

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

## AHA to Collaborate with WETA and Roku

By Cele Garrett, AHA executive director

TV streaming technology can be confusing. AHA is pleased to announce that, in the coming weeks, we will roll out a new service to make tv streaming at home easier. Local public television station WETA has invited Arlington Neighborhood Village and AHA to collaborate on their new Roku initiative. Roku will provide the latest version of its remote device free of charge. AHA volunteers will help to connect the device in members' homes and to get members acclimated to their new remote. WETA's goal with this project is to make PBS more accessible to its viewers. Roku's goal is to introduce its technology to new consumers. AHA's goal is to help members feel confident with technologies like tv streaming.

Recently, I took part in a Roku demo and was astounded at how much free PBS content there was available via Roku. You may already be a WETA Passport subscriber like me (and I don't plan to give that up, as it gives me even more PBS programs) but you may be surprised to see how much you can stream for free.

If you're not already a Roku user, you can take part in this pilot program. We will announce more details in the coming month but we are already maintaining a list of members interested in getting the new device. Email [cele@athomeinalexandria.org](mailto:cele@athomeinalexandria.org) to register your interest—and, as they say, stay tuned!



## Mark Your Calendar for Spring2ACTION

Cele Garrett

Each year, AHA participates in Alexandria's annual, community-wide fundraiser called Spring2ACTION. ACT for Alexandria, our wonderful community foundation that sponsors this event, chooses a date in April (working around Passover, Easter, and school spring breaks). This year's S2A date is coming early: **Wednesday, April 9**. Local nonprofits like AHA will have to rally a little sooner this spring but we aim to be ready! Toward the end of March, you will begin to receive emails from your favorite nonprofits like AHA, asking for your support. Many thanks for understanding how important this campaign is to AHA.

# March 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.

**\*\*NOTE:** Lively Arts, Oh Hell! Card Game, and Financial Literacy are on hiatus for March.\*\*

Tuesday, March 11	<b>Ladies' Night Out</b> at Aldo's Italian, 2850 Eisenhower Ave. Limit of 10.	5-7pm
Wednesday, March 12	<b>Movie Group</b> on Zoom. Movies for this month: <i>Maria</i> and <i>I'm Still Here</i> . See page 3 for more info.	4-5pm
Saturday, March 15	<b>AHA Happy Hour</b> at Alate, 1112 First St. Limit of 25. Please register (see below).	5-7pm
Wednesday, March 19	<b>Travel Discussion Group</b> at Panera, 3201 Duke St. No limit. Join Laura Ferraro and other AHA members to discuss upcoming trips, travel tips, Road Scholar offerings, and the potential for short or weekend trips.	10am
Wednesday, March 19	<b>Dine Around</b> at Theismann's Restaurant, 1800A Diagonal Rd. Limit of 12.	6:30pm
Thursday, March 20	<b>Tech Thursday: AI Tools and Integrations</b> at AHA office.	1pm
Thursday, March 20	<b>Men's Night Out</b> at Aldo's Italian, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, March 24	<b>Morning Brew</b> at Alexandria Pastry Shop, 3690 King St. No limit. The purpose of the Brew is to provide a welcoming table in a local coffee shop where both new and "seasoned" AHA members can stop by and just get to know one another better. Anyone is welcome to attend, including prospective new members. Please be sure to register.	10am
Tuesday, March 25	<b>Coffee and Conversation</b> at Royal Restaurant, 730 N St Asaph St. Limit of 12.	10-11:30am
Wednesday, March 26	<b>Del Ray Artisans Outing.</b> Gather with AHA friends and Mila Mateu at Del Ray Artisans (DRA) located at 2704 Mt. Vernon Ave, 22301, for a private viewing and discussion of DRA's March exhibit of "Fairy Tales from Around the World" (8 participants). In keeping with the international theme, we will cross the street to Los Tios Grill, a Mexican Restaurant located at 2615 Mt. Vernon St. for an early dinner, snacks, or a drink.	2pm
Thursday, March 27	<b>Lunch Around</b> at Carlyle, 4000 Campbell Ave, Arlington, VA 22206. Limit of 12.	12 noon

## TO REGISTER

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

## March Happy Hour at Alate

You may have heard about Alate Old Town, a new luxury rental community for folks ages 62+. AHA has been keeping in touch with the management there since construction broke ground. The property has been open several months now and we thought it was time to experience their new space! Alate Old Town will be lending its 2nd floor bistro to AHA on Saturday, March 15 from 5-7pm for happy hour.

RSVP to AHA: [aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org), 703-231-0824, or through AHA Hub. Alate is located at the corner of First and Fayette Streets. You'll receive full details (re parking, etc.) when you register. To learn more about the property, visit [alateoldtown.com](http://alateoldtown.com).

## Combining Her Love of Travel and Art

Goodwin Living is hosting an exhibition in its Art Studio Gallery by our own AHA member and Goodwin Living Alexandria resident Frances Griffiths. Frances will exhibit a selection of her vivid acrylic and watercolor paintings that celebrate travel and everyday delights. These paintings evoke happy memories of places and loved ones. The exhibit runs through April 3.



## AHA ZOOM Movie Club

hosted by Barbara Brennan

As we await the first day of spring, we still want to snuggle up and watch movies in the warmth of our homes. The March Movie Club meeting will be held on March 12 at 4:00 p.m. AHA will send the Zoom link after you have registered for the program. See more information about how to register in the March 2025 Calendar on page 2.

***I'm Still Here*** (2024) Available on Apple TV. This docudrama is based on the 2015 memoir by Marcelo Rubens Paiva, whose father, the Brazilian congressman Rubens Paiva, was among the estimated 20,000 people who were tortured during the military dictatorship from 1964 to 1985. Set in Rio de Janeiro in the early 1970s, the film shows Brazil facing the tightening grip of a military dictatorship and the violent and arbitrary act that forever changes the lives of the Paiva family.

