

Senior Living

FALL 2016

speedo

PHOTO BY TOM MANNING/THE CONNECTION

Mark Harris from Alexandria comes up for air during the 50 yard breaststroke in the 50-54 age group. Harris won a gold medal in the event that was held at the Claude Moore Recreation Center in Sterling on Sept. 16.

Mount Vernon Gazette

Senior Living



PHOTOS BY TOM MANNING/THE GAZETTE

Joanne Brenton from Alexandria swims her way to gold in the 55-59 age group breaststroke at the Claude Moore Recreation Center in Sterling on Sept. 16.



Mark Harris from Alexandria comes up for air during the 50 yard breaststroke in the 50-54 age group. Harris won a gold medal in the event at the Claude Moore Recreation Center on Sept. 16.

From the Beginning to the End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE



PHOTO BY TOM MANNING/THE GAZETTE

ABOVE: Bob Shellhouse of Alexandria and Wayne Bell show off their medals following the 80-89 age group finals match on Sept. 14. Shellhouse won gold by defeating Bell 8-3 (8 game pro set) in the championship held at Wakefield District Park in Annandale.



Mark Harris sporting his gold medal for breaststroke.

Why trust your hearing to us?

- Our Service is the key to hearing better. It's not just the hearing aids.
- Our Personalized Follow-Through.
- 100% Satisfaction Ratings Since 2010.



\$300 off of a pair of premium hearing aids.

Ask us about Lyric the extended-wear hearing aid.

Call today for your HEARING EVALUATION. **IT'S FREE!**

Dr. Leslie Lesner & Dr. Abby Holoachock
Lesner Hearing Center

703-820-3800

LesnerHearingCenter.com

5232 Dawes Avenue, Alexandria VA 22311

Now Rated 5-Stars by Medicare.gov

Helping to Restore Life's Balance

- A high staff-to-patient ratio for better quality attention and care
- A continuum of care approach to serve our patient's entire needs
- Complete rehabilitative services
- Unique programs like Linked Senior™ and Lifeline Emergency Response™
- Providing services to the Mt. Vernon community since 1979

MT. VERNON
NURSING & REHAB CENTER
RESTORING LIFE'S BALANCE

8111 Tis Well Drive, Alexandria, VA 22306 • 703-360-4000 • www.mvnrnc.net



PHOTO BY SHIRLEY RUHE/THE GAZETTE

The Senior Olympics Spelling Bee, held at Lee Community Center on Lee Highway in Arlington, rounded out the 12 days of competition in the Northern Virginia Senior Olympics from Sept. 10-21.



PHOTO BY TOM MANNING/THE GAZETTE

Senior Olympics Football Throw

Clarence John Wells-Martin, 70, strikes a winning pose after setting a new record in the Football Throw event on Sept. 14 at Wakefield District Park in Annandale in the 70-74 age group with a distance of 115' 2". Wells-Martin beat the previous record of 104' 3" that was set in 2012.

Open House, Tuesday, October 11 - 10:30, Sherwood Regional Library



*After he won the Revolutionary War . . .
After he served as our first President . . .*

George Washington retired to his home at **Mount Vernon**

Why not let **Mount Vernon At Home**, a non-profit membership organization, provide the support services and practical solutions that will allow you to age in place in your own home and in the community that you love?

Call today and find out how **Mount Vernon At Home** can help you be part of this vibrant "village" of caring friends.

703-303-4060 mountvernonathome.org

Mount Vernon 
At Home

George had the right idea.

Mount Vernon is a great place to retire.

Image courtesy of The Butler Institute of American Art, Youngstown, Ohio

The Little Theatre of Alexandria

THE LITTLE THEATRE
2016/2017 SEASON

★ **LTA's Audience Choice Season** ★

OCT. 22 - NOV. 12, 2016 ▲
A PARTY TO MURDER

DEC. 2 - 17, 2016 ▲
A CHRISTMAS CAROL

JAN. 14 - FEB. 18, 2017 ▲
Anything Goes

FEB. 25 - MAR. 13, 2017 ▲
KEY FOR TWO

APR. 22 - MAY 13, 2017 ▲
The FABULOUS LIPITONES

JUN. 3 - 24, 2017 ▲
RED WHITE & TUNA

WWW.THELITTLETHEATRE.COM
600 WOLFE STREET, ALEXANDRIA, VA 22314
BOX OFFICE: 703.683.0496



Another Reason To Fall In Love With Westminster At Lake Ridge

Our recent CARF-CCAC accreditation is a prestigious industry recognition and the newest reason to fall in love with Westminster at Lake Ridge. CARF-CCAC accreditation, the highest recognition a Continuing Care Retirement Community can receive, indicates that Westminster at Lake Ridge meets internationally recognized standards and principles. Earning this honor by way of a rigorous peer review process, demonstrates our commitment to resident satisfaction and excellent service. Visit our community to see for yourself!

Within a 62 acre campus, spacious residences and inviting common areas, you'll discover a fulfilling and engaged life—plus the peace of mind that comes with maintenance-free living and a full continuum of extraordinary health services.

**Now accepting wait list deposits.
Call 703.791.1100 or visit us today!**

Westminster at Lake Ridge is a CARF accredited, not-for-profit, continuing care retirement community.



