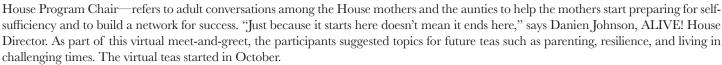


### **Tea with Aunties: The Prequel**

*My six-year-old refuses to do his homework. How do I handle salary negotiations in a job interview? The toilet overflowed, and the landlord hasn't fixed it.* 

Once ALIVE! House mothers make their big move to independence, they'll face a slew of brand new challenges. Fortunately, they'll have the support and counsel they need: a new set of "aunties," thanks to the sage women of the Sixteenth Tabernacle Beth El.

On a preliminary meeting via Zoom, the mothers were introduced to their new "relatives." Tea with Aunties—the brain-child of Nataki MacMurray, ALIVE!



Two exciting ideas emerged from this fruitful initial meeting:

- 1. College students in the church might become "cousins" to the ALIVE! House's teenager to prepare to transition out of high school.
- 2. Male church members might serve as role models and "uncles" or "dads" for a young boy in residence.

The first meet-and-greet also included Nataki MacMurray, Pastor James Parker of Sixteenth Tabernacle Beth El and his wife, and the "aunties" — also known as Daughters of Jerusalem and Sisters of Mercy.

The first educational support session was held on October 11th. The first session topic was resilience, a topic that was very necessary in light of the current climate within the community due to COVID-19. During the session, the mothers enjoyed completing several activities via Zoom, including life mapping as well as a compelling future activity.

When the coronavirus risk level subsides, an in-person family reunion will be held.

### **ALIVE! Receives Refrigerated Shipping Container**



In September, ALIVE! recieved a generous donation of a refrigerated shipping container, giving its Food Program much-needed refrigerated space and additional storage to meet the growing demand of community members in need. Special thanks to Marion Moon (CEO of Convention & Tradeshow Freight Specialists), AMX Leasing, and AlexRenew for making the donation possible.

See more generous community donations and support on page 7!

Alexandria. VA FOOD. SHELTER. EMERGENCY HELP.



#### A MESSAGE FROM THE PRESIDENT & THE EXECUTIVE DIRECTOR

## Partners Make Us Stronger

hen ALIVE! began in 1969, we looked to our member congregations to provide financial support and volunteers to directly deliver services to needy Alexandria residents. As ALIVE! has grown as an organization and as we have adapted to the changing nature of non-profit business operations, our relationships and partnerships have changed. While our volunteer focus is still an important part of our organizational culture, we now find ourselves quite often playing the role of a centralized coordinator in delivery of services.

Our current operating environment requires working with other providers within our city, securing funding from state-wide and national organizations, and relying on government agencies at all levels. Each of these relationships helps to bring relief to those that are suffering in our community.

Our response to the pandemic has relied on several important partner relationships: the City has entrusted us with CARES Act funds for the purpose of providing a higher level of support to the needy in our community in this time of increased need and we have come to rely more and more on smaller distribution organizations to get the food out where needed. With the benefit of the CARES funding, we are able to purchase a much greater amount of food. The city provides space for us to store, sort, and bag the food in a socially distanced arrangement. Through coordination with VolunteerAlexandria, we are able to assure that we have people in place to get needed tasks done.

Additionally, the pandemic has not only increased the level of need that we are responding to with our established programs but has also brought new areas of need to light. A particularly pressing result of the economic effects of the pandemic is the looming eviction crisis that will affect families in our city and across the country. To that end, we are exploring opportunities for new partnerships to let ALIVE! play a role in helping families navigate the complexities of an eviction action.

We continue to work, with our partners and thorough the generosity of your support, to address the needs in our city.

Stay safe and healthy,

Eric F Windkum

Eric Winakur President



fort G

Jennifer Ayers Executive Director



### ALIVE!Wire

"The seven of us had a good time, we walked near my office wearing our StepALIVE! Walkathon T-shirts and were stopped by people who wanted to know about the Walkathon, and they were impressed with what they heard. ALIVE! has been so supportive of the community and this is a way to contribute to the community."

