



NEWSLETTER

JANUARY 2020

"Thanks" to our member, Franki Roberts, for arranging a special luncheon at The Old Dominion Boat Club in Old Town last month!



From the Desk of...
Virginia Hodgkinson,
Board President

HAPPY NEW YEAR!

We ended last year with an outstanding holiday luncheon. Thanks to our sponsors, supporters and donors at the party! Thanks to Susan and Marlene for their organizing a great luncheon. Thanks to all who donated in response to our fundraising letter. It was a good tenth anniversary year! The support of members, friends, and generous vendors helped us to end the year well. Thanks also to the Development Committee for your hard work under a short time line with the leadership of Paul Krizek. Thanks also to Paula Lettice, our Vice President, for the great gifts you prepared for the raffle and for planning and running the raffle.

The New Year brings new promise for the growth and health of Mount Vernon at Home. There will be a strong and talented group of new board members, and a new strategic plan in which all of us will be involved. A lot has changed over the past decade and we need to prepare to appeal to a new generation of active seniors. With Susan Deller, our great new Executive Director, and Marlene Jones, our great new Office Manager, and several Volunteers who are helping to update our data systems, we are off to a good start. They, and our members, will help us make the second decade even more successful and invigorating than the last. Finally, thanks to our Founding and Charter Members for their vision in bringing this organization to life and making our first decade successful.

We would not be here without you!



Members Seated Left to Right: Hugh Schwartz, Addy and Eugene Krizek, Judy Rosen, **Members Standing Left to Right:** Franki Roberts, Maria Rosa Schwartz, Sarah Tatum, Roberta Elwell, Patsy McDermott, and Cher Terry

SAVE THESE UPCOMING DATES...

Sun., January 19, 2010 (3 - 4:30pm)



"Conversations" Returns at the Unitarian Church, featuring a lecture by... **"Bob Levey,"** prize-winning journalist who has covered the Washington scene since the Johnson Administration and wrote a daily column for 23 years, *"Bob Levey's Washington,"* for **The Washington Post** before his

retirement. He will be introducing us to his first novel, **Larry Felder, Candidate**, the story of a famous Washington columnist who abandons journalism to run for Congress in the MD suburbs.

Fri., January 24, 2010 (2 - 3:30pm)

Book Club Discussion in Conference Rm. 1 at Sherwood Reg. Library. Book to be Discussed: **"The Guernsey Literary and Potato Pie Peel Society"** By: Mary Ann Shaffer



Thur., January 30, 2020 (10:00am) Coffee Social

at Mt. Vernon Country Club (including demonstration & update on our new software platform **"Helpful Village."**)



Wed., February 26, 2020, (12 -2:00pm). Annual Meeting & Potluck Lunch held in the Sherwood Reg. Library, 1st floor Conference Room.



JANUARY, 2020

CALENDAR EVENT DETAILS

Please Remember to RSVP to our Office for any/all of these Events that you would like to attend!!!

Please Note: Events may be cancelled last minute due to low number of RSVP's, therefore, if you show up without RSVPing, you may be the only person in attendance if an event is cancelled. :(

IMPORTANT: PLEASE BE SURE TO ALERT US if you must CANCEL an RSVP you've placed — even if it's the morning of the event — our office still needs to be informed! THANK YOU!!!

Call our Office at: 703-303-4060 or Email: info@MountVernonAtHome.org to place RSVP's &/or to Cancel RSVP's.

Wed., Jan. 1, Happy New Year! MVAH Office is CLOSED & Sherwood Reg. Library is CLOSED. NEW YEAR'S DAY BRUNCH, 11:30am - 2:00pm at the Home of Virginia Hodgkinson in Montebello, 5904 Mt. Eagle Dr., #308 (bring a dish or drink to share)!

Fri., Jan. 3, 1:30 - 2:15pm. Chair Yoga at Sherwood Reg. Library. NO COST.

