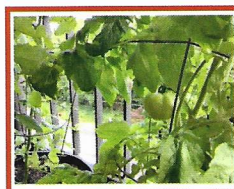


Merica House Moments

Outside Areas at Merica House Get a Makeover



With the help of our dedicated volunteer, Martin Tillett, both the patio and the deck at Merica House are now sporting an abundance of new foliage. Martin devoted several hours during the month of May to installing a tabletop fountain on the patio as well as several new fixtures and plants of all varieties. Resident Cathy Parr is pictured enjoying the new plants. The large tomato shown in the photo at the upper right corner illustrates Martin's gentle touch and savvy green thumb. Cathy monitors the progress of our tomato plant daily. The plaque directly below this box honors Steve Wawrzaszek, the father of our long-time resident Sean.



Summer 2024

Our Mission

The Alliance for the Physically Disabled, Inc. (APD) is a non-profit organization committed to creating accessible and affordable housing opportunities with full-time personal assistance services for adults with severe physical disabilities.

We currently have a vacant room at Merica House that will accommodate a single resident, either male or female. An incoming resident must be between the ages of 18 and 49 and must be capable of functioning in an independent living arrangement. For more information, contact our Resident Services Coordinator, Roxane Burkhart, at (703) 671-7991.



Inside this issue:

- Tasty Treat: Summer Borscht 2
- Meet Aide Saudatu Sankoh 2
- Our Neighborhood, Our World 3
- Electronics Keep Dee Humming 4
- In Memoriam: William Lovelace 4
- Huge Thanks to Our Donors 4

Alliance for the Physically Disabled, Inc. (APD)
3705 S. George Mason Drive, Apartments 105 and 106 South
Falls Church, Virginia 22041
Office Phone: (703) 671-7991

Resident Services Coordinator: Roxane Burkhart / rsc@theapd.org
Executive Board — Board of Directors:
John Renfro *president* Sonja Jarvis *co-secretary*
Fred Day *vice president* Christine Metz *co-secretary*
Jafar Hussaini *treasurer*

Our website:
www.theapd.org

Facebook:
independencewithdignity

United Way:
#8245

APD is a recipient of funds from the
Fairfax County Consolidated
Community Funding Pool.

Hot Day, Cold Soup

Recipe inspired by soup from *Loaves & Fishes*
Soup preparation and review by APD Board Member Christine Metz

Summer Borscht

Ingredients:

5 medium fresh beets (two pounds without tops)
2 cups low-sodium chicken stock
16 ounces sour cream
½ cup plain yogurt
¼ cup sugar

2 tblsps. lemon juice
2 tsps. champagne vinegar
1½ tsps. ground pepper
2 cups medium diced English cucumber, seeded
½ cup chopped scallions
2 tblsps. chopped fresh dill

Directions:

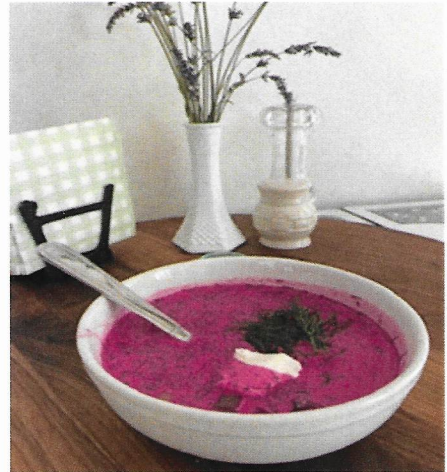
Place the beets in a large pot of boiling water and cook uncovered until the beets are tender, 30 to 40 minutes. Remove the beets to a bowl using a slotted spoon and set aside to cool. Strain the cooking liquid and set aside to cool.

In a large bowl, whisk together 1½ cups of the beet cooking liquid, the chicken stock, sour cream, yogurt, sugar, lemon juice, vinegar, 1 tablespoon salt, and the ground pepper. Peel the cooled beets and cut them in a medium dice. Add the beets, cucumber, scallions, and dill to the soup. Cover and chill for at least 4 hours or overnight.

Enjoy this colorful, cold soup with a dollop of sour cream and a sprig of dill!

Soup can be a great go-to meal when you want something light and satisfying. But with temperatures over 90 degrees, it's less enticing to prepare and eat a hot bowl of soup. So, why not try whipping up a cold soup for a summer meal or two? I suggest this classic summer borscht, a tasty cold beet soup.

-- Christine



"Soup is cuisine's kindest course."

