



A Toast to our AHA Supporters!

AHA Update - We're Grateful Edition - April 17, 2020

Spring2ACTion Thank you!

As you can see above - our board is toasting our matching gift donors - and those who met those matches. Wow! We have to start our email update this week with a **BIG THANK YOU** to everyone who supported AHA during the Spring2ACTion campaign. With the help of our members, volunteers, friends and family of members and volunteers, and our Alexandria network of supporters, we not only met our goal of \$32,000, we blew right past it to raise \$35,690.

We considered lowering our goal given the current state of affairs. But, like ACT for Alexandria, decided to keep our goal as planned for this campaign. Well, Alexandria came through for us and for

Spring2ACTion as a whole with \$2.4 million raised in total. We are very, very grateful for this huge outpouring of support.

And, if you missed the day, but still want to contribute, we would certainly welcome your contribution on our website [Donate page here](#), or by check mailed to the office. It will be credited to the Spring2ACTion campaign. Thank you!

AHA Calendar of Events

The calendar is back! We won't let our period of physical distancing break our connections. 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.

Here's the expanded calendar for April:

Monday, April 20 - [Zoom Training Session - 10am](#)

Tuesday, April 21 - [Tuesday Tech Talk - 10:30am](#) - Cell Phone Service: Are you overpaying for your needs?

Tuesday, April 21 - Party Line Conference Call - 1:15pm -2:00 (see information below)

Wednesday, April 22 - [Ladies Night "In" Happy Hour - 5-6pm](#)- BYOB

Thursday, April 23 - Party Line Conference Call - 1:15-2:00pm (see information below)

Thursday, April 23 - [Men's Night "In" Happy Hour - 5-6pm](#) - BYOB

Friday, April 24 - [The Roundtable Current Affairs Discussion -10am](#) - Brenda Bloch-Young is the guest speaker on the SECURE Act implications for retirees.

Sunday, April 26 - [Stretch with Kate - 4pm](#) - 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](#) - **SPECIAL EDITION** - Guest is Rep. Don Beyer. Space is limited.

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

If you haven't used Zoom yet, please plan to attend one of the Zoom training sessions (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.



Something for You, Something for Someone in Need

Keany Produce is offering curbside pickup of a box of produce or pantry items when pre-ordered on their website. There are two Alexandria locations - Alexandria YMCA and Good Shepherd Church - for pre-order pickup on Saturday, April 18 and Tuesday, April 21.

You can also donate a medley box of fruit and vegetables for a family in need that Keany will match and Good Shepherd Church will distribute.

Visit <https://keanyproduce.com/curbside/> for more information.

Important Information

- The May AHA newsletter will feature stories and anecdotes from our Members, Associates and Volunteers about their experiences during this stay-at-home period. Any interesting experiences to recount? Let's learn from one another and recognize those helping make this a period of neighbors helping neighbors as we navigate this unique experience in all of our lives. If you would like to take up the challenge of coming up with literary references adapted for the "quarantine," those are also welcome. Mary Ann Bier, our newsletter editor, is collecting your submissions. Email her at marybier@comcast.net.
- 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. By the way, we have it on good authority that Central Supermercado on Route 1 has the best avocados in town - and paper products, too.
- 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 at home while we all ride out this situation. We're here to help.

Sharing Good Ideas

What can you recommend to others? We're happy to feature your ideas!

- Cooking! We haven't talked about cooking. Well, AARP has a great article here <https://www.aarp.org/health/healthy-living/> that identifies all kinds of fresh foods that keep well, so you can avoid lots of trips to the grocery store. There are also recipe suggestions. Perhaps you're looking for new ideas to use some of those items in your pantry? Check www.goodhousekeeping.com/food-recipes/easy/ for some good ideas from Good Housekeeping.

- If you need wine with the lovely dinner you just made from one of those recipes, Steve told us about <https://drizly.com/>. You can order beer, wine or liquor online and it's delivered to you in under an hour. How's that for service?!

- A little bit bored? Well, take a look at this list of things to do, maybe something you haven't tackled yet. Try this <https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>. Pick something different each day and give it a whirl.

Please any ideas you'd like us to share in an email to jenheinz@athomeinalexandria.org and we'll include them in our next message. Thank you!

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