

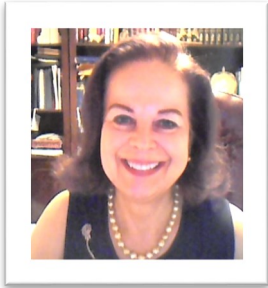


...thriving at home and in your community

# VILLAGE VOICE

*Happy New Year!*

JANUARY 2024



MESSAGE FROM  
PAULA LETTICE, PRESIDENT

I know I am not alone in thinking, “where did last year go?” When we were young, we couldn’t wait for our next birthday ... “I can’t wait to be 10” or “I can’t wait to turn 16

so I can get my driver’s license.” Now, we watch each year fly by. Time is precious and a “good life is a life well lived.” I hope that you have enjoyed your MVAH membership over the past year and that you will be an active member this year. Welcome to our most recent new members.

We just said goodbye to Executive Director (ED) Sarah Drexler as she will be having surgery as many of you are reading this newsletter. We wish her a full and speedy recovery. The Board is actively looking for a new ED and hope to have a selection in the not-too-distant future. Here is a brief description of the position, should you know of someone who might be interested:

Mount Vernon at Home is the Village serving seniors in the Mount Vernon area of Fairfax County, Virginia. We are searching for a new Executive Director. The ideal candidate would have a full range of executive and management experience (including finances/budget, office operations, systems, and personnel) and ideally have that experience with a non-profit. Experience in senior care and management and/or health care would also be a plus but is not necessary. As a small organization, this is a hands-on position with daily management tasks, member support, development, outreach, and marketing.

This would be an ideal opportunity for someone looking for a second career or who wants to be a part of a local organization with an exciting mission and appreciative members.



## MOUNT VERNON AT HOME MEMBER CORNER

### happy birthday!

Happy January Birthday to:

- 1/3 – Linda Flint
- 1/5 – Martha Mica
- 1/6 – Keith Bea
- 1/6 – Robert McLean
- 1/8 – Sue Bowers
- 1/9 – Kathryn Martin
- 1/15 – Harold C. Brown
- 1/21 – Judy Rosen
- 1/26 – Kevin O’Neill
- 1/29 – Katherine Tallmadge

### welcome new members!

- Jane and Tom Earley (Stratford Landing)
- Alma Kaplan (Westgrove)

Applicants should submit a letter of interest, resume, and references. The Search Committee is chaired by Board President Paula Lettice. She can be reached at [pglettice@gmail.com](mailto:pglettice@gmail.com).

I wish you peace, health, and happiness in 2024, and I look forward to celebrating our Village’s 15<sup>th</sup> Anniversary.

Cheers,  
*Paula*

## 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

Sandy Freedman, *Membership  
Coord.*

info@mountvernonathome.org

Dave Prescott, *Volunteer Coordinator*

### BOARD OF DIRECTORS

Paula Lettice, Board President  
Deborah Matthews, Vice President  
Bob Kuletz, Treasurer  
Brendan Power, Secretary

MaryAnne Beatty  
Kathi Hanrahan  
Evan Kaufman  
Greg Lukens  
Barbara Mann  
John Peak  
Susan Reardon  
Kamla Rodriguez  
Laurie Tracy  
Tim Wagner



The MVAH Annual Meeting will take place Thursday, February 22, from 12:00 Noon to 2:00 p.m. at the Mount Vernon Country Club. Each year, new members of our Board of Directors are elected. Prospective Board members are identified and vetted by the Board’s Governance Committee. There will

be multiple candidates this year. You will receive a mailing later this month with the names and bios of those being nominated, as well as a ballot that you should return by mail to the office. New Board members will be announced at the Annual Meeting where we’ll also say farewell with thanks to those Board members who are at the end of their terms.



### VOLUNTEER CORNER

Thank you to the volunteers who helped with a second vaccine clinic. We have an impressive group of volunteers, and here are some impressive numbers reflecting hours and miles put in by volunteers throughout 2023:



- 2,240 one-way rides that included 892 trips to medical appointments, 93 trips to dental appointments, 122 social engagements, 198 trips to salons, 447 trips to grocery stores, 145 requests for assistance (“Handy Helper”), 39 visits to help with computer or technical assistance, 21 trips to pharmacies or pharmacy pickups, 30 trips to banks, 32 physical therapy appointments, 88 errands, 4 trips to election polls, and so much more.
- As of December 18, Michele Calhoun logged 1,793 miles – that’s like driving to Bismarck, North Dakota! Doug Pickett drove 4,208 miles, which is like driving to Berlin if his fancy blue BMW was Chitty Chitty Bang Bang. You get the picture. MVAH volunteers truly are an impressive bunch.