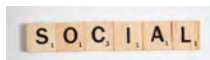


Sat., Jan. 4, 10am - 4:30pm Trip to Hillwood Estate, Museum & Gardens in NW, Wash., DC & Special Exhibit "Mid-Century Master: The Photography of Alfred Eisenstaedt." Mr. Eisenstaedt was Life Magazine's most notable Photojournalist. **Senior Admission is \$15.** Lunch is available for a separate cost in a lovely tea room on the grounds. Meet at 3rd tier parking area of Mt. Vernon RECenter, 2017 Belle View Blvd. and share cost of Uber-ing together.

Sun., Jan. 5, 1 - 2pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Floor Meeting Rm. with Scott Mathews using Chen Short Form (taught as a method of meditation and relaxation). NO COST. NOTE: This class takes place **every Sun.** in Jan.!



Wed., Jan. 8, 1:00pm Scrabble at Sherwood Reg. Library, 2nd Floor Conf. Rm. #3.



Thur., Jan. 9, 10:15 - 10:45am Memory Depot Station at Sherwood Reg. Library on 2nd Floor in New Tech Lab. This is an orientation to learn how to use the "do-it-yourself" equipment available in the library to scan your slides, negatives and photos &/or to transfer your VHS movie cassettes to digital format.



Thur., Jan. 9, 1:00pm Bridge at the Home of Virginia Hodgkinson in Montebello, 5904 Mt. Eagle Dr., #308.



Fri., Jan. 10, 1:30 - 2:15pm Chair Yoga at Sherwood Reg. Library. NO COST.



Sat., Jan. 11, 11:00am "Timely Topics" at the home of Virginia Hodgkinson in Montebello and the Topic to be discussed will be "Brexit."



Sun., Jan. 12, 1 - 2pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Floor Meeting Rm. with Scott Mathews using Chen Short Form —taught as a method of meditation and relaxation. NO COST. NOTE: This class takes place **every Sun.** in Jan.!

Mon., Jan. 13, 2:00pm Program Committee Meeting, Everyone is invited and encouraged to attend our meeting & **bring YOUR ideas** for events, trips and programs that YOU want to enjoy in 2020!!! Please join our lively group at the Sherwood Reg. Library, 2nd flr. Conf. Rm. 4.

Tues., Jan. 14, 10:15 - 10:45am Memory Depot Station at Sherwood Reg. Library on 2nd Floor in New Tech Lab. This is an orientation to learn how to use the "do-it-yourself" equipment available in the library to scan your slides, negatives and photos &/or to transfer your VHS movie cassettes to digital format.



Tues., Jan. 14, 12Noon - 2:00pm TECH TUESDAY with MVAH Staff & Volunteers at Sherwood Reg. Library on 2nd Floor in Conference Rm. 3. **Please RSVP to RESERVE a 30 min. session** to learn something new on your iPhone, iPad or laptop!



Wed., Jan. 15, 12Noon Lunch & Movie at Paul Spring. Enjoy a lovely lunch provided by Paul Spring Retirement Community, followed by a Movie Classic: **"Casablanca"** featuring Humphrey Bogart, Ingrid Bergman, Paul Henreid and Claude Rains.



Thur., Jan. 16, 10am - 3pm DMV 2 GO, Mobile DMV Bus Service in Sherwood Reg. Library Parking Lot. Update your Drivers' license to a REAL ID, disabled parking placards, vehicle titles & registrations, address changes, E-ZPass transponders, compliance summaries, and hunting & fishing licenses.

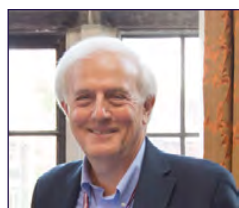
Thur., Jan. 16, 2:00pm MVAH Membership Committee Meeting in Sherwood Reg. Library, 2nd Floor Conference Rm. 3.

