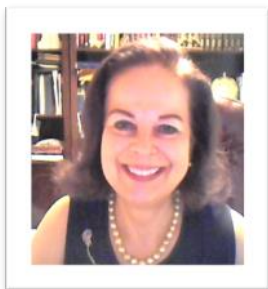


## MESSAGE FROM PAULA LETTICE, *President*



**S**pring has sprung! In all its resplendent grandeur there are amazing colors

all over our neighborhoods. I hope that you are enjoying the milder days and the reawakening after a pretty wet winter.

It seems as though a very high percentage of our members have now been fully vaccinated for COVID-19. Some who require in-home inoculations are still waiting as the County addresses the challenges with these immunizations. The number of new cases in the U.S. and abroad is clearly of concern as new strains emerge.

The availability of vaccines and distribution difficulties, and unfortunately a lack of willingness to receive the vaccine in some cases, prolong sought after “herd immunity” and our ability to normalize faster. U.S. citizens are still prohibited from visiting most countries. Thus, we all still need to be vigilant in our personal contacts and to adhere to safety measures like mask wearing and hand washing. We will persevere!

Now for some good news! We’re venturing out this month with a couple of in-person, outdoor gatherings featured in our May Event Highlights section. Slow steps at the beginning!

We are still virtual, however, for our annual Gala which is coming up on May 27. We have a wonderful dinner menu that features three courses and wine and swag bags from our sponsors delivered to your door. The program is shaping up and the list of auction items is growing. There will be a live auction (e.g., a dine-around package, a case of wine, design/discount from Campbell and Ferrara (a large local landscaping company) followed by a reverse auction to raise funds for our operations and subsidized membership fund. I can’t wait to see you in person and at our Gala!

Cheers everyone! ~ *Paula*



## DIRECTOR’S CORNER

**Jan Buchanan, Executive Director**

### *Acquaintances to Lasting Friendships*

**O**n April 1, I celebrated my one-year anniversary of being Mount Vernon At Home’s Executive Director. What a journey this has been! As I rolled up my sleeves and dug in, I found a richness beyond my expectation. The love and joy that has been infused into this Village was apparent from day one. I’ve witnessed the deep and longstanding friendships that have formed. And the transformation of new members into this community

where I’ve watched them flourish. I, too, have been welcomed, not only as your director, but as a friend. Conversations on Zoom have been moving, connecting and heart fulfilling. Member Don Peterson said he would not have remained in this area if not for Mount Vernon At Home. He’s been amazed at the interesting people he and his wife Anna have met through MVAH. Time and again we are hearing in the news about the devastating consequences of social isolation. The health effects akin to smoking 15 cigarettes a day! Can we really turn our lives around by simply moving towards each other? Take a look around at the flourishing of this village – the connections that have withstood bunkering in our homes, a killer virus, a global melt down. And yet, we move toward each other and our bonds strengthen. Members to members, volunteers to members – our circles have widened. Thank you for the opportunity to witness love in action. You all amaze me every day.



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

Jan Buchanan, *Executive Director*, director@mountvernonathome.org

Dave Prescott, *Office Manager*, info@mountvernonathome.org

Betsy Claggett, *Bookkeeper/ Newsletter*

BOARD OF DIRECTORS

Paula Lettice, Board President  
Deborah Matthews, Vice President

Hugh Schwartz, Treasurer  
Susan Reardon, Secretary

Pris Bornmann

Barbara Brennan

Sarah Drexler

Evan Kaufman

Barbara Knight

Bob Kuletz

Kamla Rodriguez

Barbara Sullivan

Laurie Tracy

Lee Wampler

CELEBRATE!



Mount Vernon  
At Home  
Virtual Gala, via Zoom

Thursday, May 27, 2021  
6:00 pm – 8:00 pm

Please join us for  
an enjoyable evening with dinner and wine  
delivered to your home,  
entertainment and a live auction!

Kindly purchase your dinner tickets by May 15.

You don't want to miss this  
fabulous Village fundraising event!

**Fundraising Gala to Honor our Village Founders**

Fifteen years ago, a handful of friends and neighbors got together to talk about their futures. Inspired by a group in Boston who had organized to form the first senior Village in the country called Beacon Hill Village, the friends in Mount Vernon decided to do the same. The premise was simple: form a community organization that supports residents who choose to age in their homes and community with independence, connection and dignity.

