



MESSAGE FROM PAULA LETTICE, *President*

Welcome summer, farewell cicadas!

As the summer progresses,

Jan and the Program Committee are working to keep programs and opportunities coming your way. We hope that you will continue to stay engaged over the warm months, with Zoom events and our slow return to in-person ones.

We are close to having final num-

bers for our May “CELEBRATE! There’s No Place Like Home” gala. A few more payments and bills are still outstanding but it looks as though we will have raised nearly \$45,000, netting upwards of \$35,000 - or almost 50% more than last year. Thanks to all the sponsors who generously participated, to those who bought dinners, and to those who participated in the live and reverse auctions! Kudos!!!

Also, thank you to everyone who sent good wishes for a speedy re-

covery after my recent surgery. This was my seventh knee surgery, with the first occurring during my junior year of high school (after 3 years of being under an orthopedic doctor’s observation at that point) -- it was just the way I grew and when that happened. By the time this arrives in your “mail box,” I will already be getting outpatient physical therapy and hopefully in a much better place that I’ve been for several years.

Happy Fourth of July! Cheers everyone! ~ *Paula*



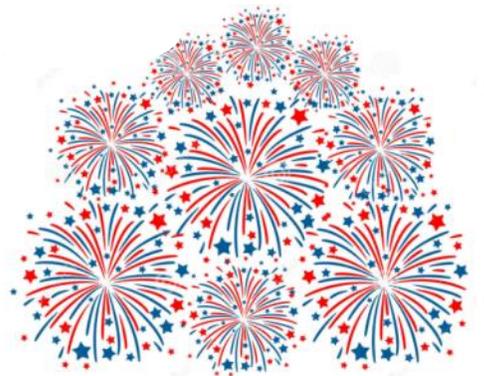
DIRECTOR’S CORNER

Jan Buchanan, *Executive Director*

More in Person!

We are excited to be getting out more and more and seeing our members at our in-person events. I hope you will come out this month to a happy hour at member Kathi Hanrahan’s home, or to our picnic in the Sherwood Library (yes, the library). It has been soul-nourishing to see each other.

The month of July marks the midway point of the year. It’s also considered a month of fun thanks to the biggest patriotic party of the year that starts the first week of July. And celebrate we shall! We have much to celebrate as we expand what it means to be free. Maybe you could even consider buying a sparkler or two and lighting them on your balcony or backyard this year to appreciate our freedoms. With July 4th falling on a Sunday, our offices will be closed on Monday, July 5th in observance. ~ *Jan*





TO REACH US

Phone: 703-303-4060

Office hours: M-F, 10:00 am–4:00 pm
info@mountvernonathome.org
https://www.mountvernonathome.org

MAILING ADDRESS

Mount Vernon At Home
P.O. Box 7493
Alexandria, VA 22307

OFFICE ADDRESS

Sherwood Regional Library
2501 Sherwood Hall Lane, 2nd Floor
Alexandria, VA 22306

To become a *member*, go to
www.mountvernonathome.org and
click on “Membership”.
Dues can be paid online via PayPal
or call our office at
703-303-4060.

To become a *volunteer*, go to
www.mountvernonathome.org and
click on “Get Involved” or
call our office at 703-303-4060.

To *support* our Village, go to
www.mountvernonathome.org and
click on “Donate.” Mount Vernon At
Home is a 501(c)(3) charitable
organization. Your tax-deductible
gifts are welcome!

MOUNT VERNON AT HOME LEADERS

Jan Buchanan, *Executive Director*,
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Dave Prescott, *Office Manager*,
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Betsy Claggett, *Bookkeeper/
Newsletter*

BOARD OF DIRECTORS

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Don't Get Dehydrated!

It can really sneak up on you. If you find yourself thirsty, you're already in a state of dehydration. Our internal cues to drink water may be less prominent as we age.



So, get yourself ahead of the game by filling up a large container of water and drinking it throughout the day. Make sure you take water with you when you go out for errands. Keeping a stainless-steel water bottle in your

car keeps water cool, even in a hot car. It also cuts down on single-use plastics.

A few wonderful summer foods to eat that provide hydration include: cucumbers, tomatoes, watermelon, peppers, cantaloupe, blueberries and oranges. Be careful of dehydrators, like too much salt, alcohol and caffeine.

Mount Vernon At Home/Virginia Hospital Center Webinar on Medical Alert Devices

If you missed this event held virtually on May 21, we can send members the PowerPoint presentation which includes important information on choosing the right device for you as well as follow up information. If you'd like a copy of the presentation, please call or email our office.

