

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

## A BUSY SPRING FOR AHA

by Cele Garrett, AHA Executive Director

May was a busy month at AHA with lots of opportunities for our members and volunteers to gather. We welcomed over 40 people to our **Volunteer Appreciation** Party on May 1. Many thanks to our wonderful hosts Chris Nielsen and Tom Crowley. (See photos on page 4.) We also gathered for a delightful **AHA Happy Hour** at the home of hosts Cindy Dyer and Jason Ankele. Our nearly 30 guests were able to enjoy the nice weather on the balcony with gorgeous views of Old Town. (See our photos on page 3.)



We also accepted AHA member **Shirley Rettig's generous gift** of her used car. When she recently gave up driving, she donated her car to us. She didn't want the hassle of selling her car herself. As she put it, "I got my money's worth." AHA worked with a third-party car auction company to facilitate the gift. Shirley's noble, long-serving Toyota had manual transmission which, as Shirley said, "Most people don't know how to drive stick shift so it's a deterrent for getting stolen on a city street." (Wise woman, that Shirley!)

June promises to be equally exciting. In addition to our regular monthly activities, join us for a special talk featuring local author and journalist Michael Lee Pope. Our thanks to Synergy Home Care for arranging this presentation for AHA and for Mount Vernon At Home. Michael will talk about his 2022 book, *The Byrd Machine in Virginia: The Rise and Fall of a Conservative Political Organization*. (For details, see page 3.)

Finally, a few months back, I wrote about a partnership AHA has formed with **WETA and Roku to install Roku devices** into homes for easier TV streaming. Not only are the devices free for AHA members, AHA volunteers are available to set up the Roku device in your home. Several members have already taken advantage of this offer. If you've not made your request yet, it's not too late. We expect to begin the installations in the coming weeks. We are making this service available to Associate members and volunteers, too! Questions? Contact me directly at [Cele@AtHomeInAlexandria.org](mailto:Cele@AtHomeInAlexandria.org).

## JUNE 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.

### Regularly Scheduled Monthly AHA Events

Tuesday, June 10	<b>Ladies' Night Out</b> at Valletta Port Restaurant, 682 N St Asaph St. Limit of 10.	5-7pm
<i>Movie Group is on hiatus and will resume in September.</i>		
Thursday, June 12	<b>Tech Thursday:</b> iPhone Features for Those with Vision Impairment. At AHA office, 3139 Mt. Vernon Avenue. Limit of 10.	1pm
Saturday, June 14	<b>AHA Happy Hour</b> at the home of Mary Ann Bier. Limit of 20.	5-7pm
Monday, June 16	<b>Lively Arts Discussion</b> at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Thursday, June 19	<b>Men's Night Out</b> at Aldo's Italian, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, June 23	<b>Morning Brew</b> at Panera, 3201 Duke St. No limit.	10am
Wednesday, June 25	<b>Dine Around</b> at Our Mom Eugenia in Shirlington, 4044 Campbell Ave. Limit of 8.	6pm
Thursday, June 26	<b>Lunch Around</b> at Founding Farmers, 461 Swann Ave. Limit of 10.	12 noon

### Special Events in June

Wednesday, June 11	<b>Local Author Michael Lee Pope</b> at Montebello Condominiums on Mount Eagle Drive. Learn more on page 3.	10:30am - 12:30pm
Saturday, June 28	<b>Alexandria Pride Fair</b> at City Hall. Learn more on page 3.	3-6 pm

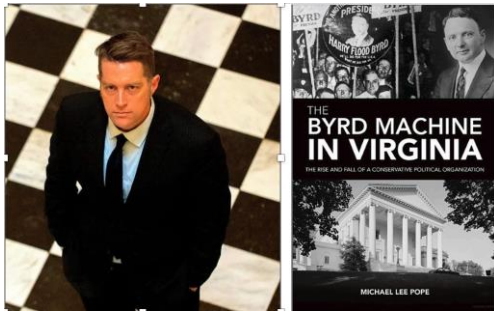
#### TO REGISTER

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.

## LEARN ABOUT THE BYRD MACHINE



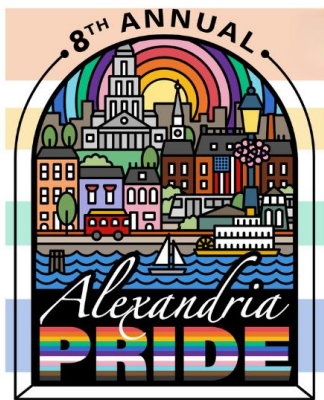
Local author and journalist Michael Lee Pope will join us on Wednesday, June 11 at the Montebello Condominiums on Mount Eagle Drive at 10:30am. Michael will talk about his 2022 book, *The Byrd Machine in Virginia: The Rise and Fall of a Conservative Political Organization*. In the book, he examines this political organization that rose to power during the end of Jim Crow.

We thank Synergy Home Care for sponsoring this event and offering this presentation to At Home in Alexandria and Mount Vernon At Home. RSVPs are required. Please email or call the AHA office: [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or 703-231-0824.