Sat., Jan. 18, 10 - 11:30am FREE Workshop on Aging-in-Place and Downsizing featuring Presenter (and Seniors Real Estate Specialist), At Home Alexandria Village Member and Mt. Vernon At Home Volunteer: **Peter Crouch**. How do you plan to maximize your years? Travel? Family? Theater/Arts? Volunteering? The choice of how you live going forward is UP TO YOU!!! Join Pete and other Specialists on hand to help you Build-a-Plan and learn the Pros, Cons, Realities and Tips for Aging-in-Place and Downsizing! Held in the Sherwood Reg. Library 1st Floor Conference Room.

YOU DON'T WANT TO MISS THIS!

Sun., Jan. 19, 3 - 4:30pm, "Conversations"

at the Unitarian Church, 1909 Windmill Lane (in Mason Hill subdivision off Ft. Hunt Rd.), Alex., 22307 featuring lecture by: **"Bob Levey,"** prize-winning journalist who has covered the Washington scene since the Johnson Administration and wrote a daily column for 23 years, *"Bob Levey's Washington,"* for **The Washington Post** before his retirement, will be introducing us to his first novel, **Bob** was the first reporter hired by the legendary Ben Bradlee. He sat between Woodward and Bernstein during Watergate. He had a 3-decade friendship with the famous Katharine Graham. During his lecture, he will discuss all these people and many other well-known Posties. Then he'll discuss his first novel, **Larry Felder, Candidate**, the story of a famous Washington columnist who abandons journalism to run for Congress in the MD suburbs. He will have a question and answer period at end and he will have copies of his book for sale and he will gladly sign your copy. His book has gotten a very nice buzz so far and you can purchase it also through his website: www.bobleveypublishing.com



Mon., Jan. 20 Our MVAH Office & the Sherwood Reg. Library is CLOSED today in honor of:



Wed., Jan. 22, 10:30 - 11:30am How To: Gmail in New Tech Lab on 2nd Floor of Sherwood Reg. Library

Wed., Jan. 22, 12 Noon Lunch Bunch at Primos Restaurant in Belle View Shop. Ctr.



Thur., Jan. 23, 11:00am "Chatters" at the home of Pris Bornmann, 1903 Sword Lane in Stratford on the Potomac, 22308. Pris was recently surprised when her daughter, Kirsten Fontenrose, asked her to join her on a week-long journey to Saudi Arabia. Kirsten's invitation came from Prince Khalid bin Salmad, son of the King and closest brother of Crown Prince Mohamed bin Salmad. (Khalid is the Deputy Minister of Defense and the Crown Prince is the Minister of Defense). The trip itself was planned by the kingdom's General Sports Authority for the VIP guests of the royal court. Come hear about



the experience Pris describes as "A Middle-Class American in the land of camels, formula e racing, and rock concerts." (You read that right: *"rock concerts!"*)

Thur., Jan. 23, 7 - 9pm Mt. Vernon Regional Historical Society FREE presentation at the Martha Washington Library on Ft. Hunt Rd. **"Demographic History of Mt. Vernon"** based on census data from 1940 - 2010 (lecture presented by a retired Sr. Census Bureau official). Also, please contact our office if you are interested in learning more about the Mt. Vernon Reg. Historical Society. They conduct specialty on-site tours of Mt. Vernon area historical bldgs. & sites throughout the year.

Fri., Jan. 24, 1:30 - 2:15pm Chair Yoga at Sherwood Reg. Library.



Fri., Jan. 24, 2 - 3:30pm Book Club Discussion at Sherwood Reg. Library, 2nd Fl., Conf. Rm. 1. Discussing:



"The Guernsey Literary and Potato Pie Peel Society" by: MaryAnn Shaffer. Also, bring your suggestions for the next book to be read, as we will choose our next book to be discussed in the month of March.

Sat., Jan. 25, 11am - 3:30pm NEW Improved Sherwood Reg. Library Tech Lab OPEN HOUSE - head up to the 2nd floor & check it out - enjoy a Guest Speaker, paper making class & try new STEM products, they even have a 3D printer!

Sun., Jan. 26, 3:00pm FREE Concert by The Cornerstone Saxophone Quartet at the Sherwood Reg. Library. All the musicians are all retired Wash., DC premier military band members!



