

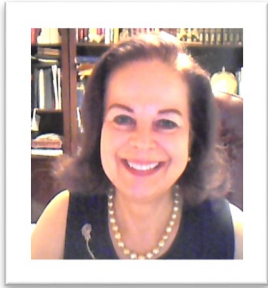


Mount Vernon at Home

...thriving at home and in your community

VILLAGE VOICE

AUGUST 2023



MESSAGE FROM PAULA LETTICE

I hope that you are doing your best to stay cool and hydrated ... there's no escaping the dog days of summer. Fortunately, most

of us are blessed with an air-conditioned vehicle and residence. But you also need to take care to keep hydrated, take things at a slightly slower pace, avoid long exposure to sun and humidity – all things you know already, but a friendly reminder is always welcomed.

We are halfway through our "lighter programming" months, but many activities still continue. We hope you are enjoying those activities, and please share any feedback you have on how we are doing. We would like to increase attendance at all of our events. Be sure to mark your calendar when you receive the monthly newsletter and watch for email reminders each week.

Cheers,
Paula

MOUNT VERNON AT HOME MEMBER CORNER

happy birthday!

Happy August Birthday To:

- 8/1 Diann Frantz
- 8/2 Robert Klapouchy
- 8/8 Joanne Nedzbala
- 8/13 Elizabeth Mueller
- 8/15 Robert Nedzbala
- 8/20 Willie Wright
- 8/26 Bonnie Maust
- 8/28 Norma Cook
- 8/28 Al Glazier
- 8/28 Susan Hindman
- 8/29 Gerald Connell
- 8/31 Mary Flaherty
- 8/31 Lorraine Johnson

VOLUNTEER CORNER

MVAH volunteers continue supporting the spirit of a Village.

Throughout just the month of July, they've spent more than 135 hours volunteering, including driving to 77 various medical appointments, making 38 trips to grocery stores, 16 trips to hair and nail salons, helping with bill-paying, paperwork, and computer issues, taking trash out, paying home visits, and more. Sara G. and her two daughters continued providing freshly-made fare to those of you who've needed medical attention. If we missed you, please let the office know and we'll send Sara your way.

Happy August Birthday To:

- 8/13 Ray Thoman
- 8/15 Barbara Hummelt
- 8/28 Kathy Cook



Mount Vernon at Home

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

Sarah Drexler, *Executive Director*,
director@mountvernonathome.org
Sandy Freedman, *Membership*
Coord.

info@mountvernonathome.org

Dave Prescott, *Volunteer Coordinator*

BOARD OF DIRECTORS

Paula Lettice, Board President
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DIRECTOR'S CORNER Sarah Drexler

Happy August! I recently learned that August 21st is National Senior Citizens Day. The purpose of this day is

to acknowledge and recognize the value and contribution of older adults to the family and society. In his proclamation on August 19, 1988, President Ronald Reagan, an older adult himself, said, “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute. We can best demonstrate our gratitude and esteem by making sure our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and can find encouragement, acceptance, assistance, and services they need to lead lives of independence and dignity.” These words make me think of Mount Vernon at Home and our role in supporting the independence and dignity of all members of our wonderful Village community and the reminder that we are here for **you!**



Each month, we feature a brief member profile, offering interesting tidbits from people in our Village. This month, we spoke with member BONNIE MAUST who turns 100 on August 26!

MEET MEMBER BONNIE MAUST



Bonnie was born and raised in Sunbury, Pennsylvania, and married to lifelong friend Bob.

She attributes her longevity to staying busy

and has done so by volunteering for years at the Mount Vernon Hospital

and as a Red Cross nurse's aide. Bonnie says “Volunteering is a great experience. It has helped me stay busy, and it's enjoyable.”

Bonnie plans to spend her birthday doing what she enjoys. She and friends will gather around her table for lobster and steak, and then her friends will drive her to Arlington National Cemetery to visit Bob.

Happy Birthday, Bonnie!

DIET AND NUTRITION

by Sarah Drexler and Kathi Hanrahan

Age-Defying Energy Levels

Normal aging doesn't necessarily mean less vibrancy and vigor or lower energy levels – no matter what our youth-obsessed culture tells us. There are a few steps that can boost energy level as we age.

