

# Senior Living

OCTOBER 2015



Great Falls  
**CONNECTION**

# Senior Living: Senior Olympics Results

## Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Weber, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

**Wii bowling** gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89, Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

## Basketball, Eight & Nine Ball Pool

Basketball free throws, field goals and 3 on 3 games took place at the Thomas

Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon, Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Spring-

field; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

## Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

**Pickleball**, which is similar to tennis with a shorter net, singles (women), 60-69, Judy Aw, Falls Church, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Franz Roland, Arlington, 60-69, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington, 80-89, Horacio Reyes, Arlington. **Pickleball doubles medalists**, women, 50-59, Carolyn Mobley and Roxanne Tigh, Arlington, 70-79, Jo Ferry, Alexandria and Sun Y. Yang, Arlington, 80-89, Alease Brooks and Betty De La Cruz, Arlington; (men) 50-59, Corey Chamness, Falls Church, Stephen

Nurre, Annandale, 60-69, Michael Knight, Falls Church, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington and Jerry Bigenho, Arlington. **Pickleball mixed doubles**, gold medalists, Mary Rousselot and Corwin Umbach, Arlington, 70-79, Sun Y. Yang, and Herb Levitan, Arlington, 80-89, Alease Brooks and Horacio Reyes, Arlington.

## Volleyball, Golf, Mini Golf

Seven women's and five men's **volleyball** teams competed in the 2015 Northern Virginia Senior Olympics, held recently at the Chinn Aquatics and Fitness Center in Woodbridge.

Gold medalists were, women, 50-54, Keep Swinging team members Bertha Otoy, Sterling, Maritza Serrano, Falls Church, Maria Barrientos, Alexandria, Olga Navarro, Alexandria, Gloria Ruiz, Springfield, Elizabeth Taylor, Alexandria, 55-59, Play To Win members, Berdette Colbert, Berlin, Sara Abarca, Falls Church, Betty Sifuentes, Centreville, Constance Lindsley, Arlington, Maria Dodd, Vienna, Jean Zamora, Woodbridge, 60-64, VB-Diggers members, Melanie Morton, Reston, Gloria Pinto, Falls Church, Judy Olson, Fairfax, Laura Ponder, Manassas, Kristi Nickerson, Reston, Carmela Miller, Arlington; men, 50-54, Dewey Burns team members, Michael Ryan, Annandale, Peter Silins, Darnestown, William Hazard, Alexandria, Gregory Sadosuk, Fairfax, Lamar Dougherty, Fairfax, Keith Pierce, Gainesville, Kim Grubbs, Annandale; 55-59, Hawkeye team, Andrew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centreville, Rodney Anderson, Manassas, William Bell, Alexandria, David Moss, Arlington

and Glenn King, Springfield.

The Montclair Country Club in Dumfries hosted the NVSO **golf competition** for the first time and players competed in five year age groups by gender. Gold medalists were women, 60-64, Becki Davis, Sumerduck, 65-69, Kathryn Chandler, Falls Church, 75-79, Nancy Huff, Woodbridge; men, 55-59, Mark Wuckovich, Springfield, 65-69, Gary Srey, Arlington, 70-74, Craig Olson, Arlington, 75-79, Lawrence Dawson, Dumfries, 80-84,

Larry Lasik, Herndon and 85-89, Marvin Reed, Oak Hill.

**Miniature golf** gold medalists were women, 50-59, Sheila Beard, McLean, 60-69, Judy Landolt-Korn, Clifton, 70-79, Barbara Klementz, Annandale, 80-89, Patricia Gallagher, Springfield; men, 50-59, Jon Woodyatt, Fairfax, 60-69, Steve Ferguson, Vienna, 70-79, Erwin Stierle, Vienna and 80-89, Charles Toftoy, Arlington.

## Field Events, Tennis and Table Tennis

Field events were held at the Stone Bridge High School in Ashburn. Gold medalists in the **high jump** were (men), 60-64, Steven Kopp, Arlington, 65-69, Gerard Nezet, Arlington, 70-74, Parviz Youseffi, Gainesville, 75-79, Bernard Stamm, Ashburn; **standing long jump**, (women) 50-54, Bethany Grigsby, Lorton, 55-59, Keg Good, Woodbridge, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-85, Alease Brooks, Arlington; (men) 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Parviz Youseffi, Gainesville, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington  
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# Senior Living

## 819 Compete in Local Senior Olympics

### Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t  
The Connection

**W**ith more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



**Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.**

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



**Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.**

### Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at [www.nvso.us](http://www.nvso.us) to find out how to participate in or contribute to next year's event.

