

ALIVE! Wire

Spring 2013



President's Message



ALIVE! and Happy

According to a Harvard Medical School Special Report on Positive Psychology, there are at least three routes to happiness:

- Doing Good - Searching for meaning outside yourself
- Engaging Fully – Pursuing goals and activities that engage you fully
- Feeling Good – Seeking pleasurable emotions and sensations.

When I read this, it occurred to me how fortunate ALIVE! volunteers, staff, and supporters are to have the opportunities for happiness that ALIVE! offers.

“Doing Good” is a “slam dunk” for those involved with ALIVE! That’s what ALIVE! is all about. Given the “Engaging Fully” approach, all of us have had the opportunity to increase our happiness quotient, and many ALIVE! volunteers should be very happy. The “Feeling Good” path to happiness encompasses more than just the positive feelings we have when we deliver food to those who may be hungry and furniture and housewares to a family that has moved into a new home, but has no sofa, bed, linens, etc., or when we provide shelter and counseling or education and daycare that will prepare families for better futures. But there is no doubt that it feels good to be able to help fellow Alexandrians who require our support, while working with others who are similarly inclined.

Gratitude, according to the Harvard Report, is a thankful appreciation for what you have. Research shows that gratitude is strongly and consistently associated with greater happiness, and expressing the gratitude you feel is good for your spirit. So – to all of ALIVE!’s volunteers, staff and supporters, thank you, once again, for the opportunity to work with you to assist our neighbors in need.

Ellen Brown

Church of the Resurrection Recognized for Service to ALIVE!

This article was written by Rev. Jo Belser,
Interim Assistant Rector, Church of the Resurrection
(an ALIVE! Member Congregation)
for their church’s newsletter.

In late January, the Church of the Resurrection in Alexandria won The Episcopal Diocese of Virginia’s Bishop’s Outreach Award, given annually to an outstanding outreach program in one of the diocese’s 182 churches.

As we explained to the bishop, we work with others to feed the poorest of the poor in our community. Being poor ourselves—or at least chronically short of operating funds—we use our facility and our “elbow grease” to host one of the three locations that ALIVE! uses each month to distribute food in the City of Alexandria. We were asked to do so over ten years ago because our unique facility layout doesn’t require clients to encounter stairs during their visit. We agreed because we are not passive doers-of-God’s-good, and this program is a way for our small congregation to make a huge difference in our city.

We are the only feeding site that offers hospitality to the clients, most of whom begin lining up outdoors as early as 5 AM for a 10 AM start. We offer coffee, tea, juice, snacks, respect, and love to all who come through our doors, clients and volunteers alike.

The program requires a massive amount of work on the last Saturday of each month to empty our parish hall and storage areas, and to bring in and stage truckloads of food within our facility. We provide volunteers who serve as greeters and check-

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Resurrection volunteers check in the clients.

Notes from the Executive Director

Make a **GREATER** Impact...

Get the most out of your IRA Charitable Rollover!



As part of the “fiscal cliff” deal, Congress has resurrected a popular tax-law provision, known as the “**IRA charitable rollover**,” that had expired at the end of 2011. The rule allows many investors, 70½ or older, to transfer as much as \$100,000 a year from an individual retirement account directly to a qualified charity without having to count any of that transfer as taxable income.

Talk to your tax professional or financial advisor to see if you can benefit with a gift from your IRA to ALIVE!.

Your gift will help us continue to offer programs and supportive services to adults, children, and families whom ALIVE! serves.

For more information, contact me at (703) 837-9320 or ExecDirALIVE@aol.com

Ken

ALIVE! Passenger Van Stolen and Vandalized



In mid-February, we were notified that our ALIVE! van had been stolen, abandoned and discovered in Prince George’s County in undriveable condition. A gift from Fairlington United Methodist Church (FUMC) just a few months ago, the van was parked in the FUMC auxiliary parking lot where it was hot-wired. Before it was discovered in Maryland, the van had been in an accident, suffered significant body damage and had all the rear seats removed. Because of the extent of the damage, the insurance company “totalled” the van and paid “book” value which is not enough to replace it.

Losing the van puts a crimp in our Housewares Program which distributes needed household goods to our Last Saturday Food Distribution (LSFD) at Cora Kelly as well as to individual families. The van was essential in moving all of those goods from the Housewares storage area to the LSFD site.