Welcome New Volunteer

Brendan Power recently retired as an attorney for the U.S. Department of Housing and Urban Development. Brendan has been a Hollin Hills resident for the past several years and has two sons who will attend West Potomac High School this fall. He's very much looking forward to spending more time helping others in the Mount Vernon community by volunteering with Mount Vernon At Home.



Brendan Power

Just a Little Break

The Mount Vernon At Home *Village Voice* will be on vacation in August. We will keep members up-to-date on our August calendar of events, birthdays, and any other news with our regular “*Message to Members*” email. This “eblast” will be mailed to our regular mailing list as well. Thank you!

Penn Daw Fire Station and Homeless Shelter

Fairfax County has purchased the former Hybla Valley Nursery, located at the intersection of Richmond Highway and Beacon Hill Road. The County proposes building a new homeless shelter, fire station and affordable housing at this location. The homeless shelter would replace the existing Kennedy Shelter near Fort Belvoir, and the fire station would replace the existing Penn Daw Fire Station. For more information, you can call Supervisor Dan Storck's office at 703-780-7518 or visit:

<https://www.fairfaxcounty.gov/publicworks/capital-projects/penn-daw-fire-station-and-supportive-housing>

Fairfax County has so Many Resources for Older Adults!

From Fall Prevention programs to referrals for care, to unbiased advice on Medicare and insurance options, there are so many offerings for every financial and need category. You can start by calling the County resource line 703-324-7948, or go to the website, <https://www.fairfaxcounty.gov/familyservices/older-adults>

Read the Golden Gazette

This free monthly newsletter published by Fairfax County offers timely information and articles about and for older adults. You can subscribe by calling the Fairfax County offices at 703-324-7500, TTY 703-222-9452, or via the link below and have it emailed or mailed to you each month:

<https://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette>

MEMBER CORNER



*Don't Be Frustrated by Technology.
Fight back with Teen Tech Tutors!*

problems, but also optimize the use of your devices, tailoring what you have, or what you want, to what you want to do. These young people, in partnership with Mount Vernon At Home, are providing an incredible service to our membership, helping us all to be more at ease with technology!

Teen Tech Tutors Covered Facebook

Our first webinar from Teen Tech Tutors explored the world of Facebook. If you missed the session and would like the handout, please contact our office.

Our next Teen Tech Tutors online session will be Tuesday, July 27 at 12:00 pm. We will explore Amazon's Alexa device and the new Care Hub free service that offers some amazing benefits to help you stay connected to family, provide medication reminders, and even take your grocery shopping order and place it for delivery!

Tutors are available to help you not only troubleshoot



One Day University

Don't forget about this free subscription benefit for Mount Vernon At Home members! You'll need to login to create your account, and then check out the amazing variety of free lectures and events, many live.

Our Teen Tech Tutors can also help you access this wonderful program, so contact our office to schedule your getting started session!

Here's what you need to do to get started:

To register, go to: <https://www.onedayu.com/membership/>

Click the "Sign Up Now" button. [Ignore the button to pay]

Look for the Coupon Code box on the left and enter:

MountVernon

Click the "Proceed to Checkout" button.

Remember, there is no charge to you for this service!

You can also take a look at an instructional video on how to use these instructions: <https://www.onedayu.com/sign-up-instructions/>

July Birthdays

Happy Birthday to our Cancer (to the 22nd) and Leo (23rd on) babies! The beautiful, deep ruby is your birthstone and your flowers are the larkspur and water lily. Your big, warm hearts reflect the warmest of months. Enjoy your special day!



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|--------------------|----------------------|
| 7/3 Sherman Landau | 7/22 Paul Krizek |
| 7/9 Susan Reardon | 7/24 Mel Goodweather |
| 7/10 Ken Wessel | 7/26 Dolly Rowe |
| 7/12 Gerry Murphy | 7/26 Pris Bornmann |
| 7/15 Paula Lettice | 7/28 Ralph Slawson |
| 7/19 Doug Kleine | 7/30 Jackie Bralove |

Virtual BookClub

Our BookClub is unique in that we don't focus on one book, but allow members to share a current read or favorite book they recommend.

Remember to go to our website under the Newsletter tab to find a full description of each book! Bring your latest read and hear what others are reading during this month's BookClub on Thursday, July 8 at 3:00 pm.

Last Month's Book Picks!