### NVSO Gold Medalists

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ton, 85-89, Leonard Kalkwarf, Springfield; **running long jump**, (women) 50-54, Sheila Beard, McLean, 55-59, Kathleen Wilson, Springfield, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-84, Alease Books, Arlington; (men) 65-69, Douglas Hastings, Alexandria, 70-74, Donald Meli, Annandale, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington and 85-89, Leonard Kalkwarf, Springfield.

In the **mini javelin event**, gold medalists were (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez; (men) 50-54, Mark Abbott, Delaplane, 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings,

Alexandria, 70-74, Thomas Sullivan, Oakton, 75-79, Bernard Stamm, Ashburn, 85-89, Leonard Kalkwarf, Springfield; **shot put**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Kathleen Wilson, Springfield, 75-79, Angela Fernandez, Burke; (men) 50-54, Mitchell Frid, Broadlands, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 70-74, Thomas Sullivan, Oakton, 75-79, Roger Webb, Ashburn, 80-84, Jerry Bradley, Oakton, 85-89, Harold Mueller, Oakton; **discus**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 65-69, Margaret Rodriguez, Dumfries, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez, Burke, 85-89, Elizabeth Martin, Falls Church; (men) 50-54, William Johnson, Arlington, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 65-69, Eiji Yasuhara, Sterling, 70-74, Thomas Sullivan, Oakton, 75-79, Carlos Rodriguez,

Dumfries, 80-84, Jerry Bradley, Oakton and 85-89, Leonard Kalkwarf, Springfield.

The Charles Houston Recreation Center in Alexandria was the site of the **table tennis** competition. Gold medalists were (women) 50-59, Jenny Lang, McLean, 60-69, Jieying Shi, Chantilly, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Larry Kirk, Woodbridge, 60-69, Shaw Zee, Fairfax Station, 70-79, John Papp, Nokesville and 80-89, Edward Scccio, Dumfries. Wakefield District Park, Annandale, hosted three days of **tennis competition, singles** 70-79 (women), Sun Y. Yang, Arlington; (men) 70-79, John Lisack, Woodbridge, 80-89, Robert Shellhouse, Alexandria; **doubles** (women), 50-59, Luanne Lohr, Arlington, 60-69, Jacqueline Lawrence, Arlington, 80-89, Kelly McCaffery, Springfield; (men) 50-59, Mark Matsko and James Callan, Arling-

ton, 60-69, John Lisack, Woodbridge and Gary Scavongelli, Burke, 70-79, Al Grossi and Don Tomb, Arlington and 80-89, Phil Doherty, Burke and Neil Lane, Reston **mixed doubles**, 50-59, Brian Bochiccho, Vienna and Barbara Heard, Oakton, 60-69, Albert and Suellen Grossi, Arlington, 70-79, Bob Howe and Sharon Timmons, Alexandria, 80-89, L. Wayne Bell, Annandale and N. Shaila Zadd, Vienna.

#### Swimming

Gold medals were awarded and 12 records broken in six swimming events at the Northern Virginia Senior Olympics held at the Claude Moore Recreation Center in Sterling. In the **half-mile freestyle**, gold medalists were women, 50-54, Maureen Harp, Annandale, 55-59, Sharon O'Neill, Annandale, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, 70-74, Joan Jackson, Lake Ridge, 75-79,

Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 65-69, Bruce Fisher, Fairfax (new record), 70-74, James Leimkuhler, McLean, 75-79, David Nicholas, Oakton, 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Loren Mead, Falls Church.

**Freestyle, 100 yards**, medalists were women, 50-54, Ellen Rotchford, Arlington (new record), 60-64, Bobbe Duquette, Herndon (new record), 65-69, Charlotte Miller, Ashburn (new record), 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Frank Millikan, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean (new record), 75-79, David Nicholas, Oakton (new record), 80-84, Lawrence Cohen, Sterling (new record)

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# Senior Living

## It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

By Marilyn Campbell  
The Connection

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE).

