

MESSAGE FROM PAULA LETTICE, *President*



We actually were able to enjoy some true spring weather before the summer heat swept in... but the landscape is still really vibrant and the cicadas are providing their own unique symphony of sounds!

With many, if not all, of our members fully vaccinated, there is a bit more freedom to get out and about and gather together. Jan and our Program Committee are looking at lots of opportunities so that

we can resume socializing, learning, and gathering in-person. Slowly and steadily, we will get our “sea legs back!”

Thanks to so many of you who participated in our 2021 CELEBRATE! There’s No Place Like Home! Gala. It was our second annual celebration “in the age of COVID.” Fortunately, last year’s gala planning served us well - we can order multi-course dinners, organize volunteers to deliver them, Zoom together, share congratulatory messages from our U.S. Senators, provide entertainment, spotlight members, and raise money - all

virtually.

I would personally like to thank all of our sponsors, many of whom have been continuously supporting us for years and new ones who joined in this year. Their sponsorships not only help our bottom line, but also demonstrate their engagement in the Village movement.

A toast to everyone who helped make this gala a wonderful success!

Cheers everyone!
~ *Paula*



DIRECTOR’S CORNER

Jan Buchanan, Executive Director

Time to Emerge!!

We hosted another successful virtual Gala, raising important funds for our Village. We gathered together in-person in May and look to June for more engaging activities as we continue to emerge! Yes, the cicada analogies are running rampant! But truly we

can draw some parallels to being cocooned for the past year, and coming out now into the sunlight and being together again – without our masks – shedding those cotton exoskeletons! In alignment with new CDC rules and Governor Northam’s directives, our Village is beginning to gather again in-person. In May, we held two in-person events with great success. Our picnic in the park on May 12 brought together 20 members for a lovely gathering at Fort Hunt Park. Our Cheers! Happy Hour, hosted by Franki Roberts, welcomed 15 members for a beautiful, early evening of fun and just a few cicadas!

Seeing each other for a year on Zoom provides a strange familiarity when we finally get to see each other in-person, as I’m sure you have experienced. Being able to see each other smile and laugh, sitting side by side was something we hold even more dear. We continue to celebrate in-person this month with another picnic in the park and Cheers! Take a look at our events calendar for details. We are getting back to normal, taking it slow, and celebrating each step along the way! ~ *Jan*





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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

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director@mountvernonathome.org
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Betsy Claggett, *Bookkeeper/
Newsletter*

BOARD OF DIRECTORS

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MVAH Hosts Successful Online Gala

Great turnout, great food, great fun!

Mount Vernon At Home celebrated together at our annual gala on May 27 with a lovely tribute to our founding members, an amazing home-delivered meal, and an entertaining program of music, message and live auction. With preliminary numbers in, we’re excited to report we raised over \$35,000 for our Village!

We welcomed over 70 attendees, including members, sponsors and community partners. Our amazing volunteers successfully delivered 78 dinners. After welcoming remarks by Board President Paula Lettice and Director Jan Buchanan, we heard a personal message from Senator Tim Kaine (D-VA) who congratulated our Village for successfully navigating the pandemic, and for being such a critical part of the community. “You play a vital role in ensuring that older Americans continue to live full and vibrant lives in the comfort of their own homes. Your work this year was so crucial in helping you protect a very vulnerable community in this once in a century pandemic,” the Senator told our audience.

Jan Buchanan remarked that “The strength of Mount Vernon At Home lies in our connections. We demonstrated that fact over this past year. We kept each other fortified through our online programming; our personal connections with each other (via Zoom, phone, and carefully in-person); kept your homes and computer connections in check; fetched groceries, and medicines early on and then – even more carefully, took you to your appointments and en-

CELEBRATE!



gagements. We are coming into the light and emerging stronger,” she said.