WESTMINSTER
AT LAKE RIDGE
ENGAGED LIVING
An Inclusive Community

www.wlrva.org



12191 Clipper Drive, Lake Ridge, VA 22192





Celebrating Life Not Years

Hermitage is a welcoming community where senior citizens can enjoy an enriching lifestyle with many choices. Residents live in spacious apartments, with a generous service package that frees them from the demands of home maintenance and supports continued personal independence.

As a CCRC, Hermitage also offers health services on site, including assisted living and skilled nursing care. Residents gain peace of mind, knowing their future needs will be met without having to relocate.

Living at Hermitage, you'll have the freedom to plan each day as you see fit. Make your life as busy or as relaxed as you prefer.

Call 703-797-3844 for more information.



5000 Fairbanks Ave. Alexandria 22311
703-797-3844

www.Hermitage-Nova.com



where
seniors ages
62 and better
enjoy
rewarding
lifestyles in
the heart
of Alexandria

“The Fairfax is like a cruise ship.”

—Colonel Philip (Phil) J. Saulnier, USA, Retired and Judith (Judy) Saulnier, Residents at The Fairfax for 3.5 Years

“There are many reasons that we moved to The Fairfax. The beautiful and spacious grounds, the activities, medical care, not having to cook anymore... The Fairfax is like a cruise ship—you have everything available to you. Most important was the true financial value of the LifeCare program as well as the potential tax advantages available to us. It was the smartest lifestyle and financial decision we ever made.”

Visit TheFairfaxRetirement.com for more information or call to schedule a personalized tour today.



The Fairfax is a LifeCare Community in Fort Belvoir, VA, offering luxury retirement living.

9140 Belvoir Woods Parkway, Fort Belvoir, VA
703-799-1200 | TheFairfaxRetirement.com



Senior Living

Regaining Mobility

Local orthopedic surgeons offer keys for successful joint replacement surgery.

BY MARILYN CAMPBELL
THE CONNECTION

Tired of the limited mobility and pain that have thwarted her love of foreign travel and fall hiking, Lynda S. Johnson, 72, scheduled a knee replacement surgery for later this month. She chose a doctor, found a pet sitter to watch her Cairn terrier, and enlisted her sister to live with her while she recovers.

“I had been debating for months about whether to have it,” she said. “I was in so much pain, though, that I don’t really think I have anything to lose.”

For Johnson and approximately 7 million other Americans living with a hip or knee replacement, the decision to undergo such a surgery is fueled by a quest for less pain, more mobility and an overall boost to their quality of life.

Nearly 90 percent of patients who have knee replacement surgery experience less pain and 85 percent of the replacement joints still work after 20 years, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. Most patients will feel better, and feel better quickly.

Addressing overall health issues like high blood pressure, diabetes and obesity can boost the chances that a joint replacement surgery will be successful, says Dr. C. Anderson “Andy” Engh orthopedic surgeon, Anderson Orthopedic Clinic at Inova Mount Vernon. “Work on both your overall health and conditioning,” he said.

Patients should be up and out of their hospital beds as soon as possible. “Patients are walking with assistance hours after their surgery. The reason patients do better when they get up and move around is that they decrease the risk of pneumonia and blood clots,” said Dr. Mark P. Madden, an orthopedic surgeon with OrthoVirginia. “We start out with patients using a walker and having someone assist them in walking, and they generally progress to become fully weight bearing without any assistance at all.”

Also, have a support system in place prior to surgery, whether it’s a significant other, grown child or close friend. Often dubbed coach or advocate, that person might at-

tend medical appointments with a patient prior to surgery, serve as their point of contact the day of surgery and provide morale support throughout the recovery process.

“The more eyes and ears in addition to the patient’s, the better,” said Engh, explaining why it’s so helpful to have someone with the patient at appointments and throughout the recovery. “We approach things that we have to do with set expectations, and sometimes those expectations can keep us from hearing other things. Having another person there is a good reality check and note taker.”

The coach should be able to spend a significant amount of time with the patient during the early recovery period. “That person can expect to be with you 16 hours a day for two to five days after surgery,” said Engh. “I don’t want someone alone by themselves all day during work hours. The coach or advocate is like a safety marshal who keeps the patient safe and reminds them to take their time during their recovery.”

Dr. George Aguiar, an orthopedic surgeon at Reston Hospital Center, advises patients to determine how they will get help with grocery shopping, transportation, pet care and house cleaning in advance. “Having these types of things handled before you go into surgery can only help the recovery process.”

Patients should plan ahead to safety-proof. “Do everything you can do to avoid a fall within the first two to three months after your surgery,” said Engh. “Have clear pathways and be aware of rugs that can catch your feet. Have good, secure handrails on stairways to help prevent falls.”

Timing also plays a role in the success of joint replacement surgeries. “Some patients ask if they’re too old to have surgery,” said Engh. “Don’t wait until you’re home bound to have this surgery because the recovery will be quite long.”

To decide whether joint replacement surgery is the best option, says Madden, work with a physician and weigh the effect the pain is having on one’s quality of life.

“There’s no right answer for every patient,” said Madden. “The real answer is to work with your doctor to find the right treatment.”