

# Senior Living

APRIL 2014

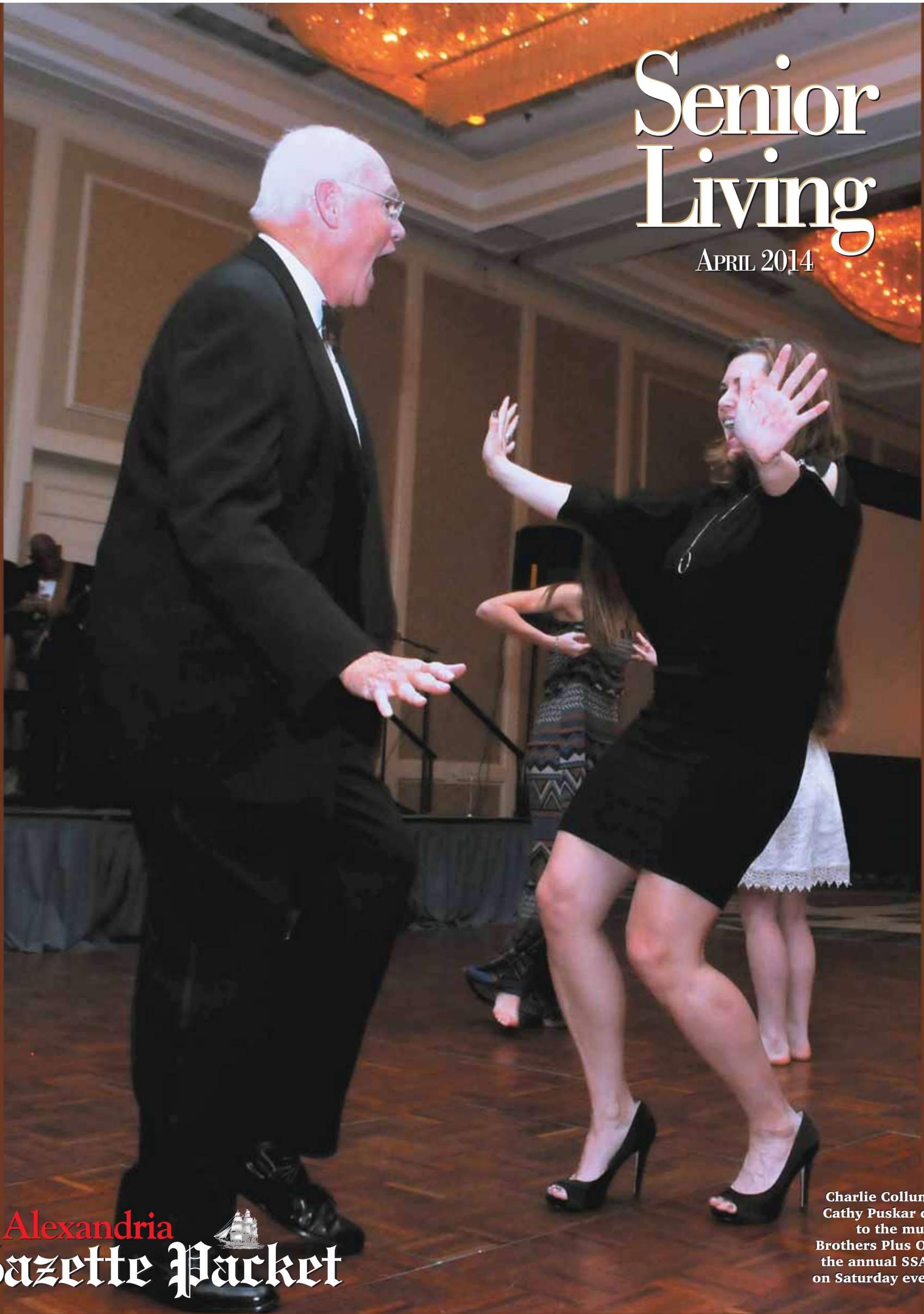


PHOTO BY LOUISE KRAFFT/GAZETTE PACKET

Alexandria  
Gazette Packet

Charlie Collum and  
Cathy Puskar dance  
to the music of  
Brothers Plus One at  
the annual SSA gala  
on Saturday evening.



