

ALIVE! Wire

Spring 2015



President's Message



Spring is a happy and hopeful time for most of us. The darkness and cold of winter are behind us. Unfortunately, for many of our neighbors in Alexandria, the darkness continues. The fear of eviction, losing one's children, gnawing hunger, lack of medicine, loss of electricity, an unpaid hospital bill, along with every other kind of worry when a job is lost or work hours cut, can be overwhelming.

Luckily, Alexandria is a community that cares about our neighbors. We can't solve all the problems for all the people, but we can help ease the stress. Spring is a great time of renewal. It is a time to renew your commitment to live in a community that cares. ALIVE! is here to help you with that commitment and to continue our commitment to provide the safety net for Alexandrians in need.

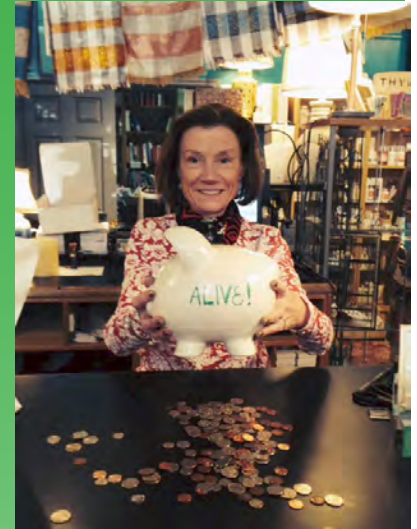
There are lots of things you can do. Financial support is key to keeping the services going that ALIVE! provides to our neighbors. Volunteering is another way to help your neighbors. You may be surprised at the effect volunteering can have on you. Carrying a mattress up a flight of stairs may not sound like a fun outing, but when you see that a family who has been sleeping on the floor will now have a more comfortable place to dream, your heart will fill with happiness.

Challenge yourself this spring to tackle a new fitness program: one that will improve the fitness of your character, along with the fitness of your physique. Lifting sofas isn't for everyone, but don't worry, we have lots of other ways you can help make your community a better place to live. It could be as easy as making a phone call or entering data. There are lots of opportunities in this edition of the ALIVE! Wire. Join us. Renew your commitment to live in a truly ALIVE! community.

Deborah Patterson

Everyone Needs Friends Like These!

Reunion's owner, Barbara Watts, has kept an ALIVE! piggy bank on the counter of her shop - which offers unique gifts, home furnishings and antiques - for years. Recently, she once again donated its contents to ALIVE! This is just one of the ways Barbara supports ALIVE!. Many thanks to Barbara and her generous customers.



ACT for Alexandria's John Porter, President & CEO, presented a check to ALIVE! President Deborah Patterson for a strategy implementation grant (for a client-tracking system) at the March ALIVE! Board meeting.



Notes from the Executive Director - Diane Charles



Although I've only been at ALIVE! for three months, as a long-time Alexandrian, I've been keenly aware of ALIVE!'s valuable role in our community to help its most vulnerable neighbors. Now, being on this side of ALIVE!, I keep thinking of *sustainability*. *Sustainability* in terms of our programs' ability to understand current needs and evolve in ways that meet those needs; *sustainability* in terms of the people who carry out the programs, be they volunteers or paid staff – who are effectively recruited, equipped and trained – to ensure high quality program implementation today and in the future; *sustainability* in terms of the breadth and depth of our community's volunteers, ensuring we are attracting and engaging diverse, multi-generational volunteers who will see ALIVE! through the next generation; and of course, *sustainability* in terms of the financial means to ensure that emergency needs are met and innovative steps are taken to seek possible solutions. My sense is that we'll be better equipped to reach our goals if we are in-tune with and constantly addressing each of these *sustainability* perspectives.

For 46 years, ALIVE! has been the safety net for those who are struggling amongst us. Many of us in Alexandria know of ALIVE!'s good work. Yet, there are many who do not. It is incumbent upon ALIVE! to tell the story of those less fortunate so that others understand what poverty means in our own City. ALIVE!'s programs and services have to be known to be supported. I look forward to enhancing our efforts to highlight ALIVE!'s good work, as well as the needs for which ALIVE! exists to address.

