

Senior Living

APRIL 2017

Burke
CONNECTION

Senior Living

Medicare Workshops, Medicare 101

Medicare experts from the Virginia Insurance Counseling and Assistance Program (VICAP) will discuss what you need to know about Medicare plan options in 2017.

Wednesday/April 12, 2-3:30 p.m.
Reston Community Center 2310 Colts Neck Road, Reston Contact Karen Brutsché: 703-390-6157

Tuesday/May 9, 7-8:30 p.m.
Sherwood Regional Library 2501 Sherwood Hall Ln., Alexandria Contact VICAP: 703-324-5851

Wednesday/May 10, 7-8:30 p.m.
Thomas Jefferson Library 7415 Arlington Blvd., Falls Church Contact

VICAP: 703-324-5851
Tuesday/May 16, 7-8:30 p.m.
Centreville Regional Library 14200 Saint Germain Dr., Centreville Contact VICAP: 703-324-5851

Wednesday/June 21, 10-11:30 a.m.
Reston Community Center 2310 Colts Neck Road, Reston Contact Karen Brutsché: 703-390-6157

For one-on-one advice regarding Medicare, please call Fairfax County's VICAP at 703-324-5851. Visit them at www.fairfaxcounty.gov/DFS/OlderAdultsServices/vicap.htm.

Another good way to learn options is to listen to a podcast with

Medicare expert William Vaughan. Go to www.fairfaxcounty.gov/OlderAdults and click on the 50+ Podcast.

MORE CALENDAR

Saturdays. Widow/Widower Group.

The death of a spouse can be devastating. This free six-week support group will help you learn ways to cope with this difficult experience. Haven of Northern Virginia Inc., 4606 Ravensworth Road, Annandale. Registration required. For information and times call 703-941-7000.

Thursday/April 13, 7-8:30 p.m.
Garden Maintenance-Spring: Gearing Up! Master Gardeners teach you the basics of planning, planting and maintaining your new garden. Get fresh ideas and great advice. Free.

Kings Park Library, 9000 Burke Lake Road, Burke. 703-978-5600.

Tuesday/April 18, 1-3 p.m. Exploring the FamilySearch Website. Learn how to effectively search the world's largest family history website, www.familysearch.org, from expert Carol Kostakos Petranek. Free. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-768-4101 or visit www.mvgenealogy.org.

Wednesday/April 19, 9:30-11 a.m.
Mary B. Gallagher author of "My Life with Jackie Kennedy" discusses her life during the time she served as secretary for Jackie Kennedy. Free/Public invited. Hollin Hall Senior Center, 1500 Shenandoah Road, Alexandria. Call 703-360-4979.

Wednesday/April 19, 1-3 p.m.
Fairfax Area Commission on Aging meets at the McLean Government Center, 1437 Balls Hill Road, McLean. 703-324-5403.

Wednesday/April 19, 7:30-8:30 p.m.
Preserve Your Heirloom Photographs and Documents. Photographs, letters, ledgers and more! Learn about the Virginia Room's historical collections and discover preservation techniques. Free. George Mason Regional Library, 7001 Little River Tnpk., Annandale. 703-256-3800.

Sunday/April 23, 8 a.m. Birding for Beginners. Interested in birding? Learn about the park's birds and some basic identification skills. Program begins with an indoor discussion. \$10/\$12. Huntley Meadows Park, 3701 Lockheed Blvd., Alexandria. To register, call 703-222-4664.

Seeking Retirement Options? Consider Goodwin House

GH

GOODWIN HOUSE

www.goodwinhouse.org



We're a mission-driven, nonprofit organization known for our two communities in Alexandria and Bailey's Crossroads, both of which feature modern amenities and updated apartments. We also offer Goodwin House at Home, an innovative option for active, healthy adults ages 55 and older that provides you with coverage to protect your hard-earned savings. We work with you one-on-one to explore your future options, whether it's staying in your home, moving to a community, or both. To learn more, call us today at 703.824.1238.



Goodwin House at Home is an exciting program for healthy, active, older adults who want to remain in their home as they age with access to just the right amount of support throughout all stages of life. Once you join the program, your personal Member Services Facilitator can assist you with scheduling home maintenance and repairs, such as lawn care and housekeeping. They'll also be there when the unexpected happens, such as a fall or more serious medical condition, to orchestrate your care and in-home needs based upon a plan you'll create together. Our flexible financial plans help remove the fear of the unknown as it relates to both long-term care needs and protecting your financial future. Peace of mind and high-quality care has never been more accessible, or affordable.