Church of the Resurrection continued from Page 1

in personnel, and we oversee the use of our entire facility—including our nave—to provide space for whatever other needs that ALIVE! is able to meet that month, such as: household goods, clothing, free flu and tetanus shots, free eye exams and glasses, information on English-language programs, and help with heating and cooling bills.

Over 35% of the active members of our congregation help in this effort, and 37% of our donors give to ALIVE! through the church.

Of course, at Resurrection we know that we simply could not provide this much-needed service without ALIVE! and the many people from other congregations and agencies that provide so much more than we do. Through this program, a lot of hungry people get fed. But equally as important, our member’s lives get transformed by helping others.

From our perspective, we won—all of us.



Resurrection church volunteers offer coffee to waiting clients.



ALIVE!

President: Ellen Brown, Community Representative

Vice President: Deborah Patterson, Washington Street UMC

Treasurer: Rick Glassco, Immanuel Church-on-the-Hill

Recording Secretary: Eric Winakur, Agudas Achim Congregation

Kenneth D. Naser: Executive Director

Kathy Richards: Editor, ALIVE! Wire



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Family Emergency Program

Who's Up for a Challenge? by Linda Coleman



Last year, Trinity United Methodist Church, my church and one of ALIVE!'s founding congregations in 1969, donated \$7,000 of its mission-focused funds to ALIVE! for a new program.....one that would help low-income Alexandrians find affordable housing and, at the same time, give them the opportunity to be a part of a program promoting self sufficiency.

Working primarily with the Alexandria Redevelopment and Housing Authority (ARHA) and focusing on the Housing Choice Voucher Program (Section 8), ALIVE! used the funds to help 16 heads of household obtain housing between June and November of 2012. Why is this significant? Because in the majority of cases, applicants fortunate enough to receive a Section 8 voucher are required to pay a security deposit that equates to an available apartment's monthly market rent..... potentially \$1,500 - \$2,000. So even though their month-to-month rent is subsidized, they are on their own for the security deposit, and that's where ALIVE! stepped in.

The aforementioned 16 individuals were helped with partial security deposit loans of up to \$600 from this program, and they signed a contract with ARHA indicating they would reimburse ALIVE! for the monetary assistance they received -- not an easy task, as most of these folks are living on monthly incomes that average roughly \$1,000.

And there's more good news! So far, eleven of the 16 loan recipients have been sending ALIVE! money orders, one for as much as \$120.00 and some for as little as \$12.50, to repay their loans. They are doing the best they can. Amazingly, the very first loan recipient, a single mom with two children, has repaid \$420.00 of her \$600.00 loan.

But.....there's bad news. The original \$7,000 ran out in November of last year. And, although the loan payments are coming in, it will still be awhile before the funds build back up and we can, once again, offer these loans.

It is, as you can imagine, a frustrating and sometimes desperate situation for an individual or a family that has been fortunate enough to receive a Section 8 voucher not to be able to come up with the security deposit. For some, the prospect of homelessness looms.

So my challenge to you is to talk to your congregations, your co-workers, your neighbors. Join Trinity United Methodist Church in supporting an ALIVE! program that encourages self sufficiency. No donation is too small. Just \$500 could, in reality, be the difference between a senior citizen or a single mom and her kids having a roof over their heads or being homeless.

Donations should be earmarked for the "Security Deposit Loan Program."

Food Program Wish List

Canned Meat
Tuna
Canned Spaghetti Sauce
Canned Fruit
Peanut Butter
Grape Jelly
Complete Pancake Mix
(needs only water)
Syrup
Dried Milk
Rice
Dried Beans
Baby Food
Crackers
Jell-O
Coffee and Tea
\$ Money to buy fresh eggs and meat \$

Alexandrians Receiving Food From ALIVE! Between December 1, 2012, and February 28, 2013

	Households	Individuals
Dec. '12	681	2349
Jan. '13	574	1993
Feb. '13	655	2239

32nd Annual Step ALIVE! Walkathon Sunday, May 5, 2013, at 2 PM



MARK YOUR CALENDARS!