In our 24-hours-a-day information world, ALIVE!'s communication (or lack thereof), can also impact our financial well-being. In the next several months, ALIVE!'s fundraising efforts will be critical to our financial health for this fiscal year. Communication and outreach for the following upcoming events will be vital to their success:

- Spring 2Action (a one-day online fundraising extravaganza amongst many nonprofits) on April 22nd;
- the annual Walkathon to raise funds for ALIVE!'s Child Development Center on May 3rd; and
- the ALIVE! House Sidewalk Sale being held on May 16th.

Each of these events provides opportunities for all of us to engage the community in understanding what help is needed for those who face poverty every day; what programs ALIVE! offers to address these struggles; and ways people of all ages can help those less fortunate.

Please choose one (or more) of these events and get your friends and neighbors involved!

Family Emergency Program

Federal Management Partners and ALIVE!

Partners in our Community



Save the date for Spring2ACTION 2015 on April 22. Watch your email and Facebook that day for exciting news and opportunities to support ALIVE!

Federal Management Partners (FMP), located here in our great city, was recognized by The Washington Post as the 7th Best Small Business Employer in the DC area in 2014. ALIVE! wants to recognize FMP for yet another great accomplishment! FMP employees have been volunteering for several years for ALIVE!'s Family Emergency Program. One Monday each month, FMP employees pick-up bags of groceries at our office to deliver them to individuals and families in need, in particular, those who are disabled or elderly. FMP gives back to the community in many ways, and ALIVE! is grateful to be included as one of their numerous volunteer endeavors.

ALIVE! House *by Amanda Isaac, ALIVE! House Director*



We were very excited to watch one of our families move out in January to her own apartment with her children. Ada came to ALIVE! House, from the domestic violence shelter with her two children, knowing little English, with not much education and no employment experience. Ada had to start from the beginning - learning English, finding work with few job skills and learning how to be a single mom. Throughout her two years at ALIVE! House, she made incredible progress. She grew from a timid individual to a very strong woman.

She attained her US citizenship, a steady job, and improved her English skills. The amount of emotional strength and confidence she gained was amazing. Ada left feeling a large amount

of gratitude for ALIVE! House, and those who believed in her. At her exit interview, she exclaimed that there was nothing she would have changed about her stay. She was just extremely thankful for the time and the chance. Ada continues to communicate with staff at ALIVE! House,, as well as staying in touch with the other moms, providing help and support.



&

SAVE
the
DATE

Save the Date on your calendars!!!
Sidewalk Sale will be Saturday, May 16th!! Please contact Amanda Isaac at 703-684-1430 if you can help!

Spring Cleaning? SET ASIDE YOUR DONATIONS FOR THE ALIVE! HOUSE SIDEWALK SALE

The neighbors of ALIVE! House will join the ALIVE! community to hold a multi-block sidewalk sale centered on the 100 block of South Payne Street and including the landmark Ice House. Now is the time to look in your attic, basement, garage and all around your house for items that are no longer in use. These things can be turned into support for the families of at-risk women and their children which ALIVE! House serves. Put your items aside now. We will be identifying a location where donated items can be brought for preparation for the sidewalk sale – starting April 11th. Please call the ALIVE! office or Susanne Arnold (703-683-5138) to learn of the exact location for drop-offs. Additional pick-up dates will be posted on the ALIVE! website at: www.alive-inc.org. If you have questions or would like to schedule a pick-up for the ALIVE! House Sidewalk Sale, Saturday, May 16th, call Susanne Arnold.



Child Development Center *by Pam Blankenhip, Director CDC*

Recent months have been busy, happy ones at the CDC. The holiday period was particularly festive. On December 10, **Alexandria Bookshelf and DreamDog Foundation** sponsored a holiday party for the children. Jazz the Dream Dog attended the party and danced with the children as Rainey read stories to them, and gave each a book to take home.

