

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



AAA's Spring2ACTION Results

By Cele Garrett, AAA executive director

I want to express my gratitude to each person who supported AAA during our annual Spring2ACTION fundraiser. There are many worthy nonprofits in our city—nearly 190 participating this year—and we are honored that more than 150 people chose to support AAA. Our final total was \$40,264—and, while we didn't quite meet our goal, we are proud of what we achieved. We knew it would be a tough campaign this year.

Once again, Del Ray Cafe did a great job taking care of us and they donated \$550 at the end of the evening. Below is a list of our matching gift donors. MANY additional donors contributed significantly to the campaign. We are beyond grateful to each of you for being a significant part of this effort.

~Cele and the AAA team

Mason Hirst Foundation
John Marshall Bank
Comfort Keepers Home Care
Synergy Home Care
Anonymous
Alan Dinsmore
Bob Eiffert and Michael Curry
Louise and Mike Kenny
“Dog lovers”: Jane King and Vicki Rutson
Nancy Kincaid

Gretchen and Richard Klimoski (and their cat Coco)
Pam and Steve Nelson
Christena Nielsen and Tom Crowley
Barbara Rosenfeld
Shelli Ross
Carol Siegel
Karen and Tommy White
“The Adventurers”: Ruth Arnold, Kathie Fricke,
Susanne O'Neill, Mary Ann Bier and Barb Reed

MAY 2025

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.

Please note: Morning Brew is on hiatus this month due to the holiday.

Saturday, May 10	AHA Happy Hour at the home of Jason Ankele and Cindy Dyer in the Alexandria House. Limit of 30. See details on page 3.	5-7pm
Tuesday, May 13	Ladies' Night Out at Aldo's Italian, 2850 Eisenhower Ave. Limit of 10.	5-7pm
Wednesday, May 14	Movie Group on Zoom. Movies for this month: <i>The Children's Train</i> , <i>How to Make Millions Before Grandma Dies</i> , <i>Evil Does Not Exist</i> and <i>Sing Sing</i> .	4-5pm
Thursday, May 15	Tech Thursday: AI features from Google, Apple and Microsoft on Zoom.	1pm
Thursday, May 15	Men's Night Out at Aldo's Italian, 2850 Eisenhower Ave. No limit.	5-6:30pm
Wednesday, May 21	Dine Around at City Kitchen, 330 S. Pickett St. Limit of 12.	6pm
Thursday, May 22	Lunch Around at MacMillan Spirit House, 500 Montgomery St. Limit of 12.	12 noon
Monday, May 26	AHA Office Closed due to Memorial Day. Please leave a voicemail and we will get back to you.	All Day
Tuesday, May 27	Coffee and Conversation at the Royal, 730 N. St Asaph St. Limit of 12.	10am
Friday, May 30	Lively Arts Discussion at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am

TO REGISTER

Please call or email the office 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 Looking for Happy Hour Hosts

AHA Happy Hours were historically held at a fixed location, but we have been delighted to have Happy Hour at a variety of locations in recent months. Thank you to those of you who have offered your homes to AHA for Happy Hour!

We are always looking for more Happy Hour hosts. If you have a home that is large enough to accommodate 25 or more people and it is relatively easy to get in and out of your home and park nearby, let us know. The host is responsible for the place, but to make hosting responsibilities easier, AHA has a "Happy Hour in a bag" that contains supplies like plastic cups, plates, napkins, tablecloths, bottled water, and nametags. AHA staff or volunteers will help with set up and clean up. The attendees supply all the food and beverage. Please let the office know if you are interested in hosting.

May 10 Happy Hour

The AHA Happy Hour for May will be on Saturday the 10th at the home of Jason Ankele and Cindy Dyer in Alexandria House. They recently moved into their unit after a beautiful renovation. It will be at the usual time of 5pm and will follow the format outlined in the above article. Once you register, you will receive a confirmation with the exact address and unit number. Please remember to bring your own beverage of choice and a goody to share (as well as a serving platter and utensil).

Alexandria Mayor Alyia Gaskins Proclaims May "Older Americans Month"

The proclamation reaffirms the commitment of the City to expand leadership of older adults and their involvement in public service positions and commends all citizens to commemorate this month "in gratitude for those older persons who have contributed to the life of the City and the nation where all have, by right, a position of equality, fairness, justice and freedom." Attend the proclamation announcement at the City Council morning meeting on May 17 at City Hall.

Relax with Singing

By Jane King, AHA Member

If singing relaxes you and is a pleasure, you may wish to join Encore Chorale or Encore Rocks. Encore Creativity explains that "There are no auditions to become a member of an Encore program". Experience with music is not required. Those from 55 to 99 are welcome to join. The Encore Chorale meets at the Good Shepherd Church at 100 West Luray Avenue on Mondays from 10:30 to noon. Encore Rocks also meets there from 10 to 11:30 on Wednesdays. For more information, go to encorecreativity.org. Attend the free concert at the Schlesinger Center at NVCC on May 19.

Create Programs for AHA

By Alan Dinsmore, AHA Board Chair

One of my goals as chair is to expand our programs for members.

We have had some great ones over the years including conversations with a recently retired senior intelligence officer, a history of radio broadcasting in the Washington Area, how to be your own advocate during a hospital stay, solo aging, and planning an ethical will, to name a few from AHA's recent program history.