In 2007, Mount Vernon At Home was formed, and this core group of people showed tremendous dedication and fortitude in building this organization, incorporating it, serving as its directors and officers and building its future. Fast forward to 2021, and with few exceptions, those founders have remained members to this day! We will honor these mavericks as part of our Gala evening program on May 27.

Be sure to purchase your dinner tickets by May 15! If you need another registration card, please call our office, or go to our website under the “Celebrate! 2021 Gala” tab to print a copy.

## Computer and Smart Phone Help Is On The Way! Teen Tech Tutors Partners with Mount Vernon At Home

Local West Potomac High School sophomore, Callie Walsh, saw the difficulty her grandmother was having with Zoom, online shopping and other technical issues during the pandemic. Callie had the idea to not only help her family, but also set up an initiative to help other seniors. Teen Tech Tutors matches naturally tech savvy teens with seniors to help them with a variety of connectivity issues. Jan Buchanan and Callie talked about offering one-on-one support to Mount Vernon At Home members - we are very excited to offer this tutoring program to members who would like to improve their skills. You can choose in-person or virtual assistance by calling our office to set up your appointment. Mount Vernon At Home will coordinate with Callie's team to schedule your session. For in-home sessions, members and the volunteers will need to sign MVAH's COVID-19 liability waiver to acknowledge any risk associated with this service. We hope our members will take advantage of this wonderful new program!



Callie Walsh, Founder,  
Teen Tech Tutors  
[teentechtutors.org](http://teentechtutors.org)

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## Richmond Highway Corridor News



Mary Paden

**Local Hero: South County Task force chair Mary Paden has won The Frederick & Diana Prince Livable Community Leadership Award**, bestowed annually on Washington area individuals who have made a particularly significant contribution to smart growth in the Washington region.

Mary Paden is a leader in advocating equity, inclusion and social justice in Fairfax County's Richmond Highway Corridor. As Chair of the South County Task Force for Human Services and the County NAACP's Fair and Affordable Housing Committee, Mary has been a tireless advocate for redevelopment without displacement as Fairfax County moves to revitalize Route 1 with a bus rapid transit line and transit-oriented communities. With the pandemic disproportionately impacting lower income residents and communities of color, Mary has been a steadfast advocate for eviction protection, support for the homeless, and provision of essential human services in the corridor. MVAH Executive Director Jan Buchanan has had the pleasure to get to know Mary over this past year as a member of Ventures In Community, a local advocacy organization led by the regions' faith based and nonprofit community. Also being honored is D.C.'s Mayor Muriel Bowser.

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We honor the men and women who served and died for our country on **Memorial Day**, Monday, May 31, particularly those who died in battle or sustained wounds as a result of battle. These veterans made the ultimate



sacrifice for our country. We spend time reflecting on their service and why we have the freedoms that we enjoy today. We salute you!

## Want to Play Bridge?

Several members are starting back playing Bridge together and are looking for more players. If you're interested, please reach out to Virginia Hodgkinson at [vhodgk1941@aol.com](mailto:vhodgk1941@aol.com) or 703-660-6987.

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## Tips on Tackling Clutter

Member Elaine Serlin has been taking small steps to declutter her home and has offered a few referrals and tips to help us too!

**Paradigm Experts**, <https://paradigmexperts.com/>, 240-299-3629: Steve and Sherri Guterman. "They buy jewelry, gold and silver objects, coins, etc. Steve will come to your house and make an offer, paying you on the spot if you decide to sell. Honest and personable."

**EZ Auctions** on Eisenhower Ave, [www.ezauctioning.com/](http://www.ezauctioning.com/), (703) 778-6440. "They will photograph and list objects on e-bay. You will receive about half the selling price after their fee, e-bay's fee and taxes. Minimum value of \$9.99 to list. If it doesn't sell, you can pick it up. You never know what people will buy. Disappointed on some things, and amazed at how well other stuff did."

**Evolution Home** on Shields Ave., <https://evolution-home.com/>, 703-519-1911 (consignment store). "I've been in the store, but not actually consigned. Seems to get good ratings."

**Upcycle**, [www.upcyclecrc.org/](http://www.upcyclecrc.org/), (703) 861-8705. "A non-profit that takes donations of art supplies, sewing supplies, office supplies, etc. They list on their website what they will currently take."

**The Company of Books** in Delray, <http://tcbdelray.com/>, (703) 299-3080. "Book donations or to sell or buy."

To sell records or CD's the **CD Cellar** in Falls Church, <https://cdcellarva.com/>, 703-534-6318. "It looks as though they will come to your house." Or, **Sell My Records**, <https://sellmyrecords.weebly.com/>, 571-830-5871.

