One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women’s Basketball Association.

“There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX,” said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va.

“The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They’ve really been a support group for each other.”

According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports. Fitness programs for the now-retired and retiring baby boom generation are increasing in popularity.

New research continues to show the benefits of exercise, aerobic and strength training, range from delayed cognitive decline and a boost in social functioning to an ability to manage chronic diseases and even turn back time.

“There are a lot of benefits for the aging population,” said Lisa M.K. Chin, an assistant research professor at George Mason University’s Department of Rehabilitation Science in Fairfax, Virginia. Exercise “slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes.”

Mark Brasler, a 69-year-old who

See FIT, Page 6
Five years ago, Mary Lee Anderson was asked if she could help Senior Services of Alexandria set up an information database. Since that time, what was supposed to be a part-time commitment has turned into a second career for the international telecommunications corporate executive.

“At this point in my life, I didn’t expect to be working more than a full-time job,” said Anderson, who now leads the organization she first volunteered with nearly 30 years ago. “But I wanted to make a difference and saw a way that I could help people.”

Anderson took over as Executive Director of Senior Services of Alexandria two years ago after serving as the director of the Resource Center since 2010. During that time, she developed the popular Senior Speaker Series and Friendly Visitor Program.

“Both of those programs have been very successful,” Anderson said. “Our speaker series, now in its fourth year, is not just for seniors. Each program is free and open to anyone who is interested in attending.”

SSA provides information and services to anyone involved or interested in issues related to seniors. This includes the Senior Information Corner, which can be found in all four of the city’s recreation centers, and a monthly television show called Senior Living in Alexandria. The show can be viewed on Comcast Channel 70 or the Senior Services of Alexandria YouTube channel.

“I learned the hard way how to take care of older people in my life,” Anderson said. “I was the executor of my mother’s estate and realized how much help I needed to navigate the process.”

Senior Services of Alexandria, known for the coordination of the city’s Meals on Wheels program, has expanded the services available to seniors in need.

“Because of the dedication of our volunteers, we have been able to add a Friendly Visitor program and now the Animeals service,” Anderson said. “In partnership with the Animal Welfare League of Alexandria, we can provide pet food to seniors that have pets.”

New this year is the Groceries to Go delivery service, a service available through the Giant grocery store on Duke Street.

“Steve Mason, the general manager of the Duke Street Giant, really stepped up to make this happen,” Anderson said. “He was able to work with us to eliminate the usual grocery delivery costs and allow us to offer the service to Alexandria seniors.”

In addition to programs like Groceries to Go, Meals On Wheels and Friendly Visitor, Senior Services of Alexandria coordinates events like the Robust Walk-a-Thon and the Dance for All Ages.

“The dance is really great fun,” Anderson said. “Students in the T.C. Williams High School Government Association plan the entire event. They set up, decorate, get door prizes and dance the night away with more than 100 seniors. They truly do it all and make it a memorable evening for everyone.”

But the Meals On Wheels program is still the core of Senior Services of Alexandria, with volunteers coming from across the city. Schools like T.C. Williams, Lyles-Crouch and Burgundy Farm participate, as do the Black Fire Service Professionals of Alexandria and the Sheriff’s Department.

“Sheriff Dana Lavelle and Undersheriff Tim Gleeson are always there for us,” Anderson said. “If the weather is bad, they are there with their SUVS to make sure our meals get delivered. And despite the storms this year, I am proud to say because of them and our volunteers, we never missed a delivery because of snow.”

“I learned the hard way how to take care of older people in my life.”

Mary Lee Anderson, Senior Services of Alexandria Executive Director

At a time when most people would be winding down their professional careers, Anderson’s love for helping people keeps her going.

“It truly love this job,” Anderson said. “Everyone likes to do something with kids but it’s harder to get volunteers with seniors. But I like knowing that every day at least one thing I do makes a difference to someone.”

For more information on any Senior Services of Alexandria programs or events, call 703-836-4414 or visit www.seniorservicesalex.org.

For more information, call 703-775-9431 or email sales@connectionnewspapers.com or visit www.ConnectionNewspapers.com.
make a career on your kids.” Baker thought she had done a good job of downplaying the kids’ influence on her life and seemed surprised when I asked her what she was doing now: “I think it’s time to let me live a little.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise area.

I’ve had the first Ambassador to Israel as a favorite. I believe she’s been a real asset to her services. To meet and enjoy her family, club, and personal inspections.

