



Message from Paula Lettice

President

Summer is officially here, as I pen this column one day after the Summer Solstice! Let's hope that the temperatures are moderate, the humidity is low, and there is a good balance of sun and rain in the next few months.

I have now chaired four Board meetings, with the last three conducted on Zoom. In addition to a full agenda that includes President and Executive Director reports, updates on our membership numbers and finances, and various committee reports, we have introduced something called a "Strategic Moment." On June 16, our topic was "Diversity and Outreach," a very timely issue as we have watched the news, heard from commentators, and read articles and books. There is unanimity within the Board that our country continues to struggle with inequality, social divide, and unrest.

I have spent a lot of time thinking about this month's column and offer these personal thoughts. We are not a perfect nation, and are still young in the context of world history. Our early history was built in very large measure on the work of enslaved people, and despite emancipation and voting rights, there are still often insurmountable issues faced by African Americans. Many of our immigrants who fled famines, war, and intolerance faced these same issues. Today, we find ourselves divided along racial, economic, social, and religious lines.

Yet we are a United States. We must practice social justice, equality, empathy, and support to our fellow citizens – to create a more perfect union. As an organization, we will be more attuned to diversity and outreach within our community. And as your President, I ask for your assistance in providing community and support to your neighbors. If you would like to contact me directly, please email me at pglettice@gmail.com. ~ *Paula*



Director's Corner

Jan Buchanan, *Executive Director*

I've recently remarried and changed my name! I tied the knot on April 4th with my long-time sweetheart and now husband, Bruce. I have officially changed my last name, so from here on out, I will be Jan Buchanan. It's still me!

I want to encourage you to get up on Zoom with us. You don't have to have a computer or email to do it! You can use your phone! We've been seeing new faces at our online events and our members are enjoying the array of activities from meditation to book club to interesting conversations, speakers and discussions. Isolation is the number one concern of our Villagers! And it has detrimental effects on our health. Even if you simply want to use your phone and dial-in, staying connected elevates the spirit and deepens ties with fellow humans. Take the Zoom challenge! Email me directly at director@mountvernonathome.org and I will help you get connected.

Thank you for being members of this lovely community. We will work through this time with perseverance and positivity! ~ *Jan*

Meet Your Board of Directors!

The Mount Vernon At Home Board of Directors plays an important role in steering the course of our organization. We want you to get to know them! To this end, our next several newsletters will each turn the spotlight on two Board members by including their brief bios. This month meet Sarah Drexler and Jim Lindsay.



Sarah Drexler - Board Member

Professional Background: With a B.S. degree in Healthcare Administration, Sarah started her career as a Nursing Home Administrator first in Northern and then Southern California. She went on to work as an Account Manager and Account Executive for 6 years at a large HMO in Southern California.

After her husband's job brought their family to the East Coast, Sarah consulted with Bell Atlantic on a special project related to retiree health benefits. She then worked as a Community Liaison for a local home health care company for eight years and at the time was also volunteering with Senior Services of Alexandria. Senior Services of Alexandria snapped her up and hired her to help get their new Friendly Visitor program operational, and while there, Sarah started a new grocery delivery service called Groceries to Go. Sarah is currently a Senior Sales Consultant with Goodwin House at Home. The majority of her work experience has been spent working with older adults which she enjoys very much. She recently realized she *is* an older adult!

Family: Sarah met her husband in Los Angeles and they've been married for 27 years. They have three lovely daughters, ages 25, 23, and 17. Their oldest and middle daughters are college graduates and live locally. Their youngest daughter is a recent high school graduate, and hopefully, will be heading to Lafayette College in the fall. Their two dogs keep her very busy too!

Interests: Sarah loves to be outside! She's a former runner, but due to orthopedic issues, switched to cycling and hiking. She has recently discovered the joy of gardening. Sarah also likes to spend time reading, listening to music, and painting if/when inspired. You can often find Sarah on long walks with her dogs or at the dog park.

Why is Sarah involved with Mount Vernon At Home? Sarah likes being involved with not for profit organizations that are mission driven. Additionally she likes that MVAH provides services and supports to assist people to age in the way and place they choose. Programs like MVAH provide older adults the option to remain in their homes if that's what they would like to do.