Emcee, Evan Kaufman, Director of the Southeast Fairfax Development Corporation and one of our newest Board members, kept the program running smoothly. While members enjoyed dinner and wine, Jan’s daughter, Claire Ridgely, sang a couple of songs, including an a cappella version of “Somewhere Over the Rainbow.”

The evening concluded with a ‘lively’ live auction led by Paula Lettice. Bidding heated up over several items, bringing excitement and fun to the evening. The biggest ticket items sold were a personal tour of the Virginia State House and the Governor’s Mansion by Delegate Paul Krizek and a generous Landscape Design and Plants package given by Campbell & Ferrara.

We want to thank all of our members, volunteers, donors, community partners and our sponsors for coming together to support Mount Vernon At Home!

In the next few newsletter issues, we will profile several of our top-level sponsors. This month, we spotlight Lyssa Seward and her successful client-oriented real estate practice.





2021 Gold Level Sponsor

The Seward Group, TTR Sotheby's

Lyssa Seward – The Seward Group, TTR Sotheby's

Lyssa Seward, team leader of The Seward Group of TTR Sotheby's, is a proud supporter of Mount Vernon At Home. Lyssa and her husband moved to Wayneswood in 1992 and raised their two daughters there. She has served on the Wayneswood Citizens Association board for the last 10 years. "I love the Mount Vernon/Fort Hunt community and feel it is my obligation to help those in our community that need support.

As we age, our needs change, and local organizations like Mount Vernon At Home, fill important needs for the aging in our community," Seward says.

What do you need to know about us? We are leaders in our communities and consider it a joy and an obligation to support our local nonprofits. We are happy to provide you with our list of qualified, ethical, and hardworking subcontractors for any of your home renovation or handyman needs.

The Seward Group values our client's highest and best interest above all else. Embodying TTR Sotheby's values, we practice:

- flawless integrity
- professional service reflecting knowledge, preparation, and innovation
- community leadership

Practicing residential real estate for 15+ years, my team and I are seasoned and effective negotiators, creative problem solvers, and skilled marketers.

"We are true professionals who help navigate the home buying and selling process in a low-stress environment, while always fiercely and diplomatically representing our client's financial objectives. Our business philosophy and accomplishments are built on exceptional service, decades of effective business and sales experience, and an almost obsessive attention to detail.

At some point, should you be ready to downsize or move from our area, I would love to show you how **TTR Sotheby's** and **The Seward Group's** unique marketing platforms will sell your home with ease and for the highest net proceeds the market will bear. I am here to assist you in every way. If you need your home modified to accommodate your changing mobility, I have great local contracting partners I would be happy to share with you anytime."

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Please check out my story:
<https://youtu.be/5BNpEDEMfE>



Lyssa Seward
The Seward Group
TTR Sotheby's

Sherwood Regional Library Welcomes New Branch Manager



Lyn McKinney
Sherwood
Regional Library

Jan Buchanan recently met and talked with the new Sherwood Regional Library Branch Manager, Lyn McKinney, who took the reigns in December 2020.

Jan Buchanan (JB): What is your career and journey to get here?

Lyn McKinney (LM): After 25 years in academic and school libraries in Montana, I moved to Virginia in 2016 and started

working for Fairfax County Public Library (FCPL). I was the Branch Manager at Lorton Community Library until I started my new assignment in December 2020 as Branch Manager at Sherwood Regional Library. I'm loving living in Virginia and exploring the east coast. I especially enjoy all the beautiful scenery and history in Virginia.

JB: What is the County's plan for coming out of COVID, reopening, and are there any new changes?

LM: Just in! Fairfax County Public Library will resume normal services and introduce new hours beginning Saturday, June 5. Patrons will once again be able to visit FCPL branches without time or capacity limits to enjoy the full range of library services and resources.

JB: This is great news!