– Joe Blaszkow, Blaszkow Legal PLLC and Trailblazer Sponsor

### 

Alfred Street

#### PACESETTERS





#### PATHFINDERS

The Episcopal Church of Saint Clement Fairlington Presbyterian Church Good Shepherd Lutheran Church John Marshall Bank Saint Clement Thrift & Gift Shop Saint Joseph Catholic Church

#### TREKKERS

Affordable Signs & Banners The Baha'is of Alexandria Best Impressions Blessed Sacrament Catholic Church **BLT Shirt Printers** Cameron Cafe The Chris Umbel State Farm Agency Corp. Clarke & Sampson, Inc. Del Ray Business Association Del Ray Farmers Market Del Ray United Methodist Church Episcopal Church of the Resurrection Fairlington United Methodist Women First Christian Church of Alexandria Fiske Law Group, PLLC Friends of Don Beyer

Hermitage of Northern Virginia Irina Babb Homes Joan Hartman Moore Krafft Air Conditioning Service Corporation Minuteman Press of Alexandria Old Presbyterian Meeting House Reunions Royal Restaurant & Cafe SFM Architects and Builders, LLC The Stone Wood Team, in affiliation with eXp Realty, LLC Unwined Victoria and Gerry Hebert Your Dog's Best Friend Waste Management

#### CONGREGATIONS

Agudas Achim Congregation The Basilica of Saint Mary Beth El Hebrew Congregation Christ Church Commonwealth Baptist Church Emmanuel Episcopal Church and Preschool First Agape Baptist Community of Faith First Church of Christ, Scientist Grace Episcopal Church Immanuel Church-on-the-Hill Meade Memorial Episcopal Church Saint Rita Catholic Church Sixteenth Tabernacle Beth El Trinity United Methodist Church Washington Street United Methodist Church



# The 39th Annual StepALIVE! Walkathon

his year's StepALIVE! – our first virtual walkathon – exceeded its fundraising goal by raising over \$66,000 by midnight on September 13, 2020, thanks to the amazing support of our walkers, congregations, and sponsors. The event brought in 379 registered participants, 37 teams, and 57 sponsors.

The virtual walkathon continued but adapted the StepALIVE! tradition to the changing times. Participants walked over the weekend of September 11-13, choosing the date, time, and location of their walks. In an effort to maintain safety and health guidelines, ALIVE! encouraged people to register and form teams online and to walk in small groups or individually. Even the T-shirt pick-up was transformed into a drive-through. Thank you to the many people wearing the StepALIVE! T-shirt who tagged ALIVE! on social media.

#### Congratulations go to this year's winners:

WINNER – Congregation with the Most Dollars Raised and Recipient of the Congregational Cup Team St. Joseph raised \$3,758.70

WINNER – Congregation with the Largest Team Team Fairlington with 47 members from Fairlington United Methodist Church and Fairlington Presbyterian Church

WINNER - Community Group with the Most Dollars Raised National Charity League, Port City Chapter raised \$1,750.70

WINNER - Community Group with the Largest Team National Charity League, Port City Chapter with 50 members

> Honorable Mention – Congregations Christ Church Churches of S. Washington St. Good Shepherd Lutheran Church OPMH Super Walk Team Resurrection Walkers

Honorable Mention – Community Groups Cameron Station Marchers United to Help Our Neighbors

### **OPEN TABLE BREAKFAST:** Starting the Day with Connection

pen Table Breakfast puts out the welcome mat for the homeless or low-income families in Alexandria. Launched by caring people at Washington Street United Methodist Church (WSUMC) in 2010, the program soon became a blueprint for Open Table at other churches: Old Presbyterian Meeting House (OPMH) and Old Town Community Church (OTCC), formerly known as Downtown Baptist Church.

The three churches typically draw breakfast eaters from the Carpenter's Shelter or the temporary shelter at Charles Houston Recreation Center. ALIVE! supplies breakfast foods, such as juice, cereal, and milk, and breakfast meats, such as bacon and sausage, to these Open Tables. Since the pandemic, ALIVE! also provides the churches with "grab and go" pre-packed snack bags. Some of those served include former restaurant workers who lost their jobs due to the pandemic.

The churches informally keep tabs on this flock: 10-year Open Table volunteer Kelli Back at WSUMC, Susan Grandy at OPMH, and Associate Pastor Brian Hoysa at OTCC stay in touch and follow up if a guest seems distressed or is unexpectedly absent.

Over the years, Open Table has become more than a food distribution program; it has grown into a fellowship community for volunteers and guests. COVID has not destroyed the desire to be in a relationship with others. These 3 congregations are making a place — whether by the front door, on the sidewalk, or at a table in a nearby alley — for people to know God's love.

"We all are broken, frail, and hurting during this pandemic and that's OK. But we need to take care of each other — and together respond to the brokenness of the world." — Reverend Thomas G. James of Washington Street United Methodist Church.

#### Washington Street United Methodist Church

WSUMC was preparing to celebrate the 10-year anniversary of Open Table in 2020, when the coronavirus threw it a curveball.