— Virginia Woolf

Introducing Merica House Aide Saudatu Sankoh

by Roxane Burkhart, Resident Services Coordinator

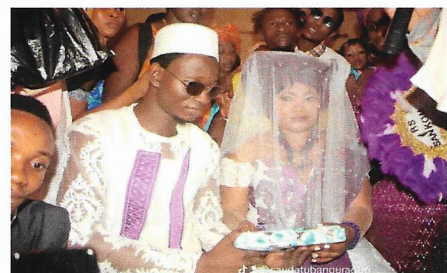
Aide Saudatu Sankoh is a native of Sierra Leone. She immigrated to the United States with her mother and brother in 2018. She has worked as an aide at Merica House for two years. Saudatu's mother also works as an aide at Merica House. The Merica House residents love Saudatu's cheerful personality and abundant smiles. In addition to working at Merica House, Saudatu is a student in the Northern Virginia Community College nursing program.

In November 2023, Saudatu returned to Sierra Leone to marry her long-time boyfriend. The couple first met as students in 2007. Saudatu's husband is a successful computer programmer in Sierra Leone. Their plans for the future are uncertain. Saudatu may decide to return to Sierra Leone once she completes her nursing studies, or her husband may decide to come to the United States. However the future unfolds, Saudatu and her husband are both anxious to live together as husband and wife in the very near future.



Aide Saudatu Sankoh is on left.

Saudatu notes that the political climate in Sierra Leone has improved considerably in the past decade. From 1991 to 2002, the country endured a brutal civil war. Ever since the end of the war, the government of Sierra Leone has worked hard to rebuild the country's physical and social infrastructure. In the current era, the country has much to offer its residents. Sierra Leone is rich in natural resources, and the capital city of Freetown possesses a magnificent natural harbor.

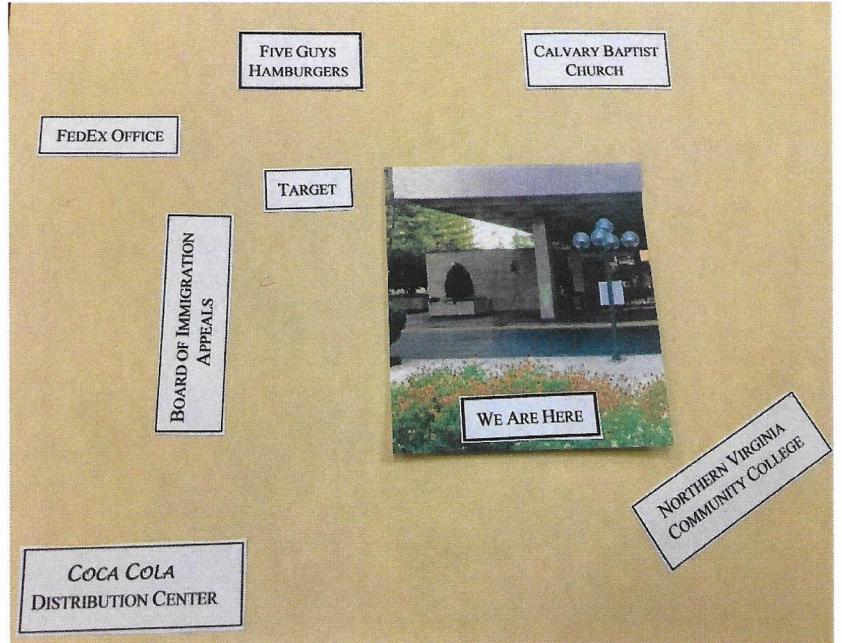


Welcome To Our World

In our last issue, Spring 2024, we took readers on a pictorial tour of some prominent structures in Memphis, Tennessee, the birthplace of resident Cathy Parr. This issue, we are staying closer to home. We thought readers might enjoy a tour of some of the establishments that populate our neighborhood.

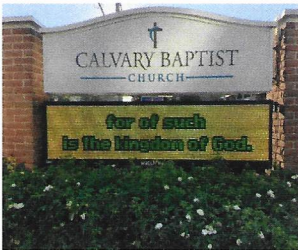
We begin our tour at Five Guys Hamburgers, because no one should ever travel on an empty stomach. "Five Guys" is a misnomer. There are actually six guys: Jerry Murrell, the patriarch of the family, and his five sons: Jim, Matt, Chad, Ben and Tyler.

