

# ALIVE! Wire

Fall 2013



## *President's Message*

### **Marching Ahead**

At the Ceremony Commemorating the 50<sup>th</sup> anniversary of the March on Washington, led by Dr. Martin Luther King, President Obama reminded us that one of the focuses of the March was economic opportunity for all

Americans, and that the promise of this Nation will only be kept when we work together. Joan Baez, at the White House Celebration of Music from the Civil Rights Movement, sang "We shall overcome ... we'll walk hand in hand ... and we shall live in peace." Who could not be inspired by the words of the speakers and musicians who encouraged us to come together to work in the interest of others?

Volunteers and supporters at ALIVE! and other non-profits don't need to be reminded that there is still important work to be done. They already are motivated forces for good in our community. Still, the eloquent words of our President and others and the moving music of the civil rights era are reminiscent of what the President called the "coalition of conscience that found expression in this place 50 years ago."

What we can do is try to make a difference – try to help our neighbors in need meet day to day challenges and perhaps even become masters of their own fates. Does providing food to an elderly woman who may be living on a small fixed income ease the tensions of her life? Probably so. Does providing furniture to someone who is moving from the streets or a shelter into his own apartment change his life? It certainly helps. Will providing early childhood education to three and four year olds whose parents work hard to help them grow, but can't afford the considerable cost of a quality pre-kindergarten education, change the course of their lives? There's a good chance that it will. When it is possible for the Last Saturday Food Distribution program also to provide eye examinations and glasses at its distribution sites, are lives altered? They can be, especially when possibly serious health problems are discovered and treatment is arranged.

I am honored to work with so many wonderful people at ALIVE! who are committed to helping our neighbors in need, who believe that ALIVE! provides them a good opportunity to address the broader concerns of the community, and who are convinced that they get more than they give in the process of helping others. We would be

*President's letter continued on page 2*

## **Fannie Mae Help the Homeless 2013**

Have you ever wondered how you can help people who are homeless in Alexandria? Here are three great opportunities to raise awareness and funds to fight homelessness:



### **Register to walk with ALIVE! at the Acacia Rock and Stroll**

The Acacia Rock and Stroll will be held on Saturday, September 28<sup>th</sup>, from 10 am – 1 pm. Registration fees are \$30 for adults and \$20 for children. Fees include BBQ lunch, Zumba, Parkour exercise training, kids' activities, and more! For more information about this event, visit [www.rockandstroll.net](http://www.rockandstroll.net). To register, visit [www.alive-inc.org](http://www.alive-inc.org).

### **Sponsor the Acacia Rock and Stroll**

Sponsorships for Rock and Stroll are available from \$1,500 to \$100,000 and provide excellent opportunities to reach hundreds in a fun and upbeat way. For more information and to register your sponsorship, visit [www.helpthehomelessdc.org](http://www.helpthehomelessdc.org), select "Get Involved," then "Sponsor." Be sure to select ALIVE! as the organization to benefit from your support. Contact Jennifer Greiner at [jennifer@alive-inc.org](mailto:jennifer@alive-inc.org) for more information.

### **Organize or participate in a Congregations Community Walk**

These events will be held all over town on November 3<sup>rd</sup>. Speak with your congregational leaders or contact Jennifer Greiner at [jennifer@alive-inc.org](mailto:jennifer@alive-inc.org) for more information.



**FannieMae.**

**help the  
homeless**



## Notes from the Executive Director - Ken Naser



*Above:* Executive Director, Ken Naser, and President, Ellen Brown, appreciatively receive the beautiful new van.

serving the poor. This is our “silver lining” – we were accepted! Only instead of silver, our lining came in Pearl Streak Blue. It is a 2013 Dodge Grand Caravan. Last weekend, it carried backpacks loaded with school supplies to more than 100 students whose families were getting groceries at our Cora Kelly Last Saturday Food Distribution.

The van sports signage says it was a donation from Poor Robert's Charities as well as Bill & Mary Reap and Randy & Patsy Norton - two families whose generosity made it possible. THANK YOU, Bobby Abbo, Bill & Mary, and Randy & Patsy, for making this dream come true.

