

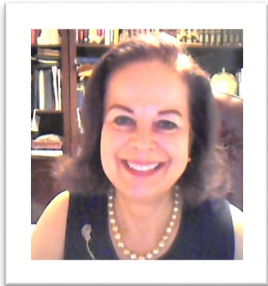


Mount Vernon at Home

...thriving at home and in your community

VILLAGE VOICE

FEBRUARY 2023



MESSAGE FROM PAULA LETTICE

President

I hope you are all well, staying warm, and finding activities that suit your life and style – hopefully activities that are provided by our Village!

As a reminder, members received a recent mailing with the ballot for election of Directors for our Board. If you have not already responded, please do so ... and there was also an invitation for our Annual Meeting on Thursday, February 23. We will enjoy being with each other, having boxed lunches from Panera, hearing highlights of our 2022 Annual Report, saying farewell and thanks to outgoing Board member (and former Executive Director) Barbara Hughes Sullivan, and meeting our new Directors. Associate members, though not voting in the election, are also encouraged to attend and enjoy the camaraderie of the full membership and our Board of Directors, many of whom will be in attendance.

February is our shortest month and this is not a leap year. I wonder if any of our members have February 29th birthdays? My own mother was in a non-leap year as a February 28th gal!

Happy Valentine's Day!
Cheers! ~Paula



MEMBER CORNER

HAPPY BIRTHDAY TO OUR FEBRUARY BABIES

People born between February 1st and 21st are ruled by the sign Aquarius which is represented by the water-bearer. Aquarius is an air sign and represents the mind. Individuals born under this sign are considered to be curious, communicative, and natural free spirits. People born between February 22nd and 28th are ruled by Pisces and are represented by two fish. Pisces people are known for being emotionally sensitive, gracious, and emotionally aware and are considered the most sympathetic of the zodiac signs.

Best wishes for a wonderful year!

happy birthday!

- 2/1 Eloise Singh
- 2/2 Vikki Bea
- 2/5 Don Peterson
- 2/8 Annette Kilian
- 2/8 Louise Wiener
- 2/20 Holly Hoven
- 2/26 Carol Mattaino
- 2/28 Janet Damron



welcome new members!

- Susan Hindman (Waynewood)
- Dixie Hougén (Stratford Landing)
- Bob & Flo Perry (Stratford Landing)



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

Betsy Clagett, *Newsletter*
Dave Prescott, *Volunteer Coordinator*

BOARD OF DIRECTORS

Paula Lettice, Board President
Deborah Matthews, Vice President
Bob Kuletz, Treasurer
Susan Reardon, Secretary

Ujala Javaid
Kathi Hanrahan
Evan Kaufman
Greg Lukens
Barbara Mann
Brendan Power
Kamla Rodriguez
Barbara Sullivan
Laurie Tracy
Tim Wagner

VOLUNTEER CORNER

MVAH volunteer Larry Grubbs goes “above and beyond” the call of duty!

Over the past week, a member requested transportation to and from INOVA Fairfax Hospital so he could visit his wife who recently had surgery.

A few volunteers fulfilled that request (thank you!) and one volunteer in particular - Larry Grubbs - has gone above and beyond in heeding the call of duty.



During their trips back and forth, they learned a few things about each other, including that they both served for decades with the Air Force. When Larry learned that the ride request for Friday's back and forth trips were still available, he offered to "rearrange my schedule so I can take him both ways."

Thank you to all our amazing volunteers! We appreciate all you do for MVAH members!

BLACK HISTORY MONTH

Black History Month is an annual observance originating in the United States, where it is also known as African American History Month. It has received official recognition from governments in the United States and Canada. It has recently been observed in Ireland and the United Kingdom.

Black History Month is a time to honor the contributions and legacy of African Americans across U.S. history and society—from activists and civil rights pioneers such as Harriet Tubman, Martin Luther King, and Rosa Parks to leaders in politics, science, culture, and more. Please follow the links below to learn more about African American history, the lives of enslaved people at Mount Vernon, and music legend, Roberta Flack!

