



VILLAGE VOICE

APRIL 2024



MESSAGE FROM PRESIDENT MICHELE CALHOUN

I joined Mount Vernon at Home as a volunteer driver during COVID. I never imagined having the challenging job and opportunity of serving on the Board of Directors.

I look forward to serving with all the returning board directors: Paula Lettice, Kathi Hanrahan, Greg Lukens, Brendan Power, Bob Kuletz, John Peak, Evan Kaufman, Maryanne Beatty, Barbara Mann, Deb Matthews and Tim Wagner. Their years of experience will be instrumental in smoothly transitioning the new board which includes Maribeth Bersani, Jane Earley, Herb Riggs, Karen Corbett Sanders, Susan Wuchinich and myself. The two board members stepping down this year are Laurie Tracy and Susan Reardon. I still welcome their participation and support of our activities and thank them for all their contributions during their tenure as directors on the MVAH board. I am sure I can say the members and volunteers share in my appreciation for what all the Board of Directors does all year long.

Since the board positions are for a 3-year term, during my first year I will concentrate on learning all I can about MVAH, mission, goals, members, committees, events, the community and volunteers. A healthy organization is always changing to meet needs and demands and adjusting to shifting resources. None of that will slow down. You might notice little tweaks but, I am not coming onto this board with any predetermined goals and ambitions for major changes. I am hoping in years 2 and 3 we will take steps in surpassing our growth rates and achieving the goals of MVAH, while meeting the changing needs and desires of members and volunteers.

You will be "meeting" each board director in future newsletters. I know I was quite impressed with the



MOUNT VERNON AT HOME MEMBER CORNER

happy birthday!

Birthday greetings in April to:

- 4/4 Anne Mitchell
- 4/7 Laura Shimmons
- 4/9 Michele Calhoun
- 4/11 Susan Irvings
- 4/13 Maribeth Bersani
- 4/14 Penny Atwood
- 4/17 Mary Savoca
- 4/19 Tom Earley
- 4/21 Sandy Dunn
- 4/28 Betty Galbaugh

welcome new members!

Maribeth Bersani
George McCabe

exceptional education, experience and interests of each director. You should feel the MVAH organization is in good hands and we are all striving to serve and meet the needs of every member. I look forward to getting to know everyone as I join various committees and attend events.

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

Dave Prescott, *Volunteer Coordinator*

BOARD OF DIRECTORS

Michele Calhoun, Board President
Kathi Hanrahan, Vice President
Tim Wagner, Treasurer
Brendan Power, Secretary

Maribeth Bersani
MaryAnne Beatty
Jane Earley
Evan Kaufman
Robert Kuletz
Paula Lettice (Past President)
Greg Lukens
Barbara Mann
John Peak
Herb Riggs
Kamla Rodriguez
Karen Corbett Sanders
Susan Wuchinich

VOLUNTEER CORNER

Happy April birthday to:

4/4 Melinda Hollander

Message from Acting Executive Director, Paula Lettice



Greetings from the second page of our newsletter – after four years of serving as your President, I am now serving as the Acting Executive Director. Fellow board member and Secretary, Brendan Power, and I are filling in until permanent staff is on board. And Volunteer Coordinator, Dave Prescott, provides various supporting activities to assist us further.

Brendan has met so many of you when you call in or email the office – he is truly enjoying this. (Thanks Brendan!!) Our office at Sherwood Regional Library is open as usual except when we are out helping members or attending meetings.

New President, Michele Calhoun, and I are working closely on transition as well as onboarding six new directors who were recently elected. We had an orientation session on February 26, shortly after the Annual Meeting. It looks to be a great board with lots of energy and enthusiasm – and with a wide range of professional experience and community involvement. Welcome Maribeth, Michele, Jane, Herb, Karen, and Susan!

On Saturday, March 2, Deb Matthews and I were presenters at a Senior Seminar at Aldersgate Methodist Church. Deb discussed Estate Planning and I discussed Senior Living Options. We were delighted to share information with the attendees and hopefully some interest in membership and volunteering with MVAH will result.

Happy April!

Cheers,



Paula Lettice speaking at Aldersgate Methodist Church’s Senior Seminar

Save the Date

**Mount Vernon at Home
Celebrate! Gala**

Thursday, May 23

4:00 to 6:00 pm
River Farm
7931 East Boulevard Drive
Alexandria, VA 22308



We'd love for you to join us
as we celebrate
Mount Vernon at Home's
15th Anniversary!



Did You Know...

In need of a notary? All of Supervisor Storck's staff are Notaries Public? And the service is free for constituents.



Let's Play Card Games!

Is there anyone interested in participating in a Card Playing Club? Do you like cribbage, rummy, poker, hearts, bridge, spades, poker? MVAH new member Bill Mould is looking for others to play. Please email the MVAH office at coordinator@mountvernonathome.org if you might be interested. We will coordinate and contact you!