LM: Yes! Regional branches, like Sherwood, will be open 10 am to 9 pm, Monday through Wednesday, and 10 am to 6 pm, Thursday through Sunday, while Community branches will be open 10 am to 9 pm, Monday and Tuesday, and 10 am to 6 pm, Wednesday through Saturday. Community branches will not be open on Sundays.

JB: What are the plans for the library, and what is your vision?

LM: Sherwood Library has been an anchor in the Mount Vernon area for 50 years. I plan to continue that legacy of being a strong community partner and community hub. In fact, we are planning an event to celebrate the 50th anniversary of the library, which will take place before the end of the year.

I'm also slowly meeting our community and working with staff to maintain and strengthen bonds with our community while reaching out to develop new community partners. Our library has a fantastic Tech Lab that had only been open a few weeks before we closed due to the pandemic.

JB: How about online programming and highlights of upcoming events?

LM: We currently offer programs virtually. If you are interested in seeing what FCPL has to offer, please access our events page here: <https://librarycalendar.fairfaxcounty.gov/>

Lyn's June Library Program Picks!

June 5: Social Security Presentation by AARP, 10:30 - 11:30 am. Learn about all aspects of Social Security from an expert. Bring your questions! Co-sponsored by AARP.

<https://librarycalendar.fairfaxcounty.gov/event/7563912>

June 12: Bring Your Own Book, 4:00 - 5:00 pm. Have some favorite books on hand and be ready to give a 1-2 minute pitch about one of your books and why others should consider reading it. Then we will use those books to play a game of *Bring Your Own Book*, an easy-to-play game of borrowed phrases.

<https://librarycalendar.fairfaxcounty.gov/event/7637404>

June 17: Swimming with Sharks - Shark Tank Local "Go Oats!" Tells the Tale, 7:00 - 8:00 pm. Ever wonder what it is really like to be on Shark Tank? Go Oats! founder and local entrepreneur, Nahum Jeannot, joins us virtually. He will talk about his experience as an entrepreneur, time on Shark Tank, and share wisdom with other aspiring entrepreneurs.

<https://librarycalendar.fairfaxcounty.gov/event/7648155>

Mount Vernon At Home’s Policy on Vaccines and In-person Gatherings

It’s a confusing time to be sure, but following the guidelines of the CDC and our Governor, MVAH would like for our members to gather safely for our expanding in-person events. Those who have been vaccinated are not required to wear a mask. For those who are not, we respectfully request that you wear a mask. For events which are being held *inside* members’ homes, hosts have requested that only members who have been fully vaccinated attend.

Mount Vernon At Home Caring Committee

Did you know MVAH has a group of wonderful members who are here for you? Our Caring Committee “angels” are connecting (sometimes on a weekly basis) with members to provide support, friendship and a listening ear. Members who just need the human touch or a little help following a hospitalization or other life event are delighted with this outreach. Barbara Knight is the committee chair and in her service are Susan Irvings, Betsy Stephens and our card writer, Claudia Carpenter. If you’d like to connect with the committee, or you are interested to serve, please reach out to Barbara at barbcat7@aol.com or 703-768-9007. Connection, care and support are just a phone call away!

Mount Vernon At Home Back at the Farmers Market

Mount Vernon At Home is returning to the McCutcheon/Mount Vernon Farmers Market held in the Sherwood Regional Library parking lot on Wednesday mornings. Our goal is to let our community know more about MVAH!

We’ll have a table with brochures, information, shopping bags and big smiles as we spread the news about our Village. Would you like to help? Please contact Susan Reardon who is coordinating volunteer schedules. Susan’s email is: susan@reardons.us, 703-768-4958.

**w e l c o m e
NEW MEMBERS**

**A Big Village Hello to our
2021 Members**

Ralph A’Harrah
Harold Brown
Amy Grant
Douglas Kleine & Barbara Jacob
Lorraine Johnson
Patti Schmid
Carolyn Tickel
Laurie Tracy (who also joined our
Board of Directors!)