Tyler was a late arrival, joining the family after the "Five Guys" brand had already been trademarked. Five Guys is unique in the food industry; the company does



not engage in paid advertising. The annual advertising budget for Five Guys and its franchisees is literally zero. The Murrell family believes that serving good burgers and showering customers with free peanuts is the best mode of advertising. From Five Guys, we travel west a slight distance to the local FedEx Office print shop. We like the customer service reps at FedEx Office because they are avid college basketball fans — and also because they help us produce this newsletter.

Proceeding east from FedEx Office, we pass the Calvary Baptist Church. Calvary Baptist has been a fixture in Northern Virginia for 60 years and is known for its children's choral



group. Moving on past Calvary Baptist, we head south for a short stretch to reach the Alexandria campus of Northern Virginia Community College. It is a beautiful campus — a view that we enjoy from our TV room after autumn has stripped



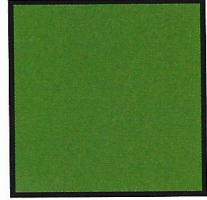
the trees of their leaves. Passing the campus, we proceed west to reach Coca Cola's Northern Virginia distribution center. Oops, it turns out that the Coca Cola security guards get a bit nervous when unknown individuals take pictures of the facility. So, we introduce ourselves — we are, after all, neighbors — and all is well. We obtain permission to photograph one of Coca Cola's massive tractor trailer trucks. The center sends out 50 to 75 of these babies every day, each trailer containing soft drinks destined for Costco, BJ's, Target and other stores.



Trekking back to Merica House, we pass the site of the federal government's Board of Immigration Appeals, which is housed in the regal glass building that borders on South George Mason Drive. And, of course, adjacent to the BIA's regal glass building is our favorite Target store that is so very accommodating to those who travel by wheelchair. This is our neighborhood. This is our world.



Merica House
Alliance for the Physically Disabled, Inc.
3705 S. George Mason Drive
Apartments 105 and 106 South
Falls Church, VA 22041



Electronics Help to Keep My Life Humming
by Deirdre Shields

Two months ago, I had a visit from an occupational therapist. The purpose of the visit was to assess the equipment and electronics that I use on a daily basis. The occupational therapist recommended several improvements to my equipment, all designed to enable me to enjoy a greater degree of independence. My new equipment has been installed and now I am able to operate the controls on my bed by voice commands. It's a new world for me, a new level of freedom! The changes allow me to turn my TV set on and off and control the volume without asking for help and also to operate my fan by myself.



In Memoriam

William Cleavester Lovelace, a beloved member of the janitorial staff at Skyline Plaza Condominiums, passed away on June 7, 2024 at the age of 87. "Mr. Bill," as he was affectionally known to Merica House residents, worked for Skyline for 48 years before retiring in December 2023. Mr. Bill knew all of our residents by their first names and was always available to help in any way possible. Mr. Bill was a master gardener and possessed a special knack for restoring life to plants and trees that appeared to be in a terminal condition. Mr. Bill's passing is a profound loss to all of us at Merica House. We express our deep condolences to his family.

Thank You to Our Donors

The Alliance for the Physically Disabled truly appreciates the continuing generosity of all members of the Merica House community. We wish to acknowledge the donations received recently from the following individuals and organizations:

Betsy Briggs
Ellen & Patrick Corcoran
Lorni & Michael Dillon
Maureen & Douglas Freal
Ann Johnson

Hugh & Martha Johnston
Siobhan Peterson
Paula Renfro
Margaret & William Singletary
Oai "Sunny" Tran

United Way of the National
Capital Area
Christine VonCott
Margaret A. Wesbecher
Lois A. Wright



MERICA HOUSE

Alliance for the Physically Disabled, Inc.

YES! Please accept my donation for Merica House and its mission of providing independence with dignity.

Please make checks payable to **The Alliance for the Physically Disabled, Inc.** and mail with this form to The Alliance for the Physically Disabled, 3705 S. George Mason Drive, Apt. # 105 & 106 South, Falls Church, VA 22041.

Credit card donations can be made through our secure link found at <http://www.theapd.org>.

Name: _____

Street Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

The Alliance for the Physically Disabled, Inc. (APD) is a non-profit organization committed to creating accessible and affordable housing opportunities with full-time personal assistance services for adults with severe physical disabilities. APD's core mission is to operate and maintain Merica House. APD is a 501(c)(3) organization. All donations are tax deductible to the full extent of the law.

Email: rsc@theapd.org • Phone: (703) 671-7991