1. Include more whole foods in your diet.

Foods that are unprocessed renew energy levels and include essential vitamins, minerals and antioxidants. Many packaged and processed foods make us feel sluggish and heavy. Eat animal products (especially red meat) in moderation – they take longer to digest, which can drain energy levels.

2. Check your vitamin D.

Vitamin D performs and facilitates many important processes in the body. This vitamin is vital for energy levels and mood. The best way to get this important nutrient is through sunshine. When UV rays hit the skin, they're transformed into vitamin D. Unfortunately, as we age, your skin is less efficient at converting sunshine to vitamin D. In some cases, it makes sense to take a vitamin D supplement. You can ask your doctor for a test to check if you're deficient.

3. Vitamin B12 is a key nutrient for improving energy levels.

This vitamin is found naturally in animal products (only in moderation). In addition, many nondairy milks like soy or almond, are fortified with B12 as well.

4. Move your body more.

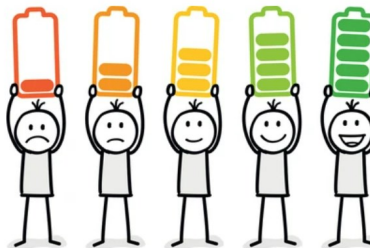
Even a few times a day can prevent dips in energy levels. Taking a morning walk in the sunshine will get you energized for the day and helps regulate our circadian rhythm and improves sleep.

5. Lastly, review your medications.

Certain drugs like high blood pressure medications, antidepressants and antihistamines have side effects that can reduce energy levels. It's essential to review your medications every three to six months with your primary care provider and ask: Do I still need this? Can I lower the dose? Are there alternatives?

See the energy quiz below. How well did you score?

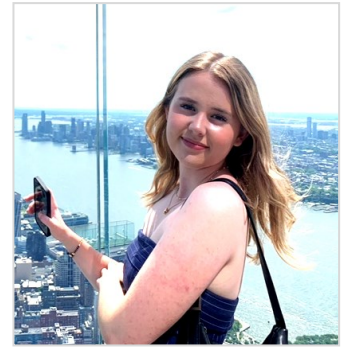
<https://barbarawaxman.com/energy/quiz/>



MEET MVAH SUMMER INTERN ELEANOR “ELLIE” WILSON

Ellie Wilson is volunteering for a few weeks this summer. She'll be helping out around the office on Mondays, Wednesdays, and Fridays.

Hello, my name is Ellie Wilson. I am a 16-year-old from Belle Haven. I am a rising junior at the Madeira School. I love running, baking, and traveling, and I am passionate about community service, which I have been doing since I was little. I've done lots of river clean ups, food drives, and I am excited to volunteer with Mount Vernon at Home. I am enthused because of the deep sense of community and purpose it fosters. The opportunity to make a positive impact on the lives of seniors and assist them in maintaining their independence resonates deeply with me because my grandparents were incredibly passionate about maintaining theirs. My grandma's independence and connection to her community is inspirational. She always reminds me how important it is to be an active part of our communities. Her impact on my life fuels my eagerness to contribute my time and skills to this meaningful cause. I am super excited to be volunteering!



Stop by the library/office and say hello to Ellie. She'll be here until August 11.



MVAH Book Club Meeting on July 25

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Cher Terry read *The Only Woman in the Room* by Marie Benedict. This is a work of historical fiction and gives an overview of the life of renowned film actor Hedy Lamar. Lamar is remembered for her beauty and acting ability. What is not so well-known is her scientific genius. She invented frequency hopping technology that helped the allies in WWII and was the precursor to today's WiFi technology. Cher recommends this book.

Sarah Tatum read *The Last Girls* by Lee Smith. This novel is about four college friends who reunite decades after their 1960s college graduation to re-enact a rafting trip originally taken in their senior year. The book explores the many changes in society and in the four friends' lives that led to their changing from "girls" to women. Sarah liked this book and recommends it.

Norma Brodsky read *Jews without Money*, a semi-autobiographical novel by Michael Gold. This book relates the lives of a poor Jewish family from the 1890s through the Depression in New York City's Lower East Side. The father in the family is a painter and acquires a diamond ring which he gives to his wife. Over the years, depending on the family's economic circumstances, the diamond ring is pawned for money and then retrieved. Norma liked this book and recommends it.

Peter Lattu discussed *Water Over Stones* by Bernardo Atxaga, which he is now reading. Set in Spain from the 1970s to the present, this is a set of interconnected short stories or novellas. Peter likes this book so far and recommends it.