## In Memorium



Vronna Endhal passed away peacefully on March 26. She was born on a farm in Dewey County South Dakota on October 21, 1925. Vronna was a charter member of Mount Vernon At Home, and a dedicated volunteer and contributor in many

ways. Member Elaine Serlin remembers, "Vronna told us what it was like growing up in South Dakota. When times were tough, people would come to their door, asking for food." Maybe that's why she and her husband, Lowell, had an extensive vegetable garden in their yard and shared their bounty with friends and neighbors.

Vronna was a longstanding member of Luther Place Memorial Church in Washington, D.C. In 1948 Vronna married Lowell Endhal, a returning Marine Corp pilot, whom she met her senior year at South Dakota State University. They moved to Alexandria, VA in 1954 when Lowell joined the National Rural Electrification Association in Washington, D.C. Vronna taught kindergarten and then Home Economics in Fairfax County high schools until her retirement in 1986. She is survived by 3 sons, 5 grandchildren and 3 great grandchildren, a sister and loving friends, including many in our Village. *(from Everly-Wheatley Funerals and Cremation Tribute)*

## 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, May 13 at 3:00 pm.

### Last Month's Book Picks!

1. Betsy Stephens - *The Boston Massacre* by Serena Zabin. Published 2020. 320 pages.
2. Sarah Tatum - *My Name is Lucy Barton* by Elizabeth Strout. Published 2016. 240 pages.
3. Cher Terry - *Midcentury Boy: My Suburban Childhood: From Ike to the Beatles* by David Hoppe. Published 2020. 166 pages.
4. Carol Mattaino - Four books by Vilhelm Moberg chronicling the emigration of a group of Swedes to Minnesota in the late 1800s. The books include: *The Emigrants* (1949), *Unto a Good Land* (1952), *The Settlers* (1956), and *The Last Letter Home* (1959).
5. Louise McLean - *The Beautiful Mystery* by Louise Penny. Published 2012. 384 pages.
6. Norma Brodsky - *A Time for Mercy* by John Grisham. Published 2020. 558 pages.
7. Hugh Schwartz - *The Code Breaker* by Walter Isaacson. Published 2021. 560 pages.
8. Barbara Brennan - *The Curious Incident of the Dog in the Night-Time* by Mark Haddon. Published 2003. 226 pages.

## May Birthdays

Taurus or Gemini, May's babies, have the reputation of being the most optimistic. Your flower is Lily of the Valley and your stone the emerald. Along with optimism, you're also healthy and lucky! You share this month with Malcolm X, JFK, Audrey Hepburn and Clint Eastwood who turns 91 this month! Wishing you all a year full of adventure and surprises! If we've missed your birthday, please let us know at the office, we don't want anyone to feel left out.

5/3	Jim Jacoby	5/19	Duke Johns
5/5	Thomas Crooker	5/25	Anna Peterson
5/14	Virginia Hodgkinson	5/26	Arlyne Goodweather
5/15	Rocky Curtis	5/26	Patsy McDermott
5/17	Peter Ostrowski	5/31	Tom Wiener

## May Event Highlights

### Two In-person Events This Month!!

#### Picnic in Fort Hunt Park

Wednesday, May 12  
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 be sure to 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.



#### Cheers! In-person

Wednesday, May 19  
5:00 - 6:30 pm

At the home of Franki Roberts at 2203 Whiteoaks Drive in Hollin Hills. Please bring your own beverage and Franki will provide the munchies. RSVP directly to Franki (703-768-9549 or frankiroberts@cox.net) so she can plan accordingly. In the event of rain, the rain date for *Cheers!* is Thursday, May 20.



Greg Lukens

**Conversations: Interview with Award Winning Music Producer, Greg Lukens**

on Sunday, May 16 at 3:00 pm via Zoom

Greg Lukens, a Mount Vernon At Home member, is a nationally known audio/sound/technical engineer who has built several successful multimillion-dollar businesses and is considered an icon in his field. At the age of 14, Greg became totally blind as a result of a dirt bike accident. There’s never been a time that he said the world would be easier if he could see. This limitless attitude toward life has propelled Greg to great success. At the age of 18, he started a concert sound company where he designed and manufactured touring sound systems for well known bands and artists such as Rush, Anne Murray, Bonnie Raitt, Dave Mathews, Stevie Wonder, Jackson Brown, and many more. In the mid-80’s he started Washington Professional Systems (WPS) a firm that designs, sells and installs high end audio and visual systems to organizations such as MGM Grand Hotel, PBS, the Library of Congress and more. He retired in April 2020 after 33 plus years, yet he continues to mentor upcoming audio engineers, and mixes and masters music for aspiring and award-winning song writers and artists.