Please be sure to thank the volunteer behind the wheel of the car or knocking at your door when helping you with your next task.

### Happy January birthday to:

- 1/5 – Michael Zimmerman
- 1/6 – Carol Lucas
- 1/7 – Arlene Barnes-Dugen

## MEET ALVIN AND JEAN GLAZIER

Each month, we feature a brief member profile, offering interesting tidbits about people in our Village. With 2024 marking MVAH's 15th anniversary, we'll be featuring Founding and Charter members in the months ahead.

Alvin ("Al") grew up in Boston. Jean spent her childhood in New Jersey. At a young age, Al already knew he wanted to attend the Naval Academy and embark on a career with the Navy. Jean was more interested in winter sports than a career so selected St. Lawrence University because of its proximity to snow and ice.

Jean was working in New York when she and Al met at an October 1955 wedding of a mutual friend. At that point, Al was a submariner stationed in New London, Connecticut. When he was in port, he drove to New Jersey to see Jean, where she was living with her parents. Within a year – in August of 1956 – they were married. Jean tells the rest of their story:

David, our first son, was born in March 1958. While David was still an infant, Al was accepted for the Nuclear Submarine program - Admiral Rickover's special corps. After Nuclear Power School in New London, the three of us drove across the country to Idaho Falls, where a nuclear reactor site was located. No car seats or restraints of any kind in those days. David rode in a makeshift playpen in the back of the station wagon. He was happy as a clam with his toys and snacks bouncing around.

After completing nuclear training, Al taught a course at the school for a year before being assigned to the Seawolf, the second nuclear powered submarine built. He stayed on Seawolf for a number of years, progressing up the ranks to become Executive Officer - second in command. While in New London, our second son Steven was born in 1959. Michael completed the family in 1962.



After the Seawolf, Al was ordered to the missile submarine Thomas Jefferson. These subs had two crews. While the boats operated out of the Holy Loch in Scotland, the off crew lived and trained in New London. When the time came to shift, the men boarded buses and off they went for three months.

When Al was selected for command, he said he'd go anywhere as long as it was not New London! He was sent to Pearl Harbor, Hawaii, to be Captain of the Seadragon. That was a pretty exciting change for the entire family. David was 9, Steven 8, and Mike had just turned 5.

After his command tour, Al was stationed at the Pentagon. We then moved to our long-term home on Leith Place in Alexandria. Our son Mike, developmentally disabled, was enrolled at a program at Mark Twain School when I met Judy Rosen who was starting a live-in program that sounded perfect for Mike. We jumped in to help Judy in any way we could, and Mike became one of the first members to move into Hartwood House at Belle View condominiums. What a blessing that has been for Mike and for us.

When we heard that Judy was involved with MVAH, we knew we wanted in. It turned out to be an amazing source of entertainment and inclusion for us. We met so many wonderful and interesting people. Participation in events has been very important to us.

Al and Jean recently moved into The Fairfax, a retirement community near Ft. Belvoir, where they have "a lovely apartment overlooking a little lake." They've made new friends but still enjoy MVAH events. "Thank you MVAH for being a very important presence in our lives for many years!"

## DIET AND NUTRITION

by Kathi Hanrahan and Katherine Tallmadge, MA, RDN, LD

The “Diet and Nutrition” column in the November newsletter touched briefly on the Netflix documentary *Living to 100*. Author Dan Buettner travels to areas around the world to learn more about Blue Zones, areas where more people live longer than the average lifespan. One particular commonality that Blue Zones share is one thing that Mount Vernon at Home offers: community. MVAH member and registered dietician Katherine Tallmadge joins us this month in exploring another commonality: Diet. Specifically, the Mediterranean Diet. While not all Blue Zone communities follow the Mediterranean Diet, they do involve plant-based diets, which make up much of the Mediterranean Diet. “Eating the Mediterranean diet is the most economical way to eat,” Katherine says. “What science has discovered as the ideal diet hasn’t changed for more than half a century. What we’ve learned since then is why and how the [Mediterranean] diet is so ideal.” It contains many foods that contribute to its health benefits. It’s plant-based, high in vegetables, fruits, legumes, **whole grains**, nuts, seeds, fish, low-to-moderate in high fat dairy and red meat. Olive oil is the diet’s principal source of fat. Here’s a look at Katherine’s Mediterranean Diet Pantry:

### The Mediterranean Diet Pantry

- Canned chopped tomatoes, or any frozen fruits and vegetables
- Dry or canned beans, peas, whole grains such as bulgur, barley, oats, cannellini beans, black beans, lentils, chickpeas
- Nuts and seeds
- Fresh lemons, and citrus fruit or vinegar, and olive oil for salad dressings, canola oil for cooking with high heat
- Fresh onions, garlic, and root vegetables when available
- Canned wild Alaskan salmon, herring, anchovies, sardines
- Whole wheat breads, pasta, crackers and cereals
- Dry or fresh herbs and spices such as basil, rosemary, marjoram, thyme, oregano
- Yogurt, enough to eat daily for its natural probiotic benefits
- Cheeses such as Mozzarella, Ricotta, with small amounts of Parmesan and Reggiano
- Eggs

Source: [Katherine’s Silver Lining Approach: Your Mediterranean Diet Pantry & Featured Recipe @ Katherine Tallmadge, MA, RD](#)



### December Movie Group Recap

The Movie Group met on December 5, and their ratings are in! Only a couple group members watched the 2022 documentary *Navalny* since the streaming service Max requires a subscription, but they resoundingly gave this eye-opening indictment of Putin a rating of 5.0.

The 2021 comedy, drama *Fatherhood* (Netflix) was not as well-received. Several in the group thought it was overacted and not very realistic, rating it a 2.4.

A third movie option in December was the 2022 War/History, *Devotion*, an aerial war epic based on

the bestselling book of the same name, which tells the harrowing true story of two elite US Navy fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy’s most celebrated wingmen. Viewers gave it a 4.0 rating, noting its impressive aerial scenes and true story from the “Forgotten War.”

The January Movie Group meeting date is coming right up. January movies are a 2017 documentary, *Bombshell – The Hedy Lamarr Story* (Netflix), and a 2005 War Drama, *Joyeux Noël or Merry Christmas*

(cont’d on page 5) ➡

## December Movie Group Recap (cont'd)

(Prime Video).

*The Hedy Lamarr Story* follows the life story of Lamarr as the daughter of assimilated [Austrian Jews](#) through her rise to fame, the Nazi onslaught, her departure for the United States, her acting career, her landmark invention, and later life as a recluse. The focus of the film is on her co-creation with [George Antheil](#) of the technology of [frequency hopping](#). Hedy Lamarr never publicly talked about her life as an inventor, so her family thought her story died when she did.

However, four never-before-heard audio tapes of Lamarr speaking on the record about her incredible life were unearthed, finally giving her the chance to tell her own story. Frequency hopping is now used as the basis for secure WiFi, GPS, and Bluetooth technologies (PBS, Rotten Tomatoes 96%).

*Joyeux Noël or Merry Christmas* is a fictionalized account of the Christmas Eve truce of December 1914, depicted through the eyes of French, Scottish, and German soldiers. The actual event took place when German Crown Prince Wilhelm sent the lead singer of the Berlin Imperial Opera company on a solo visit to the front line. Singing by the tenor, Walter Kirshoff, led soldiers to do the unthinkable of coming out of their trenches, leaving their rifles behind, to shake hands, have a drink and even play soccer with the enemy (Rotten Tomatoes 74%).

The Movie Group will next meet on January 2 at 3:00 p.m.

### In Memoriam

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

Annette Kilian, 1927-2023, who passed away December 28, 2023.

Robert King, 1930-2023, who passed away December 10, 2023. <https://www.legacy.com/us/obituaries/washingtonpost/name/patricia-king-obituary?id=53861893>



## JANUARY 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](mailto:info@mountvernonathome.org). Please carpool when possible.*

**Tuesday, January 2: Movie Group**, hosted by Kathi Hanrahan by Zoom at 3:00 p.m.

**Friday, January 5: Walking Group**. Meet at 10:00 a.m. in Parking Lot A at Fort Hunt Park. Weather permitting.

**Monday, January 8: Program Committee**. Hosted by Kathi Hanrahan by Zoom at 2:00 p.m.

**Tuesday, January 9: Group Lunch** (combined Men's Lunch Group and Monthly Lunch Group). Meet at 11:30 a.m. at The Haven. RSVP in advance.

**Friday, January 12: Walking Group**. Meet at 10:00 a.m. in Parking Lot A at Fort Hunt Park. Weather permitting.

**Saturday, January 13: Timely Topics Saturday Edition**. 11:00 a.m. by Zoom. Virginia Hodgkinson and Holly Hoven are the current events discussion facilitators, and Paula Lettice is the Zoom host.

**Wednesday, January 17: Lunch and Movie at Paul Spring**. Lunch begins at 12:00 p.m. followed by the movie, *Woman in Gold*. RSVP in advance.

