



## AHA News and Calendar May 1, 2020

How are you doing as we start this fresh new month of May? We hope you're managing to find purpose and connection despite the challenges posed by physical distancing and masking. AHA members, volunteers and staff are working together to ensure we maintain our sense of community and mutual support as we adapt to this new way of life. In that spirit, the "show must go on" and so our monthly newsletter went out on schedule in a separate mailing. Please read through it and get in touch if you have any questions.

### 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 first half of May. Please check our emails for updates as new programming is added!

Sunday, May 3 - [Stretch with Kate](#) - 4pm - Gentle stretching and breathing for 30 minutes with Barre3 instructor Kate McGrail

Monday, May 4 - [Zoom Training Session](#) - 10am

Tuesday, May 5 - [Tuesday Tech Talk](#) - 10:30am - Wide World of Google: From Drive and Duo to Photos and Sheets

Friday, May 8 - [The Politics Forum](#) - 1:30pm - Helen Desfosses presents "Viruses and American Politics: Fault Lines and Insights."

Sunday, May 10 - [Stretch with Kate](#) - 4pm

Monday, May 11 - [Monday Book Club](#) - 1pm - May book is "Founding Brothers" by Joseph Ellis.

Tuesday, May 12 - [What's in the News Discussion](#) -10am

Thursday, May 14 - [Ladies Night "In" Happy Hour](#) - 5pm

Friday, May 15 - [Armchair Travels](#) - 1:30pm - A trip to Antarctica

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.

### 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.



## We are "Zooming"

The COVID-19 crisis has certainly changed the way we think about a lot of things - handshaking, hugs, eating in restaurants. But one thing has not changed - the need to feel connection with friends and neighbors. To facilitate that continued connection, AHA has instituted the use of Zoom video conferencing to take our programs online until such time as we can meet again in person.

AHA members have embraced this technology as a way to chat with friends, discuss issues of the day, and learn from each other. Weekly Zoom training sessions have helped our members feel more confident using Zoom and we'll keep offering that training until everyone who wants to Zoom is trained to use it. We look forward to seeing each other in person soon, but, until then, we'll see each other online.

## Many thanks to Rep. Don Beyer

The April 28 edition of "What's in the News," one of our current events discussion groups, featured a fascinating 80 minute Zoom conversation with Rep. Don Beyer.

Our AHA members peppered Rep. Beyer with questions that ranged from the future of the USPS to stimulus funding to the threat of suits against governors by the current Attorney General. He left not a single question unanswered. We very much appreciate the time he spent with our group. We are hoping we can spend time with other elected officials in future meetings.



## Valuable Information

- AHA volunteers are still making grocery and pharmacy runs for our members. We appreciate their help and encourage our members to take advantage of this service. Call the AHA office to schedule and please allow at least 48 hours for us to arrange for a volunteer.
- The owners of Pork Barrel BBQ generously reached out to AHA to offer hot meals to a limited number of AHA members each week while our "quarantine" continues. Our volunteers deliver the meals. If you would like to receive a meal, please call the AHA office to be put on the list for an upcoming delivery.

- Gov. Northam has provided a “blueprint” for easing public health restrictions. You can view the pdf document here. <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Slide-Deck-4-24-2020-.pdf> We’re moving in the right direction!
- The FDA has updated its best practices for grocery stores, restaurants, and food delivery services. View the guidelines here. <https://www.fda.gov/food/food-safety-during-emergencies/best-practices-retail-food-stores-restaurants-and-food-pick-updelivery-services-during-covid-19#pickupdelivery> Before you order, ask whether these guidelines are being followed.
- The Alexandria Visitors Bureau has a new webpage to acquaint you with restaurants, attractions, art and wellness offerings here is Alexandria. Take a look! <https://www.visitalexandriava.com/alxathome/>
- 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](http://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.

Members, 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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