On December 18, **Blessed Sacrament School** students continued their tradition of holding a gingerbread themed holiday party for the children and worked with them on arts and crafts activities in the classrooms. The children enjoyed the visiting students immensely.

On December 19, the CDC held its own annual holiday party. At the start of the party, students and families participated in craft activities and games together in the classrooms. Then the parents moved into the First Christian Fellowship hall where they awaited the children who happily marched in, led by their teachers, singing holiday songs. During the party, the children and families were visited by Santa Claus and enjoyed delicious food. **APTA (American Physical Therapy Association)** and **Fairfax and Alexandria Fire Fighters** were extremely generous, as usual, in donating presents.

Generosity continued over the holiday season. **Blessed Sacrament** parishioners provided clothes to every CDC family, beautifully wrapped and well organized. Children from **St Mary's Parish** brought homemade cookies for the students to take home. Warm hats, gloves and scarves were provided by other local charities. The ALIVE! CDC and its students and families are very grateful to all those who helped make their holidays so festive.



On February 13, the children celebrated Valentine's Day with a pink and red food-tasting party. Throughout the school year, the children have been learning about new foods with the "Color Me Healthy" curriculum. At the tasting party, the



students tried different pink and red foods and received a sticker for each food they tried, earning prizes with their stickers. Children who sometimes seem to be "more selective" eaters overcame their pickiness on this day and showed how adventurous they could be by trying most, if not all, of the drinks/foods. Great fun was had by all the children!



Kindergarten students from **Burgundy Farm Country Day School** recently made play dough and donated it to the students at the CDC. They packaged this classic childhood toy individually in various shapes, along with child-safe plastic

cookie cutters. Making the dough and distributing it to the CDC was part of the annual Martin Luther King, Jr., Week of Service at Burgundy Farm, who has been a long-time supporter of ALIVE!



A SPECIAL NOTE OF APPRECIATION

Dr. Gerald Frank, DDS, has been providing free dental screenings to the children at the ALIVE! Child Development Center for over ten years. At 75 years young, he will be retiring soon. Dr. Frank was the subject of a recent Washington Post article which described his compassion and commitment to serving children, particularly those without health insurance.

Dr. Ben Liu, DDS, of Superkids Pediatrics Dentistry, will continue the tradition of providing free dental screenings to the children at the CDC. Dr. Liu and his dental team came to the Center on December 15 and screened all the children there at that time.

We are grateful to Dr. Frank for his service to the CDC and welcome Dr. Liu and his team.



Step ALIVE!



34th Annual Walkathon

What?

Choose either a 5K or a 5-mile walk through the streets of Alexandria, Virginia, followed by a community picnic.

When?

Sunday, May 3, 2015 • 2 pm

Where?

The start and finish are at First Christian Church, 2723 King Street, Alexandria. You can register and get route directions and a T-shirt there, too.

**Registration:**

At the event starting at 1:15 pm
or online at www.alive-inc.org
\$20.00: 19-70 years of age
\$5.00: 12-18 and 70+ • Free: Under 12
\$25.00: Virtual walkers

Why?

Step ALIVE! benefits the ALIVE! Child Development Center, a full-day preschool program serving children of low-income working parents, with a sliding fee scale for tuition.

Questions?

Visit ALIVE! at www.alive-inc.org
by email at alivetoo@aol.com
or telephone (703) 837-9321

ALIVE!

(ALexandrians InVolved Ecumenically)
participates in the United Way (#8352)
and Combined Federal Campaign (#44658).

Benefiting the ALIVE! CHILD DEVELOPMENT CENTER

BHC UMC's Community Walkathon Challenge!

Beverly Hills Community United Methodist Church has always put an emphasis on the "Community" in our name. Local missions are close to our heart and we have been a longstanding member congregation in ALIVE! In 2014, as part of our 75th anniversary celebration, we decided to challenge our parishioners to provide at least 75 walkers for the annual ALIVE! Walkathon for the Child Development Center. "75 for the 75th!"