**Jewel Box Gardens  
by Suzanne**

**Townhouse garden design  
and installation**

*Make your garden  
dreams come true!*



**FREE CONSULTATION**  
www.jewelboxgardensbysuzanne.com  
jewelboxgardensbysuzanne@gmail.com

## Senior Calendar

### FRIDAY/APRIL 4

**Online Order Deadline.** Native plants can be pre-ordered and picked up on April 26, 1-5 p.m., at Long Branch Nature Center, 625 S. Carlin Springs Road, Arlington. Visit [www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf](http://www.arlingtonva.us/departments/parksrecreation/documents/file91228.pdf) for more.

### TUESDAY/APRIL 8

**Luncheon and Tour.** 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit [wlrva.org](http://wlrva.org) for more.

### TUESDAY/APRIL 8

**Retirement Planning.** 7 p.m., located in the large meeting

room at the Beatley Central Library, 5005 Duke Street, Alexandria. Bryan Riley, a financial advisor for Ameriprise, presents, "Plan for Retirement: Challenge Your Concerns and Take Control." Call, 703-746-1751.

### SUNDAY/APRIL 13

**Book Look: Child of the Civil Rights Movement.** 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for more information and to register.

SEE SENIOR CALENDAR, PAGE 5

Sentara Healthcare brings new advanced treatment to the commonwealth of Virginia

## Single-Day Breast Cancer Treatment



**Get Back to Your Life Faster**

*With IORT eBX, breast cancer surgery and treatment are done in just ONE day!*

### Are you ready for IORT?

*Sentara Northern Virginia Medical Center is the first to offer this new technology to the region*

Intraoperative Radiation Therapy is a type of radiation therapy in which radiation is delivered at the time of surgery. In breast IORT, the entire dose of radiation may be delivered during a single, intraoperative fraction. One typical IORT treatment can be delivered in as little as eight minutes, compared to the six-week course of external beam therapy.

**Sentara Northern Virginia Comprehensive Breast Center**



**SENTARA®**  
HEALTHCARE

To Find an IORT Trained Breast Surgeon & Radiation Oncologist, Call 1-800-SENTARA or visit [Sentara.com/NorthernVirginia](http://Sentara.com/NorthernVirginia)

# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
THE GAZETTE PACKET

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a God-send," she said. "I have less pain now. I still



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

have some stiffness, but I have a better range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American

Congress of Rehabilitation Medicine and the American Academy of Physical Medicine and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old.

They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants

SEE YOGA, PAGE 6

## More Seniors Plan To Age in Place

BY MARILYN CAMPBELL  
THE GAZETTE PACKET

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond (www.firststreetonline.com) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

A LACK OF SOCIAL interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or

SEE HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

Alexandria  
Gazette Packet

Senior Living

IS PRODUCED BY  
CONNECTION NEWSPAPERS  
WWW.CONNECTIONNEWSPAPERS.COM  
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,  
CALL 703-778-9431 OR EMAIL  
SALES@CONNECTIONNEWSPAPERS.COM

# Senior Living

## Aging in Place Gracefully

FROM PAGE 3

ganizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don't want the pressure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves.

**VILLAGES ARE** community-based organizations designed to help members help each

other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the community members to determine their needs," he said. "We provide technical assistance to community groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE  
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.

volunteers are "banked" and can be used in the future if the volunteer needs services or assistance. The "Neighborhood Network" is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

**ANOTHER BIG GAP** is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."



Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These small living units allow you to put an elderly relative in your backyard and hook up to your electricity," said Carle.