Ken

They say every cloud has a silver lining. In the Spring 2013 issue of the ALIVE! Wire, we ran a story about how the ALIVE! van had been stolen from the parking lot of member congregation, Fairlington United Methodist Church. Thieves had hot-wired it, gotten traffic tickets in the District of Columbia, crashed it into something causing major damage, and left it abandoned in Prince George's County, Maryland. When our insurance company sent out the claims adjustor, it was determined that the damage was too extensive to justify repairing. That was our “cloud.”

Later this Spring, we submitted a proposal to Poor Robert's Charities, a DC-based 501(c)3 non-profit that for many years has provided vans to other charities who work



*Above:* Loaded up with over 100 backpacks, the new van is ready to go to Cora Kelly for the distribution.

## Backpack Distribution

### Brings Smiles to All

Commonwealth Baptist Church and Fairlington UMC collected over 100 backpacks and filled them with school supplies for the children who come to ALIVE!'s Last Saturday Food Distribution at Cora Kelly. The children were delighted

to receive their backpacks and are now even more enthusiastic about the beginning of this new school year.



## Thank you, MOAA!

For over ten years, the Military Officers Association of America (MOAA) has held a fundraising campaign dedicated to ALIVE! and our mission to serve our community. This year, they surpassed previous year totals, raising over \$11,400 to support ALIVE!'s mission of putting faith and love into action. We are so appreciative of their efforts and their willingness to give to those we serve in the City of Alexandria!



## SUCCESS

By Mike Diffley,  
Furniture Program Chair

Every piece of furniture, bag of groceries or box of housewares delivered; every family helped on Last Saturdays or sheltered at the ALIVE! House; every financial emergency resolved; and every child educated at the CDC is a success story. But I will admit, some Saturday mornings are especially sweet. I'll tell you about one.



We were on our way to deliver furniture to a family who had none. Normally, that makes me a happy guy; but in this case, the furniture we had collected that morning was only a step away from having given all it can give. So I felt some trepidation. After all, no matter their circumstances, everyone is entitled to their expectations.

Well, we had bought in the first few pieces of furniture when a six-year-old girl – cute as a button – skipped into the living room, put her hands on hips and declared, “That's the most beautiful furniture I've ever seen!”

Trepidation gone. By the time we had returned from the truck with more items, she had her four-year-old brother gleefully polishing the furniture.

To top it off, when we had finished, the father lined up ALIVE!'s crew at the door to his apartment so he could shake each volunteer's hand and thank them personally. When he got to me at the end of the line, he said, “You know we are all brothers.”

Amen. Success.

## Marching Ahead

### President's Message from page 1

happy to have others join us in this march as well.

Ellen Brown

## ALIVE! Celebrates the CDC Graduating Class of 2013

Graduation was a thrilling day for everyone here at the ALIVE! CDC. Proudly wearing their caps and gowns, our seventeen graduates stood tall on the stage, excitedly reciting poems and singing their favorite pre-school songs. They each took turns walking down the aisle and receiving their "diplomas." Following the ceremony, everyone celebrated the children's accomplishments with delicious treats and a special cake. The children were each given several picture books to commemorate the occasion.

Our graduates will certainly be missed, but they are well prepared to tackle elementary school! What a terrific group of children we were blessed to have had here at ALIVE! CDC. We wish them all the best in Kindergarten and in all their years to come!



Left: Miss Carrie says goodbye to two of her soon-to-be kindergarteners.



Above: Miss Pam, CDC Director, congratulates a graduate and his family.



Right: Children excitedly select new books to take with them in honor of their graduation.

## Relink Your Harris Teeter VIC Card Today

It is the beginning of a new school year! Are you looking for a way to support the ALIVE! CDC? The Harris Teeter TIE (Together in Education) program makes it easy. Harris Teeter's Together in Education program is a fundraising effort that supports local public and private schools. When you purchase select Harris Teeter brand products using your VIC Card, a certain percentage of those purchase dollars can go to the school of your choice.

If you would like to support the CDC while you shop, simply link your VIC card with the ALIVE! CDC (TIE school code #6383). A cashier can link your card for you at checkout, or you may link it yourself by visiting [www.harristeeter.com](http://www.harristeeter.com) and clicking on "Together in Education." Cards must be relinked at the beginning of each school year.

Thank you for supporting the CDC!

## Helping Hands of All Ages

Each year, more than 700 volunteers help ALIVE! fulfill its mission of putting faith and love into action. Many supporters and caring organizations also aid in the mission by running campaigns and various types of drives in order to provide for ALIVE! program needs. This summer, two extraordinary young citizens donated their time and efforts to serve their fellow Alexandrians.