Tues., Jan. 28, 10:00am Bridge at the home of Virginia Hodgkinson in Montebello.

Thur., Jan. 30, 10 - 11:30am FREE Coffee Social at Mt. Vernon Country Club, 5111 Old Mill Rd., Alex.



We'll also be providing a demonstration & update on **"Helpful Village,"** our software platform for posting and RSVP-ing to MVAH Future Events!



Sat. Feb. 1, 33rd Mt. Vernon Town Meeting with Supervisor Dan Storck at Mt. Vernon High School, 8515 Old Mt. Vernon Rd., Alex. 22309 Meet your Supervisor and many county, state and federal leaders. Have your questions answered, learn about issues important to you, connect with county agencies and service providers and mingle with your neighbors!

7:45am - 9:30am: Exhibition Hall Open (MVAH will have a table/booth here) and

9:30am - 12 Noon: Program with Speakers, Audience Q & A, and the highlight of this meeting will be taking a "Virtual Tour" of our District with "Pilot" Supervisor Storck!

CHECK THIS OUT



From the Desk of ...
Susan Deller,
Executive Director

Welcome to a NEW DECADE!

This is a perfect time to reflect on our past and look ahead to an exciting New Year! It's also an ideal time to **"THANK"** our Members, Volunteers, Board of Directors, Advisory Council, Village

to Village Network, Supporters, Friends and Families... for **ALL** you have done and contributed to benefit our Village over the past year (*and the past "10" years!*) **"THANK YOU"** to everyone for your donation of precious time ...

- * —whether you volunteered an hour each week or month—or several hours each week or each day to help our members with a task in their home or to complete their grocery shopping, or to help them mail a large package or to visit them in the hospital or to give advice &/or moral support...
- * — to providing daily, weekly &/or monthly transportation to insure medical appts. Were kept, errands completed and social outings attended ...
- * — to spending an hour each week or mo. to visit a homebound member ...
- * — to the time you spent attending outings and enjoying each others company at our Lunches, Dinners, Special Events, Coffees, Cheers, Conversations, Chatters, Movies, Yoga, etc...

Everyone's Contribution(s), whether big or small, makes a HUGE difference and positive impact to our Members and our Village's Success! It also allows us to provide necessary help and assistance to our area older adults and enable them to remain independent as long as possible! Equally as important, it gives our members, *and their loved ones*, peace-of-mind that our Village of Caring Community Friends is here for them when they need a little extra help! **"THANKS" so very much to ALL of you** for making our Mt. Vernon piece of the world a much better place! I look forward to working with all of you in our new decade!

Do We Have Your Loved Ones Email Address(es)?

We would love to keep your family and friends informed about Mount Vernon At Home and can easily add them to our digital emailed Newsletter list each month if you would be so kind as to contact our office with their email address. Also, please let your loved ones know that we would very much appreciate knowing if there are significant changes in your life &/or if you are in the hospital or are ill?! We would love to be able to let you know **"We Care"** and send you a smile and hug in a "Get Well" card! Please tell them they can send us a quick email update at anytime to: Info@MountVernonAtHome.org

**We Are Proud
Sponsors Of ...**



New Members ...

Marge Rusnak
-River Towers-

Diane Watts
-Vernon Square-

Ken & Pat Wessel
-Montebello-

*We all look forward to
meeting you soon!*

New Volunteers ...

Kathi Hanrahan
and

Anne Saloom

*"Thank You" for your help and
dedication to serving our
community!*

In Memoriam ...

With sadness, Mount Vernon At Home notes the passing of our longtime Member and previous MVAH Board of Director, Colonel Charles

"Chick" Little. We send our heartfelt condolences to his wife Evelyn, sons James and Chris, and their entire family. A Gathering will be held on **Sat., January 18th** from 1-2pm, with a Memorial Service to follow from 2-3pm, at Demaine Funeral Home, 520 S. Washington St., Alexandria.



Thank You for being part of our 10th Anniversary Celebration & Holiday Luncheon on Dec. 20th!