GH

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To learn more, call us today at 703.575.5202 or visit our website at www.goodwinhouse.org/athome

Senior Centers Without Walls

The Fairfax County Center Without Walls program is a public/private partnership that brings local government together with residents, businesses and houses of worship to provide all the benefits in programming and activities for older adults in communities where a senior center facility is not located. The Center Without Walls program currently serves older adults in the Burke/West Springfield and Great Falls communities.

Burke/West Springfield Center Without Walls

Programming focuses primarily on exercise and fitness for older adults, including Tai Chi and Zumba classes.

For information about registration and programming, please contact the Pinn Community Center at 703-250-9181, TTY 711 or email burkewestspringfieldcwow@fairfaxcounty.gov.

For activity details and schedules, visit the community-based website at www.scwow.org.

Great Falls Senior Center Without Walls

Programming focuses primarily on social gatherings and continuing education for older adults, including technology workshops, trips, current events discussions and guest speakers/lecturers on a variety of topics.

For information about registration and programming, please contact the Human Services Region 3 Office at 703-787-4962, TTY 711.

For activity details and schedules, visit the community-based website at www.gfseniors.org.

Senior Living

Elaborating a Log Cabin

Retirees find special satisfactions in pair of art studios, and front porch with view.

BY JOHN BYRD

Blissful retirement often validates of the old homily: “Busy hands mean happy hearts.”

On this point, it is hard to imagine a more fruitful environment than the home of Kirby and Helen Thornton, two 70-something retirees who recently completed focused renovations to a log cabin style home in Lorton they have occupied for more than 20 years.

The changes were all about tweaking to even higher relevance aspects of the home that had gradually become a source of distinctively personal satisfaction to both seniors.

Kirby Thornton, a former electrical engineer, has been exploring his passion for woodworking for many years. Helen Thornton, a one time research analyst, revels in creating shimmering objets d’arte from fused glass. When not pursuing their hobbies, the couple might otherwise be found taking in the scenery from the wide, rustic-style front porch that now graces the home’s front elevation.

For all the quiet simplicity that abounds in every direction though, the Thornton’s lifestyle accommodation has been decades in the making, beginning with purchasing the 2,900 sq foot house and garage in the late 1990s.

“We were attracted to the relaxed ambiance of a log home,” Kirby Thornton said. “There were changes we wanted to make from the first, but since we were both busy, modifications would have to occur in phases.”

The first step was acquiring more storage space.

As Kirby Thornton tells it, the couple hired Foster Remodeling Solutions of Lorton to remove an unneeded balcony, add a floor above the open garage and apportion the space for storage and other uses to be determined.

Soon Kirby Thornton decided that the windowless garage loft would work fine as a place to take up woodworking. He had actually purchased a lathe from the home’s previous owner. Helen Thornton, seeing the loft’s potentials as a studio, acquired a kiln and began fusing glass.

The pursuit of one’s muse being all-absorbing, the pair spent little time worrying about the fact that the workspace provided zero natural light, or that it was hard to stand erect under the four foot high ceiling that dominated much of the floorspace.

About the only change to the physical



Rough-hewn timbers — the handiwork of Foster master carpenter Mike Borman — is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding provides sympathetic color accents.

space in this interval was the introduction of a partition designed to keep wood dust on Kirby Thornton’s side of the studio.

Even so, as full retirement dawned, both saw there was now time to reconsider the larger “wish list” of remodeling preferences.

“We knew we would have to change the studio roof line to get the head room and natural light we wanted,” Kirby Thornton said. “About this time, Helen was looking into front porch ideas in log home magazines. We sketched out several designs of what we thought we wanted. That’s when we called Foster Remodeling back in.”

But the first surprise inspired another pause: Turned out the front porch seen as spanning the entire front elevation couldn’t be built because of its proximity to a part of the home’s septic system.

“The symmetry, the curb appeal, was important to us,” Helen Thornton said. “We wanted a balanced facade on both the house and the garage. We were kind of at a loss.” Fortunately, Foster’s team led by Chris Arnold came up with an innovative solution.

