

Helping Alexandria's seniors who prefer to remain—independently—in their own homes

Sad—yet Hopeful

By Cele Garrett

Hello, treasured AHA members and volunteers. I sure have missed seeing you over these past several weeks but at least I've had a chance to talk with many of you by phone. And, I appreciate the fact that many of you have been in touch with one another. Continue to reach out to one another whenever you can. It really boosts my spirit when I hear from someone I've not talked with in a while who just wants to check up on me. These brief connections – by phone, handwritten note, email or text – are the best antidote to feeling lonely. Not getting to see the friends and family we wish we could spend time with is a loss for each one of us. And, the uncertainty of not knowing how long this situation will last adds another level of sadness and stress.

Yet, in the midst of it all, I feel hopeful. Since everyone is spending so much time at home, neighbors are helping one another more than ever. I see evidence of this every day, as I'm sure you do. And, people are giving more thought to their larger community – realizing that however bad their situation may seem, there are those among us suffering even more. When we are able to gather together again, I think we'll appreciate the fellowship more than ever.

Most of all, I want each of you to know that when you join as an AHA member, you are part of a community whose members and volunteers are committed to looking out for one

another. Maybe you've been so independent that you haven't called upon AHA for much help – but don't let that be a reason not to call us now if you need information, a referral, a delivery or even a medically necessary ride. If you've been reluctant to try a new AHA event, why not join us for a virtual event? If you are an AHA member, you are never truly alone. Though we try not to "hover over" or impose ourselves on our members, we stand at the ready if and when you need us.

...and Grateful!

At midnight on April 15, we finished our annual Spring2ACTION fundraising campaign, exceeding our \$32,000 goal by 10 percent. I cannot express how relieved and grateful I feel to all of you for helping to make this campaign so successful.

continued on page 2



Congratulations with Zoom to a successful Spring2ACTION event.

You stepped up with unparalleled generosity during this campaign. We were blown away – and I thank you sincerely for being there for AHA. You might be heartened to know that many friends and neighbors joined you in supporting AHA, too. I hope you are as encouraged by this as I am. Some of these supporters are far too young to be an AHA member; others are involved with their work and families and don't have the time to volunteer for us. But their financial support demonstrates that they, too, care that our older neighbors have a safety net and the support they need.

It's difficult to single out specific people from the 178 donors who contributed to make Spring2ACTion a great success. Certainly, I am aware of the numerous gifts from those of you who prefer to remain anonymous – and though we respect your wishes not to be acknowledged publicly, please know I am immensely grateful. I would like to thank the **Mason Hirst Foundation** for providing a \$4,000 matching grant to kick off our campaign. We would not have achieved our goal without their help so I cannot overestimate how important their longstanding support has been. Our AHA board members Susanne Adams, Brenda Bloch-Young and Pete Crouch had their own "fundraising champion" page to raise money for our campaign.

Below is a list of our matching gift donors:

Susanne and Bud Adams
AHA "Office Divas"
Victoria Almquist, Jane King, Krissy King Brown
Bill and Teddye Clayton
Bob Eiffert and Michael Curry
Louise and Mike Kenny
Nancy Kincaid
Linda Langley, Penny Roberts, and Mary Jayne Swanson (aka "Two Whites and a Rose")
Pam and Steve Nelson
Christena Nielsen and Tom Crowley
Jan Pomerantz and Everett Wilcox
Barbara Rosenfeld and Marty Tolchin
Shelli Ross

thank you!

May 2020 ZOOM Calendar

Please call or email the AHA office to register for these programs or register online through the AHA Hub, at least 2 days before the program date.

The programs in the table below are all scheduled to take place using the Zoom app on your computer or device. The AHA office will provide you with the meeting link after you have registered for the program. Stay tuned for additional programming sent by email or eblast, or on the AHA website.