The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in

**"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."**

— Cele Garrett, executive director of AHA

setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason

with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele



Local officials and volunteers cut the ribbon for the new McLean Senior Source help desk at McLean Community Center on May 15, 2013.



Social connections are key. Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon.

Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

**SOCIAL CONNECTIONS** are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

### Contact McLean Senior Source

Three ways to reach McLean Senior Source (MSS) include: 1) Phone: 703-300-1751 2) Email: McLeanSeniorSource@gmail.com 3) Visit: the McLean Community Center lobby during operating hours, Tues, Wed, Thurs from 10 a.m. to 2 p.m.

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello." The Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

**THE SERVICES OFFERED** vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, Virginia, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

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# Senior Living

## NVSO Gold Medalists

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and 85-89, Phil Case, Springfield.  
In addition, gold medalists in the **50 yard freestyle** event were women, 50-54, Elaine Clancy, McLean, 55-59, Margo Lassiter, Lovettsville, 60-64, Bobbe Duquette, Herndon, 65-69, Charlotte Miller, Ashburn, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket, 80-84, Mary Simpson, Manassas; men, 50-54, Bill Conover, Purcellville, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield, 80-84, Lawrence Cohen, Sterling and 85-89, Phil Case, Springfield.

In the **50 yard breaststroke** competition, gold medalists were women, 50-54, Elaine Clancy, McLean (new record), 55-59, Margo Lassiter, Lovettsville, 60-64, Jieying Shi, Chantilly, 65-69 Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Edwin Allen, Arlington, 65-69, Kevin Culhane, Lorton (new record), 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield (new record) and 80-84, Lawrence Cohen, Sterling (new record).

Gold medalists in the **50 yard backstroke** event were women, 50-54, Ellen Rotchford, Arlington, 55-59, Margo Lassiter, Lovettsville, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, 75-79, Leo Deege, Vienna, 80-84, Niel Sween, Vienna and 85-89, Phil Case, Springfield.

In the **100 yard backstroke** event, women, 50-54, Elaine Clancy, McLean (new record), 65-69, Carol Mackela, Arlington, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

### Mexican Train Dominoes, Bunco, Horseshoes and Bocce

Mexican Train dominoes, bunco, horseshoes and bocce were among the events taking place the first week of the 2015 Northern Virginia Senior Olympics. Gold medalists in the bocce and horseshoe competition held at the Fairfax Senior Center were, **bocce**, women, 70-79, Dona Hobbs, Lake Ridge, 80-89, Nancy Van Scoyoc; men, 60-69, John Murphy, Fairfax Station, 70-79, Ralph Tapp, Warrenton, 80-89, Lucio D'Andrea, Lake Ridge; horseshoes, women, 60-69, Jackie Peyton, Herndon, 80-89, Margie Miller, Herndon; men, 50-59, Jay Lerch, Manassas, 60-69, Jerome Jackson, Fairfax, 70-79, Carlos Rodriguez, Dumfries and 80-89, Leonard Kalkwarf, Springfield.

Goodwin House Bailey's Crossroads was the site of the **Mexican Train dominoes** event. There are no age or gender divisions. Fran Dudick of Arlington was awarded a gold medal.

**Bunco** is another event where both men and women of all ages over 50 compete together. Winning gold medals at Hollin Hall Senior Center, Alexandria, were 83-year-old Joan Fogarty of Burke and 86-year-old Audrey Drzemiecki of Herndon.

### Cycling

Men and women cyclists over the age of 50 competed in the 2015 Northern Virginia Senior Olympics, held at the Northern Fauquier Community Park in Marshall. There were both 10K and 20K time trial races in five year age groups and divided by gender.

Gold medalists in the **10 K race** were (women) 50-54, Susan Lengel, Fairfax, 55-59, Karen Sullivan, Arlington, 65-69, Lynn Saunders, Gainesville, 70-74 Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Thomas Tice, Centreville, 65-69, James Degoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Stephen Forman, McLean, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Gold medalists in the **20 K race** were (women) 55-59, Karen Sullivan, Arlington, 60-64, Aparat Siler, Manassas, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Jim Gleason, Reston, 65-69, James Degoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Charles Nelson, Arlington, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

### Track, Rowing and Diving

Nine track events and a 2K rowing competition took place at Thomas Jefferson Community Center, Arlington, on Sept. 12 plus a diving competition in late afternoon at the Yorktown High School aquatic center in Arlington.