Foster’s architectural concept call for a faux peak on the main house at exactly the same pitch as the one above the garage which is, in turn, reinforced by the peak of a front-facing archway that defines the ground-level entrance to the porch.

A porch swing occupying the far corner now fleshes-out the portrait of a restful care-free idyll amidst flowers and trees. For an expanded view, there’s a large Velux skylight overhead.

Underfoot, a flagstone patio lends color and texture, a natural tonal complement to the dark-stained log siding. Kirby Thornton says the couple selected the color palettes

at a nearby stone yard over several days, and played with combinations until they found what they wanted.

Rough-hewn timbers, the handiwork of Foster master carpenter Mike Borman, is integral to the aesthetics of a new front elevation that is both inviting and whimsical. Red cedar trim and molding, meanwhile, provide sympathetic color accents.

To fashion studio space useful to all, Foster found a way to elevate the headroom to fully six feet, freeing up all 770 square feet of floorspace. A front-facing dormer featuring a pair of double hung windows invites generous southerly light. Kirby’s wood shop — equipped with a lathe, a drill press and table saw — is tucked snugly behind a new partition. Helen Thornton uses two kilns to produce her work.

Matching the logs needed to “pop up” the second level also entailed a close examination of existing details.

“We spent quite a while researching options with various vendors, which is a challenge when you’re working with a 30-year-old exterior,” said project manager Chris Arnold.

Summarizing the well-planned lifestyle shift, Kirby Thornton says the couple are frequently in the studio at the same time.

A window in the interior partition allows each spouse to witness the other’s progress, if so inclined. It’s a working environment, but also a place of interaction and play.

The distinctive by-products of the Thornton’s labors are mostly donated to friends, children and grandchildren. Kirby Thornton is keen on picture frames and book cases; Helen Thornton recently completed a glass bird bath.

“This is a very sweet place to be spend-



Underfoot, a flagstone patio lends setting-appropriate color and texture. The Velux skylight allows needed available light.

ing this time in our lives, “Kirby Thornton said. “Perfect in fact.”

Foster Remodeling Solutions will be holding an open house in its expanded design and selection center Saturday, April 22 from 10 a.m. to 5 p.m. There will be three seminars. A workshop on Aging-In-Place will be held at 1 p.m. The design center is located at 7211-H Telegraph Square Drive, Lorton, VA 22079. To RSVP call: 703/550-1371, or contact us at www.fosterremodeling.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.

Senior Living

It Takes a Village: Supporting Seniors

What Is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbor helping neighbor. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

How Does It Work?

Village organizers, who are typically ages 50 and older, create volunteer programs for seniors in their communities as well as vet and negotiate with service providers to assist older adults in their homes. A broad range of services may be available, including rides to medical appointments, discounts at local theaters, reliable home repair services, and home health care. Many Villages also offer social activities and informational seminars for their members.

What Is the Cost for Services?

Some Villages may charge a membership fee, which varies from Village to Village. In some cases, there are no fees and instead the Village establishes volunteer programs. Some utilize volunteer time exchanges called "time banks." The cost for professional services, such as for home repairs, will vary. Visit www.fairfaxcounty.gov/hd/ltccc/villages.htm.

LTCCC

The Long Term Care Coordinating Council (LTCCC) is promoting the Village concept in the Fairfax community and helping interested volunteers set up Villages in their neighborhoods by providing them with guidance. The LTCCC Services for Seniors committee created a sub-committee so Fairfax area villages can exchange information and learn from each other. County staff who support the LTCCC provide technical assistance to citizens interested in developing Villages in their communities. Visit www.fairfaxcounty.gov/hd/ltccc/.

Local Village Organizations

- ◆ Braddock District Council Aging in Place Program — email wallbdc@gmail.com
- ◆ Herndon Village Network (HVN) — www.herndonvillagenetwork.org
- ◆ Lake Barcroft Village — www.lakebarcroftvillage.org
- ◆ McLean Community: A Village for All Ages (MCVA) — www.McLeanCVA.org or email info@McLeanCVA.org
- ◆ Mosby Woods Village — email mosbywoodsivillage@gmail.com
- ◆ Mount Vernon at Home Village — www.mountvernonathome.org
- ◆ Reston for a Lifetime — www.restonforalifetime.org
- ◆ Reston Useful Services Exchange — www.restonuse.org



Thinking about Remodeling?