## A VERY HAPPY HOUR



Friends of AHA, Cindy Dyer and Jason Ankele, hosted a happy hour at their home on May 10. Nearly 30 AHA members attended including those pictured here: Marie-France Bunting, Lee Coughlin and Bob Eiffert; Peggy Marchbanks with hosts Jason and Cindy.



## JOIN US AT THE ALEXANDRIA PRIDE FAIR

At Home in Alexandria will be one of 60 exhibitors at the Alexandria Pride Fair on Saturday, June 28, from 3 to 6 pm at City Hall and Market Square located at 301 King Street. The Alexandria LGBTQ+ Task Force in partnership with the Alexandria Library, Department of Community and Human Services, and many community partners are hosting the event.

## AHA REMEMBERS CLAIRE HASSELBECK

We have learned that longtime AHA member Claire Hasselbeck passed away in early May. Although we've not been able to secure any information regarding a memorial service, we will share any details as we receive them.

## AHA REMEMBERS TOM SOLAK

Jeanne Solak's husband Tom passed away in April. His interment will take place on August 28 at 9 am at Arlington National Cemetery. A 1960 graduate of the U.S. Naval Academy, Tom was commissioned into the U.S. Marine Corps, served numerous tours of duty, and taught at the Naval Academy. Following his military retirement, he served as a legal administrator at the Walsh, Colucci, Lubeley, Emrick and Walsh law firm for 16 years.

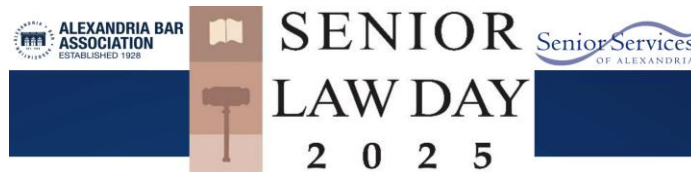
## AHA VOLUNTEER APPRECIATION



AHA held an event to thank our many volunteers, including Chriis Nielsen and Tom Crowley, who graciously opened up their home to host the event. Pictured here from top left clockwise are: AHA Board Chair Alan Dinsmore welcoming guests, including Ernie Lehmann, Karen Streich, Michael Curry, and Jim Kirkland; Brenda Bloch-Young, host Chriis Nielsen, Valdo Viira, and Dorothy Pearson; Virginia and Bill Kalish; and Ann Liddle and Loretta Darst chatting with host and bartender, Tom Crowley.

## HELP US UPDATE OUR "VETTED VENDORS" LIST

As a service to our members, AHA has created a list of service providers who have been recommended by our members and volunteers. In order to keep our list current, please let us know about your recommendations for service providers. The most often-requested categories are attorneys, tax preparation, cleaning service, handyman, plumber, accounting, and home safety. Please let us know by emailing [Veronica@AtHomeInAlexandria.org](mailto:Veronica@AtHomeInAlexandria.org).



Senior Services of Alexandria and the Alexandria Bar Association are sponsoring an event called *The Cost of Aging: Mental, Physical, Financial, and Legal Perspectives*, on Saturday, June 7. The event will be held at the First Baptist Church at 2932 King Street. Registration begins at 8:30am, programming begins at 9am. You will have the opportunity to hear from estate planners, financial experts, and senior resource specialists as they share insights on caregiving challenges, healthcare and housing costs, and the essential legal documents everyone should have in place. The event is free, but please register to [events@seniorservicesalex.org](mailto:events@seniorservicesalex.org) or 703-836-4414, EXT. 110.

## A SENIOR TALKS TO SENIORS



AHA Member and literature professor Diane Dippold MacIntosh, Ph.D., met with college-bound graduating seniors at Notre Dame Preparatory School (NDP). They met in the Drs. Houston and Diane Dippold MacIntosh Reading Room in the NDP Library. A 1958 graduate of NDP, Dr. MacIntosh fielded students' questions on a variety of topics.



### Welcome New Members

Kathleen and Charles Lowy (Old Town)  
Dori Rockefeller (Old Town)  
Barbara Toohill (Old Town)

#### Board of Directors

Alan Dinsmore, Chair	Victoria Almquist, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
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Karen Streich	John Veldhuis
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**Editor:** M. Laurie Cammisa

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Ernie Lehmann	Mitch Opalski
Vicki Vasques	

**At Home in Alexandria**  
office will be closed on June 19<sup>th</sup>  
in observation of Juneteenth.



AHA Member Brenda Bloch-Young, pictured here with her son, celebrated her birthday and Mother's Day with family in Southern Oregon and the Mount Shasta area in Northern California.



AHA Member Gail and AHA Treasurer Jim Woolwine, pictured here with E. Gordon Gee, President, West Virginia University, attended the Irvin Stewart Society luncheon at WVU, their alma mater. The Society is for those who have made planned gifts to WVU.

## CONTACT US

**At Home in Alexandria**  
3139 Mt. Vernon Avenue  
Alexandria, VA 22305  
703-231-0824

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[www.AtHomeInAlexandria.org](http://www.AtHomeInAlexandria.org)



— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN JUNE

<i>June</i>	Pride Month
<i>June 6 – 10</i>	Eid al Adha
<i>June 14</i>	Flag Day
<i>June 15</i>	Father's Day
<i>June 19</i>	Juneteenth <b>(AHA Office closed)</b>

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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).