<https://guides.loc.gov/black-history-month-legal-resources/history-and-overview>

<https://www.mountvernon.org/george-washington/slavery/enslaved-people-at-mount-vernon/>

<https://www.pbs.org/video/roberta-flack-mnv48o/>

MEET BOARD MEMBER BARBARA MANN



Professional Background: I graduated from Cornell with a degree in English and an MA from Oakland

University in Michigan. Upon graduation my goal was to enter personnel. I started as Assistant Personnel Director of Children's Hospital in Pittsburgh and then went on to other personnel jobs as I moved to Boston and then Detroit. While my children were young, I opened my own editing business. When we moved to Mount Vernon, I worked as a marketing manager for an association. Ultimately, I discovered a software product that I have been immersed in for 30 years: Dragon speech recognition. Dragon enables users to speak rather than type. The products have evolved from what was about a 75% accuracy rate in 1993 to 100% today. That's what we were hoping for. The product line is now using Artificial Intelligence (AI), which accounts for the 100 percent accuracy we are seeing

now. I continue my work in this field because it is so fascinating.

Family: We have two children and four grandchildren. Our son is an electrical engineer and has had interesting jobs in Utah, Colorado and now in Rockford, Michigan, outside of Grand Rapids. He loves to travel and went around the world when he graduated from college. He continues to travel with his job. He and his wife have three children who we follow avidly from afar. Our daughter went to UNC Chapel Hill and then to Shenandoah University Physical Therapy school. She married Steve Sarro, a PT who owns Mount Vernon Physical Therapy. They started as Physical Therapists in Andover, Massachusetts, and, quite surprisingly, moved to this area and ended up living only 10 minutes away from us. This has been wonderful. They have a son, who, like his father, has become an avid cross-country runner and, like our daughter, a swimmer. We're trying to figure out who he takes after. Not us!

Interests: Technology, especially Artificial Intelligence, and reading. One of these days I'll get back to knitting and perhaps even singing.

Why are you involved with MVAH? We originally joined Mount Vernon at Home for the transportation but found there was much more to the organization than transportation. We have really enjoyed the Saturday discussions (on Zoom), Cheers and the monthly Sunday programs. Husband Lowry has particularly enjoyed the Men's Group, as well as the lunches and dinners. So, we have become involved with Mount Vernon at Home and are very pleased.

My mission is to help members of our community get involved or re-involved with MVAH after three years of isolation, encouraging everyone to remain active mentally and as physically as possible.



Special Announcements Related to Covid-19

COVID-19 is still with us so we thought we would share the Biden administration COVID-19 winter preparedness plan. Please click on the link below to access this important information.

<https://www.whitehouse.gov/briefing-room/statements-releases/2022/12/15/fact-sheet-biden-administration-announces-covid-19-winter-preparedness-plan/>



One Day University We Have An Organizational Membership!

Mount Vernon at Home has a group membership to this wonderful resource for educational and informative seminars/events. There is a wide range of interesting programs and educational talks with at least five each week.

- 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, this is a free service just for Mount Vernon at Home members! (Please do not share the link with others.) You can also look at an instructional video on how to use these instructions: <https://www.onedayu.com/sign-up-instructions/>



WHAT'S GOING ON AT SHERWOOD REGIONAL LIBRARY?

Here are just a few of the many upcoming free events at Sherwood Regional Library. Check them out!

Tai Chi

Dates: Sundays, February 5 - 26
Time: 1:00 pm - 2:00 pm

Computer Basics Workshop

Date: Saturday, February 11
Time: 2:00 pm - 3:00 pm

Chair Yoga

Dates: Tuesdays, Jan 31 - February 28
Time: 1:30 pm - 2:15 pm

Slow Flow Mat Yoga

Dates: Tuesdays, Jan 31 - February 28
Time: 2:30 pm - 3:15 pm

Technology Tutoring Sessions

Dates: Fridays, February 3 - 24
Time: 10:00 am - 11:00 am or 11:00 am - 12:00 pm

Virtual Book Club

Our Book Club is unique in that we don't focus on one book but ask members share a current read or favorite book they recommend. Remember to go to the newsletter tab on our website for previous month's Book Club meetings and to find a full description of each book!