Now is a great time...Please Join us for an

OPEN HOUSE



Please Join Us - Saturday April 22nd, 2017

Have you been thinking about updating a kitchen, bath or another space in your home? Now we be the perfect time to meet with us.

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We now feature custom vignettes. You'll see full kitchens and bathrooms on display as well as an inspiring outdoor area featuring a patio with a deck, windows, siding and roofing. We also have plenty of the latest materials and products for your home.

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Call Foster Remodeling 703.672.2249

Seminars

We will be providing 3 free educational seminars throughout the day. Our Design Consultants will give you tips and guidelines about remodeling.



11:00am
Sean will be providing you with information and tips for Kitchen and Bathroom Remodeling.



1:00pm
Plan for every stage of life, Dory will discuss Aging-in-Place Remodeling.



3:00pm
Are you thinking about remodeling but don't know where to start? Do you need lending options? Come to Chris's seminar on how to Plan the Perfect Remodel.

Come see our newly remodeled and expanded Design and Selection Showroom. Enjoy some snacks, attend a seminar and win some great raffle prizes.

Saturday April 22nd, 2017
Foster Remodeling Solutions
7211-H Telegraph Square Drive
Lorton, VA 22079

Please rsvp to 703.672.2249 or sign up at FosterRemodeling.com

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Peter K. Cocolis, Jr., DMD

& Associates

Peter K. Cocolis, Jr., DMD, MAGD

Emily A. DaSilva, DDS, FAGD



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Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments

Senior Living

CALENDAR

MONDAY/APRIL 17

Strategies for Difficult

Conversations. 7-8:30 p.m. at the City of Fairfax Regional Library, Meeting Room A/B, 10360 North Street, Fairfax. "Improving Family Conversations About Aging Issues." Discussions with older family members and with siblings about driving, help at home and finances can trigger anxiety. Learn how to start the conversation and keep it going in a positive direction. Presented by the Fairfax Area Agency on Aging. Adults. Visit www.fairfaxcounty.gov/library/events/.

SATURDAY/APRIL 29

Caregiver Bootcamp: Dementia

101. 9 a.m.-3 p.m. at Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Insight offers the free Caregiver Bootcamp on essential caregiving topics. Learn from experts in their fields, and gain knowledge on the basics needed as a caregiver. Topics include a dementia overview, financial concerns, legal considerations, and community resources. Contact Christi Clark, Christi.Clark@InsightMCC.org, 703-204-4664 or visit InsightMCC.org.

Gilbert and Sullivan. 10 a.m.-5:30 p.m. (forum), 8 p.m. start (performance) at the George Mason University Fairfax Campus. Forum participants will meet in the Fenwick Library Main Reading Room, Room 2001. Performances, exhibitions, and a forum as part of a year-long celebration of the work of Gilbert and Sullivan. Email cdevlin6@gmu.edu

Civil War Author. 10 a.m.-5 p.m. at Historic Blenheim and the Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. "Fairfax Civil War Day" – living history programs, infantry and cannon firings, scholarly talks, music by the 2nd South Carolina String Band, military drills, historic house tours, wagon rides, youth activities, and barbecue. Admission: \$5/adults; \$3/youth, 12 and under. Visit 703-591-0560.

ONGOING

Senior Line Dancing 1-2 p.m. Little River Glen Senior Center 4001 Barker Court, Fairfax. Line Dancing is a gentle, social form of aerobic activity. Studies have shown it aids in warding off Alzheimer's disease. No previous experience needed. Cost: \$5 per 8 week session. barbriba@hotmail.com 703-524-3739

Smoke Free Bingo. 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot (with breaks for smoking friends). www.fairfaxvd.com. 703-273-3638.

Master Gardener Training. The Fairfax County Master Gardener Association offers plant clinics, home turf training or speakers for homeowner's meetings. Fees vary. Visit fairfaxgardening.org or call Dora Lockwood at 401-864-4778.