WWW.CONNECTIONNEWSPAPERS.COM

## Senior Calendar

FROM PAGE 2

### WEDNESDAY/APRIL 16

**Discussion Series.** 1-3 p.m. at Beatley Library, 5005 Duke St. "So You Think You're Covered: Evaluating Your Long-Term-Care Plans." Get guidance in how to evaluate long-term care insurance to see if it covers what you think it does, and if it doesn't, what you can do about it. Free. Reservations recommended, 703-231-0824.

**125th Birthday Celebration for Charlie Chaplin.** 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123.

### THURSDAY/APRIL 17

**Vietnam Veterans of America Chapter Meeting.** Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit [www.vva227.org](http://www.vva227.org).

**Idea for the Garden.** 11 a.m. at the Little Falls Presbyterian Church, 6025 Little Falls Road. Landscape designer and horticulturalist Florence Everts will speak on design principles during the monthly program of the Rock Spring Garden Club. Free and open to the public, with an optional \$5 lunch following the program. RSVP by April 10 to [rockspringgardenclub@gmail.com](mailto:rockspringgardenclub@gmail.com). Visit [www.rockspringgardenclub.com](http://www.rockspringgardenclub.com).

### TUESDAY/APRIL 18

**Geological Society Meeting.** 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road, Mount Vernon. Geological Society meeting will feature a presentation entitled

"Experiences of a Young Waist Gunner in WW II" by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war, fight the Germans and survive his plane "going down?" Visit [www.MVGenealogy.org](http://www.MVGenealogy.org). Questions about the program should be directed to Karen Jenkins at 703-866-2478 or [publicity@mvgenealogy.org](mailto:publicity@mvgenealogy.org).

### WEDNESDAY/APRIL 23

**Senior Services.** 9:30 a.m.-noon at the Nannie J. Lee Center, 1108 Jefferson Street, Alexandria. Senior Services of Alexandria, Inova Alexandria Hospital and the successful aging committee of Alexandria are sponsoring a Health and Fitness Event. Free, open to the public. Visit [www.seniorservicesalex.org](http://www.seniorservicesalex.org), <http://www.seniorservicesalex.org>, or call 703-836-4414, ext 10.

**Author Lecture: Cheat the Clock.** 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit [wlrva.org](http://wlrva.org) for more.

### THURSDAY/APRIL 24

**Condo Living Class.** 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email [shane.cochran@alexandriava.gov](mailto:shane.cochran@alexandriava.gov).

### SATURDAY/APRIL 26

**Community Cleanup.** 9 a.m.-noon at five locations along Four Mile Run. Cleanup volunteers needed at Madison Manner, Glen Carlyn, Arlington Mill Community Center, Barcroft Park and Shirlington Park. An adult

SEE SENIOR CALENDAR, PAGE 6

Do you have a family member or a neighbor who could use some help to make daily life a little easier?

At Home in Alexandria (AHA) is a grassroots, not-for-profit organization of caring neighbors and volunteers helping people in Alexandria ages 55+ remain independent and living in their own homes. We provide valuable help in a variety of ways: transportation to medical appointments, social events, technology support, modest yard work, prescription pick-up and so much more.

The annual membership fee covers an unlimited number of your requests for assistance.

Volunteer or join AHA and become part of a nationwide "village" movement!



[www.athomeinalexandria.org](http://www.athomeinalexandria.org)

[aha@athomeinalexandria.org](mailto:aha@athomeinalexandria.org)

703.231.0824

At Home in Alexandria!



## Discover The Fairfax

**A premier retirement community just minutes from Fort Belvoir, VA**

Celebrating 25 years, The Fairfax is an extraordinary continuing care retirement community offering independent living apartments and cottages along with assisted living, memory care and nursing on a picturesque 60-acre campus. Being a life care community, even if your health needs increase, your costs will remain within reach.

Ask us how you can live in our community without military affiliation.

