date:** July
- **Schedule:** Second Thursday of each month
- **Time:** 3-4 p.m.
- **Location:** Alexandria Adult Day Services Center, 1108 Jefferson Street

For further information:

Email: romita.afzal@alexandriava.gov or call 703.328.8505

Email: jackie.mccord@alexandriava.gov or call 703.746.5672 extension 5672

AHA PARTICIPATING IN SENIOR RECREATION ORIENTATION

Stop by our table at the Patrick Henry Recreation Center (4653 Taney Avenue)



RECENT HAPPENINGS



July's Men's Night Out had record attendance! Thank you to everyone who participated and made the evening such a memorable one.



A lively gathering was held in July for the Alexandria Birthday Fireworks! Participants enjoyed the wonderful pyrotechnic display.



AHA staff, members, and volunteers participated in Alexandria Pride in late June. A wonderful time was had by all.

REMEMBERING PATRICIA ANN HARRIS

Patricia Harris passed away in June. Pat and her husband, Darold, recently joined AHA. Pat lives on in every heart she touched. She enthusiastically hosted gatherings filled with music and laughter and always encouraged family travels and adventures.



Welcome New Members

Elizabeth Haller (Del Ray)
Carol Sikkelle (Del Ray)
Daria Soroka (Old Town)
Dena and Floyd Stoner (Del Ray)

Welcome New Volunteers

JoAnn Cooper
Bill Kalish
Attila Surio
Dan Wolf

Board of Directors

Alan Dinsmore, Chair	Victoria Almquist, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
Ruth Arnold	Jenny Elrod
Kathie Fricke	Gretchen Klimoski
Karen Streich	John Veldhuis
Jane King (Voting Emeritus Member)	
Bob Eiffert (Non-Voting Emeritus Member)	

Executive Director
Cecile (Cele) Garrett

Marketing and Membership Manager
Veronica Ferris

Operations and Membership Services Manager
Tegan Cohen

Editor: M. Laurie Cammisa

Advisory Council

Laurie Blackburn	Pete Crouch
Louise Kenny	Jessica LeFevre
Ernie Lehmann	Mitch Opalski
Vicki Vasques	

SERVICE SPOTLIGHT: SHORT-TERM PET CHECK-INS



August is a busy time, with many of us taking vacations. Did you know AHA volunteers help check in on your pet while you're out of town? Our volunteers are happy to come by your home to help. For instance, volunteers can feed your cat or let your dog out in the yard. Please call the office if you would like to request a volunteer for a per check-in!

WEEKLY SCRABBLE: TIME CHANGE



We have had lots of success with our newest AHA event: the weekly Scrabble game at the home of Jeff and Donna Gathers! In July, games were fun and fiercely competitive. August promises the same. Join AHA friends for Scrabble, offered every Tuesday. Feel free to sign up for as many dates as you'd like; three spots are open every week. The house is accessible and has no steps.

Please note, starting August 5th, games will be held at 1pm. Please register by email to veronica@athomeinalexandria.org.

CONTACT US

At Home in Alexandria

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www.AtHomeInAlexandria.org



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN AUGUST

- August 9* *Alexandria Sidewalk Sale
In Old Town and Del Ray*
- August 18* *First Day of School for
City of Alexandria Public Schools*

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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.