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MVAH Book Club Meeting on July 25 (cont'd)

Carol Mattaino read *The Wager* by David Grann. This work of non-fiction is a blow-by-blow account of a British Navy shipwreck off the coast of South America in the mid-1700s. Carol found the account riveting and was astounded by what the crew had to do to survive. She definitely recommends *The Wager*.



Louise McLean read *Wired for Culture*, by Mark Pagel. This work of non-fiction explores the roots of human behavior. It emphasizes humans' affinity for communication that led to the development of language and culture. Louise liked this book and recommends it.

Robert McLean is re-reading Bernie Sanders's *United We Stand*, non-fiction. Rob likes this work and recommends it.

Laurie Tracy read David McCullough's *The American Spirit*. This is a non-fiction collection of 15 speeches and presentations that the late Professor McCullough compiled after the 2016 presidential election. Laurie definitely recommends this book.



AUGUST EVENTS AND PROGRAM CALENDAR

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

Tuesday, August 1: Movie Club. 3:00 pm by Zoom. Hosted by Kathi Hanrahan, August assigned movies are *There Will Be Blood* (2007, Prime Video) and *Peace by Chocolate* (2021, Prime Video).

Friday, August 4: Walking Group. Meet at 9:00 am on Fridays, August 4, 11, and 18 at Fort Hunt Park. Walkers of all speeds are welcome. We'll meet in Parking Lot B (there's more shade in Lot B).

Tuesday, August 8: Lunch Group. 11:30 am at Montebello Grille. You MUST let the office know by Friday, August 4, if you will attend so that we can provide a list of names to the Guard desk at Montebello.

Friday, August 11: Walking Group. Meet at 9:00 am in Parking Lot B at Fort Hunt Park.

Saturday, August 12: Timely Topics Saturday Edition. 11:00 am by Zoom. Virginia Hodgkinson and Holly Hoven are the current events discussion facilitators, and Paula Lettice is the Zoom host.

Monday, August 14: Program Committee Meeting. 2:00 pm by Zoom, hosted by Kathi Hanrahan.

Wednesday, August 16: Paul Springs Tour, Lunch and Movie. If you'd like a tour of Paul Spring Retirement Community, arrive a few minutes before 11:00 am. Lunch will begin at 12:00 noon, followed by the movie

80 for Brady. Paul Spring Retirement Community, 7116 Fort Hunt Road.

Friday, August 18: Walking Group. Meet at 9:00 am in Parking Lot B at Ft. Hunt Park.

Tuesday, August 22: Book Club. 3:00 pm by Zoom, hosted by Laurie Tracy.

Wednesday, August 23: Men's Group Lunch. 11:30 am at The Haven, 1401 Belle Haven Road. RSVP to the office.

Wednesday, August 23: Timely Topics Wednesday Edition. 4:00 pm by Zoom. Virginia Hodgkinson and Holly Hoven host the current events discussion; Paula Lettice is the Zoom facilitator.

Friday, August 25: Member Coffee. 10:00 – 11:30 am at Mount Vernon Country Club, 5111 Old Mill Road. RSVP to the office.

Conversations will pick back up in September. Put 3:00 on September 17th on your calendar for an interesting conversation with Bill Causey, who will discuss his book, *John Houbolt, the Unsung Hero of the Apollo Moon Landings*. If you'd like to borrow the book beforehand, we have one copy here at the office.

OTHER AUGUST DATES TO NOTE

Sherwood Regional Library

Sherwood Library has some fun events going on this month, including celebrating National Puzzle Day on Monday, August 7, at 2:00 pm. Check out their calendar for more events throughout August: [Library Events - Fairfax Library Calendar - Library Home \(fairfaxcounty.gov\)](#)

Fort Hunt Concert Series Events

The final musical performances of the summer at Fort Hunt Park, 8999 Fort Hunt Road. All performances start at 7:00 pm and take place in Area A (the first parking lot/pavilion):

- Sunday, August 6 - *Capital Horns of the Washington Conservatory of Music* presents a concert of horn ensemble favorites old and new – “where horns are meant to be heard in their natural habitat – outdoors!”
- Sunday, August 13 - *Collective Delusion* playing your favorite rock music from the 1970s to today.
- Sunday, August 20 - *The Hot Lanes*, a 16-piece Jazz/Big Band ensemble.
- Sunday, August 27 - *Alte Kameraden*, German music.