**Thursday, January 18: Cheers!** More information to follow.

**Friday, January 19: Walking Group**. Meet at Huntley Meadows at 10:00 a.m. Weather permitting.

**Sunday, January 21: Conversations** by Zoom at 3:00 p.m. featuring Beth Py-Lieberman, Senior Museums Editor, *Smithsonian Magazine*, and author of *Object at Hand: Intriguing and Inspiring Stories from the Smithsonian Collections*."

**Tuesday, January 23: Book Group**, hosted by Laurie Tracy at 3:00 p.m. by Zoom.

**Wednesday, January 24: Timely Topics Wednesday Edition**. 4:00 p.m. by Zoom. Virginia Hodgkinson is the current events discussion facilitator, and Paula Lettice is the Zoom host.

**Friday, January 26: Coffee and Conversations**, 10:00 to 11:30 a.m. at Mount Vernon Country Club, 5111 Old Mill Road. RSVP in advance.

**Monday, January 29: Membership Committee** meeting, 10:00 a.m. at Java Loco, 7696 Richmond Hwy.



## COMMUNITY EVENTS

**Friday, January 5, 1:00 p.m.** – Memory Café - Discussion on AM/FM Radio and beyond. Zoom link: <https://us02web.zoom.us/j/86306468210?pwd=RUVVjlrUXcb3VtbjBvYUNWcWp1Zz09>  
Meeting ID: 863 0646 8210; Passcode: 448135

**Thursday, January 11** – Arvette Reid, Client Services Director with Signature Estate & Investment Advisors (SEIA), will present Housing Options for Seniors at the Sherwood Regional Library at 1:30 p.m. Arvette helped SEIA create Lifecare Affordability Plan (LCAP), a healthcare-driven financial plan that allows older adults and their families explore hypothetical scenarios to show how finances play out over time as care needs increase. This meeting is sponsored by Mt. Vernon Branch AAUW and is free and open to the public.

## SHERWOOD REGIONAL LIBRARY EVENTS

January 17 – Craft & Chat, 2:30 to 3:30 p.m. Bring a craft project from home or work on a craft provided. All supplies provided.

January 22 – Blood Drive, 12:00 to 5:00 p.m. Call 1-800-RED-CROSS (1-800-733-2767) or visit [redcrossblood.org](http://redcrossblood.org) and enter “Sherwood Library” to schedule an appointment.

January 24 – Legal Services of Northern Virginia Information Session, 2:00 to 3:00 p.m. Learn about services offered and how to apply for them.

For the full list of activities, visit the Sherwood Regional Library website at <https://www.fairfaxcounty.gov/library/branches/sherwood-regional>.

### OTHER JANUARY DATES TO NOTE

Monday, January 1: New Year’s Day  
Saturday, January 6: Epiphany  
Sunday, January 7: Orthodox Christmas  
Sunday, January 14: Orthodox New Year

Monday, January 15: Martin Luther King Jr. Day  
Monday, January 15: Emmy Awards  
Wednesday, January 24: Tu Bishvat

## Miscellaneous Things to Note

### Cash or Credit?

Have you noticed that fewer businesses are accepting cash? Remember when you would get a discount on your gas if you paid by cash? That’s not the case anymore. And now you’re charged more if you pay by cash when you pass through Toll Lanes. Businesses once preferred cash payments to avoid paying credit card transaction fees, but according to a recent AARP article, “Improved point-of-sale technology has made processing electronic payments much quicker than taking cash and making change, and that speed can increase total sales.” While cash payments aren’t altogether disappearing any time soon, the cash option will eventually go the way of the \$2 bill. It’ll be in circulation, but rarely used. Read the full article here: [More Businesses Go Cashless, But Will Cash Disappear? \(aarp.org\)](https://www.aarp.org/money/cashless).

**Students at Burgundy Farm** are on winter break, but before their last day of school until January, the students participating in the pen pal program sent some holiday cheer:

“I have had two letters and Christmas cards from Elsa and Madeleine. A nice part of my life.” - Franny K.

“I received a Christmas card from my pen pal Alex. He’s such a sweet little boy!” - Mary Ann C.

Melinda H. received a note from her pen pal that included a joke: “Why couldn’t the pony sing?” But no punch line! I guess we’ll have to wait until January to find out why the pony couldn’t sing. Melinda is late responding to her pen pal. She wrote a note to her fellow members instead: “I hope that 2024 brings us all good health, peace, joy, and happiness! I’m not going to salute prosperity as most of us have all we can get, unless we win the lottery or interest rates go up!”