**Call today to schedule a tour and learn about our latest move-in incentives!**



9140 Belvoir Woods Parkway, Fort Belvoir, VA • 703-799-1200 • [TheFairfaxRetirement.com/Discover](http://TheFairfaxRetirement.com/Discover)



A SUNRISE SENIOR LIVING COMMUNITY  
Developed for the Army Retirement Residence Foundation-Potomac



**Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.**

## Yoga for All Ages

FROM PAGE 3

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

“The main thing that I hear is that you have to already be flexible to do yoga,” said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. “People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, ‘If I can’t do that, then I can’t do yoga.’”

Pradas, whose students are mostly between 50 and 75 years old, said, “Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody.”

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

“That is baby boomers going into yoga,” she said. “Yoga for seniors is going to be the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for alternative ways of exercise because they are not going to be able to keep up with impact exercises like running.”

In fact, she says gentle yoga classes are among the most popular at her studio. “I have students who are as old as 84. We deal with people who can’t get on the floor,” she said. “We use chairs. We work on balance

because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age.”

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and older are among her office’s most popular.

“Some of our [yoga] classes fill up within minutes of opening,” said Collins. “We have people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill.”

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it’s important to find a class that is a good fit.

“There are many kinds of seniors,” he said. “There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions.”

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into the community’s fitness program. The instruction will be tailored to meet the needs of his clients. “We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors.”

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. “The future of senior housing will include science-based wellness activities like yoga,” he said. “Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up.”

## Senior Calendar

FROM PAGE 5

must accompany children under 16 years of age. Call 703-525-0168 or ParkRangers@arlingtonva.us.

### WEDNESDAY/APRIL 30

**How to Protect Yourself From Identity Theft.** 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit [wlrva.org](http://wlrva.org) for more.

### SATURDAY/MAY 3

**Plant Sale.** 9:30 a.m.-2:30 p.m. at Wakefield High School, 1325 S. Dinwiddie St., on the Dinwiddie Street side of the building. Annuals, perennials, herbs, vegetables and flowering baskets available. Place an order before April 12 in the school main office; drop it off or mail it in. Order forms are available on the Wakefield Website <http://apsva.us/Page/17411>.

### TAX HELP

**AARP Tax-Aide**, the nation’s largest free tax preparation and tax counseling volunteer program starts its free Tax Preparation Services Feb. 1. The program, sponsored by the IRS, is staffed with Certified IRS Tax Counselors and use IRS computers and software to prepare and eFile tax returns for low to middle income families and elderly citizens. Bring government-issued picture IDs, and social security cards for all persons that will be included in your tax return. Also bring a printed copy of last year’s tax return, if you itemized. Located at Lee Center, 1108 Jefferson St., Wednesdays and Fridays from 10 a.m.-2 p.m. Walk-ins welcome. Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) for additional information.

### ONGOING

**Join Jewish War Veterans of the USA.** The Burke Post E 100 at 5712 Walnut Wood, Burke, invites Jewish veterans and service members to join. 703-209-5925.

**Singers Wanted for the Celebration Singers.** The women’s show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email [gparsons3@cox.net](mailto:gparsons3@cox.net).

**American Red Cross CPR, First Aid and AED.** Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit [www.redcrossna.org](http://www.redcrossna.org).

**Mental Health First Aid Training Classes.** Additional sessions have been added to the schedule. The course teaches risk factors, warning signs and symptoms of mental health and substance use disorders. Registration is open until filled. Limit 20 participants per class and seats fill quickly. Classes run from September through June. Visit [alexandriava.gov/DCHS](http://alexandriava.gov/DCHS) for class dates and registration. Attendees of the full eight-hour course will receive a three-year certification in MHFA. For more about the classes, contact Donielle Marshall at 703-746-3523 or [donielle.marshall@alexandriava.gov](mailto:donielle.marshall@alexandriava.gov). To learn more about MHFA, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org).

**The Groveton High School class of 1964** is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted. Groveton graduates of ’64 should email [GHS64@verizon.net](mailto:GHS64@verizon.net).

**The Talking Book Service** at Alexandria Library will now operate Monday through Friday, 10 a.m. to 3 p.m. or by appointment. Patrons may also reach the service by calling 703-746-1760 or emailing [talkingbooks@alexandria.lib.va.us](mailto:talkingbooks@alexandria.lib.va.us).