NARFE Monthly Meeting Every Second Tuesday 11:30 a.m. American Legion Post 177 located at 3939 Oak Street, Fairfax. NARFE Fairfax 737 monthly luncheon meeting. Cost: \$11 Speaker/Program-12:45PM. rrharney2@cox.net 703-501-0020

Fairfax-based non-profit Britepaths offers free Financial Education Classes Sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required. <https://britepaths.org/news/get-financially->

fit-new-year

Volunteers Needed. PRS is looking for empathetic and caring volunteers to make phone calls to older adults who may be feeling socially isolated. The commitment is one 3-hour shift per week for one year. Located in Arlington. Ages 21 & up. Intensive training provided. Learn more and apply: <https://prsinc.org/caring-volunteering/>. Questions? Email lpadgett@prsinc.org.

Reminder Crime Prevention – Please contact the Fairfax County Police Department at 703-691-2131 (non-emergency) to report ANY suspicious activity, no matter how small or insignificant it may seem at the time. It is better if police reports can be called in while the suspicious activity is in progress to the extent possible.

Volunteers Needed as Drivers & Office Workers Drivers are needed for trips Monday - Friday to medical appointments and Companion Shopping within the Fairfax/Burke area. Shepherd's Center of Fairfax-Burke serves those 50+ and who no longer drive. Office Workers are needed to answer phones in the SCFB office (Monday - Friday) of individuals requesting rides and match an available driver for each request. If you can volunteer your time, please contact the SCFB office at 703-323-4788.

Burke Lake Seniors Golf League seeks members. Interested golfers are invited to join the Burke Lake Seniors Golf League. Must be 55 and older, enjoy playing golf, meeting new people and having an all-around good time. Reserved tee times on Tuesday and Thursday mornings at the Par 3 Burke Lake Golf Course on Ox Road. Annual dues for the season – April 1 through October 31 – are \$20 plus green fees. For more information, call Charlie Ryan 703-690-4227.

The **Northern Virginia Long Term Care Ombudsman Program** needs volunteer advocates for residents in nursing homes and assisted living facilities. Contact Lisa Callahan at 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Also visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov

The Wakefield Senior Center in Annandale needs **Front Desk Volunteers** on Monday, Tuesday, Wednesday and Friday, 9:45 a.m.-1:45 p.m. and Fitness Instructors. Volunteer instructor positions could lead to part-time employment. Call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

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. at the Burke United Methodist Church, 6300 Burke Center Parkway. Contact either Barbara Male (barbmale@yahoo.com) or Gayle Parsons (gparsons3@cox.net)



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Senior Living

Fit for the Golden Years

Exercises for strength, endurance, balance and aerobics are key.

BY MARILYN CAMPBELL
THE CONNECTION

At 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

“Even those of us who’ve never exercised and aren’t necessarily fit enjoy our walks,” said Joyce Herrington, one of the group members. “It’s mostly social and we enjoy it. The fact that we’re getting some exercise is a bonus.”

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life.

“We’re going to include some easy and simple flexibility, balance and strength exercises at each of our Potomac Community Village meetings, and distribute Go4Life materials to our members, including to those who are already exercising,” she said. “We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active.”

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

“We want people to know that it’s never too late to start an exercise program, and we focus on four types of exercise: strength, endurance balance and flexibility,” said



Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

For More

Learn more about Go4Life at go4life.nia.nih.gov.

PHOTO BY SHEILA MOLDOVER

“The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.”

— Susan P Thompson, Ph.D., Northern Virginia Community College.

Stephanie Dailey of the Go4Life program at the NIA. “It’s important that they’re doing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising.”

WHEN BEGINNING an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

“About 150 minutes per week of moderate activity is recommended for adults,” she said. “If you are going to start a fitness program, see your doctor first.”

For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

In spite of a popular misconception, older adults can gain strength and improve their

muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. “I work with people who are in their 60s, 70s, 80s and 90s and I’ve never met a person who couldn’t improve their fitness,” he said. “We’re not going to stop aging, but you can certainly slow it.”

Elliot recalls a client who was in her late 50s who didn’t have a history of physical fitness, but wanted to get in shape. “She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm,” he said.

FOR THOSE WHO are new to fitness, there is good news. “There’s a lot of evidence that middle age is a great time to get fit,” said Julie Ries, Ph.D, professor of physical therapy at Marymount University. “You want to be active and healthy in your middle

age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health.”

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.

