

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

## NEW OFFERINGS ON THE HORIZON

By Cele Garrett, AHA executive director

With summer ending, AHA is as busy as ever planning events for AHA members for this fall.

Movie Group is back after a summer hiatus. Scrabble has been a fun addition to the AHA calendar. And, AHA's lively arts discussion group has been quite active. In fact, a few folks went to a cabaret at Signature Theatre together.

AHA is interested in bringing back two additional AHA events – “Conversations With . . .” and the Metropolitan Opera’s “Live in HD” — and starting a new event, “Solo AHAer.”

Pre-COVID, “**Conversations With...**” was a popular event. We have folks interested in moving the idea forward, but we need some help. We’re looking for a few more members who can either host or reach out to local citizens who would serve as our guest speaker.

In the past, **The Met Live in HD** was also popular. We are putting together a group to attend together. Let the office know if you’re interested in attending a live movie theater transmission of the season’s first opera, Bellini’s *La Sonnambula* performed on October 18 or 22.

There has been interest in putting together a “**Solo AHAer**” event. Many of our members are single and would be interested in meeting other “solo” folks. One of our members has offered to host an event in October. Let us know if you’d like to help plan some future gatherings.

We will also have a new addition to our calendar in October: AHA is bringing back the AHA Book Club. See details about the group on page 5.

AHA is not all fun and games! In addition to social events, AHA is committed to keeping our members informed on health-related topics that help us all to age well. Read page 3 to learn about presentations we’re offering this month.

See you at an AHA event soon!

## September 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 all month	<b>Weekly Scrabble</b> at the home of Jeff and Donna Gathers. Limit of 3. Scrabble will be held on the following dates: September 2, 9, 16, 23, 30.	1:30pm
Tuesday, September 9	<b>Ladies' Night Out</b> at Clyde's, 1700 N Beauregard St. Limit of 10.	5-7pm
Wednesday, September 10	<b>Movie Group</b> This month's picks are: <b>The Seed of the Sacred Fig</b> (2024) and <b>Sunset Boulevard</b> (1950).	4pm
Saturday, September 13	<b>AHA Happy Hour</b> at The View - Alexandria House, 400 Madison St. Limit of 30.	5-7pm
Monday, September 15	<b>Lively Arts Discussion</b> at St. Elmo's Coffee Pub - Old Town North, 529 Montgomery St. Limit of 8.	9:30am
Wednesday, September 17	<b>Dine Around</b> at Barca Pier & Wine Bar, 2 Pioneer Mill Way. Limit of 8.	6-8pm
Thursday, September 18	<b>Tech Thursday</b> Differences between medical alert devices and smart watches; time permitting: discussion about choosing medical alert devices. AHA office. Limit of 10.	1pm
Thursday, September 18	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, September 22	<b>Morning Brew</b> at Panera, 3201 Duke St.	10am
Thursday, September 25	<b>Lunch Around</b> at Jula's on the Potomac, 44 Canal Center Plaza, Suite 401. Limit of 14.	12 noon

We are offering three special events in September focused on health-related topics that help us all to age well. Go to page 3 to learn about presentations we're offering this month.

### TO REGISTER

Please call or email Veronica Ferris 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.

## Special Events in September

Monday, September 15	<b>Goodwin Living at Home Care Coordination Pilot Program Info Session</b> Join Goodwin Living at Home for this Zoom presentation.	2pm
Wednesday, September 17	<b>Navigating Senior Living-Understanding Your Options</b> Join Silver Bridges Consulting, Arlington Neighborhood Village, and AHA for this free Zoom presentation.	10am
Tuesday, September 23	<b>Maintaining Healthy Vision</b> Located at Sherwood Regional Library, conference room 4. Co-hosted by Mount Vernon At Home and Prevention of Blindness Society.	11am

### NEW CARE COORDINATION PILOT PROGRAM

By Cele Garrett

We all understand the importance of planning for our future health needs, but exactly what does that entail?

Many of our AHA members have experienced a medical incident that caught them off-guard. If you don't have a family member or a trusted medical advocate who can step in at a moment's notice, you might want to seek out an aging life care specialist (often commonly referred to as a geriatric care manager) or other similar service. Care coordination can play an effective role in managing a hospital stay (planned or unplanned) or other event that can befall us. **The best time to seek out this help is before a crisis occurs.**

In coordination with AHA's longtime partner, Goodwin Living At Home (GLAH), we are pleased to announce that AHA members can take part in a small pilot study conducted by GLAH that involves care coordination at a discounted rate. This pilot will take place over a four-month period of time: October 2025 – January 2026. Please join me on September 15 for an info session via Zoom when GLAH's executive director Jenny Elrod will explain the program and give members a chance to ask questions.