Over the last few months, nine-year-old Maya Wood, Miss Virginia Junior Pre-Teen 2012, ran a number of food drives benefiting the ALIVE! Family Emergency Program. Her most recent campaign, entitled "Ten in Ten," was an especially impressive undertaking, as she coordinated and ran ten food drives, one per day, for ten consecutive days. Maya's efforts and contributions are very much appreciated.



Daniel Wimmer, a local Life Rank Boy Scout, recognized the importance of the ALIVE! Housewares Program and chose to conduct a housewares drive for his Eagle Scout project. This summer, Daniel has been collecting household necessities and packaging them into "starter kits." Each kit includes pots and pans, dishes, glasses, utensils, sheets and towels. These kits are delivered to those who lack the basic "comforts of home" that we all take for granted.

ALIVE! thanks these two special young citizens for their support and dedication to serving our community! ALIVE! truly is Alexandrians helping Alexandrians. For more information on volunteering or how to get involved, contact our volunteer coordinator at [volunteers@alive-inc.org](mailto:volunteers@alive-inc.org).



Fall is upon us, and campaign season is here again! Please consider ALIVE! this year when making your United Way/CFC Contributions



CFC Code:  
44658



United Way  
Code: 8352



## God's Work. Our Gifts. ALIVE! Holiday Gift Giving

Don't know what to give a friend or family member for the holidays? Would you like to reduce the frenzy of gift-giving? Would you like to share your faith and blessings with those less fortunate around you while honoring a friend or relative? By purchasing a gift through ALIVE!, you are directly benefiting families in Alexandria who need your help.

### Playground Upgrades \$100+



We all know that playgrounds are lots of fun for kids, but did you know that they are educational tools as well? This gift helps our preschoolers get everything they need to learn and grow.

### Optical Exam \$79



Eye exams are critical for seniors, but they are often put off to pay for rent or food when resources are scarce. This gift pays for an eye exam for a low-income senior.

### Utilities \$75



Rising utility costs can be the difference between stability and homelessness for low-income families. Keep a neighbor warm this winter by giving this gift of help with utilities.

### Holiday Food Basket \$50



Imagine a family, gathering around a holiday meal--enjoying this gift of nutrition, togetherness, and celebration--thanks to your generosity.

### Gas \$50



You can literally provide the fuel for our efforts to deliver furniture to families in need. This gift provides enough gas to pick up and deliver donated furniture to twelve families.

### Work Clothes \$50



Help a homeless single mom dress for success by purchasing a gift card for professional clothes and shoes.

### Medication \$50



Senior citizens who are struggling to make ends meet sometimes go without medication they need. This gift provides a co-payment for a senior citizen who cannot afford to fill prescriptions.

### Pots & Pans \$45



Purchase a starter set of pots and pans for a family who is moving out of a shelter into an apartment with nothing of their own.

### Books \$40



You can help foster a life-long love of reading for a child who may never have owned a book of his own. Access to books boosts children's long-term education and kindergarten readiness.

### Healthy Snacks \$35



Healthy snacks keep ALIVE! preschoolers focused and ready to learn throughout the day, while helping them develop good eating habits. This gift provides two nutritious snacks for a whole class.

### Finger Paint \$30



Give the gift of creativity with a set of finger paints and paper for the children in our Child Development Center, helping to prepare them for kindergarten success.

### Meat & Cheese \$29



ALIVE!'s Last Saturday Food Distribution program purchases groceries for 19 cents per pound from a local food bank. This gift provides 150 pounds of meat and cheese for families in need.

### Cleaning Supplies \$25



Give this gift to a woman who is learning to be responsible for living on her own. This gift provides cleaning and laundry supplies for a family who is transitioning out of ALIVE! House.

### Fare Cards \$10



Open the door to a brighter future for a formerly homeless young mom who needs metro transportation to a job interview or class.

### Eggs \$10



\$10 really makes a difference when it is used to buy a dozen eggs for ten families in need as a primary source of protein.



## ALIVE! Holiday Gift Order Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Gift Item	Quantity	Cost	Total
Grand Total:			

☐

Instead of a gift selection, we would like to make a contribution in the amount of \$\_\_\_\_\_ to be used where it is most needed.