Jim Lindsay - Board Member

Professional Background: Jim is a Colorado native who landed in Alexandria, VA early on to begin a career in ministry. While in graduate school for a Masters of Divinity, Jim worked in the United States Senate in various positions. He worked daily with senators and hosted a bi-partisan reception that included speeches from six senators (Grassley [R-IA], Gore [D-TN], Coats [R-IN], Lugar [R-IN], Helms [R-NC], and Nun [D-GA]).



In 1992-1993, when a family member needed a caregiver, Jim noticed many things about the home health care industry and knew he could contribute to bringing trustworthy, excellent home health care to the market. This time of family need led to the establishment of a business serving the needs of the elderly in 1994 called ACCfamily (formerly called Adult Companion Care). After over 26 years caring for those in need, ACCfamily continues to flourish, thriving on extending the independence of seniors by offering assisted living at home.

Jim was knighted in 2008 into the Sovereign Order of St. John (a knighthood order originating in Jerusalem),

(cont'd) ➔

Members

Refer a Friend Membership Drive!

We are so grateful to all of our members for their continued membership during this time.

We would like for you to help us tell others about Mount Vernon At Home.

As a small incentive, for every person you refer who becomes a member (whether full or associate membership), **we will send you a \$25 Amazon gift card**. It's our way of saying "Thank You!"

When you talk to folks, you can tell them what membership means to you. As we have all complied with the pandemic rules and regulations for the past few months, the world is slowly opening up. *Mount Vernon At Home has been there for you the whole way!* Some of our many member benefits include:

- Virtual activities to keep you connected and meet new friends
- Volunteer opportunities to serve other members, serve on the Board of Directors, help the community
- Transportation and errand services
- Light handyman and yard work help
- Technology support
- Fun and engaging activities now online, but as we reopen, we look forward to participating in person
- Trusted referral partners for services of all kinds

We are adding more and more benefits as we work to promote our new normal, including service provider discounts and more. Please help us grow our membership by spreading the good word of the many benefits of Mount Vernon At Home membership.

Thank you!

Save the Date

Mount Vernon At Home Fall Fundraiser Goes Online!

Sunday, September 13, 2020

5:00 pm - 6:30 pm

We've lined up Cedar Knoll restaurant to deliver a beautiful meal with wine to your door along with a swag bag full of goodies! During the online event, we will have entertainment, a live auction and giveaways. The event is purposefully scheduled on Grandparents Day! Stay tuned for details.

Lindsay *(cont'd)*

and in 2013, was promoted to the position of Commander of the Washington Commandery. He completed an MBA at Oxford University in England in 2009 where his research focused on global aging issues. Jim has continued to be on the leading edge of aging research globally and regularly travels to Europe for research and business interests.

In 2010 Jim completed a certification in Lean Six Sigma (Black Belt) with the U.S. Department of Defense. He also currently teaches at Georgetown University as an adjunct professor in both the Masters and Certificate programs.

Family: Jim is married to his lovely wife, Leslie, and they have four grown children, two daughters-in law, and two granddaughters. He feels more blessed than anyone else on the planet.

Why is Jim involved with Mount Vernon At Home? In Jim's own words: "I love serving both the members of MVAH and the Board as our values at ACCfamily are the same values that Mount Vernon At Home holds dear. In addition, I firmly believe that the model that MVAH uses to serve seniors is the model that will serve seniors world-wide. Governments will fail to care adequately for seniors. We (both MVAH and ACCfamily) will serve seniors with dignity and compassion. This is why I am passionate to serve!"

Member Corner

In Memorium Robert "Bob" Laughlin



Bob Laughlin was born June 29, 1934 in Princeton, NJ. He and his wife Mimi were Mount Vernon At Home Charter Members. Bob accomplished a great deal in the fields of academic research in anthropology, and in cultural survival and revival of Mexican Native Peoples. Mimi and Bob have two grown children, Liana Laughlin of Cambridge, MA and Reese Laughlin of Fairfax, CA. Bob passed away on June 28, 2020. Mount Vernon At Home sends our heartfelt sympathy to the Laughlin family.

Happy July Birthdays!

Happy, happy birthday to each of our members celebrating July birthdays!