Gladys Laclede, whose daughter, who lives in Alexandria, said, “Your life is today and tomorrow.” Of course, by the description of her daily activities, it sounds like Peg Baker doesn’t have much time for hunting. A former nurse, she volunteers at the Kennedy Center, with the Woodward Washer and Warren Flights project, and more. She also fits in some serious walking to keep fit and healthier, as well as activities offered at The Hermitage. The last time she went with her daughter who lives in the area, Peg was grateful that she was able to help and be in a “quick walk.”

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McCollum (US Army-Ret) and his wife, Linda, who retired from an administration career with the Army, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman with a background in the security part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years. There are properties set in rural locations, while others like The Jefferson, a Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westover at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering creative evening programs, movie nights, and amenities in all price ranges.

Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One of her two-bedroom apartments and you know it is frequently chosen as a stop on the Hermitage,” Betty is involved with the groups and the community’s activities. "And the people have made it easy on everyone. They're friendly and helpful - back in the old days," Marshall said. “Keep the memories, but move on.” Betty Marshall, 93, said today and tomorrow is what she lives for. Plan and find a place where you can really thrive.

It’s time to start contemplating the transition to senior independent or assisted living for yourself or a loved one. Getting the information and the available properties and options can seem overwhelming. There are properties set in rural locations, while others like The Jefferson, a Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westover at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering creative evening programs, movie nights, and amenities in all price ranges.

Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One of her two-bedroom apartments and you know it is frequently chosen as a stop on the “I couldn’t get along with a lot of stuff if I just don’t need it.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise area.

I’ve had the first Ambassador to Israel as a favorite. I believe she’s been a real asset to her services. To meet and enjoy her family, club, and personal inspections.

Gladys Laclede, whose daughter, who lives in Alexandria, said, “Your life is today and tomorrow.” Of course, by the description of her daily activities, it sounds like Peg Baker doesn’t have much time for hunting. A former nurse, she volunteers at the Kennedy Center, with the Woodward Washer and Warren Flights project, and more. She also fits in some serious walking to keep fit and healthier, as well as activities offered at The Hermitage. The last time she went with her daughter who lives in the area, Peg was grateful that she was able to help and be in a “quick walk.”

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McCollum (US Army-Ret) and his wife, Linda, who retired from an administration career with the Army, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman with a background in the security part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years. There are properties set in rural locations, while others like The Jefferson, a Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westover at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering creative evening programs, movie nights, and amenities in all price ranges.

Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One of her two-bedroom apartments and you know it is frequently chosen as a stop on the “I couldn’t get along with a lot of stuff if I just don’t need it.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise area.

I’ve had the first Ambassador to Israel as a favorite. I believe she’s been a real asset to her services. To meet and enjoy her family, club, and personal inspections.

Gladys Laclede, whose daughter, who lives in Alexandria, said, “Your life is today and tomorrow.” Of course, by the description of her daily activities, it sounds like Peg Baker doesn’t have much time for hunting. A former nurse, she volunteers at the Kennedy Center, with the Woodward Washer and Warren Flights project, and more. She also fits in some serious walking to keep fit and healthier, as well as activities offered at The Hermitage. The last time she went with her daughter who lives in the area, Peg was grateful that she was able to help and be in a “quick walk.”

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McCollum (US Army-Ret) and his wife, Linda, who retired from an administration career with the Army, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman with a background in the security part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years. There are properties set in rural locations, while others like The Jefferson, a Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westover at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering creative evening programs, movie nights, and amenities in all price ranges.

Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One of her two-bedroom apartments and you know it is frequently chosen as a stop on the “I couldn’t get along with a lot of stuff if I just don’t need it.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise area.

I’ve had the first Ambassador to Israel as a favorite. I believe she’s been a real asset to her services. To meet and enjoy her family, club, and personal inspections.

Gladys Laclede, whose daughter, who lives in Alexandria, said, “Your life is today and tomorrow.” Of course, by the description of her daily activities, it sounds like Peg Baker doesn’t have much time for hunting. A former nurse, she volunteers at the Kennedy Center, with the Woodward Washer and Warren Flights project, and more. She also fits in some serious walking to keep fit and healthier, as well as activities offered at The Hermitage. The last time she went with her daughter who lives in the area, Peg was grateful that she was able to help and be in a “quick walk.”

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McCollum (US Army-Ret) and his wife, Linda, who retired from an administration career with the Army, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman with a background in the security part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years. There are properties set in rural locations, while others like The Jefferson, a Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westover at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering creative evening programs, movie nights, and amenities in all price ranges.
Senior Living

Inclusive Camaraderie for Seniors in Alexandria

Class offers a place to chat and get balanced.

Margaret Lewis got things going for seniors at the Mount Vernon Recreation Center, starting the first Tai Chi class, knitting group and square dancing classes about 15 or 20 years ago.