Date	Program	Time
May 3, Sunday	Stretch & Breathe with Kate	4-4.30 pm
May 5, Tuesday	Tech Talk	10.30-11.30 am
May 8, Friday	The Politics Forum	1.30-2.30 pm
May 10, Sunday	Stretch & Breathe with Kate	4-4.30 pm
May 11, Monday	The Monday Book Club	1-3 pm
May 12, Tuesday	"What's in the News" Discussion	10-11.30 am
May 12, Tuesday.	Ladies' Night "In"	5-7 pm
May 15, Friday	Armchair Travels	1.30-2.30 pm
May 17, Sunday	Stretch & Breathe with Kate	4-4.30 pm
May 19, Tuesday	AHA Board Meeting	2-4 pm
May. 21, Thursday	Men's Night "In"	5-7 pm
May 22, Friday	The Roundtable Current Affairs Discussion	10-11 am
May 26, Tuesday	"What's in the News" Discussion	10-11.30 am
May 27, Wed.	Coffee and Conversation	10-11.30 am

**The "Party Line" call-in conference line (not Zoom) is scheduled for every Tuesday and Thursday, 1:15 – 2:00 p.m.
The phone number is 339-209-6841.**

There is an electric fire in human nature tending to purify – so that among these human creatures there is continually some birth of new heroism. – *John Keats*

Masks Galore from So Many Talented Members



Brenda Bloch-Young in her wrap-around face mask.



Gretchen Klimoski with her generous production and donation of masks.



Teddy Clayton using a vintage machine making ribbon for masks.



Julie Gentry's first mask with fun fabric.



Ruth Arnold's no-sew mask.



Who is it?? * with a homemade hat - not a mask - while opening the door for Pete Crouch after he completed a shopping trip for her.



Suzanne Adams made many masks and gave them away. "It's a national movement."

What's Up with AHA Members, Associates and Volunteers While in Stay-at-Home Mode

Sandy Heistad says, "Now that I have been introduced to Zoom, I was excited to get an invitation from my book club in Iowa City of 37 years to join their Zoom meeting in May. The book is *Big Sky* by Kate Atkinson and should be a fun discussion. Lots of catching up to do, too, but I will need a face lift by May 12 if anyone knows someone who could help."

Linda Langley and Ernie and Montsie Lehmann found the perfect indoor exercise routine. They measured the hall in their condo building and now walk 1.5 miles a day in three trips during the day.

Sandra Stern, an avid gardener, reports, "After despairing that I would ever see a garden shop again, I resorted to ordering online. I found most of what I want - flowers and veggies- at White Flower Farm. All should arrive soon, and I can get into the garden to plant.

"My neighbors and I have had two coronavirus happy hours. We gathered outside and everyone brought their own chairs and drink. Not the same, but fun to get together."

Gretchen Klimoski was shopping at Trader Joe's in Old Town recently when she spotted a man in line on the sidewalk with one of the masks she made for AHA. While in the store she spotted two more. "I know they were ones I had made because the fabric is so distinctive. I never did "catch up" with any of the wearers because of the store layout but it was fun to see," Gretchen says. Perhaps some of the wearers were AHA members or volunteers shopping for others.

Howard Weiss is spending his stay-at-home time making calls on behalf of political candidates he supports, a good way to chat and stay in touch. He is also making calls for Beto O'Rourke's Powered by People campaign, soliciting volunteers to work at food banks in Texas, and working on his Spanish utilizing free Alexandria Library services.

I never thought the comment, "I wouldn't touch him/her with a six-foot pole" would become a national policy, but here we are!

* Rita Mattia is the knitter with mask.

AHA Takes Programming Online Using Zoom



First Zoom Training Session

There's something about seeing a familiar face that can make your day. To discuss current events, to raise a toast, to laugh together, to simply talk and be heard – these were all things we took for granted until March and the virus paused life as we know it. But that doesn't mean we have to stop engaging and connecting – we have options.

AHA staff and board decided in March to purchase a subscription to Zoom to enable us to host online video. Brenda Bloch-Young and Jen Heinz have spearheaded the effort to train AHA members and volunteers on Zoom access and use.

Our first Zoom program was "What's in the News" on April 14 and, with that success, we were off and running with additional programs. Check our May calendar for additional programming.

AHA is employing all available security measures to ensure our Zoom meetings are private and secure.

- Our meetings are not recorded.
- The link to each meeting/program is sent only to those who have pre-registered and is never made publicly available.
- A virtual "waiting room" is used to ensure only registered participants are permitted to enter the meeting.
- The meeting is "locked" by the host once everyone has entered the meeting so no unwanted intrusions can occur.

Zoom training sessions are held every Monday at 10 a.m. If you're unable to participate in a Monday session, contact Jen Heinz at jenheinz@athomeinalexandria.org to schedule another time. If you are unable to use video conferencing, please call the office for information about using a telephone conference call line.