Fairfax County Shredding Event

Saturday, June 19, 7:00 - 11:00 am at
Walt Whitman Middle School

What better way to kickstart getting more organized then to purge your home of unneeded/ outdated papers? Our volunteers can help pick up and deliver your papers to this event. Please schedule this assistance in advance with our office so we can provide the volunteer support you need!

We also have two great programs this month on tackling clutter and getting organized. See our June Highlights section for details.

Here is the link to details on Fairfax County’s upcoming shredding events:

<https://www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding>

June Birthdays

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, June 10 at 3:00 pm.

Last Month's Book Picks!

1. Sarah Tatum - *As the Crow Flies* by Craig Johnson. Published 2012. 354 pages.
2. Betsy Stephens - *The Revolution in Color* by Jane Kamensky (about John Singleton Copley). Published 2016. 544 pages.
3. Cher Terry - *The Nightingale* by Kristin Hannah. Fiction, WWII genre. Published 2015. 438 pages.
4. Louise McLean - *Promise Me* by Harlan Coben. Mystery thriller. Published 2006. 370 pages.
5. Norma Brodsky - *Royal* by Danielle Steel. Published 2020. 288 pages. And *How to Raise an Elephant* by Alexander McCall Smith. Mystery. Published 2020. 256 pages.
6. Carol Mattaino - *Orphan Train* by Christina Baker Kline. Historical fiction. Published 2013. 304 pages.
7. Karen Barnes - *True North* by Jill Ker Conway. Published 1995. 250 pages.
8. Barbara Brennan - *The Spy and the Traitor* by Ben McIntyre. Published 2018. 384 pages.

Prince Phillip would have been 100 years old this month. His grandson, Prince William, has a birthday this month too. Also sharing June are Marilyn Monroe, Elon Musk, Paul McCartney, Tom Jones, Aung San Suu Kyi fighting for democracy in Burma and Judy Garland. You're a Gemini (adaptable and outgoing) or Cancer (loyal and protective). Your birthstones are pearl and moonstone and your flowers are rose or honeysuckle. Enjoy your month!!

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|----------------------------------|----------------------|
| 6/2 Rick Reardon | 6/13 Barbara Knight |
| 6/5 Pat Emich | 6/17 Nancy Barbour |
| 6/6 Carolyn Tickel (new member!) | 6/19 Joyce Davenport |
| 6/9 Margaret Edelman | 6/25 Deidre Sandoe |
| 6/9 Jean Glazier | 6/26 Judy Branting |
| 6/11 Norma Brodsky | |



Games, Games Games!*

Bridge — Virginia Hodgkinson is playing regularly in her home. Contact her for information: vhodgk1941@aol.com, 703-660-6987.

Scrabble — Jean and Al Glazier will begin monthly Scrabble on July 7 and continue on the 1st Wednesday of each month at 1:00 pm at their home. Please RSVP to Jean Glazier as space is limited! Contact Jean at glophin@aol.com, 703-768-2762.

Want to play Canasta? Please call our office if you're interested. Our newest member, Carolyn Tickel, wants to start up games with interested members.

*To respect the members who are offering these events *inside* their home, we ask that only fully vaccinated members participate.

June Event Highlights

June MovieClub Picks. Watch these two films and join a lively discussion about them on Tuesday, June 15 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 Zookeeper's Wife, (Netflix, 2017). This film is from the book of the same name and is based on a true story at the beginning of WWII in German occupied Poland. A Polish Zookeeper and his wife shelter hundreds of Jews at the decimated zoo defying odds and at great peril.

Ma Rainey's Black Bottom (Netflix, 2020). Stars Viola Davis and Chadwick Boseman who were Oscar nominees for best actress and actor. Tensions and temperatures rise over the course of an afternoon recording session in 1920s Chicago as a band of musicians awaits trailblazing performer, the legendary "Mother of the Blues," Ma Rainey (played by Davis). Late to the session, the fearless, fiery Ma engages in a battle of wills with her white manager and producer over control of her music. As the band waits, cornet player Levee (Boseman) spurs his fellow musicians into an eruption of stories revealing truths that will forever change the course of their lives.