- The 2013 Step ALIVE! Walkathon will take place on Sunday, May 5th to raise funds for the ALIVE! Child Development Center (CDC).
- The start and finish are at the CDC's location at First Christian Church, 2723 King Street, Alexandria.
- For the first time, walkers can choose between a child-friendly 5K route or a heartier 5-mile path from the CDC, past the Masonic Temple into Old Town, and back.
- Following the walk, participants are invited back to the CDC for food, music, prizes, and fun.
- All walkers will receive Walkathon T-shirts.
- Registration fees are \$20.00 for walkers aged 19 to 70 and \$5.00 for those 12 to 18 and over 70. Those under 12 are admitted free.
- Those unable to attend can register as a "virtual walker" for the special price of \$25. Register online at www.alive-inc.org, or onsite on the day of the walk, or call 703-837-9321 to obtain a registration form.
- Onsite registration and T-shirt pick-up will begin at 1:15 PM. The start will be at 2:00 PM.
- Add to the fun by creating a team of family and friends.
- Raise additional funds for the CDC by soliciting sponsors to pledge support for your walk.



Spring2ACTion on April 17th

On April 17, 2013, ACT for Alexandria will once again ask the question, "What if we all gave on one day?"

The answer, in the form of Spring2ACTion Alexandria, is an energetic and fun day of competition and camaraderie as Alexandria non-profits compete for prizes and donations to support their work. You can support ALIVE! through this 24 hour online giving event. Every donation you make during Spring2ACTion can help ALIVE! qualify to earn prize money and awards, furthering the impact of your donation.

Last year, ALIVE! ranked 10th among the participating organizations, with 128 unique donors. ALIVE! Past President Cheryl Malloy called Spring2ACTion a "terrific outpouring of support for families in Alexandria!" She says, "ALIVE! was delighted to be involved and blessed by donations of over \$11000, plus a \$1000 matching grant. Many thanks to ACT for pulling this off and to the many donors who were so generous!"

Since ALIVE! has the greatest donors and friends in Alexandria, we should have no trouble knocking it out of the park again this year. Our goal for 2013 is to double the number of donors and the donation amount. To find out more about this fun event and how you can get involved, contact Jennifer Greiner at (703)615-0187 or jennifer@alive-inc.org.

Child Development Center

ALIVE! CDC's Unique Role by Pam Blankenhip

Early Childhood Education advocates were overjoyed to learn at the State of The Union speech that President Obama has pledged to increase access to quality early childhood education programs for at-risk young children. It is a well-established fact that the most critical period for learning occurs during a child's first five years of life. It is also well known that the majority of America's at-risk young children enter kindergarten at a distinct disadvantage when compared to their more affluent peers.

For more than four decades, the mission of the ALIVE! Child Development Center has been to provide high-quality early care and education at an affordable price to the children of Alexandria's working low-income families. ALIVE! CDC was one of the first early childhood programs in the city to achieve NAEYC accreditation (1992). More recently, ALIVE! CDC was reaccredited in 2011, earning a score of 100% *or higher* in six of the ten program standards. ALIVE! CDC also has been an active participant in the Commonwealth of Virginia's Star-Quality Initiative. First in 2010 and again in 2012, ALIVE! achieved a four-star rating (out of a possible five), earning enough points in 2012 to be placed in the top two percent of rated programs in Virginia.

What does all this mean? ALIVE! CDC makes a positive difference in the lives of the children and families we serve. The benefit to the wider Alexandria community extends over time. Just as the President pointed out in his address to Congress, "High-quality early childhood education provides the foundation for all children's success in school and helps to reduce achievement gaps."

Although there are other valuable early childhood programs in our city, ALIVE! CDC, due to its small size, year-round program, and high quality education and care, provides a unique service. We have just three classrooms, and we are the only accredited program in Alexandria that meets the Virginia's Star-Quality "gold standard" for staff to child ratios. This enables us to build close and caring relationships with the children and families, provide individualized care that is so critical to meeting the children's social and emotional needs, and create a community of caring learners.

Because we are able to build such positive relationships, our children experience success and demonstrate developmental gains throughout the year. And, because we work so closely with our families, the quality of our children's family-life also improves. During the 2012 school year, ALIVE! CDC's graduates posted the following gains:

- 100 % of our children demonstrated developmental progress as measured by HighScope's Child Observation Record (C.O.R.);
- 90 % demonstrated gains in four or more of the seven literacy skills measured by the University of Virginia's Phonological Awareness and Literacy Screening (PALS-PreK) tool;
- 75 % made significant gains in social and emotional skills as measured by the Preschool and Kindergarten Behavior Scales (PKBS).

Perhaps the most gratifying evidence of our children's success comes during our annual Family Holiday Party in December. We invite our June graduates and their families to join us for this celebration. Again and again, we hear the parents proudly state how well their children are doing in kindergarten and what a difference ALIVE! CDC has made. Many even bring along a report card to share with us!

