

A Community of Members Age 55+ Helping One Another to Lead Safe, Active, and Connected Lives

## SPRING2ACTION 2026 – SAVE THE DATE!

By Jamie Ciesla, AHA Executive Director

On Wednesday, April 22, Alexandria’s nonprofits will come together for Spring2ACTION (S2A), the City of Alexandria’s annual online giving day hosted by ACT for Alexandria. As a long-time AHA member and supporter, you’ve helped shape AHA into the strong, caring community it is today. Spring2ACTION is one of our two most important fundraisers, providing nearly 18% of our annual operating budget last year. This year, we hope to grow that support to 25% so we can strengthen programs, expand services, and ensure AHA remains vibrant and sustainable for years to come. Every gift helps older adults age safely and confidently in their own homes, supported by neighbors who care. If you are able, we invite you to consider a gift that reflects the value AHA brings to you and to our community.



We will share more details in the coming weeks about how to participate, including plans to gather once again at Del Ray Café as our Spring2ACTION “campaign headquarters” throughout the day on 22 April. Also stay tuned for information about special events throughout the day, matching gift opportunities, and simple ways to make your impact go even further.

## TAX CHANGES FOR CHARITABLE CONTRIBUTIONS

By Brenda Bloch-Young, AHA Member

Now is a good time to check your tax return to see if you are claiming the Standard Deduction or using the itemized deductions. For 2026, you can still get a tax break for direct cash gifts to At Home in Alexandria. The OBBA (One Big Beautiful Bill Act) reinstated a Universal Charitable Deduction even if you are taking the Standard Deduction. You will be able to deduct direct cash gifts to qualified charities—up to \$1,000 for single filers and \$2,000 for joint filers.

Another option is using a Qualified Charitable Deduction (QCD) from your retirement account. You must be 70 1/2 years old and the contribution must be made directly from the account to the designated charity. If you are already taking your RMD (Required Minimum Distribution), this is a good planning tool to reduce your taxable income. As always, we recommend that you consult your tax advisor for guidance.

## March 2026 Calendar

Please note that the programs in this calendar may be scheduled via Zoom or in person. The AHA office will send you the Zoom link after you have registered for a program. The link will allow you to join Zoom. Movie Group is looking for a new facilitator, contact the office if you are interested.

Tuesdays, March 3, 10, 17, 24, and 31	<b>AHA Yoga</b> at The View in Alexandria House. Spaces may be limited. *Mat Yoga 9:30-10:30; Chair Yoga 11am-12 noon. NOTE: Chair yoga is FULL at this time.	9:30am - 12pm*
Tuesdays, March 3, 10, 17, 24 and 31	<b>Weekly Scrabble</b> at the home of Jeff and Donna Ghers. Limit of 3.	1:30pm
Tuesday, March 10	<b>Ladies' Night Out</b> at Royal Restaurant, 730 N St Asaph St. Limit of 10.	5-7pm
Wednesday, March 11	<b>Dine Around</b> at O'Connell's, 112 King St. Limit of 8.	6-8pm
Saturday, March 14	<b>Happy Hour</b> at Marina Towers, 501 Slaters Ln. No limit.	5-7pm
Monday, March 16	<b>Lively Arts Discussion</b> at Marie Cataffo's home. Limit of 10.	10am
Wednesday, March 18	<b>Third Wednesday Book Club</b> on Zoom. "The Names" by Florence Knapp.	7pm
Thursday, March 19	<b>Tech Thursday</b> Topic: Cyber Fraud. Tech Thursday will be held at the AHA office. Limit of 10.	1pm
Thursday, March 19	<b>Men's Night Out</b> at Aldo's Italian Kitchen, 2850 Eisenhower Ave. No limit.	5-6:30pm
Monday, March 23	<b>Morning Brew</b> at Alexandria Pastry Shop, 3690 King St. Limit of 10.	10am
Wednesday, March 25	<b>Waltz Tech Helpers Info Session</b> on Zoom <a href="https://bit.ly/waltzorientation">https://bit.ly/waltzorientation</a> . <b>No limit.</b> See article on page 3 for more info.	11am
Thursday, March 26	<b>Lunch Around</b> at Chadwick's, 203 Strand St. Limit of 10.	12pm

### TO REGISTER

Please call or email Veronica Ferris at [AHA@AtHomeInAlexandria.org](mailto:AHA@AtHomeInAlexandria.org) or at (703) 231-0824

### AHA'S COVID GUIDELINES

AHA no longer requires, but **highly recommends**, COVID vaccines for members attending in-person events. If you don't feel well, please test prior to attending AHA events.

## COMMUNITY TAX HELP: \$0 IN, PEACE OF MIND OUT

By Tom Reeder, AHA Member

It's that time of year again – time to file your federal and state income tax returns. You can get free, in-person tax preparation help under two programs in Northern Virginia.