Free **Medicare counseling** is available for City of Alexandria residents through the Virginia Insurance Counseling and Assistance Program

(VICAP) to help individuals understand and navigate Medicare insurance programs. VICAP Medicare counselors will be available on Thursdays from 1-5 p.m., by appointment only, at the Alexandria Department of Community and Human Services, located at 2525 Mount Vernon Ave. Speakers are also available to present information on Medicare Basic to community groups. Call 703-228-1726.

**VCE Master Gardener Help Desk.** 9 a.m.-12 p.m. Monday-Friday. Bring fresh samples of problem plants, weeds or insects to ensure accurate identification. VCE recommends carrying samples in plastic bags or other clear containers. No live insects. All clinics and Help Desk are free. 703-228-6414 or [mgarlalex@gmail.com](mailto:mgarlalex@gmail.com).

Band musicians are invited to join the **Mount Vernon Community Band**. Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or [www.mybands.com](http://www.mybands.com).

**Strength & Stretch For Seniors.** Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Dr. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

**Gentle Pilates.** Saturdays at 9 and 11:35 a.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles and improve posture. \$78. Virginia Hospital Center, 1701 N. George Mason Dr.

**Gentle Yoga.** Tuesdays and Thursdays at 9:30 a.m. Restore flexibility, strength and ease tension. All levels welcome. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

**Tai Chi.** Thursdays at 6: 15-7:15 p.m. Combine slow, flowing movements of Tai Chi and Qi Gong postures to foster a healthy, balanced mind and body. \$80. 601 S. Carlin Springs Road. Call 703-558-6859.

**Yoga for Everybody.** Wednesdays at 6:30 p.m. This traditional approach to yoga reduces stress and increases strength and flexibility. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

**Adaptive/Seated Yoga.** Tuesdays at 11:15 a.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. \$66 Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

**Call For Articles.** The Arlington Historical Society welcomes articles for publication in the annual Arlington Historical Magazine. Although the focus is on Arlington County history, subjects dealing with the history of Northern Virginia, or the metropolitan Washington, D.C. area, are also appropriate and welcomed. Articles should be 1,500 to 6,000 words in length. The deadline is July 1, 2014. There is a prescribed format, especially for endnotes. A style sheet will be provided upon request, and the editor will assist authors and/or make corrections as needed. Pictures and maps are encouraged. Direct questions to Editor W. Karl VanNewkirk at 703-536-5916, [karlvannewkirk@comcast.net](mailto:karlvannewkirk@comcast.net); or 1116 North Rochester St., Arlington, VA 22205-1741.

Free **mall walking program** for seniors will be held Tuesdays and Thursdays from 8:30-9:30 a.m. at Ballston Common Mall, 4238 Wilson Blvd. Participants walk at their own pace. There will be a group stretch and cool down led by Virginia Hospital Center staff. 703-558-6859.

**Choral Rehearsal.** Encore Chorale’s spring season will start Jan. 14 from 2-3:30 p.m. at Langston Brown Senior Center, 2121 Culpeper St. Anyone over the age of 55 can participate. Registration information is available at [encorecreativity.org](http://encorecreativity.org), or by calling 301-261-5747 or via e-mail to [info@encorecreativity.org](mailto:info@encorecreativity.org).

**Lifeline Personal Alert System.** Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

# Senior Living



The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Brauninger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.

## Northern Virginia Senior Olympics Mission: Living Healthy Longer

“Living healthy longer is the mission of the Northern Virginia Senior Olympics,” said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. “It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games.”