ALIVE! is a nonprofit 501(c)(3) corporation. Your donation is tax-deductible to the fullest extent allowable under the law.

\*Please note that these gifts are examples of the types of items that ALIVE! will provide to families. ALIVE! may not necessarily purchase the items in the quantities sold, but will utilize all funds donated for the benefit of families in need in Alexandria.

### Purchasing a Gift:

1. Review the list of items.
2. Fill in the order form.
3. Make a check payable to ALIVE!
4. Send your order form and check to ALIVE!, 2723 King Street, Alexandria, VA 22302.
5. For each item you purchase, you will receive a holiday card and an insert describing your chosen gift via mail. When you receive these items, give them out as your holiday gifts to your recipients.

## Seeing Clearly

This August, the Last Saturday Food Distribution (LSFD) program was able to provide approximately 60 eye exams and 46 pairs of eyeglasses to Alexandrians in need. ALIVE!, once again, accomplished this with the help and generosity of two remarkable organizations: the Hispanic Institute for Blindness Prevention and New Eyes for the Needy.

The Hispanic Institute for Blindness Prevention is a nonprofit organization that offers medical care at a discounted cost. They conduct mobile clinics and health fairs in the area and have worked with ALIVE! in the past, providing free eye exams for ALIVE! LSFD clients. Their eye exams allow clients to ensure that their vision is at its best, and can detect more serious health issues, such as diabetes, that may require further medical attention. In fact, this past August, several LSFD clients were sent on to receive further or immediate medical attention due to problems identified in their exams. The exams also helped LSFD clients qualify for free glasses from New Eyes.

New Eyes for the Needy offers significant financial assistance to ALIVE!'s clients. This August, they provided 20 pairs of eyeglasses at LSFD and inspired an anonymous donor to pay for 26 additional pairs. Founded in 1932, New Eyes has helped more than 7,500,000

people in the U.S. and around the world. This organization purchases new glasses for those living in the United States and also recycles donated glasses for distribution in developing nations worldwide.

ALIVE! sends many thanks to our anonymous donor and to these two extraordinary organizations. Thank you for your generosity and your dedication to helping those in need!



### Alexandrians Receiving Food from ALIVE! Between June 1, 2013 and August 31, 2013

	Households	Individuals
June	770	2274
July	701	2285
August	726	2321

## ALIVE! House - Renewed Commitment

By Kevin Heanue, ALIVE! House Program Chair

In several recent issues of the ALIVE! Wire, we have described the changing federal priorities toward funding homeless services. Over the summer months, there has been an extensive outreach effort. ALIVE! leadership, staff and volunteers have met with other homeless providers, City staff, and regional organizations, to discuss this problem that is not limited to Alexandria.

The conclusion of this effort, reflected in the budget adopted by the Board of Directors, is that ALIVE! will continue to provide transitional housing and services. Relying on our traditional model, ALIVE! will maintain our longstanding commitment to mothers and children at risk for as long as we can provide the resources to do so. Our decision to retain our current program is based on the continuing need for transitional housing in Alexandria. In addition, ALIVE! has a highly regarded program with a proven record of moving our clients from dependency to becoming self-sufficient members of the community.



## A Former ALIVE! House Resident Shares Her Thoughts

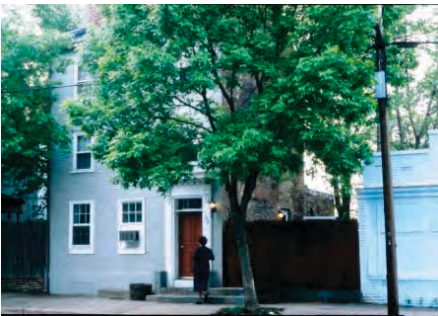
Not long ago, a mother and her children moved out of ALIVE! House and into rental housing. The mother had been a victim of spousal abuse, experiencing violence, stalking, and threats against her life. Recently, her ex-husband began repeatedly asking for her new address under the pretext of wanting to mail packages to the children. These interactions reawakened the mother's anxiety and post-traumatic stress, and caused her to appreciate and reflect upon the comfort, security, and support that was provided while she and her children were at ALIVE! House.