Track competition was held in five year age groups and divided by gender. The first event was a **three mile walk**. Gold medalists were (women) 50-54, Monica Hill, Woodbridge (new record), 55-59, Heather Ketron, Leesburg, 60-64, Maureen Ruel, Ashburn, 65-69, Jennifer Welti, Leesburg, 70-74, Anne Stewart, Falls Church, 75-79, Mandy Whalen, Falls Church (new record), 80-84, Diane Hill, Springfield; (men) 55-59, Arthur Skaer, South Riding, 60-64, Albert Arcand, Woodbridge, 65-69, Thomas Augustine, Woodbridge, 70-74, Victor Litwinski, McLean, 75-79, Karl Mueller, Alexandria, 80-84, James W.C. Chang, Oakton, 85-89, Leonard Kalkwarf, Springfield and 90-94, Jorge Soler, Falls Church.

In the **400 meter walk** competition, gold medalists were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Debbi Miller, Fairfax, 70-74, Kristiw Krowbein, Falls Church, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arl; (men) 55-59, John Schneider, Falls Church, 60-64, Rob Aaront, Centreville, 65-69, Thomas Augustine, Woodbridge, 70-74, Brian Forst, Reston, 75-79, Karl Mueller, Alexandria, 80-84, Tom Quinn, Arlington and 85-89, Kent Halstead, Arlington.

Gold medalists in the **800 meter walk** were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Milan Li, Vienna, 70-74, Natividad Medrano, Fairfax, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arlington; (men) 55-59, John Schneider, Falls Church, 60-64, Albert Arcand, 65-69, Thomas Augustine, 70-74, Brian Forst, Reston, 75-79, Ward Morris, Falls Church, 80-84, Tom Quinn, Arlington, 85-89, Kent Halstead, Arlington (new record).

For more results, see [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

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# Senior Living Condo Living Ideal for Recent Retirees

Photos Courtesy of HomeFrontsNews

**A pair of luxury baths add comfort and charm to 30-year old unit.**

By John Byrd

One of the challenges of modern retirement is creating a space that will serve for the long term; another is stretching the budget.

Approaching retirement, Kathleen David explored both of these considerations recently with husband when they decided to sell their multi-level townhouse and find a suitable one-level living option. The goal was a condominium that could be obtained at a favorable price and upgraded within a budget.

Accustomed to urban living, the couple mainly wanted freedom from stairs, available parking, and a spot for a favorite China cabinet.

"We were quite satisfied with our choice," Kathleen says of the 1,300-square-foot-unit in an 11-story, 30 year old Crystal City complex. "But after we had been in residence for about a year, we started looking for contractors to help us upgrade the master bath, which was terribly dated."

What came as a surprise as interviews got under way was how few contractors were willing or able to work in a condominium.

"There are lots of restrictions," Kathleen recalls. They learned that remodeling a room in a condo can take 20-to-30 percent longer than it takes to complete a comparable project in a single family home. "Several well-known firms wouldn't even meet with us," she said.

As such, Sarah Wolf at Foster Remodeling Solutions headquartered in Lorton was a breath of fresh air.

"We hit it off right away," Kathleen says. "She understood condo remodeling challenges completely.

So much so, in fact, that the single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.

"Condos have always been interesting to me—partly because they require very precise space plans," Wolf says. "In a tight footprint, inches make all the difference and the design effects that add to that crucial sense of spaciousness must be expertly executed. Professionally, it's exhilarating to design out of the picture the apparent limitations in a room, so that only thing an owner is aware of is how attractive the space is, and how well it works."

Beginning with a "style preferences" slide show narrated by Kathleen (who had stockpiled ideas for close to a year), Wolf began by grappling with an unyieldingly compact 220 square feet that could not be enlarged in any direction.