“Cardiovascular exercises should be done most days of the week for a minimum of 20-30 minutes,” she said. “Walking, swimming, cycling, dancing, hiking and any activity that uses your large muscles in a continuous movement will increase your heart rate and improve circulation.”

Stretching and moving your joints through their range of motion will keep the joints lubricated and less stiff. “Stretching will also help decrease pain and stiffness in the back, neck, hip and feet,” said Thompson. “For the sportsman it will increase your power and ability to improve your follow through motion. For the hiker, it will let you lift your arms and legs higher. You can stretch daily. Yoga and dance are activities

SEE FIT, PAGE 7

Women in Retirement? Busier than Ever

BY EDEN BROWN
THE CONNECTION

More than a half-dozen local women recently answered the question: What can you say about retirement? Jamie Usrey, who was a teacher in the Arlington County Public School system for 20 years, is hardly letting a lot of grass grow under her feet.

She said, “I feel a little embarrassed when I say I am retired when I look at people who are still working hard ... like Hillary Clinton. I am enjoying being able to be outside more — biking, playing tennis, working in the yard, going for walks with friends and tak-

ing more trips to see national parks where we can hike through the beauty of nature. I have more time to exercise ... love those zumba classes ... and read. ... I do want to find a way to be more helpful in making our government work better ... next week.”

Jan Heining says she is “happier than ever with even more travel, near daily long bike rides, daily mile swims in the summer, and far more time for reading ... I also get to spend far more time at our beach house where I can more easily avoid politics.”

Ruth Neikirk said: “Retire? I never did retire. I stay busy. It’s good to stay busy.”

Karen Smagala said: “I’m busier than I ever have been since retirement, and I’m enjoying life so much more. My blood pres-

sure went down when I stopped working. I do the Master Gardener program and I work at the library in the tool shed.”

Sheridan Collins said: “Busier than ever! Documenting at the Textile Museum provides continuing education for the brain, tennis and gym keep me fit, and this year more time on politicking helps maintain a healthy attitude. And then there’s grandmothering requiring lots of travel. All good!”

Mary Lanaras said: “Retirement is like: everyday is a snow day!” Lanaras worked to home school her children until middle school and helped her husband, Charles, with his real estate business.

Joanna Cameron said: “Retirement is just a word signifying that your priorities have

shifted to ones that are all about enjoying what you love, getting outside more and relishing the things that make you happy. Staying in motion above all.”

And then there are people like Flo Broussard, 88, an Arlington resident from 1960 until she moved to Goodwin House a few years ago: she responded by saying: “Retirement? I’m a lifelong volunteer. I have volunteered for WETA, The White House, Alexandria Hospital, and several other organizations. Then when I ‘retired’ to Goodwin House, I still volunteer, doing plantings and making crafts for sale to benefit local charities.”

And there she was on April 2 at the Rehydration Salts project at Temple Beth El.

Senior Living Fitness

FROM PAGE 6

which focus on stretching.”

Improved muscular strength and endurance will allow you to do everyday tasks with less energy with less chance of injury, advises Thompson. “Leg strength will enable you to walk faster, get up and down from chairs with more ease,” she said. “For resistance, [you can use] hand weights, resistance bands, weight machines, water walking and exercise or your own body weight. Resistance training should be done two-three times a week working the major muscles. Pilates and other floor work focus on the core muscles.”

Balance training is important to prevent falls. “Although muscular strength, muscular endurance, flexibility and cardiovascular exercises contribute to better balance, specific balance training is focused on body awareness, controlling your center of gravity, being able to navigate your environment and react quickly,” said Thompson. “The most important thing is to find an exercise or activity that you enjoy. If you enjoy what you are doing, you will be more likely to continue.”



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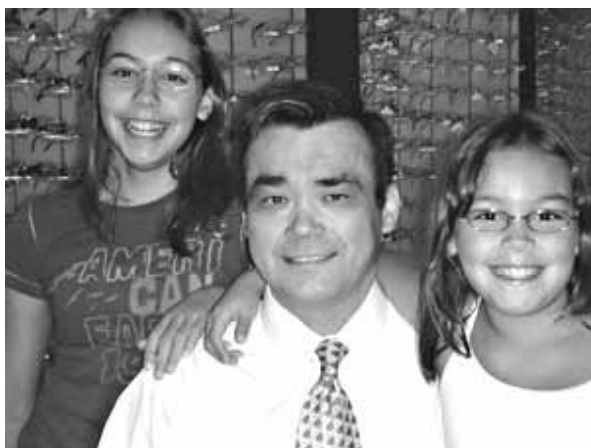
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Senior Living

Mid-Century Classic for Artful One-level Living

In 1950s, Hollin Hills was a mecca for cutting-edge housing design; 60 years later, mid-century modern is a resurgent style ripe for nuanced improvements.

