



— AT HOME IN —
ALEXANDRIA

AHA Update - Honoring Mothers Edition
May 8, 2020

If I Had A *Flower* For Each Time
I Thought Of My *MOTHER*
I Could Walk In My
Garden Forever...



AHA Calendar of Events

We hope you'll join us for an upcoming AHA social event. **All events are taking place using Zoom video conferencing, but you can also join by telephone only.** 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 note - The AHA Party Line is now a calendar item so you must register for it.

All event registration deadlines are 2 days prior to the program. Here's the calendar for the week ahead. Please check our emails for updates as new programming is added!

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

Monday, May 11 - [Zoom Training Session](#) - 10am - Basic and Meeting Setup training*

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

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

Wednesday, May 13 - [AHA Party Line](#) - 1:00pm - Open discussion - share your favorite easy recipe!**

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

Friday, May 15 - [AHA 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.

* Our Zoom session on Monday, May 11 will start with basic training and then we'll go over setting up a Zoom meeting for those who want to initiate your own Zoom events with friends and family.

** The Party Line is now online using Zoom and also accessible by call in by phone. We'll meet regularly with different topics. Join us!



Seeing your doctor...virtually

Many doctor's offices are switching to telehealth appointments because of coronavirus concerns. Telehealth appointments may take place over the phone or via a video conferencing service. You can go to the website below for a lengthier article, but here are some key tips to make the most of these appointments:

o **Make a list of your concerns and prioritize them.** Talk about the most important points first—don't put off what's really on your mind! If you don't get through all of your concerns, you may need to ask to schedule a follow up appointment.

o **Minimize technical difficulties.** Ask a friend or family member to help you download any apps and test your microphone and camera to make sure they are working. Make sure your speakers are up loud enough for you to hear well.

o **Keep your doctor up to date.** Let them know about any hospital or specialist visits you've had since your last visit. Also mention any changes you've noticed in your appetite, weight, sleep or energy levels.

here - <https://www.nia.nih.gov/health/how-prepare-doctors-appointment>

Thanks to Chevy Chase at Home for this link.

Beware of Scams

Unfortunately, there are people trying to take advantage of these unprecedented and confusing times and running scams. Here is more information -

<https://www.consumeraffairs.com/news/two-coronavirus-scams-target-seniors-and-church-members-032320.html> Many

are related to Medicare, and others are "spoofing" emails in which someone is posing as your friend - using an email or name you recognize - asking for money or gift cards. If it looks unusual or odd, play it safe. Don't reply to the email. Reach out to the person directly and confirm whether they intended to contact you. And, as always, don't click on links in emails that come from an unfamiliar source. If you want to pursue the link, instead, use Google to find the page on the website in question. If you can't find it, it was likely bogus.



Sign up today. Because every second counts.

Smart 911

Have you signed up yet? This service is free and provides first responders information that may help you in an emergency while at home or on the road. <https://www.smart911.com/> Look for a more detailed article in our June AHA newsletter.

Are you a puzzler?

Puzzle lovers may want to take advantage of the opportunity to support the Virginia Museum of Fine Arts by purchasing one of their beautiful puzzles. Some are double sided for an extra challenge (and two puzzles for one price!) VFMA members receive a 10% discount and free shipping on purchases, and non-members can get free shipping using the code FREESHIP.

<https://vmfashop.com/puzzle-games.html>

Would you be interested in a "puzzle exchange" with other AHA members? Let us know - email jenheinz@athomeinalexandria.org if interested.



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 do 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. <https://www.governor.virginia.gov/media/governorvirginiagov/governor-of-virginia/pdf/Slide-Deck-4-24-2020-.pdf>
- The FDA has updated its best practices for grocery stores, restaurants, and food delivery services. <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 the restaurants, attractions, art and wellness offerings here in Alexandria. Take a look! <https://www.visitalexandriava.com/alxathome/>
- 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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