



AHA Update - Volunteer Appreciation Edition and More April 24, 2020

Have you thanked a volunteer lately? Please do - it's Volunteer Appreciation Week! If you *are* a volunteer, please know that we are immensely grateful for your dedicated service to AHA and to our community. Alexandria runs on the contributions of thousands upon thousands of volunteer service hours - and we appreciate you this week and every other week.

Some news to share:

Alexandria Has New Testing Sites

Neighborhood Health and Inova have both opened new COVID-19 testing sites in Alexandria. More information about setting an appointment can be found here -

<https://patch.com/virginia/oldtownalexandria/s/h37b7/coronavirus-testing-sites-provide-expanded-capacity-alexandria>

Alexandria Farmers' Markets To-Go Options

While the Market Square and Del Ray Farmers' Markets are not open, you can order directly from favorite vendors using online payment and drive-up pickup. You can visit the Farmer's Market page here to check out your options -

<https://www.visitalexandriava.com/alxathome/farmers-market/>

NEW! Gentle Stretch and Breathing With Kate

We've added a new health and wellness program to our calendar for the end of April and part of May - Gentle Stretch and Breathing with Kate McGrail. Kate is a Barre3 instructor and we're very pleased that she has volunteered her time to provide our members and volunteers with this 30 minute on line class via Zoom. Stretching is a way to help protect your body from injury as well as helping to maintain or even improve your daily function. While breathing is so important to the daily functioning of your physical body, it also supports your overall mental and spiritual well-being. Conscious, or mindful breathing, is another way to become more in tune with ourselves, so that you can learn to better serve your physical and emotional needs.

This online session, via Zoom, welcomes individuals of all mobility levels, including those who do not consider themselves "flexible." Kate will be offering both standing and seated stretches. A straight back chair is recommended. As always, exercise should always be done with the approval of your physician. See the Calendar of Events below for date and time.

Virginia Tax Filing Deadline is May 1

While the filing date for 2019 Federal tax returns was extended until July 15th, the Virginia tax return is still due on May 1st. But you do have until June 1 to pay any taxes due without a penalty. That said, an automatic 6 month extension is available for Virginia tax returns to be submitted (by November 1), but if you owe money you should pay it as soon as possible to avoid any late payment penalty. As you may know, the Federal return must be completed in order to prepare your Virginia state return.

Federal estimated tax payment due dates for 2020 have been revised as well. The first quarter payment is due July 15th while the second quarter payment due date remains June 15th. Yes, this

is correct, though it may seem very odd. Visit the Virginia government website for more information at <https://www.tax.virginia.gov/when-to-file>.

AHA Calendar of Events

You are invited to join us online or on the phone and catch up and reconnect with AHA friends. All events except for the Tuesday and Thursdays "Party Line" are being held using Zoom video conferencing. **But, please note, you do not have to use the video component; you can just call in to a Zoom meeting.** If you want to participate in an event by phone only, please RSVP to the AHA office so we know your intent and can provide you with the phone number. Those joining by video will receive the Zoom meeting link by email the day before the scheduled program.

All event registration deadlines are 2 days prior to the program. Here's the calendar for the last week in April:

Sunday, April 26 - [Stretch with Kate - 4pm](#) - Gentle stretching and breathing for 30 minutes with Barre 3 instructor Kate McGrail

Monday, April 27 - [Zoom Training Session - 10am](#)

Tuesday, April 28 - [What's In The News Discussion - 10am](#) - just a couple of spots remain.

Wednesday, April 29 - [Coffee and Conversation - 10-11am](#) - BYOCoffee

If you haven't used Zoom yet, please plan to attend a Zoom training session (noted above or call for other options) so you'll be all set to go when your meeting/event happens. All events except Party Line calls do require an RSVP via AHA Hub or by call or email to the AHA office. Click on any title above to access the AHA Hub registration page.

The Party Line Call In

Call in phone number - 1-339-209-6841 (no 1 needed for cell phones)

Call in time - 1:15pm on Tuesdays and Thursdays through June 10

All Members, Associates and Volunteers are invited to join in. An AHA Staff or Board member will be on the calls to ensure any questions about AHA activities or plans can be addressed. But, mostly, we want this to be a fun way to exchange ideas, learn more about each other, find common interests, and just generally connect in a new way. Please join us.

Sharing Good Ideas - What can you recommend to others? We're happy to feature your ideas!

- A free webinar is available on Tuesday, April 28 at 1pm EDT titled "Aging in the Time of COVID-19: Reflections on Life, Health, Family, Community and Purpose - A Chat with Ken Dychtwald." Sponsored by the American Society on Aging, **Ken Dychtwald**, psychologist, gerontologist, author, and founder/CEO of Age Wave, will address how the coronavirus public health crisis is affecting different generations and how younger generations can learn from older generations in dealing with the crisis and vice versa. He also will address the broader issue of the aging of America and how we are and are not prepared. He will offer advice for how to best handle these new challenges. Visit this website to learn more about the "Future Proof" series - <https://www.asaging.org/future-proof>

- National Geographic has a new documentary "Jane Goodall: The Hope" available to watch online on the National Geographic channel or using a variety of streaming TV options. Here is the website

to view the trailer and link to the documentary - <https://www.nationalgeographic.com/tv/shows/jane-goodall-the-hope>

- AARP members - You can get involved with the Staying Sharp program through AARP and take the Brain Health Assessment free until April 30th. Just go to this website - <https://www.aarp.org/benefits-discounts/all/staying-sharp/> and activate Staying Sharp, which is included in your AARP membership, to get started. Your results will include your brain health score and personalized recommendations based on your results to help kick start your brain health journey. You can then take the Assessment every 90 days during your membership.

- Did you know that the handouts from our Tuesday Tech Talks are all available to view and download both on our public website, <https://athomeinalexandria.org/resources/articles/> and on AHA Hub under the Resources tab. You might find something helpful as we all seem to be ramping up our technology use these days.

Reminders!

- AHA volunteers are still making grocery and pharmacy runs. We appreciate their help and encourage our members to take advantage of this service. Call the AHA office to schedule and do allow at least 48 hours for us to arrange for a volunteer.
- Do you need a cloth face covering/mask? If so, let us know. Several wonderful AHA volunteers and members have been making masks and we can send you one. These are cloth, so can be washed and reused. Contact the AHA office to make your request.
- Sadly, scammers are hard at work taking advantage of this situation. PLEASE do not be taken in by pleas for funds from groups you don't already know and trust. Be careful not to click on any links in emails that come to you from unfamiliar sources.
- Alexandria has some good COVID-19 resources for you:
 - The general page for information - www.alexandriava.gov/coronavirus, which includes a new FAQ section. There is a wealth of information and we encourage you to give it a look.
 - A special phone number for questions about COVID-19 and City resources - call 703-746-4988 between 9am-6pm. This is staffed by the Health department's trained medical reserve corps. They can help you find local resources, navigate helpful information on the City's web site, and answer COVID-related questions.
- If you develop fever, cough and difficulty breathing, seek medical care early. Call your Primary Care Provider when you fall ill for their advice about next steps to ensure you do not put others at risk when visiting their office or going to another health care facility.

We will continue to keep you informed - and we want you to stay in touch with AHA too. Call us if you have questions or concerns or need help. Our volunteers and staff will be reaching out to our full Members on a regular basis to make sure you have what you need to remain safe and healthy.

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