Bring your latest read and hear what others are reading at the next Book Club on Tuesday, February 28 at 3:00 pm.



Last Month's Book Picks

1. Cher Terry - *Schindler's List* by Thomas Keneally, historical fiction
2. Norma Brodsky - *Long Shadow* by David Baldacci, suspense/thriller
3. Carol Mattaino - *The Lost Souls of Leningrad* by Suzanne Parry, historical fiction
4. Louise McLean - *Braiding Sweetgrass* by Robin Wall Kimmerer, non-fiction
5. Sarah Tatum - *Lab Girl* by Hope Jahren, memoir
6. Laurie Tracy - *Animal, Vegetable, Miracle* by Barbara Kingsolver, non-fiction

In Memoriam

Mount Vernon at Home notes with sadness
the recent passing of members

Kae Wells (Founding Member)

Monty Hougen



FEBRUARY FUN FACTS

In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August. The name of February comes from the Latin word “februum,” which means purification. It’s important to note that of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House once misspelled the word “February” in a press release!

SPECIAL DAYS IN FEBRUARY

February 2 - Groundhog Day. This is the day we find out whether winter will last six more weeks or end early.

February 14 - Valentine’s Day. Valentine’s Day has its origins as an ancient agriculture and human fertility festival! Romans celebrated the feast of **Lupercalia**. This festival was in honor of Lupa, the wolf who raised Romulus and Remus. This festival was also dedicated to Faunus, the Roman god of agriculture. This was the season to start sowing seeds and to hope for a fertile year of crops.

February 20 - Presidents Day. This federal holiday also known as Washington’s Birthday is celebrated on the third Monday in February. George Washington’s actual birthday is February 22!

Mount Vernon at Home 2023 Annual Meeting

Our annual meeting and Board elections will be held on
Thursday, February 23,
12:15—2:00 pm
In the main meeting room
on the first floor of
Sherwood Regional Library.

We will have three new Board members on the nomination ticket. Please mail your ballots in advance to our office by Wednesday, February 15.

Box lunches from Panera will be served. Please RSVP to our office by Wednesday, February 15.



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FEBRUARY PROGRAMS AND ACTIVITIES

Please note that for all Zoom events, reminders and Zoom links will be sent out the day before the event by our office. All RSVPs should be directed to our office at 703-303-4060. When "RSVPing" please let the MVAH office know if you will need a ride to an event. We can help match drivers with members.



MVAH Zoom Movie Club. Tuesday, February 7, 3:00 - 4:00 pm. Kathi Hanrahan is the point of contact. February movies include *Elvis* and *Descendant*.

Movie 1: *Elvis* (Prime Video, 2022)

This biographical film follows the life of American music icon Elvis Presley from his childhood to becoming a rock and movie star in the 1950s. Elvis maintained a complex relationship with his manager, Colonel Tom Parker. The film is told from the perspective of Colonel Tom Parker whose financial abuse of Elvis is a major plot point.

The American Film Institute named *Elvis* one of the top ten best films of 2022. Priscilla Presley lauded the film as a realistic portrayal of Parker by Tom Hanks and Austin Butler received accolades for his portrayal of Elvis. (Wikipedia, various reviews)

Movie 2: *Descendant* (Netflix, 2022) – Documentary

The community of Africatown near Mobile, Alabama is made up of the descendants of *The Clotilda*, the last known ship to smuggle stolen Africans to America. The ship's existence was covered up, as the vessel was burned down in the attempt to erase it from history. After a century of secrecy and speculation, the 2019 discovery of the ship turns attention toward the descendant community of Africatown and presents a moving portrait of a community actively grappling with and fighting to preserve their heritage while examining what justice looks like today. (Tom's List, Rotten Tomatoes score: 100%)

Movie Zoom info: Dial in: 301-715-8592 Meeting ID: 838 2459 4617 Passcode: 706500

Program Committee Meeting (Zoom). Monday, February 13, 2:00 pm. Zoom info: Dial in 301-715-8592 Meeting ID: 838 2459 4617 Passcode 706500

MVAH Lunch Group. In-person. Tuesday, February 14, 11:30 am at McAlister's Deli, 7704 Richmond Hwy, Alexandria 22308. RSVP to our office.

