



## **AHA Mid-Month Update and News May 15, 2020**

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### **AHA Calendar of Events - Join in!**

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 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!

Sunday, May 17 - [Gentle Stretch and Breathing with Kate](#) - 4pm

Wednesday, May 20 - [AHA Party Line](#)\* - 1:00pm - Love your pet day - show off your pet and meet the pets of other AHA members!

Thursday, May 21 - [Men's Night "In" Happy Hour](#) - 5pm

Friday, May 22 - [The Roundtable Current Affairs Discussion](#) - 10am - See description below

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

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.

\* The Party Line is now online using Zoom and is also accessible by call in by phone. You must register ahead of time to get the call in or log in information.

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### **Looking Ahead!**

#### **The Roundtable Discussion: Lessons Learned**

Our May 22 Roundtable discussion will take a look back as we plan for the future. We'll discuss the lessons learned from staying at home as well as the behavioral changes that will likely become permanent. The discussion leader, Julie Gentry, has some materials that will provide food for thought in advance of the discussion so that you can come prepared to share your perspective and pick up new ideas from fellow AHA members and volunteers. Please RSVP by May 24 [here on AHA Hub](#) or by calling or emailing the AHA office.

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## **The Art of Travel - Let's Share**

Have you picked up artwork in your travels that you would be willing to show your fellow AHA members? Did you meet the artist? Is there a great story behind it? We want to hear about it and see it! We'll be scheduling a "travel art" Zoom meeting in mid to late June that will feature just that sort of artwork. If you have art to share, email Jen Heinz now at [jenheinz@athomeinalexandria.org](mailto:jenheinz@athomeinalexandria.org) to express your interest in participating.

On a related note:

If you have a travelogue you would like to share with fellow AHA members, please get in touch. We have the capability to use Zoom to share your photos while you narrate. Thanks to Penelope Roberts for starting this "Armchair Travels" program today with stories and images from her visit to Antarctica.

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## **The Monday Book Club - Let's Read**

New book club members are always welcome to join us one Monday each month for a book discussion. The next 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 AHA Hub or by calling or emailing the AHA office.

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## **Integrative Wellness Series - Let's Talk Wellness**

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. [Click here to view a short video](#) Mara created to introduce you to this program. 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 here](#) to register for the first session - An Overview of Integrative Healthcare and Simple Techniques - or call or email the AHA office to register.

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## **Check This Out!**

### **MINDRAMP - Your Roadmap for Brain Health**

How healthy is your brain? Perhaps you'll find out if you listen to a [new series of podcasts that focus on the MINDRAMP's MAPS Method](#). You can also listen to the [introductory podcasts that explain the](#)



[MINDRAMP program](#) and focus on Qualongevity (longevity + quality-of-life). The introduction reviews the scientific theories that provide the foundation for the MINDRAMP approach to brain health and mental flourishing. The MAPS Method is the follow-on series providing a roadmap for turning goals and objectives into action. MAPS is an acronym for the four key steps you can use to turn your brain health and Qualongevity goals into concrete action plans: Motivation, Assessment, Planning and Skills for Sustainability. Take a listen!

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### **At Home at Highclere**

OK, Downton Abbey fans, did you know that Viking.tv offers a weekly visit to Highclere Castle, the grand country home that you would recognize as Downton Abbey? "At Home at Highclere" is presented by the Countess of Carnarvon every Friday as a live stream. There are now 6 past episodes available to view, and the live stream of Episode 7 begins at 2pm today. [Click here to read more, start the live stream, and view past episodes.](#) And check out all that Viking.tv has to offer.

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### **Enjoy European Culture...at Home**

The embassies of the EU in DC are closed right now for visits, but are swinging open their "virtual" doors to visitors during the month of May. [Check out the EU Open House website here](#) and you can learn how to make a fantastic Danish fish sandwich, take a tour of French landmarks, and enjoy hours of Irish music, plus much, much more. Enjoy!

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### **Some Updates for You**

- LAST CALL! Many thanks to Mike and Donna Anderson, the owners of Pork Barrel BBQ and Sweet Fire Donna's restaurants, for generously providing hot meals for AHA members during May. Tuesday, May 19 will be our last meal delivery. If you would like to receive a meal, please call the AHA office by Monday at 10am to be put on the list for delivery on Tuesday.
- ACT for Alexandria, the nonprofit community, and restaurants in the city are teaming up to support one another on Wednesday, May 27. When you make your restaurant carry out purchase and mention At Home in Alexandria the restaurant will give a portion of their proceeds to AHA. More details to follow.
- 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.
- Gov. Northam has provided a "blueprint" for easing public health restrictions. [You can view the pdf document here.](#) 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.](#) Before you order, ask whether these guidelines are being followed.
- The Alexandria Visitors Bureau has a new webpage [ALX at Home](#) 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](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 at home while we all ride out this situation. We're here to help.

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