“It all started with Margaret Lewis,” says Donna MacDonald.

MacDonald, who was one of the original group practicing Tai Chi before it became popular has been doing this every week for 13 years. She says Margaret Lewis, who will be 81 this summer, isn’t at the center anymore, but her legacy, this group of faithful practitioners of Tai Chi (and knitters, and dancers) remains.

MacDonald retired after 33 years at Verizon and now works part-time, but she always makes time for Tai Chi, where she enjoys the inclusive camaraderie.

Robert Tsukayama, who worked for 40 years for the State Department and lived all over the world, has been coming for 6 or 7 years. Indicative of the relaxed atmosphere and social aspect of the class, the conversation turns to Vietnam, where he served just before the U.S. pulled out, and he recounts a story about the famous “LBJ” (Long Binh Jail) where U.S. Army soldiers spent many a day for misdemeanors committed while serving in South Vietnam. Carol Norman, who was with the National Education Association before retirement, said she now makes Tai Chi part of her daily routine: instead of getting out of bed and going straight to stand up straight and how to get up when you fall. We also do stretching, yoga and resistance machines every other day,” said Chin. “If you're using your bones, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance.”

An exercise class that includes both aerobic, strength and balance exercises can help preserve freedom and independence for seniors. “The key components of staying physically active are having strong muscles, reasonable flexibility and endurance, such as the ability to keep walking or doing an activity and not getting tired and fatigued right away,” said Rita Wong, professor of physical therapy and associate dean of graduate and professional studies at Marymount University in Arlington. “It's almost never too late to increase fitness levels, Wong said. “Often with older adults, people think that they can’t improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar as young adults”.

“People need community [and are] finding it in a holistic approach to exercise at their own comfort level,” said Nina Elliot, founder of the TRUE Fit program and co-owner of TRUE Health and Wholeness. “People work out to the best of their ability and everybody gets a workout that’s right for their body. They’re given modifications and the focus is to do your best, have fun and enjoy exercise.”

Elliot believes exercising in groups has an accountability factor. “The number one thing that can keep you from aging is exercise,” she said. “Aging can be very isolating for some people. The more people can get out and be around people, the better.”

Fit for the Golden Years

FROM PAGE 2

lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retirement community four months ago and got a fitness assessment in the property’s gym. The results led him to up his fitness game.

“Tired now, all of them once lived by lists and resistance machines every other day,” said Brasler. “I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and Pilates. I feel more confident about myself.”

Such fitness classes can help preserve mobility and cognitive function, say researchers. “It helps in terms of preserving bone mass and maintaining mobility longer,” said Chin. “If you're using your muscles, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance.”

Other activities for seniors at the center include Knitting Club, and a social night on Fridays at 6:30, where those over 55 can come to hear speakers, play games, and meet others. For seniors who aren’t able to walk, there are classes of Chair Tai Chi in other centers. See Alexandriava.gov/Aging for a full list of programs for seniors in the area.

Get Involved:

Mount Vernon Recreation Center at 2701 Commonwealth Ave., Alexandria

Other activities for seniors at the center include Knitting Club, and a social night on Fridays at 6:30, where those over 55 can come to hear speakers, play games, and meet others. For seniors who aren’t able to walk, there are classes of Chair Tai Chi in other centers. See Alexandriava.gov/Aging for a full list of programs for seniors in the area.

for coffee and email, she puts it all off until she establishes her focus and gets integrated with Tai Chi. She talks about Tai Chi as though it’s an old friend: “It’s not the Tango, it’s not cheerleading, it’s the whole body: think … Swan. When you are there, you can’t think of anything but the moves.”

But they all agree one of the best parts of the class is getting together and talking about anything and everything, and they laugh easily and often. They usually sit and “let the words come” to clear the room for meditative movement. All of them are retired now, all of them once lived by lists and sat at desks. Now, at least once a week on Thursday afternoons at 2:30, they reach gracefully into the air for “Chi.” The class is free, and they are always happy to see new faces.

Carol Norman at Tai Chi.

Carol Norman and Robert Tsukayama doing Tai Chi at the Mount Vernon Rec Center

Donna MacDonald has been doing Tai Chi at the Mount Vernon Center for 11 years.

Robert Tsukayama practicing Tai Chi
Senior Living

Aging in Place

Finding out about the latest services and programs.

By MaryAnne Beatty
Senior Services of Alexandria

Alexandria is a great place to be a senior — there are so many different services and organizations with programs designed to help older residents remain in their homes and age in place safely and in a healthy environment.