Lunch & Movie. In-person. Wednesday, February 15, 12:00 - 2:30 pm. Paul Spring Retirement Community, 7116 Fort Hunt Rd., is hosting MVAH members *at no charge*. The movie selection is to be determined. RSVP to the MVAH office.

Cheers! In-person. Thursday, February 16, 4:30 pm. The host is TBD. Please bring your beverage of choice and a snack to share. RSVP to our office.

Conversations. (Zoom) Sunday, February 19, 3:00 pm. Our topic is to be determined. RSVP to MVAH office. Dial in 301-715-8592 ID: 876 1684 0098

President's Day. Monday, February 20. The Mount Vernon at Home office will be closed in observance of this federal holiday.

Timely Topics (Zoom). Wednesday, February 22, 4:00 pm. Hosted by Virginia Hodgkinson and Holly Hoven, there will be a lively discussion of current events. Zoom info: Dial in 301-715-8592 Meeting ID: 820 6010 2291

Annual Meeting. In-person. Thursday, February 23, 12:15 - 2:00 pm. Lunch will be served. The meeting will be held in the first floor meeting room at Sherwood Regional Library. RSVP to our office.

Member Coffee, Conversations and Camaraderie. In-person. Friday, February 24, 10:00 - 11:30 am at Mount Vernon County Club. Please contact our office to RSVP.

Book Club (Zoom). Tuesday, February 28, 3:00 pm. Hosted by Laurie Tracy, members will discuss their recent reads. Please RSVP to Laurie Tracy: tracylauri@aol.com. Zoom info: Dial in 301-715-8592 Meeting ID: 986 173 6735 Passcode: 947559

MVAH Dinner Group. In-person. Tuesday, February 28, 5:30 pm at Della J's Delectables, 7692 Richmond Hwy, Alexandria, VA 22306. RSVP to our office.

WHAT'S COMING UP?

Emergency Preparedness Presentations on Monday, February 27 with two options to attend. One at 10:00 - 11:30 am (Zoom) and the other in person on February 27 from 1:30 - 3:00 pm. Courtney Mullnax, Manager of Community Engagement with Fairfax County Department of Emergency Management and Security, will present essential information about preparing for medical emergencies and emergencies due to natural disasters or prolonged power outages and how Fairfax County can help. This presentation will be held virtually in the morning and in person at Sherwood Regional Library in the afternoon. Zoom info: Dial in 301-715-8592 Meeting ID: 873 2548 0841

Advance Care Planning Wednesday, March 29 at 1:30 pm (Virtual). MVAH sponsor Goodwin House Living at Home is presenting. Details are to be determined.

The National Symphony Orchestra (NSO) will play at Mount Vernon Estate during a three-part series on January 31, February 28, and March 28. Each performance is \$65.00; all three performances are \$125 for members and \$150 for the general public. Performances start at 7:00 pm and are followed at 8:00 pm by a reception of champagne and chocolates with the musicians. **If you're interested in going as a group, Mount Vernon at Home will explore transportation options.** Send an email to info@mountvernonathome.org or call us at 703-303-4060.

Monday Morning Bird Walk at Huntley Meadows Park. The Monday Morning Bird Walk has been a weekly event at Huntley Meadows Park since 1985. It takes place every week, rain or shine (except during electrical storms, strong winds, or icy trails), at 7:00 am (8:00 am from November through March), is free of charge, requires no reservation, and is open to all. Birders meet in the parking lot at the Park's entrance at 3701 Lockheed Blvd, Alexandria, VA 22306. Questions should be directed to Park staff during normal business hours at 703-768-2525.

Shredding and presentation of the "Seven Types of Senior Communities" on Wednesday, April 12. MVAH Sponsor Pete Crouch is scheduling another shredding and presentation. Timing is still to be determined.

**Happy
Valentine's
Day!**