**May MovieClub Picks.** Watch these two films and join a lively discussion about them on Tuesday, May 18 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](mailto:barbarabbrennan@gmail.com) or call her at 703-209-9651.

**Audrey** (Netflix 2020). Filmmaker Helena Coan examines the remarkable life and career of actress, fashion icon and humanitarian Audrey Hepburn. Malnourished as a child, abandoned by her father, and growing up under Nazi occupation in Holland, Hepburn faced a life-long battle with the traumas of her past, which thwarted her dreams of becoming a ballet dancer, and cast a shadow over her personal life.

**84 Charing Cross Road** (Amazon Prime Video 1987). From the book by Helene Hanff published in 1970, this film adaptation is the author’s true story about the twenty-year correspondence between the author and Frank Doel, chief buyer of Marks & Co antiquarian booksellers, located at the eponymous address in London, England. The movie stars Ann Bancroft, Anthony Hopkins, Judi Dench, and Maurice Denham. Ms. Bancroft won a British Academy Award for best actress.



**Is a Medical Alert System Right for Me?**

Join us on a virtual presentation on medical alert systems by Virginia Hospital Center on Friday, May 21, 11:00 am – 12:00 pm. If you live alone or have a chronic medical condition, you may be concerned about whether you will be able to summon help in an emergency. A medical alert system may be the answer to help keep you living safely and independently in your own home. Learn about basic features of medical alert systems, some new technological advances, such as fall detection (automatically sensing a fall and calling for assistance), mobile access when you’re away from home (cellular networks v. landline only), and factors to think about when deciding whether you should get one.

To register online, you may use this registration link: <https://attendee.gotowebinar.com/register/5635339454941315596> or you can contact the Senior Health offices at Virginia Hospital Center: 703-558-6859, or [seniorhealth@virginiahospitalcenter.com](mailto:seniorhealth@virginiahospitalcenter.com).

## May Calendar of Events

**Meditation Monday:** 5/3, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

**Timely Topics:** Saturday, 5/8, 11:00 am – 12:00 pm. Continuing the conversation about Thomas Jefferson High School admission policies, Dial in 301 715 8592, Meeting ID: 828 7974 8051

**Meditation Monday:** 5/10, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

**Program Committee:** Monday, 5/10, 2:00 – 3:00 pm, Dial in: 301 715 8592 Meeting ID: 853 5941 7508

***In-person!* Picnic in the Park:** Wednesday, 5/12, 12:00 at Fort Hunt Park, Area E, See event highlights for details.

**BookClub:** Thursday, 5/13, 3:00 – 4:00 pm, Dial in 301 715 8592 Meeting ID: 870 5428 6235

**2<sup>nd</sup> Cup:** Saturday, 5/15, 11:00 am – 12:00 pm, Dial in 301 715-8592, Meeting ID 859 1151 1531

**Conversations:** Sunday, 5/16, 3:00 – 4:00 pm, Interview with Music Producer Greg Lukens, Dial in 301-715-8592, Meeting ID 826 9481 1469

**Meditation Monday:** 5/17, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

**MovieClub:** Tuesday, 5/18, 3:00 – 4:00 pm, Dial in 301 715 Meeting ID: 880 3828 2993

**Board Meeting:** Tuesday, 5/18, 4:30 – 6:00 pm

***In-person!* Cheers!** Wednesday, 5/19, 5:00 – 6:00 pm. Bring your own beverage, snacks will be provided (rain date 5/20). See event highlights for details.

**Is a Medical Alert System Right for Me?** Presented by Virginia Hospital Center, Friday, May 21, 11:00 am – 12:00 pm. Register here: <https://attendee.gotowebinar.com/register/5635339454941315596>

**Meditation Monday:** 5/24, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

***Mount Vernon At Home Virtual Gala!*** Thursday, 5/27, 6:00 – 8:00 pm. Deadline for ticket purchase is May 15! Ticket holders will receive Zoom link.

**Meditation Monday:** 5/31 cancelled for Memorial Day holiday.