Our ALIVE! representatives highlighted this goal when we kicked off our year-long anniversary celebration in September 2013, and they periodically reminded our members of this goal over the next eight months. In addition, we reached out to our affiliated preschool and to Kids Club, the after school tutoring program sponsored by Casa Chirilagua, which meets in our fellowship hall every week throughout the school year. Participation soared, and on May 4, 2014 we could claim that more than 80 church members and friends participated as walkers or virtual walkers in the ALIVE! Walkathon! More importantly, our participation yielded \$1,640 for the Child Development Center and infused a new enthusiasm among all the walkers that day. If your congregation is celebrating a special year, I urge you to join ALIVE!'s May 3, 2015 walk.

Rev. Sara Manner
Beverly Hills Community United Methodist Church



ALIVE! Food Program



ALIVE! Welcomes Charlotte Martinsson as Food Program Chair!

Charlotte describes herself as having begun life as a globe trotting Air Force brat. She has been a resident of the DC area since 1995, and of Alexandria since 1996. She has family members in California, Oregon, Utah, Colorado and Connecticut. Her favorite hobby is traveling to see family and checking out other parts of the globe. Charlotte comes to ALIVE! after serving 23 years in Army Military Intelligence, including 13 years overseas. Charlotte retired as Senior Executive after 38 years of combined service. Her final assignment was five years at the White House as the Deputy Executive Secretary of the President's Intelligence Advisory Board. Great to have you as part of the ALIVE! family, Charlotte!



Thank You for These Recent Food Collections!

- The ALIVE! Food Program is grateful for the Burgundy Farms Country Day School for their food drive held in January. Burgundy Farms students from the Upper School collected 1400 pounds of food! The students and their parents sorted and unloaded the food at the ALIVE! Warehouse.
- Frank Fannon, former City Council member, hosted the sixth annual *Alexandrians Have a Heart* clothing and food drive on Valentine's Day, Saturday, February 14th. Donations were brought to the parking lot of the Old Town branch of SunTrust Mortgage. ALIVE! is thankful for the bags of groceries that were collected for the ALIVE! Food Bank.
- Kudos to the Westminster Presbyterian Youth Group for stepping up and holding an ALIVE! food drive in January!
- The monthly collection of food by the Alexandria Democratic Committee is welcome (and greatly appreciated) for help in filling the bags of groceries delivered each week to those who have difficulty getting out of their homes.

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
\$ Money to buy meat \$
(We are able to purchase meat at
\$0.19/lb., so a \$20 donation buys
more than 100 lbs. of meat for
those in need.)

*Low sugar and low salt food is much preferred and appreciated.

Alexandrians Receiving Food from ALIVE! Between December 1, 2014 and February 28, 2015

	Households	Individuals
December	694	2862
January	745	2539
February	671	2448

*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

Last Saturday Food Distribution Program and Special Services

Special Services at Last Saturday

Over the last several years, 'special services programming' has been offered at two of ALIVE!'s Last Saturday Food Distribution sites: the Church of the Resurrection and Cora Kelly. One special service is the Holiday Toy Closet at the Church of the Resurrection, which has been carried out by volunteer Judy Schramm for the last five years – with the help of her three sons. By collecting toys through her son's class and also recruiting his friends, in 2014, a group of young men from Gonzaga and Jeb Stuart High schools ran a toy drive. They also stored and then distributed the toys at ALIVE!'s food distribution program in December. The clients at the food distribution program were very thankful for the gifts for their children. ALIVE! appreciates Judy's efforts on her own, as well as engaging the following young men who helped carry out this project: Brian Hardy, Jeb Stuart; Chris Witkowski, Jeb Stuart; Tyler Warburton, Gonzaga; Michael Jerakis, Gonzaga; Thomas Pollack, Gonzaga, Boy Scouts Troop 135; Will Gately, Gonzaga, Boy Scouts Troop 135; Connor Joransen, Gonzaga; Joey Peterson, Gonzaga; Matt Hoffman, Gonzaga; Patrick Crockett, Gonzaga, Boy Scouts Troop 135; Zachary Hunter, T.C. Williams, Boy Scouts Troop 135; Nicholas Hunter, T.C. Williams, Boy Scouts Troop 135.