Making a positive difference in the lives of at-risk young children, one at a time, is what ALIVE! CDC is all about. We thank our many supporters, volunteers, and benefactors for helping us make this all possible!

CDC Wish List

- *\$300 for Library Bookcases
- *\$480 to provide a bus for a Spring Field Trip
- *\$125 for a set of award-winning books for each classroom
 - *Boy's and Girl's Underwear: Sizes 3T to 6
- *Rolls of contact Paper
- *Staplers and Pens
- *Cleaning Supplies:
 - Sponges
 - Dawn Dish Soap
 - Bleach
 - Lysol Spray

Then I heard the voice of the Lord, saying, "Whom shall I send, and who will go for Us?"
Then said I, "Here am I. Send me!" Isaiah 6:8



CFC Code:
44658



United Way Code:
8352



**FOOD & WINE FESTIVAL
TO BENEFIT ALIVE!**

Alexandria's 2013 Food & Wine Festival, benefitting ALIVE!, will be held on Saturday, June 22, at John Carlyle Square, 300 John Carlyle Street (near the King Street Metro) from noon to 7 PM. General Admission is FREE and includes live entertainment, a children's corner and more. Tickets may be purchased for food and beverage samples. Come by for a taste and support ALIVE! Volunteers are needed. For more information, contact the ALIVE! Administrative Office at (703)837-9321 or go to our website at alive-inc.org.



May 11, 2012

Help Stamp Out Hunger by leaving bags of food at your mail box for the Letter Carrier's Drive. A portion of the food collected that day will be donated to ALIVE! for Alexandrians in need.

Spring Sidewalk Sale

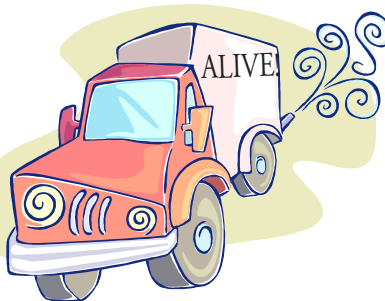
Join us on Saturday, May 18, 2013 from 8 AM-3 PM for the Annual Sidewalk Sale that will benefit the ALIVE! House shelter. As you start your Spring cleaning, please save a few items for us! For information about making donations please call (703)684-1430 or email alivehousedir@alive-inc.org.

Whether you make a donation, or stop by to treasure hunt for yourself, you will be helping the families at ALIVE! House break the cycle of homelessness for themselves and future generations!



Help the Homeless Program Follow-Up

Thanks to all the support we received last Fall from our volunteers and the community, ALIVE! House was able to register 1,110 walkers for the 2012 Help the Homeless Program! Because we registered over 1000 walkers, we received a \$10,000 incentive, bringing the total of funds raised to \$44,073! We hope that you'll work with us to make next year bigger and better! If you're interested in serving on our Help the Homeless Program Coordinating Committee please contact, Nicole Goodman, ALIVE! House Director: AliveHouseDir@alive-inc.org or (703)684-1430



ALIVE!'s Furniture Committee Needs Drivers!!!

On Saturday mornings, volunteers from ALIVE! pick up donated furniture and deliver it to families in need within our city. Currently, ALIVE! is seeking a volunteer driver who would serve on a rotating schedule with duty one Saturday mornings every six or seven weeks. You would drive one of ALIVE!'s box trucks with automatic shift.

If you can help, please call Mike Diffley at (703)683-4656.

ALIVE! House Happenings:



Getting to Know LIVE! House by Nicole Goodman, ALIVE! House Director



When I speak with members of the community, they usually know that ALIVE! House is a shelter serving women and children, but often also want to know more about how we provide that service. The over-all intent of ALIVE! House is

to move residents on to permanent housing as quickly and responsibly as possible. Our approach is, however, much broader than the provision of housing. We feel an obligation to ensure that residents are equipped with the foundation to maintain self-sufficiency while they are with us.

ALIVE! House, classified as a transitional housing program, provides 6-24 months of safe housing and supportive services for homeless women and families in emergency situations. We have the capacity to serve up to 4 families (4 adults and 13 children; 17 beds). Our facility is in a three-story town house in Old Town. The second and third floors each have two bedrooms, a bath, and an open kitchen, dining, and living area and serves two families. Thus each family has its own bedroom and shares other space with one other family. On the first floor there is a small apartment for our resident manager who is on duty each night and on weekends. I also have an office on this floor for my general oversight responsibilities and case management.