Research shows that the vast majority of people 50 and older want to stay in their homes and communities as long as possible. There are many things to consider about “aging in place.”

Each month, Senior Services of Alexandria presents a speaker series event focused on topics important to older members of our community and their loved ones. Senior Services invites other nonprofits, city agencies and relevant businesses to present information about their services and programs so that the audience can learn about the many resources available to them in Alexandria.

Last month, AARP gave an excellent “Homelit” workshop presentation. We also heard from Shane Cochrane of Alexandria’s Office of Housing, Katherine Dixon, Executive Director of Rebuilding Together Alexandria, and Undersheriff Tim Gleason. More than 100 people were in the audience at Westminster Presbyterian Church and everyone learned valuable information about how to make their homes safer and more accessible, public and nonprofit funding for home modifications, and how to avoid scam artists that target vulnerable seniors. You can find out more by watching Senior Living in Alexandria on Comcast Channel 70 every Sunday at 2 p.m. and see the full Speaker Series event immediately afterwards at 2:30 p.m. Another component of “Aging in Place” is knowing what services and innovative programs are available in the community that will assist you personally as you get older. That is the focus of the next Senior Speaker Series event, which will be held at Beth El Hebrew Congregation at 3830 Seminary Road on Wednesday, April 15. At Home in Alexandria (AHA)! is co-sponsoring the morning and will share information about their successful “village,” which provides support services and social opportunities for its members. The City’s Division of Aging and Adult Services and Senior Services of Alexandria will also be on-hand to discuss services such as Meals on Wheels, Friendly Visitor, Animeals, Groceries to Go, and Caregiver Support. The Golden Girls Network home-sharing service will also be featured and Goodwin House at Home will be talking about their new continuing care program for seniors who wish to remain in their homes. It will be a very informative session and experts will be on hand to answer any questions attendees might have.

All Senior Speaker Series programs are free and open to the public with light refreshments. Registration begins at 9:30 a.m. and the program will run from 10 a.m. until noon. To register for the “Aging in Place” April 15th program, go to seniorservicesalex.org or call 703-836-4414, ext. 110.

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know — get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com
A recipe for activism at any age.

By Eden Brown
Gazette Packet

S

she is four feet 10 inches tall and 84 years old. She tutors children who cannot read; she champions health insurance for the uninsured in Alexandria; she meets with mayors and senators; she takes 90-year-old gentlemen out to dinner; she wants to reduce the teen pregnancy rate in Alexandria; and she never lets more than a few days go by without chatting with her children or grandchildren, usually via email or skype.

Arlene Hewitt is a power to be reckoned with in her ninth decade. She doesn’t take “no” for an answer. She pursues challenges, and this includes aging. Mah Jongg and Bridge? Not for this senior.

Despite having officially retired in 2002 at 72, Hewitt continues to stay involved in the community she came to as a social worker in 1967. She is proof that more and more seniors are looking at the last third of their lives as an opportunity, not a vacation.

Hewitt is the daughter of immigrants. Her father was against sending her to college, but her homemaker mother — a strong-willed lady in her own right — insisted. After she graduated, she looked around her: what could a young woman do with herself in those days? Become a secretary, a school teacher, or a nurse? None of those appealed to Arlene, so she took up a friend’s suggestion of social work.

“So you see? I just sort of fell into it,” she said.

“I didn’t wake up one morning and feel I needed to help the unfortunate, I just got a tip from someone that I might be good at it.” She landed in Alexandria after her husband’s business in Massachusetts failed. Anxious to have his wife work, he phoned up a friend’s suggestion — or recommendation, rather. She landed in Alexandria after her husband’s business in Massachusetts failed. Anxious to have his wife work, he phoned up a friend’s suggestion — or recommendation, rather. She landed in Alexandria after her husband’s business in Massachusetts failed. Anxious to have his wife work, he phoned up a friend’s suggestion — or recommendation, rather. She landed in Alexandria after her husband’s business in Massachusetts failed. Anxious to have his wife work, she pursued a friend’s suggestion.

“Every parent should live near a daughter.”

— Arlene Hewitt

But this wasn’t enough: She and her late husband tutored kids in the area, many of them of foreign parents, to read. She got others to come with her. “One 90-year-old whose husband had just died was miserable,” she said. “She moped around, she had no one to eat dinner with, she was depressed.” Hewitt took her to the Alexandria Tutoring Consortium, a local group which fits seniors’ schedules. “The best part about tutoring is the relationships you build with children. You become attached. You meet them in the library, you meet their parents, you watch them thrive, and at the end of the year, you’d be surprised how strongly you feel about each other and how grateful the parents are.”