7/3 - Sherman Landau and Marge Wilson
7/10 - Ken Wessel
7/12 - Gerry Murphy
7/24 - Mel Goodweather
7/26 - Dolly Rowe and Pris Bornmann
7/28 - Ralph Slawson

Welcome Newest Members

Peter and Carol Ostrowski (*Waynewood*)
Bruce and Virginia Bade (*River Bend Estates*)

We ♥ our Volunteers! We couldn't do this without our fabulous volunteers! Even during the COVID-19 pandemic, our volunteers have logged in more hours over this last month than this same time last year. We THANK YOU for your dedication and service to our members.

Mount Vernon At Home is Still Providing These Important Member Services!

Member transportation. We are taking your requests for transportation to and from medical appointments. We are still limited by the number of volunteers, but we will do our best to find a way to help you. We want everyone to stay safe and protected. That's why we've created new guidelines and safety protocols which follow Fairfax County safety procedures. Face masks must be worn by participants at all times and riders are requested to sit in the back seat. Drivers will have sanitizing products on hand for riders and to wipe down the car. We cannot assist members in and out of the car for the appointment at this time. With these new guidelines, we have implemented a special COVID-19 transportation release form. This release form must be signed by members before we can provide transportation. Please contact our office for details, to secure your form and to schedule your rides.

Don't forget, we are still running errands for you! Our system is working really well and members are so relieved not to have to worry about going to the grocery store or picking up a prescription.

Board member phone calls. Our Board of Directors has set up a phone tree to check in with members on a regular basis. This has been an important way to stay connected to you, to hear from you and help you in any way we can. Sometimes just to have a listening ear means a lot. And, the Board members are meeting you in person – forging new friendships!

Free Face Masks Available! We have paper/disposable masks and some cloth masks that we can provide members and volunteers, if requested. If you need a mask, please contact Paula Lettice directly at pglettice@gmail.com or 703-780-3463. We want everyone to be safe!

Highlights from our weekly email “Message to Members”

Some of our members are not online, so some important messages are reprinted below for those who don't see these via email.

● **Seniors Need to Be Even More Cautious to Avoid COVID-19 Scams**

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public about fraud schemes related to the novel coronavirus (COVID-19). Scammers claim to offer COVID-19 tests to Medicare beneficiaries in exchange for personal details, including Medicare information. **However, the services are unapproved and illegitimate.**

- ◆ Be cautious of unsolicited requests for your Medicare or Medicaid numbers.
- ◆ Be suspicious of any unexpected calls or visitors offering COVID-19 tests or supplies. If your personal information is compromised, it may be used in other fraud schemes.
- ◆ Do not respond to, or open hyperlinks in, text messages about COVID-19 from unknown individuals.
- ◆ Ignore offers or advertisements for COVID-19 testing or treatments on social media sites.
- ◆ A physician or other trusted healthcare provider should assess your condition and approve any requests for COVID-19 testing.
- ◆ Do not give your personal or financial information to anyone claiming to offer HHS grants related to COVID-19.

If you suspect COVID-19 fraud, contact the National Center for Disaster Fraud Hotline (866) 720-5721 or go to Justice.gov/DisasterComplaintForm.

● **Fairfax County Public Library Curbside Services began June 1**

The Library's curbside pickup of holds and grab bags began Monday, June 1 with hours at all branches from 10:00 am - 4:00pm, Monday through Friday. Contact your local branch pick up and drop off guidelines.

● **Chefs for Seniors Offering First Time Discount to Mount Vernon At Home Members!**

This wonderful service will bring fully prepared meals to your home. There are two ways to purchase meals:

- ◆ **12 meals for \$160** (pick four dishes from the menu and you will receive three meals of each for a total of 12 meals)
- ◆ **6 meals for \$90** (pick three dishes from the menu and you will receive two meals of each for a total of six meals)

Mount Vernon At Home members can enjoy \$20 off the 12-meal package or \$10 off the 6-meal package. Simply let them know you are a MVAH member when you call. Orders are taken by Wednesday each week with delivery by Friday. To get details and to take a look at their weekly menus (which come out on Monday each week), call them or go to their website. There's no contract or obligation! Call Chefs for Seniors at 202-888-2722 or visit their website to learn more (<https://chefsforseiors.com/dc-arlington-fairfax>).

● **Get Ready for the 2020 November General Election**

The deadline to register to vote or update an existing voter registration is Tuesday, October 13, 2020. The deadline to request an absentee ballot be mailed to you is Friday, October 23. Your absentee ballot request must be received by your Registrar by 5:00 pm on October 23. For more information, call the Virginia Department of Elections at (804) 864-8901, TTY: 711.