She shared: *While at ALIVE! House ... I was finally living in a community where the people connected to my family. The experience reminded me of how precious it is to have people who tell you not to doubt yourself and not to give up your peace because someone hurt you. When the aforementioned recent communications occurred, my children watched how I handled the situation,*

*and they seemed to take on the role of the ALIVE! family/staff with whom we once resided. The children reminded me to stay calm. What we all had learned at ALIVE! House made a difference because, even though the 'stuff' their father claimed to want to send them sounded tempting, it was plain that he was playing a game. My handling of the situation resulted in the children's confidence in me growing rather than their being disappointed over some 'stuff'. Instead of feeling manipulated and depressed as in the past, we felt ALIVE!'s support was with us in spirit through examples that had been set by compassionate, caring individuals.*

*At ALIVE! House, we were treated like real people, not just clients. We were surrounded by people who cared. Special needs concerning health issues were taken into account and accommodations made. For once there was patience, support, and guidance from a community helping us to travel in the direction we so desperately wanted to head toward. What matters most is that, even now that we no longer live in ALIVE! House, the community continues to reach out and stays connected with us.*

*I am thankful for my experience living at ALIVE! House. It is more than a home. It is a place where my children and I became closer and where I regained my self-confidence and overcame my fears.*



*who tell you not to doubt yourself and not to give up your peace because someone hurt you. When the aforementioned recent communications occurred, my children watched how I handled the situation,*

## Have a (Gum)Ball at the Torpedo Factory!

Lisa Schumaier, a talented artist at the Torpedo Factory Art Center, was born here in the City of Alexandria and enjoys giving back to her community. She has participated in the Turkey Trot for many years and is now holding an excitingly unique audience-participation-required art event at the Torpedo Factory for the benefit of ALIVE!

Lisa takes famous works of art and turns them into coloring pages, outlining all objects with black licorice. She then suggests colors for each area, puts out a massive bowl of gum balls for visitors and passersby, and invites her audience to stick chewed-up gum onto her canvas. People love to participate in this interesting activity, and the end result is striking.

This September, Wednesday through Sunday, stop by Studio 16 on the ground floor of the Torpedo Factory. Support ALIVE! and play a part in completing Lisa's next masterpiece. It will be great fun for the entire family!



*Left:* Lisa Schumaier prepares the outline for her next project.

## The ALIVE! Legacy Society

ALIVE! has been serving Alexandrians in need since 1969, putting faith and love into action with the help and support of our caring donors. ALIVE! continues to depend on special gifts from long-time friends who want to help strengthen ALIVE!'s safety net services in the future. One of the many ways that friends can express their deep commitment to ALIVE!'s mission is by naming our organization in their wills or trusts. This is a way to make a lasting contribution without affecting current financial security and freedom -- a way to create a legacy of giving and helping.

The ALIVE! Legacy Society is a community of ALIVE! friends and supporters who have provided for ALIVE! in their wills or trusts or who have formally expressed the intent to do so. Every adult can leave instructions as to what will become of their property when it is no longer needed. One of the most satisfying things about this type of planning is making decisions to benefit worthy organizations to which one is most deeply committed.

One Legacy Society member shares, "I didn't just want to make a charitable bequest. I wanted to make a bequest that could really help to make a difference in peoples' lives. And I've been watching ALIVE! do exactly that ever since I first came to this area more than 30 years ago."

ALIVE!'s long-term stability is based on solid planning, which will ensure that we are here in the future to serve the most vulnerable Alexandrians. Your thoughtful choice to include ALIVE! in your estate plans would go a long way toward helping make this future a reality.

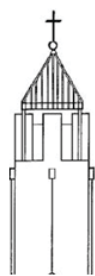
For more information about the Legacy Society, visit our website at [www.alive-inc.org](http://www.alive-inc.org). You may also call us at 703-837-9320 or write to us at ALIVE! Inc., 2723 King Street, Alexandria, VA 22302.



## Annual Pumpkin Sale Benefits Those in Need

It's that time of year again! Immanuel Church-on-the-Hill will be holding its annual pumpkin sale to benefit ALIVE! and other non-profit organizations in the area. From October 6th through October 31st, pumpkins of all shapes and sizes will adorn the lawn of 3606 Seminary Road.