***Maria*** (2024) Available on Netflix. The film stars Angelina Jolie as opera singer Maria Callas, and follows the seven days before her 1977 death in Paris, as she reflects on her life and career. Holed up in her Parisian apartment with only her devoted housemaid and driver for company, Maria suffers from an unidentified illness that has laid claim to her iconic voice.

## Remembering AHA Member Leander Wick

AHA member Leander ("Lee") Wick passed away recently at the age of 87. Lee is survived by his wife Elaine, his son Andy, two grandchildren and a step-grandchild. He was a dispensed Catholic priest as of 1972, after serving as a prison chaplain and a chaplain at St. Elizabeth's Hospital in Washington, DC. He retired as a Fairfax Co. employee from Mount Vernon Center for Community Health in 1996, where he held numerous positions. He wrote several books, had a penchant for woodworking, was an avid gardener, and greatly enjoyed baseball and football. Contributions can be made to the Carpenter's Shelter or to St. Joseph's Catholic Church, Alexandria.

## Solo Aging Boom

by Alan Dinsmore, vice chair, AHA board of directors

At Home in Alexandria and Senior Services of Alexandria co-hosted a “solo aging” event on February 19 at the Beatley Central Library. The event focused on exploring practical strategies for supporting seniors as they navigate solo aging, combat social isolation, and prioritize mental health.

The number of older Americans living alone has soared. In 1963, about 17 million Americans were celebrating their 65<sup>th</sup> birthday. In 2020, that number had soared to nearly 60 million, with 22 million living alone. Of that group, 30% had no children or other family support as they aged.

Alexandria is at the forefront of addressing this issue. At the February event, over 80 persons braved snow flurries to both listen and participate. The event was keynoted by Steve Gurney, the founder and director of Positive Aging Community. Veronica Ferris, AHA’s marketing and membership manager (pictured below, top) and Alan Dinsmore, vice chair of the AHA board of directors (pictured below, bottom) presented on sources of community support and the loss of partner, spouse, or close friend, respectively.



## AHA Resources

by Veronica Ferris, AHA’s marketing and membership manager

While everyone is aware of the practical support — transportation, errands, technical support, decluttering, light maintenance and other services—AHA offers to our members, we also offer other services that are not as well-known. Did you know that AHA also has a library for use by our members as well as a member directory to help you keep in touch with your fellow AHA members?

### AHA Library

Did you know there are many great books you can borrow from the AHA office? Recently two new books were generously donated: *Solo Wise: A Roadmap for Fearless Solo Aging* by Beverly Bernstein Joie and *Hospice Voices: Lessons for Living at the End of Life* by Eric Lindner. We’ve got all kinds of books on aging, Parkinson’s, dementia, retirement and more! We also have some brain exercise puzzles. Come by the office to check out a book!



### AHA Directory in Your Inbox

For several years, AHA provided a printed member directory to each member household twice a year. Four years ago, toward our goal of reducing paper use and postage costs, we began providing the directory online through AHA Hub instead. We realize that some members would prefer to have a printed directory—and that our online directory defaults to a small point size that is difficult to read if you simply hit “print.” Beginning this month, we will provide a formatted and easy-to-read member directory by email so that you can print the directory at home—or just keep it in your email inbox for referral.

## Theatre Production: 'night Mother

Come cheer on AHA's own Tegan Cohen as she takes the stage in Breakout Theatre's production of the Pulitzer Prize-winning show *'night, Mother*.

When Jessie reveals her plan to take her own life, Mama will go to any lengths to keep her daughter alive ... even if it means hurting her. Tegan wants you to know there is actually a lot of humor in this play, most of it dark.

"We've worked hard to find and keep funny moments, and there are some genuine laughs."

*Content Warning: Suicide and Gun Use.*

**Location:** The Undercroft Theatre (900 Massachusetts Ave NW, Washington, DC 20001). Parking is available in the hotel across the street or it's a ten minute walk from Metro. The stage is at street level and accessible.

**Dates:** March 13-15 at 7:30pm

More info: <https://theatrelab.org/boxoffice/>



## Welcome New Members

Elise and Dennis Reeder – Del Ray  
Murray and Sheffield Richey – North Ridge  
Marcia Gillespie – Foxchase  
Christa Annett – Old Town  
Barbara Haley and Les Friedman – Ivy Hill

## CONTACT US

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## A Valentine's Happy Hour to Remember

Joan Bondareff hosted a Valentine's Day Happy Hour at her home on February 15. Everyone was in a festive mood, with many wearing red to celebrate. Pictured below (clockwise) are AHA Board Chair Pam Nelson and "hostess with the mostest" Joan Bondareff; Pam Nelson with AHA Board member Gretchen Klimoski; AHA's own Veronica Ferris and Matt Sheehan; Mary Lou Collins and Diane Bondareff; Mila Mateu and Peggy Marchbanks; and Chari Otis and Ann Liddle.



### Board of Directors

Pamela Nelson, Chair	Alan Dinsmore, Vice Chair
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Cecile (Cele) Garrett

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Veronica Ferris

### Member and Operations Manager

Tegan Cohen

**Editor:** M. Laurie Cammisa

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— AT HOME IN —  
**ALEXANDRIA**

3139 Mt. Vernon Avenue  
Alexandria, VA 22305

## SPECIAL DAYS IN MARCH

<i>March 4</i>	Mardi Gras
<i>March 5</i>	Ash Wednesday
<i>March 9</i>	Daylight Savings Time
<i>March 15</i>	Ides of March
<i>March 17</i>	St. Patrick's Day
<i>March 20</i>	Spring Equinox

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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).