First, the **AARP Foundation** sponsors the **Tax-Aide** program at multiple locations in Northern Virginia, including the Sherwood Regional Library (Monday through Saturday, walk-ins only), the Arlington Central Library (Tuesdays & Thursdays, appointments and limited walk-ins) and the Columbia Pike Library (Tuesdays, Fridays, and Saturdays, appointments and limited walk-ins). Go to [novataxaide.org/](http://novataxaide.org/) for hours, other locations, and to make an appointment.

Second, the **City of Alexandria** and **Community Tax Aid** sponsor free tax preparation help on Wednesday evenings and Saturday mornings (appointments and limited walk-ins) at the Del Pepper Community Resource Center. You can get an appointment for that program by calling (202)830-1480. You can go to <https://sites.google.com/view/community-tax-aid-dc-clients/home> for complete information, including how to get assistance virtually.

Both the AARP Tax-Aide and Community Tax Aid programs are staffed by trained, certified tax preparers. Both programs have limitations on the scope of returns they can do. For example, they cannot prepare returns for businesses with employees, a loss, or a home office deduction. The AARP Tax-Aide program has no income limit, but the Community Tax Aid program cannot prepare returns for persons or families with annual incomes over \$69,000.



## TIRED OF ASKING YOUR FAMILY FOR TECH HELP? ASK WALTZ INSTEAD!

At Home in Alexandria is proud to partner with Waltz, a company that provides human-to-human tech support. Kathie Fricke, an At Home in Alexandria member, introduced Waltz to us.

Their Tech Helpers offer patient, personal support without automated phone menus or confusing steps. Waltz Tech Helpers can help “fix things” AND they can coach you through your tech questions step-by-step, so you can feel more confident the next time something comes up.

Waltz can help with a wide range of everyday tech needs, including:

- Issues with devices turning on or not charging
- Unlocking a device or account
- Problems sending/receiving emails
- Printer errors
- Navigating medical portals
- Protecting yourself from online scams
- Password management
- Document backup and storage
- Using new technology, including AI tools

Join Us for a Waltz Tech Support Presentation on March 25th at 11:00 am EST.

Contact the office to sign up. If you want to learn more about Waltz prior to the presentation, go to [www.waltz.team](http://www.waltz.team) or call (844) 629-2589.



# THE ROKUS HAVE ARRIVED!

By Jamie Ciesla, AHA Executive Director

We have good news! After nearly a one-year wait, the Roku devices have finally arrived, and AHA is excited to begin rolling out this pilot program to our members.

Through a collaboration with local public television station WETA and Arlington Neighborhood Village, Roku has provided the latest version of its streaming device free of charge. Over the coming weeks, 15 AHA members will receive a Roku device, with support from three trained AHA volunteer installers who will help connect the device, set up streaming services, and ensure members feel comfortable using their new remote. This partnership brings together shared goals: WETA expanding access to PBS programming, Roku introducing its technology to new audiences, and AHA ensuring our members feel confident and supported as they navigate TV streaming at home. There are three Rokus up for grabs! Contact the office if you are interested.

We are grateful to the volunteers and members participating in this initial rollout and look forward to sharing updates as the program gets underway.



AHA's own Operations and Member Services Manager, Tegan Cohen, on the set of PBS News Hour when visiting WETA Studios to discuss the Roku project.



AHA staff: Veronica Ferris, Tegan Cohen and Jamie Ciesla with Rokus for distribution.



AHA volunteer Tom Reeder after a successful Roku installation at an AHA member's home.

## SENIOR EDUCATION AND TRAVEL PANEL

Last month, AHA and Senior Services of Alexandria co-hosted a Senior Education and Travel Panel at Beatley Library. We were delighted to host partners from the library system, Road Scholar, and Encore Learning. A special thank you to AHA Member Jim Larocco for presenting on several local and national parks that are senior-friendly.



## BEATLEY FRIENDS' SPRING BOOK SALE

Get ready to shop great books at unbeatable prices—all for a great cause! All items for sale have been generously donated by supporters like you. Every dollar raised helps fund innovative programs, expanded collections, and state-of-the-art technology for the library.

Location: Beatley Central Library  
Members' Only Preview: Tuesday, March 17 from 3:00 - 7:30 pm  
General Public Sale: Begins Wednesday, March 18 at 10:00 am and runs through Monday, March 23.

## PHOTOS FROM RECENT EVENTS



AHA members joined the Capital Area Chapter of the American Pilgrims of the Camino for a walk in Old Town led by AHA Board Member Jim Larocco.



AHA Members enjoying Happy Hour on February 21 at the home of Bob Eiffert and Michael Curry.

### Board of Directors

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— AT HOME IN —  
**ALEXANDRIA**

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### **Special Days in March**

March 3	<i>Holi Begins</i>
March 9	<i>Daylight Savings Time</i>
March 15	<i>Ides of March</i>
March 17	<i>St. Patrick's Day</i>
March 18	<i>Ramadan Ends</i>
March 20	<i>Eid Al-Fitr Begins</i>
March 20	<i>First Day of Spring</i>
March 29	<i>Palm Sunday</i>

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Remember to set your clocks ahead one hour  
on Sunday, March 9, 2026.