● **Free Smoke Alarms**

Smoke alarms save lives! Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries. To get a FREE battery-powered smoke alarm supplied by Fairfax County Fire and Rescue Department, please call 703-246-3801 or email fire.smokealarms@fairfaxcounty.gov.

July Calendar of Events

All events are on Zoom and you can either join with video or by phone. To RSVP, please call our office at 703-303-4060, or send an email to info@mountvernonathome.org. Zoom links are provided below for each event.

Of special note: July's Conversations showcases the culinary talents of Andrew Holden, chef and co-owner of Cedar Knoll restaurant. Andrew will talk to us about starting the restaurant, and some of the history of the building. He'll then move into the kitchen where he'll give us a demo of a current favorite. Many of us enjoy this unique local restaurant. At the end of the event, we will draw the name of an attendee to win a \$50 gift certificate. Please plan to join in on Sunday, July 19 at 3:00 pm.

2nd Cup: Friday, July 3 at 11:00 am, hosted by Morrie Hoven, Dial in: 301 715 8592 Meeting ID: 821 2697 6371 Password: 071203

Meditation Monday: July 6 at 9:30 am, led by Jan Buchanan, Dial in: 301 715 8592 Meeting ID: 823 1086 9101

Book Club: Thursday, July 9 at 3:00 pm, moderated by Barbara Brennan, Dial-in: 301-715-8592, Meeting ID: 8314-1606-242

Timely Topics: Saturday, July 11 at 11:00 am discussing "Black Lives Matter Movement" with Holly Hoven and Virginia Hodgkinson, Dial in: 301 715 8592 Meeting ID: 821 2508 8204

Meditation Monday: July 13 at 9:30 am, led by Jan Buchanan, Dial in: 301 715 8592 Meeting ID: 823 1086 9101

Program Committee Meeting: Monday, July 13 at 2:00 pm, Dial in: 301 715 8592 Meeting ID: 823 1617 0013

2nd Cup: Saturday, July 18 at 11:00 am, hosted by Morrie Hoven, Dial in: 301 715 8592, Meeting ID: 868 9842 7982

Conversations: Sunday, July 19 at 3:00 pm. Culinary demonstration and interview with Cedar Knoll restaurant chef and co-owner, Andrew Holden, moderated by Susan Reardon, Dial in: 301 715 8592, Meeting ID: 815 1901 1167

Meditation Mondays: July 20 at 9:30 am, led by Jan Buchanan, Dial in: 301 715 8592 Meeting ID: 823 1086 9101

Cheers! Happy Hour: Thursday, July 23 at 5:00 pm with Franki Roberts, Dial in: 301 715 8592, Meeting ID: 834 7735 4362

Meditation Mondays: July 27 at 9:30 am, led by Jan Buchanan, Dial in: 301 715 8592 Meeting ID: 823 1086 9101

Virtual Book Club

Our Book Club is unique in that we don't focus on one book, but allow members to share what they are currently reading or a favorite book they recommend. This month's Book Club will meet via Zoom on Thursday, July 9 at 3:00 pm. To join this discussion, please contact Book Club moderator Barbara Brennan by email at barbarabbrennan@gmail.com or by phone at 703-209-9651. She'd be happy to send you member reviews of the July books below.

July Book Picks!

- ~ Louise McLean: *Where the Crowds Sing* by Delia Owens, 2018
- ~ Robert McLean: *A Very Stable Genius* by Philip Rucker and Carol Leonnig of *The Washington Post*, 2020
- ~ Cher Terry: *The Lady in Gold* by Anne-Marie O'Connor, 2012
- ~ Betsy Stephens: *The Hare with Amber Eyes* by Edmund de Waal, 2010
- ~ Betsy Stephens: *The Overstory* by Richard Powers, 2018
- ~ Sarah Tatum: *Our Souls at Night* by Kent Haruf, 2017
- ~ Barbara Brennan: *Heads You Win* by Jeffrey Archer, 2018

Other MVAH Activities

Walking with Kathi. Contact member Kathi Hanrahan (kathi@hanrahan.com) if you want to get outside for gentle walking in socially-distanced small groups.

Herb Garden Group! Several members have joined. Please email either Holly Hoven (hollyhov@aol.com) or Virginia Martin (vhmartin1935@gmail.com).