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NEW! Understanding Facebook and Tech Q &A with Teen Tech Tutors. Wednesday, June 16, 11:00 am – 12:00 pm. Meet Callie Walsh (virtually), founder of Teen Tech Tutors, a local group of students helping seniors and others to understand the world of technology. Our webinar on June 16 will focus first on Facebook – how to get started on Facebook, how to use it efficiently and protect your profile. There will then be time to answer any of your general tech questions and issues. Teen Tech Tutors are available to Mount Vernon At Home members to schedule one-on-one support and help. Simply call our office to set up your session! And join us on June 16 to learn more about Facebook and to get your tech questions answered.

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Conversations: The Amazing Vision of DC's 11th Street Bridge Park. Sunday, June 20, 3:00 – 4:00 pm. The 11th Street Bridge Park, a project of Ward 8-based nonprofit Building Bridges Across the River, will be Washington, D.C.'s first elevated public park. Located on the piers of the old 11th Street Bridge spanning the Anacostia River, the Bridge Park will be a new venue for healthy recreation, environmental education and the arts. After a seven-month design competition, the design team of OMA+OLIN was selected in October 2014. The Bridge Park draws on an extensive community outreach and consultative process, an-

chored by more than 1,000 stakeholder meetings for design, development and impact. Pre-construction began in 2016 and the Park is expected to open by 2024. Beyond supporting the community's physical and environmental health, the Bridge Park also seeks to become an anchor for equitable and inclusive development in our nation's capital.

For the last nine years, Scott Kratz has been working with Building Bridges Across the River and District agencies to transform an old freeway bridge into a park above the Anacostia River. The old 11th Street Bridges that connect Capitol Hill with communities east of the river have reached the end of their lifespan. Scott is working with the community to use the base of one of the bridges to create a one-of-a-kind civic space supporting active recreation, environmental education and the arts. Scott Kratz, Director, 11th Street Bridge Park. See: <https://bbardc.org/project/11th-street-bridge-park/>

Two MVAH In-person Events This Month!

Cheers! Thursday, June 24 from 5:00 - 6:30 pm at the home of Pris Bornmann, Stratford on the Potomac, 1903 Sword Lane, Alexandria, VA 22308. Please bring your own beverage and Pris will provide the munchies. **This event will be held indoors.** RSVP directly to Pris (703-360-5964 or prisbornmann@gmail.com) so she can plan accordingly.

Picnic in Fort Hunt Park. Wednesday, June 30, 12:00 - 2:00 pm. We will gather at Fort Hunt Park's Area E. Please bring your own lunch and MVAH will supply drinks and dessert. RSVP for this event so we can buy supplies accordingly. We want everyone to come! Please call the office if you need transportation. Jan Buchanan will attend - you may call Jan the day of the event at 703-473-2892.

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Getting a Handle on Your Stuff. Friday, June 25, 10:00 am -11:30 am. Join MVAH and At Home in Alexandria (AHA) along with a panel of home organizing, transition and downsizing specialists for an informative and helpful session covering the topic of dealing with our things. We've assembled the following panel of experts to walk you through many aspects of organizing, decluttering and downsizing.

Karen Gardiner, Simplify For Life. Karen is a professional organizer who lives in the Belle Haven area and has worked with a number of AHA members.

Pete Crouch, Crouch Realty Group of McEneaney Associates. Pete is a realtor specializing in "senior" moves. Pete volunteers with AHA and MVAH.

Lori Crouch, Ararity Services. She will handle the physical move to your new place, assess the value of your belongings (she is an appraiser), and help determine where to disperse them.

Maria Spatelnik, Conquer the Clutter. Maria handles those extreme cases that other professional organizers don't want or aren't equipped to deal with.