From an article in the October/November 2023 issue of *AARP The Magazine*.

Aging and Eyes

When aging eyes meet nighttime roadways, driving can be hazardous. Driving as little as possible after dark is safety tip number one. But sometimes, especially when the days grow shorter, that simply isn't an option. To maximize your vision:

- Use your brights at night in almost all cases, except when there are oncoming cars. (Fog lights are also a great help in most night-time conditions and they don't need to be dimmed for incoming traffic like bright lights do.)
- Do not economize when buying a new or used car – opt for the best headlights available.
- If your car is several years old, consider getting your headlights and casings replaced.
- Keep your windshield and headlights cleaned. (If the plastic headlight covers are cloudy, you might try common household helpers like toothpaste or baking soda with white vinegar and a soft cloth.)
- Reset the illumination levels of your dashboard lights and any in-car screens to low.
- Do not skip the after-dinner coffee – better to be safe and have a little trouble sleeping later. (And skip alcoholic beverages to keep your eyes and senses sharp.)



**National Volunteer Week
April 21 - April 27**

*Where Would We Be Without
Our MVAH Volunteers??*

All Villages depend on their volunteers to deliver services when needed. MVAH is no different – from our faithful drivers, to the handy “persons,” to those who shop for groceries, to those who make phone calls, and to the members of the Board. We are so grateful for our volunteers. They are committed to community service and ensuring that our members are able to age in place while enjoying their homes and neighborhood and being a part of a healthy, happy, and vibrant village.

Below are some recent statistics from **Volunteering in America** by Erin Schneider and Tim J. Marshall (January 25, 2023).

Nearly 51% of the U.S. population age 16 and over, or 124.7 million people, informally helped their neighbors between September 2020 and 2021 at the height of the pandemic, according to the Volunteering and Civic Life in America research released in January 2023. In response to a separate question, more than 23% of people in that age group, or 60.7 million, said they formally volunteered through an organization during the same period. Our MVAH volunteers are counted in those numbers.

**It Takes a Village!
Thank You!**

April Movie Group

April movies include *L.A. Confidential* and *Erin Brockovich*. There’s also a Bonus movie: *The Menu*.

L.A. Confidential (1997, Netflix) – Crime Thriller. Based on James Ellroy’s 1990 novel of the same name, the film tells the story of a group of LAPD officers in 1953, and the intersection of police corruption and Hollywood celebrity. The LAPD is trying to positively redefine its public image following decades of corruption. The story centers around the cases of three detectives across the ethical spectrum. Nominated for nine Academy Awards, the film won two, including Kim Basinger as Best Supporting Actress. (Rotten Tomatoes, 99%)

Erin Brockovich (2000, Netflix or Amazon Prime) – Biographical Drama. Our Women’s History Month selection, this biographical drama stars Julia Roberts as Erin Brockovich during a time in her life when she was a single mother who became an unlikely champion for the plaintiffs against a major energy corporation. Roberts, who had previously been nominated for *Steel Magnolias* and *Pretty Woman*, won Best Actress for her performance. (Rotten Tomatoes, 85%)

Bonus Movie Recommended by Robert and Louise McLean: The Menu (2022, Amazon Prime) – Horror/Suspense/Dark Comedy. *The Menu* stars an ensemble cast and follows a foodie and his date traveling to a remote island to eat at an exclusive restaurant where the chef (Ralph Fiennes) has prepared a lavish menu but reveals shocking surprises throughout the meal. The movie explores the restaurant industry, foodie culture, food media, and their relationships to one another, telling harsh truths from beginning to end. (Rotten Tomatoes, 88%)



Book Group

Seven MVAH members participated in our book group discussion on March 26. The next book group meeting will be held on Tuesday, April 23.

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Louise McLean read *Ten Days in the Hills*, a novel, by Jane Smiley. Set in Hollywood in the aftermath of the Academy Awards ceremony and the U.S. declaration of war in Iraq, this novel examines themes of friendship, betrayal and war. Louise gave *Ten Days in the Hills* a tepid recommendation, calling “off-putting” the prevalence of steamy sex scenes throughout the book.

Two participants, **Alice Outerbridge** and **Carol Mattaino**, read *The Women*, historical fiction, by Kristin Hannah. Alice described the plot: a young, wealthy California woman, a nurse, enlists in the U.S. Army in the 60s, to serve in Vietnam. Carol gave an overview of the sociopolitical currents at home at the time: civil rights and women’s rights and the widening anti-war movement, that the heroine faced upon her return to the U.S. Both Alice and Carol liked *The Women* a lot. Alice described it as “haunting and riveting,” with exquisite attention to period detail. Carol praised the plot and the author’s expertise in character development.

Laurie Tracy read *The Consequences of Fear*, a mystery, by Jacqueline Winspear. This book features Maisie Dobbs, psychologist and investigator, also known as a private detective. The setting is WWII London during the Nazi bombings. Freddie Hackett, a 12 year-old track star, witnesses a murder while running secret messages for the Government. Maisie investigates the murder, including the involvement of Britain’s ally, the Free French. Laurie enjoyed *The Consequences of Fear* and recommends it.



