

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

## A MONTH IN REVIEW

By Cele Garrett, AHA executive director

The photos below feature two events from AHA’s June calendar of events. If you missed any of these, make plans to join us in July! It’s hot out there but we don’t let it stop us from gathering together.

### AHA June Happy Hour

hosted by Mary Ann Bier (pictured top right)



### Local Author and Journalist Michael Lee Pope



## July 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, July 8, 15, 22, and 29	<b>Weekly Scrabble</b> at the home of Jeff and Donna Gathers. Limit of 3. Details on page 4.	2pm
Tuesday, July 8	<b>Ladies' Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-7pm
<b>Movie Group</b> is on hiatus and will resume in September.		
Saturday, July 12	<b>Alexandria Firework Viewing</b> at the home of Nancy Kincaid. Note: please bring your own drinks, light eats will be provided. Limit of 20.	8:30- 9:45pm
Wednesday, July 16	<b>Dine Around</b> at Laporta's, 1600 Duke St. Limit of 8.	6-8pm
<b>Tech Thursday</b> is on hiatus and will resume in August		
Thursday, July 17	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Saturday, July 19	<b>Clear the Clutter</b> Volunteers will come by your home and collect any items for trash or donation. See page 4 for details.	All morning
Saturday, July 19	<b>AHA Happy Hour</b> at the home of Virginia Martin. Limit of 30.	5-7pm
Monday, July 21	<b>Lively Arts Discussion</b> at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Thursday, July 24	<b>Lunch Around</b> at Chadwick's Old Town, 203 Strand Street. Limit of 14.	12 noon
Monday, July 28	<b>Morning Brew</b> at Panera, 3201 Duke St.	10am

### TO REGISTER

Please email or call the AHA office at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or (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.



## DO YOU WANT TO BE MORE INVOLVED WITH AHA?

By Gretchen Klimoski  
Chair, Governance Committee

The Governance Committee of AHA wants to build a “wait list” of candidates who are interested in serving on the Board of Directors.

Each year two or more board members rotate off the board. It is up to the Governance Committee to recommend potential members to the board for approval. We are in the process of creating a list of people interested in being a candidate to serve a two-year term. We are particularly interested in people who have nonprofit board experience, are active in the Alexandria community, and have community contacts. We are also seeking people interested in and having experience with fundraising.

If you are interested in, please contact me directly at [GLKlimoski@veizon.net](mailto:GLKlimoski@veizon.net). I will be happy to share more information with you. Please provide complete contact information and a brief statement regarding your interest and qualifications.

## AHA REMEMBERS AUDREY FADEN

Audrey Faden, spouse of AHA member Bob Faden, passed away recently. Audrey was born in Kenya and she studied zoology and botany at Bristol University in the U.K. She returned to Kenya, where she was running the education section of the National Museum of Kenya, when she met Bob, an American Peace Corps volunteer. They married and traveled the world in search of rare plant species. They settled in Alexandria in 1980 when Bob began working at the Smithsonian Institution's Department of Botany. Audrey began volunteering there in the research greenhouse and became a Master Gardener. In 1999 the Alexandria Commission for Women honored Audrey with its Cultural Affairs Award for her work in the city’s gardens. In 2013, she and Bob were honored for their garden work by the North American Rock Garden Society at its annual meeting in North Carolina.

## AN EXTRA LAYER OF CARE

By Christine Friedberg  
Owner, Griswold Home Care



At Griswold Home Care, our mission has always been to help older adults remain safe, comfortable and independent at home. In addition to professional, quality and personalized care, we have begun offering an extra layer of support through a new service called **Sensi**.

**Sensi** is a discreet, in-home monitoring system that allows us to better detect potential concerns and monitor changes in daily routines — all without cameras or wearable devices. The system detects activity patterns in the home and alerts our care team to unusual changes that may signal a developing issue.

While we offer this service free to our clients, we are now pleased to offer it to AHA members for a very small monthly fee. It’s a way to have an added layer of monitoring and support when full-time care is not yet needed. It’s also a way to help evaluate whether it is time to consider home care.

For example, if **Sensi** identifies subtle shifts in activity, such as increased bathroom visits, restless nights or reduced mobility, our team can work closely with families and healthcare providers to adjust care as needed—often helping to prevent falls, hospitalizations, or other emergencies before they happen.

To learn more, feel free to reach out to us at [Christine.Friedberg@GriswoldCare.com](mailto:Christine.Friedberg@GriswoldCare.com). We’re happy to answer any questions.