On Monday and Friday mornings, needy Alexandrians could enjoy freshly cooked breakfasts at the church, including meat, eggs, potatoes, cheese, fresh fruit, and yogurt, as well as take-away lunch sandwiches.

Then the pandemic struck — with the need for social distancing. In April, WSUMC got creative. It eventually formed a partnership with Old Town Deli, which prepares breakfast, and Misha's Coffeehouse and Roaster, which supplies coffee; both provide their food and drink at discounted prices. This arrangement helps these local businesses keep their doors open and their employees on the payroll.

The church distributes the edibles as take-out, since indoor fellowship, for now, is not possible.



Demand grew — prompting the church to add Tuesday breakfasts. About 18-25 participants enjoy Tuesday and Friday breakfasts, but on Mondays the number jumps to 35 as clothing and hygiene items are also distributed that day.

But WSUMC wasn't finished yet. Building on the successful Open Table model, it teamed up with Royal Restaurant in June to provide twice-monthly hot meals to 150 families at Charles Houston Recreation Center. ALIVE! added to this effort by supplementing the meal with shelf-stable groceries and, when available, fresh food. At each distribution there are about 100 families or more that come to receive meals and food.

How are these programs funded? In part, by generous WSUMC members. To enable our most vulnerable residents to eat, they upped their usual contributions by about \$50,000. Other partners in this venture include: Volunteer Alexandria, City of Alexandria Parks and Recreation, and Alexandria Redevelopment and Housing Authority.

#### **Old Presbyterian Meeting House**

Volunteers Gerry Cooper and Kate Theisen are ready to serve from 6 am - 8 am along with others at OPMH's Open Table.

In a world before the pandemic, OPMH served a hot breakfast to homeless and other Alexandrians every Thursday. Church volunteers sat with them for some early-morning conversation on sports, weather, whatever was on people's minds.

Now, in the pandemic world, the method has changed, but the mission has not. Indoor dining is on hold. In place of sit-down meals, OPMH now hands out to-go bags containing a sandwich, several snacks, two pieces of fresh fruit, two bottles of water, and provisions from ALIVE! such as milk, a cereal pack, juice, and fruit cups.

### ALIVE!Wire

### **Vignettes of ALIVE! Family Assistance**

### When 41% of households can't handle an unexpected \$250 expense, how has ALIVE! stepped up?

ALIVE! Family Assistance (FA) provides monetary assistance to Alexandria residents for rent, utilities, medical expenses, and other emergency needs, as well as food for the elderly, disabled, and single parents. ALIVE! FA typically provides financial assistance to 1,800 individuals annually and disburses \$32,000/month on average. Financial assistance consists of up to \$500 per household every 6 months per year. Clients must be referred to this program by the City of Alexandria, Alexandria Public Schools, local faith organizations, or other social service agencies.



Tom Fulham, Family Assistance Chair

In the wake of COVID, requests for financial assistance have tripled, prompting the ALIVE! Board of Directors to double the amount of funds for emergency assistance. Out-of-work restaurant, catering, construction, and other employees are experiencing difficulty paying their bills.

#### What are the circumstances that you and ALIVE! are helping neighbors with?

M s. RA had never asked for assistance before, but this mother of two had no choice when she was laid off from her \$1,500/ month restaurant job and then contracted COVID-19. Also, her sister moved in, joining this small family. ALIVE! FA worked with several other Alexandria agencies to pay her rent by contributing \$500 so they wouldn't be evicted. The family is in the process of applying for food stamps. A fter cutbacks made by his employer, Mr. AZ requested \$450 for rent assistance to provide shelter for his wife and three children, which was granted. His construction job had paid him \$1,600/month. The family had never required assistance previously but the lay-off was accompanied by the welcome of a new baby in April. The father has been working consistently since August, yet the pay gap and the extra expenses for the baby have caused the family to fall behind on rent. Disabled and living on her \$990 Social Security income, Ms. MP has unpaid bills due to unexpected expenses; she last requested assistance in 2014. ALIVE! FA immediately pledged \$250 to Dominion Energy so Ms. MP will not lose the use of her refrigerator, lights, and oven.

#### "Be kind. Everyone you meet is carrying a heavy burden." — Ian MacLaren (1850 - 1907)

#### **Old Town Community Church**

OTCC, formerly known as Downtown Baptist Church, has been serving breakfast to guests every Wednesday morning in Fellowship Hall since 2017. Pre-pandemic, it welcomed 40 hungry diners.