!! Relive the Sixties – First Edition!!

The 1960s were a time of political protest and cultural change, much of which is evident in the music, clothes, and movies of the time. With that came some far-out slang. A few of these words survived and became part of our everyday lexicon, while others are relics of a more psychedelic time. You might cry, "OK boomer," at some of these slang terms today, but in the 1960s, they were the height of cool.

How many of these words do you remember? Did you use them? Here is the first half of the list; the second half will be included in the May newsletter.

Babe: The first documentation of "babe" being used to refer to an infant was in the 14th century, but hippies used this as a term of endearment for women and significant others. The latter continues to be the most common usage of “babe” today.

Cat: The use of this word — as in "cool cat," or someone who exudes style and grace — originated in the 1930s but peaked in the 1960s. Try resurrecting this moniker instead of "bro."

Crash: This means to stay over at someone’s house, usually for free and probably on the couch. When

"crashing," keep in mind this old piece of wisdom: What do fish and houseguests have in common? They both start to go bad after three days.

Dig: If someone explained a difficult concept or experience, they might want to confirm by asking, “You dig?” The term arose in African-American Vernacular English (AAVE) in the 1930s, in relation to the excavation sense of the word, as in unearthing knowledge. "Dig" is also used to denote approval, such as, “I really dig your threads!”

Drag: Too-cool-for-school hippies needed a term for something that disappoints or bores. “You know that cat who is crashing on my couch? He’s such a drag!”

Endangered Species: This one is still used regularly, but it came into vogue during the '60s when people started becoming more environmentally conscious. The term refers to animals, plants, and other living things whose continued existence is in danger.

Groovy - Hippies also used "cool," but something especially impressive was "groovy" or "outta sight."



APRIL EVENTS AND PROGRAM CALENDAR

Note that for all Zoom events, reminders and Zoom links will be sent out before the event. All RSVPs should be directed to our office at 703-303-4060 or info@mountvernonathome.org. Please carpool when possible.

Tuesday, April 2: Movie Group. Hosted by Kathi Hanrahan by Zoom at 3:00 pm. Assigned movies are *L.A. Confidential* (1997, Netflix) and *Erin Brockovich* (2000, Netflix or Prime Video); the bonus movie this month is *The Menu* (2022, Amazon Prime).

Wednesday, April 3: Program Committee Meeting. Hosted by Kathi Hanrahan by Zoom at 2:00 pm. (Please note scheduling of this meeting date is due to travel schedule.)

Friday, April 5: Walking Group. Meet at 10:00 am in Picnic/Parking Area A at Fort Hunt Park. Weather permitting.

Tuesday, April 9: Group Lunch. Meet at the Montebello Grill at 11:30 am. RSVP to our office.

Friday, April 12: Walking Group. Meet at 10:00 am at Fort Hunt Park Picnic/Parking Lot A. Weather permitting.

Saturday, April 13: Timely Topics. 11:00 am by Zoom. Virginia Hodgkinson and Holly Hoven are the current events discussion facilitators, and Paula Lettice is the Zoom host. *Please note that this is the only Timely Topics in April.*

Wednesday, April 17: Lunch & Movie. At Paul Spring Retirement Community. Lunch begins at 12:00 noon, followed by the movie *My Cousin Vinny*. RSVP to the MVAH office.

Thursday, April 18: Cheers! Hosted by Jane Earley at 5:00 pm. Bring an appetizer/dish to pass and your own beverage. RSVP to the MVAH office.

Friday, April 19: Walking Group. Meet at Fort Hunt Park at 10:00 am, Picnic/Parking Area A. Weather permitting.

Sunday, April 21: Conversations. 3:00 pm by Zoom. Learn about the history of Alexandria's Lee-Fendall House as the Grosvenor Branch Hospital during the Civil War.

Tuesday, April 23: Book Group. Hosted by Laurie Tracy by Zoom at 3:00 pm. RSVP to tracylauri@aol.com.

Friday, April 26: Walking Group. Meet at Fort Hunt Park Picnic/Parking Lot A at 10:00 am. Weather permitting.

Monday, April 29: Membership Committee. TENTATIVE. 10:00 am at Java Loco Coffee Shop.



Community Events

Don't forget to check out April events at Sherwood Regional Library. Popular library events include Chair Yoga classes, Tai Chi classes, 1-on-1 Tech Tutor, and First Saturday Book Sale. For a complete listing, view their monthly offerings at: <https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00->

Positive Aging Community, Reston, VA. See on-demand videos here on aging topics:

<https://www.retirementlivingsourcebook.com/videos?q=proaging>

Upcoming events:

<https://www.retirementlivingsourcebook.com/events>



A great turnout for the Walking Group on a gorgeous day in March