Hewitt volunteers with the annual “First Night” program in Alexandria. She takes the 5-9 p.m. shift, so she isn’t out too late. She said she still gets a kick out of showing the map and head in the right direction.

She is also a driver for Meals on Wheels. While many people her age are getting deliveries, she tutors partners with a friend and does the driving. “It’s great,” she said. “They send you the routes, you pick the area where you feel comfortable driving. They are never upset if you can’t make it, and it takes so little time, from 10 a.m. to 11:30 a.m. And people are so happy to see you. It is a wonderful feeling that someone out there needs you.”

She is also in the Medical Reserve Corps. They are volunteer first responders.

For the past three years, Hewitt has enrolled in courses at Northern Virginia Community College, which is free for seniors, including parking. She loves being with the young students. She took South American history and bio-medical ethics, and she said, “You just audit the courses so you don’t have to take the tests if you don’t want.”

After the death of her husband in 2009, her social circle changed. The couples she and he used to go out to eat with also changed. She decided that watching a Nationals game by herself was lonely, so she called up one of the widowers and asked if he was watching the game. He was, and when she asked if he’d like company, he brightened: “It’s so much more fun watching the Nats with someone.”

She takes another 90-year-old out to dinner. He has macular degeneration and couldn’t read anymore. She took him to the library, got him a library card, took out books in large print, set him up with the magnifier that magnifies the print, and he was read all the books she wanted. “Of course,” she said, “no one is an extrovert like me. But calling up someone who is doing nothing isn’t hard: just be aware of people in your own age category, think about what they might need, and if all else fails, call them up and ask if they’d like to go to lunch.”

Hewitt has a personal trainer who comes in two or three times a year and sets up a program or reviews her exercises to make sure she is doing them correctly. She has a treadmill in her bedroom and a big ball she sits on in front of the TV. Although she doesn’t like smart phones, she is a great fan of email and skype. “If it didn’t email and skype, she said, “I would lose touch with my grandchildren.”

“Take advantage of senior centers,” she advised. “Tai Chi, chair Yoga, whatever it is they offer. If you don’t do it, you’ll find soon you can’t do things anymore. Don’t be afraid: you’ll work up to it, even if you start with small weights.” She also suggests checking the “Guide to the Lively Arts” in the Style section of the Washington Post, or the calendar in the Gazette. She attend the military band and orchestra performances which are free.

“Face what’s coming: Hewitt is thinking ahead to a time when she won’t be able to drive or walk as well, and she has gotten on the waiting list for Green Springs, where she says with a smile, there are more than 200 organizations functioning right there. She has delegated her taxes and budget to her daughter, Jo, so things are in good shape when she dies, and she insisted on paying for her daughter’s service by putting money into the children’s college funds. She doesn’t want anyone to be inconvenienced when she dies, so she has a plan for the end-game.

She raves about her children, and her grandchildren. “Every parent should live near a daughter,” she advised.

She has also thought ahead to what might happen if she were to fall, or go into a coma. “I’ve told my grandson,” she said, “if anything ever happens to me and I’m in a coma, I want you to put earphones on me and turn up the Nutcracker Suite as loud as it will go.” Meanwhile, Hewitt looks at the clock: time to go to the next event.

Resources for Seniors

www.wrightored.org
www.alexandriavi.a.gov/Aging
www.alexandriaturuies.org
www.medicalservecrs.org
www.alexandria.tutors.org/
www.alexandriava.gov/Aging
www.medicalreservecorps.org
www.volunteeralexandria.org

www.wrightored.org
www.alexandriavi.a.gov/Aging
www.alexandriaturuies.org
www.medicalservecrs.org
www.alexandria.tutors.org/
www.alexandriava.gov/Aging
www.medicalreservecorps.org
www.volunteeralexandria.org

Photos by Eden Brown/Gazette Packet

Photos by Eden Brown/Gazette Packet

Arlene Hewitt's favorite quote: “To the world you may be one person but to one person you may be the world.”

Arlene Hewitt’s wall of awards and recognition in her bedroom.

A recipe for activism at any age.

Arlene Hewitt Sets the Pace for Seniors in Alexandria

Hewitt took her case to the top, something position: no, they said, and they’d never

Anxious to have his wife work, he phoned up a friend’s suggestion — or recommendation, rather. She landed in Alexandria after her husband’s business in Massachusetts failed. Anxious to have his wife work, she pursued a friend’s suggestion.

Arlene Hewitt’s favorite quote: “To the world you may be one person but to one person you may be the world.”

Arlene Hewitt took her case to the top, something position: no, they said, and they’d never