Last Saturday Food Distribution Volunteers

ALIVE! continues to be extremely grateful for the many volunteers who participate in each of the three sites every month that distribute food to our neighbors in need. Individual volunteers, as well as groups who volunteer together have been especially flexible during these cold winter months, working together to ensure that the clients can stay warm until they are able to secure their food. Also, we want to give a special note of thanks to the Capital Area Food Bank for recently providing oranges and spinach, enabling ALIVE! to distribute nice winter-fresh produce in the last few months. Thanks to a true ALIVE! team effort, food distribution to hundreds of families in Alexandria happens every month!



Edmund Cohen(l) of the Alexandria Valley of The Scottish Rite of Freemasonry presents a donation to the ALIVE! Food program to Diane Charles (c) to honor Jean Moore.(r)

Good Shepherd Lutheran Church host "Lost And Found" concert benefiting ALIVE! Food Programs



We wanted to share a special note of thanks from Good Shepherd Lutheran Church to all who were able to attend the Lost And Found concert on February 28. We packed our church with over 190 people and received 213 nonperishable food items (35 bags!) for the food bank as well

as \$331 toward the HungerFree Alexandria initiative. The concert was a fun evening of music, humor, and fellowship. We had people who traveled all the way from Norfolk as well as neighbors from around the corner who came out on a beautiful non-snowy Saturday evening to hear Lost And Found on their farewell tour. Following the concert, we enjoyed mingling in the fellowship hall and sampling the many delectable desserts. If you'd like to learn more about the band, Lost And Found, you can visit their website at www.speedwood.com.



ALIVE! House Wish List

Diapers—size 6
Baby wipes
Metro fare cards
Bath towels/washcloths
Laundry detergent
Bleach
Cleaners: bathroom and kitchen
Paper towels

2723 King Street
Alexandria, VA 22302
703-837-9300
www.alive-inc.org
E-mail: info@alive-inc.org

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 43 congregations and hundreds of volunteers.

ALIVE! offers Alexandrians in need help through its 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: info@alive-inc.org
www.alive-inc.org

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

Spring 2015 Calendar

APRIL

- 7 **ALIVE! Board Meeting**, 7:00 PM, Fairlington Presbyterian, 3846 King Street, Alexandria, VA 22302
- 25 **Last Saturday Food Distribution**: Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise
- Food Collection**: First Christian, Good Shepherd Lutheran Church, Old Presbyterian Meeting House, St. Joseph's Catholic Church, Trinity UMC, Unitarian Universalist, Zion Baptist
- Furniture Collection**: Church of the Resurrection, Grace Episcopal, Christ Church, St. Mary's

MAY

- 3 **34th Annual CDC Walkathon**, Starting/Ending Point: 2723 King Street, 2:00 – 5:00 PM
- 5 **ALIVE! Board Meeting**: 7:00 PM, St. Joseph Catholic Church, 711 N. Columbus St., Alexandria, VA 22314
- 16 **ALIVE! House Sidewalk Sale: 100 Block of South Payne Street, including the Ice House**
- 30 **Last Saturday Food Distribution**: Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise
- Food Collection**: Agudas Achim, Christ Church, Church of the Resurrection, Fairlington UMC, Good Shepherd Lutheran Church, Grace Episcopal Church
- Furniture Collection**: Blessed Sacrament, Westminster Presbyterian, Sixteenth Tabernacle

JUNE

- 2 **ALIVE! Board Meeting**: 7:00 PM, Church of the Resurrection, 2280 N. Beauregard St., Alexandria, VA 22311
- 27 **Last Saturday Food Distribution**: Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise
- Food Collection**: Blessed Sacrament, Church of God and Saints of Christ Sixteenth Tabernacle, Community Praise Center, Convergence Community, Immanuel Church-On-The-Hill, St. Mary's
- Furniture Collection**: St. Paul's Episcopal, Washington St. UMC, Unitarian Universalist, St. Mary's