Now, about 25 souls gather to enjoy delicious breakfast and lunch sandwiches cooked by volunteer Paul Boroughs, and coffee prepared by their own barista Walt Warme, who knows just how everyone likes it. Great Harvest Bread Company donates goodies like muffins, fruit, and peanut-butter-and-jelly sandwiches to this moveable feast.

Guests can enjoy al fresco meals, since the church has set up 6 socially-distanced tables in the alley near its building on 212 S. Washington Street. Volunteers engage all comers in conversation for a lively time. The most common question: "Is Donna here?" After months without her delicious pancakes, diners welcomed a return to normalcy when Donna Southers took up her pancake-turner again in July. The alley also serves as a gathering place for other events. In September, the church had a baby shower in the lane next door. "Everyone wore masks and kept their distance," according to Associate Pastor Brian Hoysa. "Not to have the opportunity to show joy and excitement has been difficult, it's hard not to share a smile with others — but we all were able to sense the smiles through the mask, from a distance a connection was made."

Donors from the congregation have increased their contributions to the hunger ministry. As a result, the church not only can fund Open Table but also gets 400 hefty boxes of food twice a month for drive-through distribution. About 100 of these boxes of food are shared with the Ruby Tucker Family Center distribution happening 2 days a month. Starting in October, these boxes of food will come from ALIVE!. Since May, 150-200 people have driven up to OTCC, and, without leaving their cars, welcomed a church volunteer who placed ALIVE! cartons of fresh produce, milk, eggs, and meat in their trunks.

### **ALIVE! Food Program Responds to Growing Needs**

orking with other community partners, ALIVE! continues to innovate to meet the growing needs of vulnerable Alexandrians. Since the pandemic began, the number of people served continues to rise; as has ALIVE!'s and the community's response. Since March, ALIVE! has continued to respond to growing numbers — reaching nearly 4,000 households or approximately 14,000 individuals per month and, at the last reporting period, distributing over 175,000 pounds of food.

"Volunteers and increased support from the City of Alexandria, faith communities, and individuals have allowed us to continue to try to keep pace with demand — which we see as increasing in the near term," says Jennifer Ayers, ALIVE's Executive Director.

ALIVE! delivers food to neighbors through these programs:

**Truck-to-Trunk:** Two Saturdays per month, including the last Saturday at two drive-through sites at the parking lots of Cora Kelly (3600 Commonwealth Ave.) and John Adams (5651 Rayburn Ave.) Elementary Schools.

**Pop Up Distributions:** Bennington Crossings Apartments, South Whiting Street, and Charles Houston Recreation Center. ALIVE! works collaboratively with City agencies and a network of nonprofit organizations to locate its food distribution pop-ups in neighborhoods with identified needs or those facing barriers to access.

**Food Drop Off:** ALIVE! supports Ladrey Senior Highrise and Annie B. Rose House senior apartments by dropping off food at the end of each the month.

**Community Partners:** Casa Chirilagua, Christ Church, Christ House, Community Lodgings Fifer Family Center, Francis C. Hammond Middle School, Meade Memorial Episcopal Church, Mount Jezreel Baptist Church, Old Presbyterian Meeting House, Old Town Community Church, Ruby Tucker Family Center, Washington Street UMC, West End at Saint James UMC, Oakland Baptist Church.

Community partners are organizations that deliver food from ALIVE! on a regular basis. These are often community pantries, school weekend bag programs, or meal distribution sites. ALIVE! also provides food to organizations upon request if needed.

**Home Deliveries:** In partnership with the City of Alexandria, ALIVE! provides food to quarantined COVID-19 positive families facing food insecurity and, through its Financial Assistance Program, to homebound seniors, individuals with disabilities, and single parents with young children. In August, Family Assistance clients received home deliveries totaling 6,430 pounds of food, which translates into 376 bags of food to 74 households and 157 individuals.

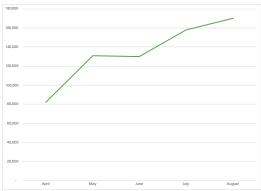
Food is becoming more expensive, straining the budgets of unemployed and employed alike. The cost of fresh food has increased since February: beef prices saw the steepest spike (20%), followed by eggs (10%), poultry (8%), and pork (8%), according to the August 4, 2020 Washington Post article For the unemployed, rising grocery prices strain budgets even more and citing the Bureau of Economic Analysis. The estimated cost to ALIVE! to provide one grocery meal to one person is about \$1, which is remarkable when you consider that people receive shelf-stable groceries, fresh or frozen meat, fresh produce, eggs, and vegetables as part of the meal.

Thanks to the financial and in-kind support from the City of Alexandria, ALIVE! has been working to increase its capacity to serve. Additional support from individual donors, businesses, and faith-based organizations has enabled ALIVE! to expand its operations to respond to community needs.