We don't know how long we'll be using Zoom to stay engaged. But we're happy to have this option available and encourage everyone to give it a try.

No Required Minimum Distributions

by Brenda Bloch-Young

The CARES Act suspends the need to take required minimum distributions (RMD) for the 2020 tax year. This will allow those who don't need to take a distribution to leave their money in their portfolios, in hopes of a market recovery in late 2020. Contact your financial and/or tax advisors.

Don't Need the Stimulus? - Give It Away

by Bob Eifert

Some of our AHA members may have received a stimulus payment as part of the federal government's CARES Act. For those who need it, I hope it provides some relief. But for those who don't need it, I suggest you consider giving it away. You may have a family member or friend who needs cash assistance. You can give it to them without negative tax consequences for them. Or you can give it to a charity. There are many worthy possibilities right now, including AHA. In addition to your usual favorites, you might consider giving to a particular relief organization. I am very impressed with Jose Andres' World Central Kitchen. They are producing millions of meals to give away to people in need all over the nation and the world. Whatever you choose to do, you can make a difference in the lives of others who are in need right now.

Board of Directors

Bob Eifert, Chair	Pamela Nelson, Vice Chair
Sandy Heistad, Sec'y	Kathie Fricke, Treasurer
Susanne Adams	Brenda Bloch-Young
Peter Crouch	Helen Desfosses
Linda Langley	Penelope Roberts
Jane King	Victoria Almquist

Editor: Mary Ann Bier

Executive Director

Cecile (Cele) Garrett

Marketing Manager

Jen Heinz

Advisory Council

Laurie Blackburn

Carol Downs	Richard Hobson
Judith Jones, MD	Louise Kenny
Jessica LeFevre	Ernie Lehmann
Tim Lovain	Mitch Opalski
Jan Pomerantz	Vicki Vasques

Operations Co-Managers

Dara Surratt and Megan McIntyre

Program Committee Needs Volunteers

by Penelope Roberts

It looks like we will not be having face-to-face programs for quite a while yet. That doesn't mean that we can't meet virtually. To that end, we are looking for volunteers who would like to help. If there is anyone who is willing to take on a program, or who has a speaker or subject they would like to host, let me or the office know right away. We can talk times and logistics later.

Some ideas to consider include: armchair travel, from the many of us who have had interesting adventures to share; a movie or documentary discussion group after viewing something interesting on YouTube and then coming together to discuss; a non-fiction book club; virtual gardening; what's for dinner. There are so many options. If you have an idea or are willing to take on one of these, let us know.

If you know someone who would make an interesting speaker, such as a local personality or a member, willing to share experiences or interests at Coffee and Conversation or for a stand-alone program, let us know. We want to keep engaged and connected with each other. Technology offers so many options. Contact Penelope at psroberts378@gmail.com or contact the AHA office.

Remembering Peter J. Harvey – 1948-2020

AHA member Peter J. Harvey died Feb. 5 at his home in Alexandria. Born in Holland in 1940, Harvey emigrated to New York in 1948. He studied for a time at Fordham University, then earned a Ph.D. in philosophy at Michigan and a law degree at Yale. His career included time as a philosophy professor at Wesleyan; associate at the law firm Cravath, Swaine and Moore; and an officer with Sumitomo Mitsu Banking Corp. He retired in 2014.

His son, David, said in a eulogy that Peter Harvey was "chessman, classicist, philosopher, teacher, lawyer" – who "cared so deeply for others."

Peter Harvey is survived by his wife of 50 years, Donna; brother Stephen; son David; and grandson Flynn Peter.

CONTACT US

At Home in Alexandria
3139 Mt. Vernon Avenue
Alexandria, VA 22305
703-231-0824

aha@athomeinalexandria.org
www.athomeinalexandria.org



— AT HOME IN —
ALEXANDRIA

3139 Mt. Vernon Avenue
Alexandria, VA 22305

IN THIS ISSUE

P. 1 Executive Director Notes

P. 2 May Zoom Calendar

P. 3 Masks +

P. 4 What's Up

P. 4 Using Zoom

P. 5 RMD, Charity

P. 5 Programs Help Needed

P. 5 Peter Harvey Obit