Removing a wall between the vanity and tub in the master bathroom, for instance, added just two inches of floor space, yet the half-wall and frameless glass space di-



**The black and white art deco-style ceramic basket-weave pattern for the shower prevents slipping. As an aging-in-place consideration, Wolf, of Foster Remodeling, found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.**



**A blue-grey-black Cambria quartz counter top has been color-coordinated with vanity cabinet facings lacquered in a black-brush-applied mushroom grey stain.**



**Recognizing that inches count in a tight footprint that can't be expanded, Sarah Wolf at Foster Remodeling Solutions gained just two inches of floor space by removing a wall between the vanity and the tub (left); the half-wall and frameless glass space divider that now surrounds the newly installed walk-in shower (right) invites line of sight that previously didn't exist.**

vider that now surrounds the newly installed walk-in shower invites a visual continuum that previously didn't exist.

More to the point, Wolf's softly textured interior design scheme provides the eye with something to enjoy, and narrow spaces now seem much wider.

"Alternation and balance are important when working with small spaces," says Wolf. "In effect, you have a three dimensional canvas formed by walls, floors, ceiling, and each side is a critical part of the whole.

When the design statement is well-made, the finished space feels peaceful, pleasant, a room you want to spend time in. Size becomes unimportant."

That said, Wolf applied considerable engineering skill in designing built-ins to satisfy precisely-measured storage requirements."

"There was nothing but an open cabinet under the vanity before," Kathleen says. "Sarah designed appropriately-sized drawers, shelves and recessed a storage spaces

**The single full bathroom slated for improvement became two, and the interior design ideas grew progressively more sophisticated.**

**MORE:** Foster Design offers occasional free remodeling and design seminars at their Lorton facility. Call 703-550-1371.

for everything. The new sense of order has been wonderful."

As an aging-in-place consideration, Wolf found room for an in-shower bench and grab bars. A hand-held shower head on a slide bar adjusts to the owners' different height requirements.

"Everything has been carefully tailored to our needs," says Kathleen. "We feel fortunate to have gotten such a winning result."

John Byrd has been writing about home improvement topics for 30 years. See more stories at [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com).

## Senior Living

# Preparing for Retirement

McLean Community Center offers help for residents facing the many decisions retirement brings.

This fall, McLean Community Center (MCC) has put together a five-part series called "Are You Ready for the Rest of Your Life?" Each presentation will cover key topics that are valuable to anyone looking toward or enjoying the retired life. Attendees can choose to enroll in one, two or all five courses. The cost is \$7 per session, \$5 for MCC tax district residents. The center is located at 1234 Ingleside Avenue.

The courses include:

❖ Are You Ready for the Rest of Your Life? — Wednesday, Oct. 7, 10:30 a.m.-noon

As you begin to plan for or move into retirement, what information is important to share with your loved ones and how do you start the conversation? How do you make sure your loved ones know your wishes? Which papers should you keep and which can you toss and how should you toss them? Presented by Kay Bransford, best-selling author of "MemoryBanc: Your Workbook for Organizing Life."

❖ Practically Speaking: A Real-World Approach to Estate Planning — Wednesday, Oct. 14, 10:30 a.m.-noon

Learn the basics of estate planning and discover which documents everyone should have as part of their overall plan. This session will also cover key questions to ask yourself before planning your estate and introduce the people you need to name in your estate plan (trustee, agent, executor), their importance and the key functions of their roles. The session will cover practical ap-



**Kay Bransford**



**Lauren Keenan Rote**



**Mark Friese**



**Chase Phillips**



**Heidi Garvis**



**Jim Zalewski**

Photos courtesy of McLean Community Center

proaches to planning and understanding what you should discuss with these individuals and what could happen if you fail to. Presented by Lauren Keenan Rote, Estate Planning Attorney.

❖ Addressing Your Biggest Worry: Will My Money Last? — Wednesday, Oct. 21, 10:30 a.m.-noon

This course will focus on the

leading worry of most adults and offer some strategies on how to prepare for unforeseen events that can impact your retirement plans. How does a family prepare for and manage the decline in physical and executive functioning? How does one plan for a tax efficient and streamlined transfer of an estate? Other topics to be addressed include managing rising medical expenses and the planning considerations for long-term care insurance. Presented by Mark Friese and Chase Phillips, Senior Financial Advisors.