The extent of our Village's impact within our community was extremely apparent at our recent celebration, with over 100 RSVP's, the largest room at the Mt. Vernon Country Club was packed and filled with great spirit and engaging conversation! A special **"Thanks"** to our member, John "Bob" Port, for compiling a special 17-minute photo journal covering our 10 year history! This special collection of photo memories was very heart-warming to watch and see so many of our beloved members, volunteers and friends from the past 10 years. ALL in attendance were moved emotionally as we quickly realized just how many lives our Village has touched. It was enjoyed by everyone, although bittersweet to see so many photos of members, friends and loved ones that are no longer with us. Our wonderful

celebration concluded with everyone singing: "Auld Lang Syne." If you were not able to be with us, but would like to view the photo journal, please contact our office and we will make it happen somehow. You are also welcome to a copy of our program from this event. Additional, many **"THANKS"** to our Premier Sponsors: AT&T and Christian Relief Services, and to our Table Sponsor: The Krizek Family (your contributions helped significantly)! Also, **"THANKS"** to Jodie Swacha (*pianist*) and Jennifer Coffey (*singer*) for spearheading our lively holiday sing-along, and most especially, **"THANK YOU"** to **ALL of our incredible Founding and Charter Members** for your dedication, support and vision to create and sustain our wonderful Village to benefit our community for many years to come!





Stay Safe in Your Home and On the Go

To promote safe aging in-place, the Virginia Hospital Center (VHC) Senior Health staff provides the Philips Lifeline medical alert service to Mount Vernon at Home members at a reduced rate. The medical alert button can be used to request help for medical concerns, not just a fall. Anyone living in northern Virginia can benefit from this service regardless of the hospital you use. Various options are available to provide service within your home or as a mobile system. **Benefits include:**

- Help at the touch of a button 24 hours a day, 7 days a week, 365 days a year
- Immediate assistance to reduce chance of hospital stay
- Installation and all service performed by local VHC staff
- Month-to-month service; no need to sign a long-term contract

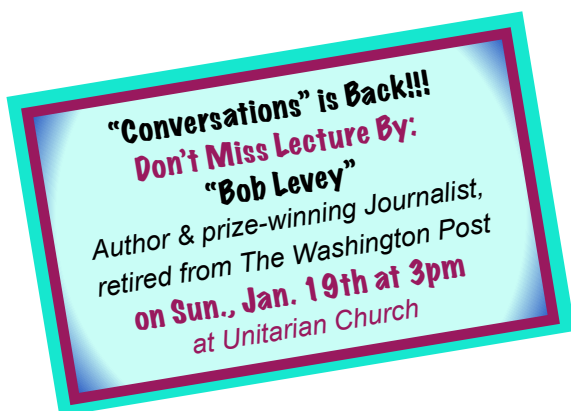
Village members receive a discounted rate starting at \$32 per month for standard, in-home service with a landline. To add the AutoAlert service (fall detection), the cost is \$47 per month with a landline. (Fees are slightly higher if a home doesn't have a landline.)

For Village members interested in a mobile option, the monthly cost is \$47 per month with a one-time fee of \$99 to purchase the button. Please contact VHC Senior Health Department to inquire about the service that is right for you. Please call **703-558-6859**.