BY JOHN BYRD

Two years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

"We were wondering aloud whether we'd still want to be climbing five flights of stairs in 10 years," Jeff Herre said. "That's when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level."

As the research got under way, Jeff Herre saw that cost would inevitably play a role in their choices. One-level structures in and around Old Town were appreciably beyond the family budget. Looking further out of town, the options boiled down to: a) purchase a ready-to-occupy home which would come at a higher price; or b) find an older home with renovation potential that could be shaped into a place brimming with personal style.

The latter course would entail finding a creative design/build team with whom one could collaborate closely.

After assessing available northern Virginia properties for several months, a Realtor in-



At slightly over 900 square feet, the primary living area the Herres' remodeled home in Hollin Hills is comparatively small. But designer Jon Benson's wall elevations employ texture and color that make the space feel expansive.

PHOTOS BY GREG HADLEY

roduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively, mid-century modern in particular.

"In the 1950s, most progressive modern homes were owner-commissioned," said Roger Lataille, a design consultant at Sun Design Remodeling. "But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II."

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though lots are seldom more than one acre, it's difficult for your neighbor to see you from their house, and vice versa.

"We loved the wooded setting right away," said Jeff Herre. "The problem was, the house itself didn't look like anything we'd want to live in."

For starters, there were the obstructed sight lines starting from the front entrance. Walking in, one looked left at interior drywall that defined the parameters of a 10-foot-by-10-foot galley kitchen. To the immediate right, a floor-to-

ceiling exposed brick hearth with a masonry niche designed for firewood. To the left, a floor-to-ceiling bookcase and an odd chandelier. Straight ahead, an open stairwell descending to ground level.

Further back, a door leading to the master suite, which included the original 70-square-foot tile-clad bathroom. Two closets less than two feet deep provided the only wardrobe accommodation.

While floor-to-ceiling windows dominating the eastern and western wall elevations boasted a dramatic view of surrounding woodland, the Herres also soon learned that much of the glazing was single pane.

Herre's question for Lataille from the start was right to the point: "Can you make the changes we want within our budget?"

Topping Herre's wish-list: an open plan with places for art display that will work well for entertaining; design that allows the couple to mainly live on one level; a master bath with a walk-in shower and a new powder room; additional storage; a visually compelling interior design; replacement of single pane windows with insulated double-ply thermal glass.

"There have been significant developments in open floor plan design in recent years," Lataille said. "Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction."

A kitchen-centric floorplan a popular option for a home's primary living space, and offered a practical solution for amateur chef Jenny Herre, who enjoys regaling guests with her original dishes while otherwise fully engaging in the party all around her.

"We thought an open kitchen would really work in this house," Jeff Herre said, "but we needed to see well-developed ideas

before moving forward with the purchase."

Enter Jon Benson, Sun Design's lead designer, master craftsman with several published books on woodworking to his credit.

"When you're removing kitchen walls, the goal is to develop a space plan that meets all functional requirements, yet really supports the room aesthetically," Benson said. "That's why it's important to design elevations that present an appropriate combination of color, texture and tone."

On this score, Benson designed a cook top island and dining counter perfectly positioned between the dining room and the seating area around the fireplace.

Light maple Shaker-style cabinet facings combined with quartz Caesarstone counter surfaces present clean lines and reinforce the light, accessible ambiance of a room surrounded by windows.

Collectibles from India, Lebanon and Brazil are now on view in Benson-designed display spaces.

"This really feels like our home now," said Jeff Herre. "We've made the transition we wanted, and are pleased with it."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11 a.m. to 5 p.m. daily. For more information: www.SunDesignInc.com

John Byrd (byrdmatx@gmail.com) has been writing about home improvement for 30 years.



Light maple Shaker-style cabinets combined with quartz Caesarstone counter surfaces reinforce the ambiance of a light-filled room.