❖ Options for Living Out Your Senior Years — Wednesday, Oct. 28, 10:30 a.m.-noon

Learn the options from right-sizing and aging-in-place to other types of communities available for consideration. How will you remain independent in your later years? In this session you will learn: senior housing types and how they differ, home care types and what you need to know and general costs and considerations for each option. Presented by Heidi Garvis, Certified Senior Advisor, Senior Housing and Care Consultant.

❖ When the Times Comes Will Your Family Be Prepared? — Wednesday, Nov. 4, 10:30 a.m.-noon

Will your family know what to do and what you want when you die? Learn how you can get the funeral/burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. You will leave this session comfortable with your choices, give you the opportunity to make them known to your family and avoid any guilt or guessing. Presented by Jim Zalewski, Funeral Planning Professional.

For more information or to register, call the Center at 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org](http://www.mcleancenter.org).

## Senior Calendar

### MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

### SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180; To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

### MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

### SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

### SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12-5 p.m., Vienna Presbyterian Church – Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

### MEDICARE 101

Wednesday, Oct. 21, 2015, 6-7:30 p.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

### SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.-2 p.m., Lewinsville Senior Center – Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call Michelle Ross at 703-442-9075, TTY 711.

### MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

### SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m. WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.



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# Getting Exactly What You Want

Kill the living room, maximize the kitchen.

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

What the home offered was a 1,000-square-foot first level template consisting of a front foyer with a living room to the left; a family room, kitchen and dining room (moving from right to left) on the rear of the house.

One could walk directly from the foyer to the family room, but each room was less than 150 square feet. "And," Joy adds, "there was an excess doors." Five in the family room alone.

"The traffic through the kitchen was frequently clogged," she said.

Yet, curiously, the spacious front-facing living room was scarcely used.

"When the kids were small, the living room was a kind of containment area for their games," Joy said. "But as they got



Marcelo Dobrauchi of Terranova Construction K&B combined a former family room and tiny kitchen to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.



The new food prep island features two baking ovens positioned to help Joy Green enjoy one of her favorite culinary pursuits.



The kitchen's work triangles include a farm sink and custom designed cabinetry supporting spacious work surfaces.

## Details

Designers at Terranova Construction K&B periodically offer workshops on home remodeling topics at their Tysons Corner showroom. Call 703-761-0604 or email [Info@terranovaCKB.com](mailto:Info@terranovaCKB.com).

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

Since this would entail deleting three interior walls concealing electrical wiring and plumbing, Dobrauchi devised a way to re-route much of the critical infrastructure into a specially-designed 12-foot-by-8-foot passageway conjoining the kitchen to the relocated formal dining room.

Meanwhile, by rerouting HVAC vents, the designer eliminated the need for ceiling-flush bulk-heading, adding the vital inches needed for higher, more capacious cabinets.

To accommodate a wide assortment pots, pans, cooking utensils, the design team built an L-shaped system of floor cabinets fitted out with custom-designed slots and cubbies.

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

The built-in works perfectly for the couple's everyday dining requirements, but is also an ideal staging area for the buffet-style service they generally employ for larger parties.

Jana Neudel, a Terranova interior design expert, worked closely with Joy in developing the kitchen's finish work elevations.

Nordic white mission-style cabinet facings present a pleasing shade contrast to the truffle-colored facings of the food prep island. Natural stone tiles with herringbone detail in a 3-inch-by-6-inch brick pattern, meanwhile, present a softly neutral back splash that ends texture to an open sunny space.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

A perfect space for entertaining, and gourmet cooking pursuits.

John Byrd ([byrdmatx@comcast.net](mailto:byrdmatx@comcast.net)) has been writing about home improvement topics for 30 years. See more stories at [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com).

older, we stopped using the living room. Which made our first floor plan rather odd — since the kitchen was too dark and cramped and didn't have the kinds of storage capacity that I really needed."

Fast forward 15 years, and the Greens have finally removed a wall between the family room and the kitchen. There's now more light. But the wall separating the kitchen from south-facing dining room still blocks out the morning sun, and the space remains quite restricted.

"Storage was really a problem. I had to keep certain cooking implements in the basement or other closets. Just keeping track of what was where was really inconvenient."

But as the Greens gradually became empty-nesters and then retirees, thoughts of retrofitting the first floor to better satisfy emerging entertainment and culinary pursuits prevailed. Joy began to research kitchen design ideas in magazines and