The event is being hosted by Steve Gurney, founder of ProAging Sourcebooks. Please register in advance here: https://us02web.zoom.us/webinar/register/WN_WX7608KBRPa6uaQVLsvH-g

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Neighboring Village Events

Do You Own Your Stuff, or Does Your Stuff Own You? Arlington Neighborhood Village program on decluttering, Wednesday, June 30 at 10:00 am. Home organization guru Marie Kondo encourages us to throw out everything in our homes that does not spark joy, but too many of us are overwhelmed by the quantity of clothes, books, furniture, and paperwork that we've accumulated over the years. Where do you start? Barbara Stohlman from Overwhelmed How Can I Help, LLC will provide practical tips for taming the clutter beast.

Foggy Bottom West End Village Presents Two Star Chefs Who Are Making a Difference, Thursday, June 17 at 2:00 pm. Listen in on a conversation between local celebrity chef, Jose Andres, and culinary expert, Ris Lacoste, as they discuss what generosity of spirit means to them. Learn how they each attacked the challenge of the pandemic with their culinary expertise to provide support to the residents of Washington, D.C. Andres and Lacoste are contributing their time, expertise and passions to bring hope and well-being to those in need, providing meals and education and are always ready to roll up their sleeves and get to work to make life better. They'll discuss the future of restaurants as the pandemic winds down, their own culinary experiences, and a look at D.C. as a foodie city. There will also be time for audience Q & A. Register through Foggy Bottom Village: https://fbwevillage.org/content.aspx?page_id=4002&club_id=471107&item_id=1450430. For any questions or additional information please contact Jonas Frumkin, Assistant Director at 202-333-1327.

June Calendar of Events

Meditation Monday: 6/7, 9:30 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

Timely Topics: *Postponed this month, back in July!*

BookClub: Thursday, 6/10, 3:00 – 4:00 pm, Dial in: 301 715 8592 Meeting ID: 845 8595 7457

Meditation Monday: 6/14, 9:30 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

Program Committee: Monday, 6/14, 2:00 – 3:00 pm, Dial in: 301 715 8592 Meeting ID: 853 5941 7508

MovieClub: Tuesday, 6/15, 3:00 – 4:00 pm. Re-viewing *The Zookeeper's Wife*, and *Ma Rainey's Black Bottom* (both Netflix), Dial in: 301 715 8592 Meeting ID: 832 2964 0822

MVAH Board Meeting: Tuesday, 6/15, 4:30 – 6:00 pm, Dial-in: 301 715 Meeting ID: 870 5054 9890

NEW! Understanding Facebook and Tech Q & A with Teen Tech Tutors: (see Event Highlights for details) Wednesday, 6/16, 11:00 am – 12:00 pm, Dial in: 301 715 8592 Meeting ID: 889 7652 8059

2nd Cup Coffee Chat: Saturday, 6/19, 11:00 am – 12:00 pm. Share your stories about your current and/or former pets, Dial in: 301 715 8592 Meeting ID: 820 8561 8384

Conversations: Sunday, 6/20, 3:00 – 4:00 pm. *The Amazing Vision of DC's 11th Street Bridge Park* (see Event Highlights for details), Dial in: 301 715 8592 Meeting ID: 876 5475 8753

Meditation Monday: 6/21, 9:30 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

In-person Cheers! Thursday, 6/24, 5:00 – 6:30 pm. At the home of Pris Bornmann. Please RSVP! See Event Highlights for details.

Special! Getting a Handle on Your Stuff: Friday, 6/25, 10:00 – 11:30 am. See Event Highlights for description and registration link.

Meditation Monday: 6/28, 9:30 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

In-person Picnic in the Park: Wednesday, 6/30 12:00 pm – 2:00 pm. Fort Hunt Park, Area E. RSVP please. Drinks and dessert provided. See Event Highlights for details.