These programs do not appear by magic. The ideas and program planning often have come from AHA members. We need volunteers to step up with an idea and a commitment to develop a program from the idea. Here are some ideas:

- Black history in Alexandria
- Introduction to other cultures in the Washington area
- Attending events together: Music, theater, and the arts
- How to be an advocate for your cause

Please email me at wingsofthemorning@comcast.net by the end of May with ideas and your commitment to plan a program so we can begin to meet and organize in June.

I've led several programs for AHA—and members and staff can help. Also, a wide range of organizations in our area have interesting speakers and programs—and they're eager to build their audience.

Living with Grief

By Alan Dinsmore, AHA Board Chair

At this stage in our lives most of us have already experienced the loss of close friends, a spouse, or a relative.

After the death of a person you love, have you noticed that your conversations with yourself and your friends often start with the phrase “I never felt so...” or “I never expected...” Those conversations are good for the heart and soul, two parts of your life landscape that depend on feeling. There are no rules for grieving, no schedule, or common patterns. However, whatever route you take, remember to feel, to acknowledge everything and welcome feeling as the route to healing. Listening, sometimes just being present while they talk, is to both of you a priceless gift.

I know these things because almost three years ago I lost the man I loved and who loved me for thirty-six years. There are things you must do like funeral arrangements, estate planning, and managing the family. These are the routine tasks that will comprise the only schedule for grief that I know of. In a time of surprise and loss, these duties can be your ally. It gets you through the day and helps you recall the important parts of your life together.

It is good to have the support and presence of family and friends. However, like everything under the grief umbrella, it works differently for each person. People will not feel the same thing at the same time. Some good people just don't always have the same talent for expressing feelings. Will this frustrate you? It might even make you angry.

Finally, there is compassion and its attendant grace of healing. This is especially important for your own well-being. You need to learn not to obsess about the times you think you have failed. The times when you did not pay attention, angry moments, or the frustration with the bumps and detours with the life you thought you would always have.

Finally, grief does disappear. It does take different forms and, eventually, a different place in your life. Love does not go away. With the passage of time, you may find not the loss experienced in the first years, but a recollection of love that can bring a new direction to the next years of your life.

If you feel you need help, contact a grief support group. They are easy to locate on the Internet.

Caregiver Resource Books

By Gary Hacker, AHA Member

Here are some resources that I hope you might find helpful:

Caregiver Survival

- *Caregivers Are Mad As Hell! Rants from the Wife of the Very Sick Man in Room 5029* by Ann Brenoff
- *Dear Caregiver, It's Your Life Too: 71 Self-Care Tips to Manage Stress, Avoid Burnout & Find Joy Again While Caring for a Loved One* by Katie Duncan, NP

The Hospice Experience

- *Before You Go: A Hospice Nurse Shares Her Experiences Caring For Her Dying Patients* by Linda J Mancinelli, RN
- *Hospice Voices: Lessons for Living at the End of Life* by Eric Lindner

Special Situations

- *Solo Wise: A Roadmap for Fearless Solo Living* by Beverly Bernstein Joie
- *The Dying Process: Your Essential Guide to Understanding Signs, Symptoms & Changes at the End of Life* by Katie Duncan, NP

Pick Up Your 2025 Sourcebook at the AHA Office



The 2025 issue of the Positive Aging Sourcebook has arrived! We have copies available for you to pick up at the AHA office. The Sourcebook contains thousands of resources, aging-in-place solutions and housing options covering the entire Commonwealth of Virginia (and Maryland and DC, as well). Stop by anytime Monday-Friday 10am-2pm.

What Happened Last Month?



The Spring2ACTION “nerve center” at Del Ray Cafe: Cele Garrett, Carol Siegel, Bob Eiffert, Michael Curry and Veronica Ferris.



AHA members gathered at Del Ray Cafe for the special Lunch Around for Spring2ACTION.



Welcome New Members

- Don Budowsky (Holmes Run)
- Anita Barondes and James Sholly (Taylor Run/Clover)
- Frederick Myerchalk (Del Ray)



Lunch Around in March at the Carlyle with Barbara Rosenfeld, Jeanne Solak, Sharyn Hennessy, Mary Ann Bier and Carmen Raventos-Suarez.

Board of Directors

Alan Dinsmore, Chair	Victoria Almquist, Vice Chair
Jim Woolwine, Treasurer	Ray Biegun, Secretary
Ruth Arnold	Jenny Elrod
Kathie Fricke	Gretchen Klimoski
Pam Nelson	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 Member Services Manager
Tegan Cohen

Editor: M. Laurie Cammisa

Advisory Council

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



AHA member Frances Griffiths recently exhibited her paintings in Goodwin Living's Art Studio Gallery. The exhibit celebrated travel and everyday delights. AHA members Mary Margaret McGrail and Bill Clayton attended.

CONTACT US

At Home in Alexandria

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

AHA@AtHomeInAlexandria.org
www.AtHomeInAlexandria.org



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

SPECIAL DAYS IN MAY

May 1	May Day
May 3	Derby Day
May 5	Cinco de Mayo
May 11	Mother's Day
May 26	Memorial Day – <i>AHA Office Closed!</i>

IN THIS ISSUE

P. 1	Spring2ACTion
P. 2	Calendar
P. 3	Happy Hour and Programming
P. 4	Grief and Resources
P. 5	What happened last month?

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.