Pumpkins for this sale are grown on a Navajo Indian reservation in New Mexico and shipped in on trucks by the supplier. Hardworking congregation volunteers will be unloading, sizing, pricing, and selling pumpkins all month. Delicious soups, hearty stews, and plenty of sweet treats also will be available for sale. The patch will be open from 10:00 AM to 8:00 PM daily. Stop by for tons of fall fun and for the benefit of charities in our area.



## Blessed Sacrament's Musical Offerings

Blessed Sacrament Catholic Community has a number of extremely gifted musicians and musical groups that usually perform once monthly. These musicians play with the hope that their performances will stir the audience "to wonder before the marvels

of God and the created universe." All concerts are free, though free will offerings are accepted at each event. Some of the concerts benefit local charities, including ALIVE! We thank Blessed Sacrament for their support of ALIVE! and for the incredible music that they make. Blessed Sacrament is located at 1427 W. Braddock Road in Alexandria.

### Upcoming Events:

October 25	8:00 p.m.	An Evening of Brahms
November 8	7:30 p.m.	Service of Remembrance
December 14	7:30 p.m.	Christmas Concert

For more information, visit [www.facebook.com/BlessedSacramentMusicMinistryAlexandriaVA](http://www.facebook.com/BlessedSacramentMusicMinistryAlexandriaVA)



## 38th Annual Alexandria Turkey Trot 5-Miler!

All are welcome to join us on Thanksgiving morning for the 38th annual Turkey Trot! Come to George Washington Middle School, 1005 Mt. Vernon Avenue, to participate in this

exciting ALIVE! tradition. The event, brought to you by the DC Road Runners Club and the Del Ray Business Association, will start at 9:00 AM. Runners will support ALIVE! by bringing non-perishable food to donate. Volunteers who are not running may participate by collecting, sorting, and packing the donations for delivery to our food warehouse. The Turkey Trot is a great experience for the whole family, and your help is needed. Registration details are available online at <http://www.alexandriaturkeytrot.com>.



Above: Turkey Trot runners take off at the starting line.

723 King Street  
Alexandria, VA 22302  
703-837-9300  
www.alive-inc.org  
E-mail: alivetoo@aol.com

ALIVE! Wire



ALIVE!, founded in 1969, is a non-profit organization devoted to helping Alexandrians facing emergency situations or long-term needs become capable of assuming self-reliant roles in the community. ALIVE! has grown from a handful of organizations and volunteers to a vigorous organization of 42 congregations and hundreds of volunteers.

ALIVE! offers Alexandrians in need help through ALIVE! House Shelter, Furniture, Housewares, Emergency Food and Financial Assistance, Child Development Center and Last Saturday Food Distribution Programs.

Contact ALIVE! at  
(703)837-9300  
E-mail : alivetoo@aol.com  
www.alive-inc.org

Nonprofit Organization  
U.S. Postage Paid  
Alexandria, VA  
Permit Number 567

## FALL 2013 CALENDAR

### OCTOBER

**1 ALIVE! 38th Annual Recommitment and Volunteer Recognition Potluck Dinner:**

7:00 PM, Grace Episcopal Church, 3601 Russell Road

**26 Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise

**Food Collection:** Alexandria Church of the Nazarene, Beth El, Del Ray UMC, Downtown Baptist, Fairlington Presbyterian, First Christian, Meade Memorial Episcopal, St. James UMC, and St. Mary's

**Furniture Collection:** Fairlington UMC, Good Shepherd, and St. Joseph's

### NOVEMBER

**3 Fannie Mae Help the Homeless Congregations Community Walk**

**12 Board Meeting:** 7:00 PM, Location to be determined

**28 38th Annual Turkey Trot:** Thanksgiving morning, 9:00 AM, George Washington Middle School, 1005 Mt. Vernon Ave.

**Food Collection:** Blessed Sacrament, Christ Church, Church of the Resurrection, Convergence, Good Shepherd, Grace Episcopal, Trinity UMC, St. Joseph's, St. Paul's Episcopal, and Westminster Presbyterian

**Furniture Collection:** Christ Church, Church of St. Clement, and St. Mary's

### DECEMBER

**3 Board Meeting:** 7:00 PM, Agudas Achim Congregation, 2908 Valley Dr.

**14 Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise

**Food Collection:** All donations gratefully accepted

**Furniture Collection:** First Christian, Good Shepherd, St. Joseph's, Fairlington UMC, and Spiritual Assembly of Baha'is