



Senior Living

APRIL 2017

and Oakton
Vienna
CONNECTION

Senior Living

THURSDAY/APRIL 20

Quilt Restoration. 10:15 a.m. at the Fairfax Antique Arts Association, Green Acre Senior Center, 4401 Sideburn Road, Fairfax. Presentation and samples provided by Clara Sue Ashley and Chris Young of the Quilt Shop of McLean on the varying processes that can be used. Members are encouraged to bring in family pieces. Call 703-273-6090 for more.

WEDNESDAY/APRIL 19

Happiness 101. 1:00 p.m. in the Main Room Lewinsville Senior Center, 1515 Great Falls St., McLean. Speaker is Paul Singh, an

international, award-winning speaker. He is a student of happiness and his mission is to be as happy as possible by making his surroundings happier. Call 703-442-9075 for more.

TUESDAY/APRIL 18

American Health Professional

Visit. 10:30 a.m. Lewinsville Senior Center, 1515 Great Falls St., McLean. Presentation and discussion about depression. A free blood pressure clinic will follow. Call 703-442-9075 for more.

VOLUNTEERS NEEDED

Shepherd's Center of McLean-

Arlington-Falls Church, 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at info@scmafc.org. The Center's website is www.scmafc.org

ONGOING

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is

encouraged to join. All skill levels are welcome. Play on Wednesday evenings and Saturday mornings in Vienna. Visit www.goldengirls.org.

Bingo Night. Sundays. 4 p.m. Flame Room, Vienna Volunteer Fire Department, 400 Center St. S, Vienna. \$10. www.vvfd.org/bingo.html.

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 for more.

Are You A Caregiver? **Shepherd's Center of Oakton Vienna Caregivers' Support**

Group takes place first & third Thursday of each month. February 2nd and 16th, 2017 from 10 a.m. to 11:30 a.m. Join us at the Unitarian Universalist Congregation of Fairfax (UUCF) - Program Building, 2709 Hunter Mill Road, Oakton. For more info contact facilitator, Jack Tarr, 703-821-6838 jtarr5@verizon.net.

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.

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/.

Fairfax County needs volunteers to **drive older adults to medical appointments and wellness programs.** For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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 **Shepherd's Center of Oakton-Vienna** has an urgent need for volunteer drivers to take area seniors to medical appointments and other activities. Opportunities to volunteer for other services are also available. No long-term commitment and hours are flexible to fit your schedule. Visit www.scov.org or contact the Volunteer Coordinator at 703-281-5086 or email volunteer@scov.org.

Volunteers for Change. A program for adults which offers more than 50 weekend and evening volunteer opportunities per month. Visit www.volunteerfairfax.org.

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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.

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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 a local 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.

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

Bridge Sharpens Mental Skills

BY SHIRLEY RUHE
THE CONNECTION

Dark clouds and heavy rain didn't deter the 9 1/2 tables of duplicate bridge players from showing up at Madison Senior Center in Arlington on Friday, March 31. Complete silence envelops the room as furrowed brows concentrate on the cards in their hands. An occasional "both of the kings are off" or "I knew I should have stayed home" penetrates the silence.

Mike Zane, coordinator of the group and an American Contract Bridge League (ACBL) certified director said, "we've been going ... well, it's got to be at least 10 years." Zane said that bridge was big in the 1930s-60s. "If you watch any old film, even a war

film, you'd see a bridge game. Even Ian Fleming played the Earl of Sandwich in a James Bond film. But," he continued, "it's lost its flavor."

Zane said it used to be that in the military academies the two required extracurricular classes were ballroom dancing and bridge, two important social skills.

Zane looks around the room and pulls out a long computer sheet of names. "The players at the tables go up (clockwise) and the board goes down (counterclockwise.)" He explains each player has 13 cards and you play with a partner against the other two players at your table. The highest card wins. Each table will rotate and play the same set of cards. The

SEE BRIDGE, PAGE 7



Duplicate bridge players concentrate on their next move at the regular ACBL-sanctioned games held Friday mornings from 10 a.m.-2 p.m. at Madison Senior Center.

PHOTO BY SHIRLEY RUHE/
THE CONNECTION

Senior Happenings

at Tall Oaks Assisted Living

Join us for these great, free events for seniors and their families.
Space is limited. RSVP to EDooley@TallOaksAL.com.

Alzheimer's Support Group

Monday, May 15 at 7 pm

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Friday, May 19 at 7 pm

Smoothies at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Tuesday, June 6 at 11 am

Ice Cream Social at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Thursday, June 8 from 1:30 to 3:30 pm

Tall Oaks Community Yard Sale

Saturday, June 10 from 9 am to Noon

Alzheimer's Support Group

Monday, June 12 at 7 pm

Fourth of July Celebration

Enjoy a chef-prepared lunch and a tour. Reservations required.

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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 sources 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 ambience 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 carefree 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 palates

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.

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The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation
with Laxman Bahroo, MD and
Angela Onyekanne, DPT, GCS, CEEAA
Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868
or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. Please RSVP to join us.



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.

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Fit for the Golden Years

FROM PAGE 3

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, one of the leading causes of death and disability in the senior population. “Although muscular strength, muscular en-

durance, 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.

Mike Zane, coordinator of the Friday morning duplicate bridge group at Madison Senior Center and an ACBL certified director, says he is hoping to copy European schools and get bridge into American high schools. “That’s the only way it will survive.”

PHOTO BY SHIRLEY RUHE/
THE CONNECTION



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.

Visit www.fairfaxcounty.gov/hd/ltccc/villages.htm.

LTCCC

The Long Term Care Coordinating Council (LTCCC) is promoting the Village concept and helping interested volunteers set up Villages in their neighborhoods by providing them with guidance. Visit www.fairfaxcounty.gov/hd/ltccc/.

Local Village Organizations Partial List

❖ 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

❖ Reston for a Lifetime —

www.restonforalifetime.org

❖ Reston Useful Services Exchange — www.restonuse.org

Bridge Sharpens Mental Skills

FROM PAGE 3

object is 24 hands or 24 problems to solve. “It’s the easiest game in the world.”

The duplicate bridge group plays on Fridays from 10 a.m. to 2 p.m., about the time it takes to play one game with a half hour lunch break. Zane says he started playing

bridge because his mother, father, and sister played. “Bridge takes four people.”

In European high schools every student is required to take bridge according to Zane. “I am interested in getting bridge into schools in America. That’s the only way it will survive.”

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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 be-

fore 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

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