## AHA'S 2<sup>ND</sup> "CLEAR THE CLUTTER" EVENT

by Richmond Bowen, AHA Volunteer

Let's face it: We all have too much stuff. Sometimes the biggest obstacle to parting with things we no longer need is that you don't have anyone to help lift and haul out things. Well, we have removed that obstacle for you!



On **Saturday morning, July 19**, my employer, HITT Contracting, will once again offer a service to AHA members, when we will pick up items you no longer need, whether they are to go straight to the trash or can be donated to a charity. A few of my colleagues and I will bring a large truck to pick up these items from your home. This was a popular service last summer so we're doing a "repeat performance!" We do have a few guidelines:

- **What items will you take?** Clothing or household items; inoperable electronics; broken cumbersome items; and recyclable papers.
- **Are there items you will not take?** Furniture; paper with personal data (we won't have a shredder).
- **Can I get a tax receipt for my donated items?** I am sorry, we cannot offer tax receipts.
- **What about waste materials?** Our team will consider these items on a case-by-case basis.
- **How do I prepare?** Collect your items and be ready for pick up. If you have multiple items, please place them in boxes if you are able. HITT volunteers will come to your home and take your items away.
- **How will I know when you will arrive?** We will schedule pick-ups by appointment. We will also call you when we are on our way to your residence so you'll know when to expect us.
- **How do I sign up?** Book your slot by July 15th by contacting the AHA office by email at [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org) or by phone at 703-231-0824.



## ANNOUNCING: NEW WEEKLY SCRABBLE GAME!

Join Jeff and Donna Gathers and other AHA friends for a weekly game of Scrabble! Three spots are open every week. The house is accessible, and has no steps. Join in the fun!! To register, please email Veronica at [veronica@athomeinalexandria.org](mailto:veronica@athomeinalexandria.org).



## DO YOU REMEMBER ROTARY PHONES?

Many of our AHA members joined our organization several years ago—when we all had landlines! We know some of you no longer use a landline and, if so, we kindly ask that you notify us so we can cancel that number in our records. Please also make sure to let us know if you have a change of address.

Current contact information is especially necessary for our full members who receive volunteer services, it's important that our records are up-to-date. Please email Veronica at [veronica@athomeinalexandria.org](mailto:veronica@athomeinalexandria.org).

## OFF WE GO INTO THE WILD BLUE YONDER

AHA Board Chair and former member of the US Air Force, Alan Dinsmore and AHA member Doug Land visited the Air Mobility Command Museum open house at Dover Air Force Base, Delaware, in June.



### Welcome New Members

Frances Verstandig (Alexandria West)  
Inge Buchan (Old Town)

#### 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 Emerita Member)	
Pam Nelson (Voting Emerita Member)	
Bob Eiffert (Non-Voting Emeritus Member)	

**Executive Director**  
Cecile (Cele) Garrett

**Marketing and Membership Manager**  
Veronica Ferris

**Operations and Member Services Manager**  
Tegan Cohen

**Editor:** M. Laurie Cammisa

#### Advisory Council

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

## BE COOL, BE SAFE THIS SUMMER

City of Alexandria Senior Cool Care Program

The heat wave we experienced in June won't be our last this summer. Too much heat is not safe for anyone. It is even riskier if you are older or have health problems.

It is important to be cautious and get relief quickly when you are overheated. It is also important to take steps to **prevent** heat-related illness. Staying hydrated, wearing light, loose-fitting clothes, and staying indoors are the steps to take.

If you need help cooling your home, you may be eligible for the City's Senior Cool Care Program. If you are 60 years of age or older, meet the income eligibility requirements (single household monthly income of \$1956 or less; \$2644 limit for household of two), and live in Alexandria, you may be eligible. Contact the Department of Aging and Adult Services at 703-746-5999 or through email at [DAAS@alexandriava.gov](mailto:DAAS@alexandriava.gov) to find out if you are eligible.

### AGE-FRIENDLY PUBLIC FORUM

The last Age-Friendly Public Forum will be held on Wednesday, July 2, from 6-8pm. Make sure to save the date and attend to share your perspective. Join the Zoom at: <https://zoom.us/j/93487066559>  
Passcode: 555494.

### CONTACT US

#### At Home in Alexandria

3139 Mt. Vernon Avenue  
Alexandria, VA 22305  
703-231-0824

[AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org)  
[www.AtHomeInAlexandria.org](http://www.AtHomeInAlexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN JULY

<i>July 4</i>	Independence Day (AHA Offices Closed)
<i>July 12</i>	Alexandria's 276 <sup>th</sup> Birthday

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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](mailto:Laurie@The-Red-Binder.com) or to Veronica Ferris at [Veronica@AtHomeInAlexandria.org](mailto:Veronica@AtHomeInAlexandria.org).