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men’s basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horse-

shoes, softball hit and throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men’s and women’s basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at [www.nvso.com](http://www.nvso.com) after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



**Turn unwanted valuables into CA\$H!**

**Powerful eBay selling for households and businesses**

**Single Items • Full Liquidations • Buy-outs**

**Drop off or call for a pick-up...we'll do the rest!**

**[ezauctioning.com](http://ezauctioning.com)**

**1320 Prince St., Alexandria, VA 22314 • 703.778.6440**

# home.sweet.home.

**Bonnie Rivkin, Realtor®**  
**NVAR Lifetime Top Producer**  
**703-598-7788**  
 brivkin@cbmove.com • [www.OldTownAgent.com](http://www.OldTownAgent.com)  
 Located at: 310 King Street • Alexandria, VA 22314-3212

Let me help make your moving experience a little *sweeter.*

**SRES** Seniors Real Estate Specialist

**PANCREATIC CANCER ACTION NETWORK®**  
1% of earned income for each transaction will be donated to the Pancreatic Cancer Network

We never stop moving.™

**BONNIE RIVKIN**  
[www.OldTownAgent.com](http://www.OldTownAgent.com)  
 My Service Will Move You

Thomas Jefferson Memorial  
Washington, D.C.

## Spring Sightings

Spring is in the air, it's time to shake off the winter doldrums. Enjoy the vibrant colors of spring with a walk around the pond, visit nearby historic Occoquan or experience the excitement and culture of our nation's capital. Westminster at Lake Ridge promotes an active, vibrant lifestyle, with exceptional services and amenities. *You'll discover a life in full bloom!*

*Call 703-791-1100 today to learn more about Westminster at Lake Ridge!*

**Westminster**  
at Lake Ridge  
*Northern Virginia's Best Kept Secret in Retirement Living*

www.wlrva.org • 703-791-1100 • 12191 Clipper Drive, Lake Ridge, VA 22192

# 2014 Generation-to-Generation Gala

Senior Services of Alexandria hosted their annual Generation-to-Generation Gala last Saturday evening at the Mark Hilton in Alexandria. The 2014 honorees were Patty Moran and her daughter Kate along with Lonnie Rich and Marcia Call and their daughter Sara Rich.

Patty and Kate Moran are both active volunteers in the Alexandria community, particularly Del Ray. Patty coordinates the Special Olympics basketball tournament at T.C. Williams, the Titan Expo, the silent auction at the Scholarship Fund of Alexandria's annual gala, organizes the annual Sponsor-a-Family toy distribution through Community Partners for Children and serves as the chair of the Alexandria Relay for Life. Kate co-founded the annual Del Ray Music Festival that supports local music education while highlighting local musicians.

The Rich/Call family was honored for the continued commitment to the Alexandria community and beyond. Lonnie has served three terms on city council, served as Chairman of the Alexandria Chamber of Commerce and remains active on a number of local nonprofit boards and commissions. Marcia is at the helm as CEO of her own corporate recruiting company as well as serving as president of EduCorps, an organization providing ongoing teacher training in the Democratic Republic of Congo, Rwanda, Uganda and Burundi. In 2009 Marcia was recognized by the Alexandria Chamber of Commerce with the Chairman's Award for her work in the promotion and stewardship of women in business. Sara Rich has been civically involved since 7<sup>th</sup> grade when she successfully petitioned the school district and city council for women's softball fields equivalent to the men's in the city. After graduating from the University of Virginia, Sara took a teaching position at the American School of Kinshasa in the Democratic Republic of Congo. It was in Kinshasa that she became interested in connecting international educators with the Congolese teachers. Her work in the Democratic Republic of Congo led to her co-found EduCorps.

PHOTOS BY LOUISE KRAFFT  
GAZETTE PACKET



2014 SSA honorees Lonnie Rich, Marcia Call, Patty and Kate Moran are joined on stage with Mayor Bill Euille, SSA Chair of Board of Directors Gregory Murphy and SSA Executive Director Mary Lee Anderson.



T.C. Williams principal Suzanne Maxey and former ACPS principal Kris Feroleto.



Former Mayor Kerry Donley and Page Moon applaud as the honorees make their way to the stage.



Shannon and Bea Campagna with June Guiffre and Christopher Campagna.



Patty Moran talks with U.S. Rep. Jim Moran and her daughter Kate.



Singer Sandra Love.