### IS SENIOR LIVING IN YOUR FUTURE?

Navigating senior living is complex, confusing, and overwhelming. In the DC-metro area alone, there are over 100 options available. This makes the decision to identify the ideal senior living community even more challenging.

To help people who are exploring senior living options, At Home in Alexandria (AHA) and Arlington Neighborhood Village (ANV) are co-hosting a free webinar presented by Silver Bridges Consulting on September 17. The presentation will help you understand: the types of senior living options, the costs, and the government regulations and oversight provided. You will also receive questions to ask when evaluating senior living communities.

### MAINTAINING HEALTHY VISION

The Prevention of Blindness Society, Mount Vernon at Home and AHA are hosting a presentation to share tips and insights on how to protect your vision. Tara Aziz from the Prevention of Blindness Society will present. This will also be an opportunity for you to donate your old eyeglasses to those with low vision.

The event will be held at the Sherwood Regional Library located at 2501 Sherwood Hall Lane in Alexandria on Tuesday, September 23.



## SNEAK PEAK FOR OCTOBER: THE LAUNCH OF THE AHA BOOK CLUB!

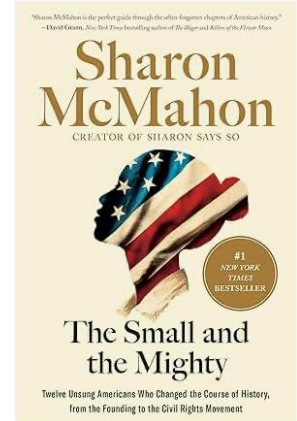
AHA is launching a new Zoom-enabled book club. The book club will meet the third Wednesday evening of each month. While originally sponsored by the Duncan Library, this book club is now sponsored by AHA. The first meeting under the AHA sponsorship is on October 15 at 7 pm.

The book to be discussed at the October meeting is *The Small and the Mighty: Twelve Unsung Americans Who Changed the Course of History, from the Founding to the Civil Rights Movement* by Sharon McMahon. The book focuses on forgotten chapters of American history.

Moving forward, the club will read a wide variety of books that are mutually agreed upon by the membership. The club reads fiction and nonfiction but tries to alternate between the two.

The person who suggests the book will lead the discussion of the book.

If you are interested in joining this new club, please call or email Veronica Ferris at [veronica@athomeinalexandria.org](mailto:veronica@athomeinalexandria.org) or 703-231-0824 and keep an eye on your email for reminders and updates about the book club.



## LIVING LEGENDS AMONG US!

Living Legends of Alexandria (LLA) is an ongoing non-profit photo-documentary program to identify, honor and chronicle individuals making history in Alexandria today. LLA recently announced the Living Legends for 2025 and AHA is connected to three of these extraordinary people: AHA Member Kitty Porterfield; Senior Services of Alexandria Executive Director Mary Lee Anderson; and Gerald File, partner of AHA Member Sharon “Teddy” McBay.

A celebration and formal recognition event will be held later this year. We will share the details about the ceremony, public exhibits, and opportunities to honor the 2025 Legends when they are announced. You can find more information about these individuals at [www.LivingLegends.org](http://www.LivingLegends.org).

## ENCORE LEARNING

The Fall 2025 semester at Encore Learning starts in September. The calendar of classes and events is now available. Encore will be holding a Fall Course Preview on September 4. Registration for classes opens on September 8 with classes beginning on September 29. All the details for these events can be found at [www.EncoreLearning.net](http://www.EncoreLearning.net).



AHA Member and former editor of the AHA Newsletter Mary Ann Bier spent time in Paris this summer with granddaughter Emily (shown here) and daughter Ellie.

AHA Member Brenda Bloch-Young and her son toured the Federal Reserve Bank of Atlanta in August, shown here with their tour guide.



## AHA MEMBERS OUT AND ABOUT



AHA Board Member John and AHA Member Nancy Veldhuis celebrated their 25th wedding anniversary with family from across the country joining the celebration, followed by their renewal of marriage vows



### Welcome New Members

Jean Knezo (Old Town)

Jack Licate (Old Town)

Joan DaSilva (West End)

Sylvia McDonough and Gerald Burns (Del Ray)

### Welcome New Volunteers

Austin Dupea, Jaclyn Lavota, Salo Ovando

#### 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

#### Member and Operations Manager

Tegan Cohen

Editor: M. Laurie Cammisa

#### Advisory Council

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



We had a great turnout at our AHA Dine Around on August 6 at Trattoria da Franco.

## 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 SEPTEMBER

<i>September 1</i>	Labor Day - AHA office closed
<i>September 22</i>	First Day of Autumn
<i>September 22-24</i>	Rosh Hashanah

## *In This Issue*

- P. 1 New Offerings on the Horizon*
- P. 2 September Calendar*
- P. 3 Health-related presentations*
- P. 4 Upcoming events*
- P. 5 AHA Members Out and About*

### **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).