River Farm

Thursday, August 24, 6:00 to 8:00 pm, River Farm Anniversary Picnic with live music by *Soulfire*. River Farm, 7931 East Boulevard Drive. Free and open to the public.



SIDE NOTES

Water and Home Air Filtration Recommendations

With recent smokey skies and this summer’s particularly high temperatures we’ve talked a bit about hydration and clean air. We’re sharing some information on air and water filtration devices.

Water Filters

If you’re concerned about “forever chemicals” (known as PFAS) in the drinking water from your kitchen tap, the Environmental Working Group (EWG) has some filter recommendations that, while expensive, might give you some peace of mind. “Getting ‘forever chemicals’ out of drinking water: EWG’s guide to PFAS water filters” recommends four water filters that reduce PFAS by almost 100%:

- Travel Berkey (longest filter life)
- Zero Water (lowest initial cost)
- Clearly Filtered
- Epic Water Filter

[Read the story here](#) and learn more about the above EWG-recommended filters. MVAH Member and Board Member Kathi Hanrahan recommends the Travel Berkey filter and is happy to answer any questions you may have about it.

Air Purifiers

There are good and not so good air purifiers out there. The most effective filters are typically in the \$150 to \$400 price range, but there are smaller ones that are more reasonably priced. Things to look for:

(cont’d on page 7) ➡

Water and Home Air Filtration Recommendations (cont'd)

- 3 levels of filtration
 - True or Ultra HEPA filter that filters out fine particulates smaller than 2.5 microns
 - Carbon filter to filter larger particles and odors
 - Washable pre-filter, especially if you have pet dander in the home
- Low decibel level as fans can be very noisy, especially if you operate it at night
- Unit properly sized for where you're using it
- Consider cost and frequency of replacing filters

Air purifiers reduce pollutants in the home, and if you can only afford a smaller unit, buy one for your bedroom, or where you spend the majority of hours, keeping the doors and windows closed during the day and at night for best results during the worst air quality days.

Kathi uses an Air Doctor 3000 purifier. "I chose this more expensive type as it is highly rated and filters out 100% of .003 microns. Since I have allergies and am very sensitive to chemicals and mold, it was a worthwhile investment for me (about \$350 discounted). It has an automatic sensor and adjusts speeds depending on air quality it senses."

MVAH member Kathleen Graham bought a Levoit Core 300 for a 220-square-foot space. Available at Home Depot for \$99.00 and also available on Amazon, it has pre, carbon and HEPA filters. Lowe's offers a Filtrete for 110 square feet for \$80.00. There are different filters for allergens, pets, and smoke. Air purifiers require filters to be replaced about every 6 months depending on daily usage.

It's helpful to remember to change the filters for your central HVAC system. Look for the highest MERV (Minimum Efficiency Reporting Value) rating and replace them at least once per quarter. The higher the rating, the more particulates the filters eliminate, but the higher ratings also reduce the air flow through the system. You might try filters with MERV12 rating, or ask your HVAC technician for the highest-rated filter you should use.

Related to this topic, Sibley Memorial Hospital is hosting a free Zoom webinar, the Aging on Your Terms Conference, on Saturday, September 30, from 12:00 noon to 5:00 pm Among other speakers and topics, Dr. Panagis Galiatsatos, an associate professor with the Johns Hopkins School of Medicine in the Division of Pulmonary and Critical Care Medicine, will lead the discussion "Breathe Better and Live Longer: How to Protect and Improve Your Lung Health as You Age – Air Quality and More." To register, [Sibley Senior Association \(memberclicks.net\)](https://memberclicks.net) or email pnunez3@jhmi.edu, or call 202-364-7602. You'll need to enter your email address and create a password to participate.

Scams

While you or family and friends may be on vacation this summer, scammers are not. Continue staying aware of scams so you can avoid becoming victim to one. If you receive a communication and something doesn't feel right, listen to your "Spidey Senses." Never let yourself be put on the spot and talked into providing personal information – including any account information and passwords. If it's a phone call, HANG UP. If it's an email, DELETE IT. If it's a letter, TOSS IT. The IRS isn't going to threaten to put you in jail; your utility company isn't going to threaten disconnection if you don't make immediate payment; your son, daughter, grandson, niece, etc., will not call you and plead for money to be sent right away.