



AHA Update: Memorial Day Weekend Edition May 22, 2020

This weekend we remember those who gave the "last measure of devotion" in defense of our country.

Please be aware that AHA will be closed Monday for the Memorial Day holiday.

ZOOM Meeting attendees - please see the important notice below!

Zoom Security Upgrade Notice - Important for all Zoom Meeting Attendees

On May 30 Zoom will upgrade to version 5.0, which provides for enhanced security and other improvements. This will require that all users upgrade their version of the Zoom application. If you do the upgrade before May 29 you will avoid being prompted to do it when attempting to join a meeting after May 29, which could delay your login to the meeting. It will just take a couple of minutes.

For those using Zoom on your computer - please go to this link - <https://zoom.us/download>. From the list on that page, under the heading "Zoom Client for Meetings," click "download." This will download the new version to your computer.

- PC users - You will then need to install the download by clicking on the download as it appears in a box at the bottom left of your computer screen or in your Downloads folder. Follow the prompts to install and give permissions as requested. You do not need to create a Zoom account at the end of the install unless you want to.

- Mac users - click the download as noted above and then respond "Allow" when asked whether to allow downloads from zoom.us.

If you're using an iPhone or iPad - Go to the App Store, search for Zoom Cloud Meetings. When you select it it will offer you the option to Update. Click on that and the new version will install. It may ask for permissions - grant the permissions. You should be all set for your next meeting.

If you're using an Android phone or tablet - Go to the Google Play Store, search for Zoom Cloud Meetings. When you select it it will offer you the option to Update. Click on that and the new version will install. Approve any requested permissions. You should be all set for your next meeting.

If you encounter any problems, please contact the AHA office at aha@athomeinalexandria.org and we'll help you troubleshoot. Thank you!

AHA Calendar of Events

We hope you'll join us for an upcoming social or educational program! Until such time as we can gather again in person, all events are taking place using Zoom video conferencing. This has proven to work quite well and we're

happy so many AHA members and volunteers are participating. Be aware that you can also join by telephone only if you don't have video capability. So don't miss out....join us either way.

All event registration deadlines are 2 days prior to the program. We will send out the meeting information the day before the event to all who have registered. You must register using AHA Hub or by calling or emailing the AHA office. Please check our emails for updates as new programming is added! Here is the calendar for the remainder of May:

Tuesday, May 26 - [What's In The News Discussion](#) - 10am

Wednesday, May 27 - [Coffee and Conversation](#) - 10am - Let's build our summer reading lists with your recommendations

Thursday, May 28 - [Conversation with Del. Mark Levine](#) - 10am - NEW! Hear about the 2020 legislative session.

Thursday, May 28 - [Yoga with Amy](#) - 3pm - Yoga suitable for older adults, either using chair or mat

If you haven't used Zoom yet, please contact the AHA office and we will arrange a time to introduce you to Zoom and ensure you can access it.

Looking Ahead!

The following programs will be early in June, so get a jump on the June calendar and sign up now!

Art Talk - Friday, June 5 - Painter Sigrid Wares will provide a demonstration of encaustic painting, which is painting using colored wax and hot iron tools you might usually expect to use in quilting. She will also provide a "tour" of her studio and share examples of her encaustic and other artworks. The Zoom meeting will allow you to watch her technique close up while she narrates this intriguing process. RSVP on the AHA Hub or by contacting the AHA office by June 3.

Monday Book Club - Monday, June 8 - New book club members are always welcome to join us one Monday each month for a book discussion. The next Zoom meeting will be on Monday, June 8 at 1pm and the book selection is "The Husband's Secret" by Liane Moriarty. You may be familiar with Moriarty as she is also the author of "Big Little Lies," which you might have read or seen the HBO series. Linda Langley is the facilitator for this group and will be happy to answer any questions you may have. Please sign up on the AHA Hub or by calling or emailing the AHA office. RSVP by June 6.

Integrative Wellness Series - Monday, June 8 - Mara Benner of Four Directions Wellness will host a three-part series for AHA members and volunteers on Integrative Healthcare on consecutive Mondays in June - June 8, 15, and 22. The sessions will be held on Zoom. Mara created a short video to introduce you to this program. You can view it here <https://bit.ly/3cwSMh0> You can attend one or all of the sessions, but they are cumulative so we hope you can arrange to attend all three. Each session will be 45 minutes and will include time for questions and answers. Visit AHA Hub or call the office to register for the first session - An Overview of Integrative Healthcare and Simple Techniques - or call or email the AHA office to register. RSVP by June 6.

Art Talk - Conversation with Matthew Robertson - Wednesday, June 10 - Music lovers please join us for a Zoom meeting with Matthew Robertson, Artistic Director of The Thirteen," a nationally acclaimed choral singing group. Matthew Robertson has conducted the ensemble across the United States and in various recordings. Please enjoy this excerpt from a concert: check here to listen <https://bit.ly/3ghwK3Y> Join us for a conversation about Matthew's inspiration for founding the group, some of their recent challenges, and their unique take on choral music. RSVP by June 8.

Some Updates for You

- **On Wednesday, May 27th**, please consider supporting At Home in Alexandria during **SHOP.DINE.GIVE**. ACT for Alexandria, the nonprofit community, and shops and restaurants in the city are teaming up to support one another on Wednesday, May 27. When you make your shop purchase or restaurant carry out purchase at a participating business and **mention At Home in Alexandria at checkout**, the shop or restaurant will give a portion of their proceeds to AHA. Check here frequently to see which businesses are participating <https://bit.ly/36l7e9l>
- Mark your calendar for June 30 at 1pm for the exciting conclusion of our "parade of arts" in June with a Zoom program on "The Art of Travel." AHA members are welcome to share their artwork collected during their travels. Does the piece have a great backstory? Why is it special to you? Contact Jen Heinz at jenheinz@athomeinalexandria.org if you'd like to show artwork during the program. Otherwise, come and enjoy the art and the stories!
- 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 do allow at least 48 hours for us to arrange for a volunteer.

Check This Out!

The National Theatre in London...At Home

The National Theatre in London is offering filmed versions of their stage plays each week on YouTube. You can watch "A Streetcar Named Desire" performed at the Young Vic Theatre from now through Thursday May 28. This production stars Gillian Anderson as Blanche DuBois. The National Theatre YouTube channel <https://bit.ly/2ZszUfn> offers lots of other interesting content. Enjoy!



Important Reminders

- Gov. Northam has provided a "blueprint" for easing public health restrictions. You can view it here <https://bit.ly/2A4V0WM> Northern Virginia will not enter Phase 1 until May 29 or later.
- The FDA has updated its best practices for grocery stores, restaurants, and food delivery services. View the guidelines here <https://bit.ly/2A4VpZi> Before you order, ask whether these guidelines are being followed.
- The Alexandria Visitors Bureau has a new webpage ALX at Home <https://bit.ly/2WVeztB> to acquaint you with the restaurants, attractions, art and wellness offerings here in Alexandria. Take a look!
- 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.

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 at home while we all ride out this situation. We're here to help.

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