We provide, on average, 18 months of basic housing for residents, and goal-focused, individualized case management services--a proven best practice for achieving permanent independent living for homeless families. Residents, working closely with staff, develop goals and plans to achieve goals, in various areas, with a combination of in-house programs and supportive services available through the community. Mothers and children receive intensive and individualized help.

Staff works with each resident and local partners to link families to the services they need, including mental health and substance abuse counseling, educational and vocational programs, English classes, parenting classes, employment counseling, and childcare. In addition to these external services, financial literacy lessons, tutoring, and parenting guidance are provided at the house. A formal 6-month aftercare program supports residents completing their stay. ALIVE! House is open 365 days each year, twenty-four hours per day. Residents come and go during the day according to their individual work/education routines, and are currently staying an average of 18 months in order to gain the skills and income necessary to maintain stable housing upon program completion.

Homeless women and their children are referred by various social service organizations, including the Alexandria Department of Community and Human Services, and local shelters. If space is available, I interview the prospective client and determine whether the family has problems that we are equipped to serve. Once accepted, residents agree to abide by all rules, including setting aside 70 percent of their income to improve credit ratings and save for permanent housing. Residents are integrally involved in daily operations by keeping the home clean, caring for their children, and working with other residents to maintain the shared common space.

Individualized case management services support short- and long-term goal setting and achievement. Each new resident is encouraged to verbally describe her ideal living situation. Throughout their stays, staff meets regularly with residents to discuss progress toward goals, and any activities or services that may be required to support goal achievement. Residents are encouraged to continue education to develop the skills and certifications needed to earn a living wage. Parents are empowered to enhance parenting skills, actively participate in academic activities with children, and increase financial literacy. ALIVE! House offers an environment where families can be comfortable and develop a sense of pride for their living spaces.

I hope that this information gives you a little more insight about how ALIVE! House carries out its mission. If you have questions, do not hesitate to call me at 703-684-1430 or e-mail me at alivehousedir@alive-inc.org.

ALIVE! House Wish List

Household Supplies:

Bathroom Tissue
Paper Towels
Dish and Laundry Detergent

Gift Cards:

Target
Wal-Mart
Giant
Home Depot
AMC Theaters
TJ Max
Marshalls
Local Restaurants

ALIVE!
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Alexandria, VA 22302
703-837-9300
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E-mail: alivetoo@aol.com

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ALIVE! Wire



rooted in community

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

SPRING 2013 CALENDAR

APRIL

- 2 **ALIVE! Board Meeting** – 7 PM at Fairlington Presbyterian, 3846 King St.
- 17 **Spring2ACTion** online giving. *See page 4*
- 27 **Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey High Rise
Food Collection: Agudas Achim Congregation, First Christian, Good Shepherd Lutheran, Old Presbyterian Meeting House, St. Joseph CC Trinity UMC, Unitarian Universalist Church, Zion Baptist
Furniture Collection: Grace Episcopal, Church of the Resurrection, Sixteenth Tabernacle, and Christ Church

MAY

- 5 **Annual Step ALIVE! Walkathon** benefiting the ALIVE! Child Development Center *see page 4*
- 7 **ALIVE! Board Meeting** - 7 PM at Spiritual Assembly of Baha'is, 5400-B Eisenhower Ave.
- 11 **Stamp Out Hunger Letter Carrier's Food Drive** *See page 6*
- 18 **ALIVE! House Sidewalk Sale**, 125 South Payne Street in Old Town *See page 6*
- 25 **Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center and Ladrey High Rise
Food Collection: Agudas Achim Congregation, Christ Church, Church of the Resurrection, Fairlington UMC, Grace Episcopal
Furniture Collection: Blessed Sacrament CC and Westminster Presbyterian

JUNE

- 4 **ALIVE! Board Meeting** - 7 PM at Church of St. Clement, 1701 N. Quaker Lane
- 22 **Alexandria's Food and Wine Festival:** Noon to 7 PM, John Carlyle Square *See page 6*
- 29 **Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey High Rise
Food Collection: Blessed Sacrament CC, Convergence Community, Immanuel Church-On-The-Hill, St Mary's CC
Furniture Collection: Sixteenth Tabernacle, St. Mary's CC St. Paul's Episcopal, Unitarian Universalist Church, and Washington Street UMC