1. Betsy Stephens - *The Dutch House* by Ann Patchett. 2019. 352 pages. (Audio read by Tom Hanks.) Fiction.
2. Carol Mattaino - *Carville's Cure* by Pam Fessler. 2020. 368 pages. Nonfiction.
3. Cher Terry - *3 hours in Paris* by Cara Black. 2020. 360 pages. Historical fiction/mystery. And *Lessons from Lucy* by Dave Berry. 2019. 240 pages. Humor and Entertainment.
4. Sarah Tatum - *My Beloved World* by Sonia Sotomayor. 2014. 432 pages. Memoir.
5. Louise McLean - *The Giver of Stars* by JoJo Moyes. 2019. 400 pages. Fiction.
6. Barbara Brennan - *The Lost Tudor Princess: The Life of Lady Margaret Douglas* by Alison Weir. 2017. 592 pages. Biography and Memoir.

July Event Highlights

Scrabble. Sharpen your wordsmithing and come out to play! Jean and Al Glazier are hosting Scrabble on Wednesday, August 4 at 1:00 pm in their home. Scrabble will continue on the first Wednesday of each month at 1:00 pm at their home. Please RSVP to Jean Glazier at glophin@aol.com, 703-768- 2762. Space is limited!



Picnic in Sherwood Library! Thursday, July 15, 12:00 pm – 2:00 pm. We'll spread out in the big conference room on the ground floor and enjoy a cooler, indoor picnic this month. Consider bringing a guest so they can get to know our Village! Please bring your own lunch and Mount Vernon At Home will supply drinks and dessert. We may have some special surprises! RSVP for this event so we can be sure to buy supplies accordingly. We want everyone to come! Call the office if you need transportation.



July MovieClub Picks. Watch these two films and join a lively discussion about them on Tuesday, July 20 at 3:00 pm on Zoom. Last month's movie reviews are posted on our website under the Newsletter tab. Host Barbara Brennan can help you get your television set up for movie streaming and downloads! Email Barbara at barbarabbrennan@gmail.com or call her at 703-209-9651.

The Guernsey Literary and Potato Peel Pie Society. 2018 (Netflix). In 1946, a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.

Nomadland. 2020 (Amazon Prime). A woman (Frances McDormand) in her sixties, after losing everything in the great recession, embarks on a journey through the American West, living as a van-dwelling, modern-day nomad. Based on a book of the same name by Jessica Bruder who spent months in a van documenting the lives of itinerant workers, some who acted in the film. Winner of numerous Academy awards including best actress (McDormand) best picture, best director.



Cheers! In-person Wednesday, July 21, 5:00 - 6:30 pm at the home of Kathi Hanrahan, 3582 Stephies Court, Alexandria 22309 (Mt. Vernon Manor). Please bring your own beverage and Kathi will provide the munchies. Call our office or Kathi directly to RSVP (703-624-3096 or kathi@hanrahan.com) so she can plan accordingly.

July Calendar of Events

Meditation Monday: 7/5 *Cancelled* for Independence Day Holiday

BookClub: Thursday, 7/8, 3:00 - 4:00 pm, Dial in 301 715 8592 Meeting ID: 847 3242 1846

Timely Topics: Saturday, 7/10, 11:00 am – 12:00 pm. We will be discussing: *Biden's American Family Plan. What does it include? Will it pass the Congress?* Dial in: 301 715 8592 Meeting ID: 872 2463 1904

Meditation Monday: 7/12, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

In Person Picnic at Sherwood Library! Thursday, 7/15, 12:00 - 2:00 pm. RSVP to our office as we will supply drinks and dessert.

Conversations: No programs for July and August. Back in September!

Meditation Monday: 7/19, *Cancelled* (Executive Director is on vacation!)

MovieClub: Tuesday, 7/20, 3:00 – 4:00 pm. The movies for this month are *Nomadland* and *The Guernsey Literary Potato Peel and Pie Society*, Dial in: 301 715 8592 Meeting ID: 865 7878 4500

In Person Cheers! Wednesday, 7/21, 5:00 - 6:30 pm at the home of Kathi Hanrahan. Please RSVP to the office and bring your own beverage (BYOB); snacks provided by your host.

Meditation Monday: 7/26, 9:30 - 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

Teen Tech Tutors: Alexa and Care Hub Tech Q & A with Teen Tech Tutors: (see earlier description) Tuesday, 7/27, 12:00 – 1:00 pm, Dial in: 301 715 8592 Meeting ID: 830 6977 5851

2nd Cup Coffee Chat: Saturday, 7/31, 11:00 am – 12:00 pm. The discussion topic is: *places you've lived that have impacted your life.* Dial in 301 715 8592, Meeting ID: 872 5010 2492