Postage

**P. O. Box 7493
Alexandria, VA. 22307-7493
ADDRESS SERVICE REQUESTED**



JANUARY, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Mount Vernon at HOME Community • Vitality • Support (703) 303-4060 Info@MountVernonAtHome.org	All Mount Vernon At Home (MVAH) Sponsored Events are Highlighted in Yellow in this Calendar!	1  MVAH Office & Library CLOSED 11:30am—2:00pm New Year's Day Brunch at Home of Virginia Hodgkinson	2	3  1:30—2:15pm Chair Yoga at Sherwood Reg. Library	4  10:00am—4:30pm Trip to Hillwood Estate, Museum & Gardens in NW, Wash., DC & Special Exhibit "Mid-Century Master: The Photography of Alfred Eisenstaedt" (meet at 3rd tier parking area Mt. Vernon RECenter to Carpool)	5  1:00pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Flr. Meeting Rm. with Scott Mathews using Chen Short Form—taught as a method of meditation and relaxation
6	7	8  1:00pm Scrabble at Sherwood Reg. Library, 2nd Floor, Conf. Rm. 3	9  10:15—10:45am Orientation at Sherwood Reg. Library, 2nd Flr. New Tech Lab 1:00pm Bridge at the Home of Virginia Hodgkinson	10  1:30—2:15pm Chair Yoga at Sherwood Reg. Library	11  11:00am —"Timely Topics Salon" at the Home of Virginia Hodgkinson (discussion will be on "Brexit"!))	12  1:00pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Flr. Meeting Rm. with Scott Mathews using Chen Short Form—taught as a method of meditation and relaxation
13  2:00pm MVAH Program Committee Meeting ... All MVAH Members are encouraged to attend & give us YOUR ideas of events, trips & programs YOU want to enjoy in 2020!!!!	14  10:15—10:45am Orientation at Sherwood Reg. Library, 2nd Flr. New Tech Lab 12 Noon—2:00pm TECH TUESDAY with MVAH Staff & Volunteers in Sherwood Reg. Library Conf. Rm. 3, 2nd Flr.	15  12 Noon Lunch & Movie at Paul Spring . Enjoy a complimentary Lunch & Movie to follow, featuring the classic: "Casablanca" featuring Humphrey Bogart & Ingrid Bergman.	16  10:00am—3:00pm DMV 2 GO, Mobile DMV Bus Service in Sherwood Reg. Library Parking Lot 2:00pm MVAH Membership Committee Meeting in Sherwood Reg. Library, Conf. Rm. 3	17	18  10:00—11:30am FREE Workshop on Aging-in-Place & Downsizing (Presenter & Realtor: Pete Crouch, a MVAH Volunteer) in Sherwood Reg. Library, 1st Flr.	19  3:00pm CONVERSATIONS at Unitarian Church - Come meet Bob Levey, retired Washington Post Metro columnist & hear about his new novel "Larry Felder, Candidate"
20 Sherwood Reg. Library & MVAH Office CLOSED 	21	22 10:30—11:30am How To: Gmail in Tech Lab at Sherwood Reg. Library  12 Noon Lunch at Primos	23  11:00am CHATTERS at the Home of Pris Bornmann (she will talk about her recent trip to Saudi Arabia) 7:00—9:00pm Mt. Vernon Regional Historical Society FREE presentation by retired Sr. Census Bureau official at Martha Washington Library	24 1:30—2:15pm Chair Yoga at Sherwood Reg. Library 2:00—3:30pm MVAH Book Club Discussion in Sherwood Reg. Library, 2nd Flr. Conf. Rm. 1 Discussing: The Guernsey Literary and Potato Pie Peel Society" By: MaryAnn Shaffer 	25  11:00am—3:30pm New Year & New Improved Sherwood Reg. Library Tech Lab ... come check it out ... enjoy a guest speaker, papermaking class & try new STEM products!	26  3:00pm Enjoy a FREE Concert by The Cornerstone Saxophone Quartet at Sherwood Reg. Library (the musicians are all retired Wash., DC premier military band members)
27	28  10:00am Bridge at the Home of Virginia Hodgkinson	29	30  10:00—11:30am Coffee Social at Mt. Vernon Country Club	31	Feb. 1 ***** 33rd Mt. Vernon Town Meeting with Supervisor Dan Storck at Mt. Vernon High School, 8515 Old Mt. Vernon Rd., Alex. 22309 7:45am—9:30am Exhibit Hall -and- 9:30am—12 Noon Program: Speakers, Audience Q&A, meet your Supervisor and many County, State, and Federal Leaders, and view a special "Virtual Tour" of our District. Mt. Vernon At Home will be sponsoring a table/booth at this Town Meeting!	