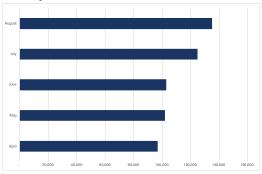
Job loss and other economic catastrophes associated with the coronavirus crisis could push the rate of food insecurity in Alexandria to 14% by the beginning of 2021, according to the September 2, 2020 Patch article Coronavirus Increases Hunger: Find a Food Bank in Alexandria. Ann Patterson, Food Program Director, is already seeing this rise in food insecurity: "I have seen once-comfortable middle-class people, now furloughed, waiting in line for food. Almost every single person says 'Thank You' through the window." "A man shouted from his car, "Thank God you guys are out here helping us. God bless each and every one of you. We need this food." We were all touched. It truly is an honor and privilege to volunteer during this pandemic."

- James, a First Christian Church of Alexandria volunteer.

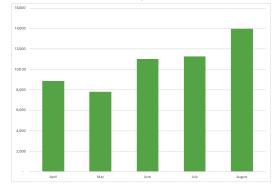




#### Meal Equivalents



#### **Estimated Number of People Served at ALIVE! Sites**



How you can help? Pack grocery bags from home. ALIVE! will provide shelf-stable food, supplies, and instructions. Then simply deliver the bags to our COVID-19 emergency food staging area on S. Quaker Lane. Contact Ann Patterson, apatterson@alive-inc.org. Volunteer at our food distributions by signing up online. Various ALIVE! volunteer opportunities are posted regularly on SignUp. www.signup.com/group/207014831069392046



#### Thank You to Our Community!

Thank you for your donations and in-kind contributions to help us continue our work at ALIVE!.

- Marion Moon (CEO of Convention & Tradeshow Freight Specialists), AMX Leasing, and AlexRenew for refrigerated shipping container and its housing.
- Image 360 Fairfax for new graphics on ALIVE! truck and Wiygul Automotive for truck maintenance.
- Fairlington Presbyterian Church for Yard Sale to benefit ALIVE! House.
- Westminster Presbyterian Church Alternative Giving Bazaar for featuring ALIVE!.
- Jacob Bennett, ACPS music teacher, for benefit concert and Jammin' Java for hosting.
- Studio Barre Alexandria for giving campaign #Tuck2020.
- BLT Shirt Printers for printing StepALIVE! T-shirts, and Best Impressions for printing StepALIVE! event signage.
- Bennington Crossings Apartments for videos featuring ALIVE!'s emergency food distribution.
- Gin Kinneman's quotation to the Alexandria Chamber of Commerce series Behind The Masks of Our Essential Workers series applauding Jennifer Ayers for her leadership and resourcefulness during the pandemic as ALIVE! Executive Director.
- Master Gardeners Anne Wilson and Leslie Staples for 10 years of tending to the ALIVE! Garden located at Fairlington United Methodist Church.
- Fairlington United Methodist Church for over 1,000 handmade face masks.
- Giant Food at 3131 Duke Street for discounted chicken.
- Lorton Community Action Center for fresh produce.
- Festival of Speed & Style and Burke & Herbert Bank for \$3,000 donation.
- Yates Dry Cleaning, Cameron Café, and Unwined for collecting face masks.
- Royal Restaurant for meat and vegetarian meals for bi-monthly food distributions.
- KH Giving for face masks and cleaning supplies.
- Elizabeth's Counter for gift card donations.
- Volunteers for the Food Program: Elizabeth Bennett-Parker, Helen, David and Cecile Wynne, Nicole, Susan, Scott Thomas, Natalie Puri.
- Guaranteed Rate of Alexandria for \$2,600 donation and swag.
- Theresa Pugh for "Motown Night" Neighborhood Concert to benefit ALIVE!
- Lee-Fendall House Museum & Garden and Carlyle House for Virtual Trivia Night to benefit ALIVE!
- Keller Williams Properties' Young Professionals for giving campaign #KWYP.
- Alexandria Central Rotary Club for a grant to support ALIVE! House.
- Kiwanis Club of Alexandria for donations to support the ALIVE! Food Program.
- MOM's Organic Market for regular food donations.
- Del Ray Famer's Market for fresh produce every Saturday.
- Great Harvest Bread for weekly bread donations.

#### **CONGREGATION CORNER**

How ALIVE! Member Congregations are Adapting to COVID-19

#### 

The congregation at **First Christian Church of Alexandria** has grown geographically as those who physically attend Sunday morning services worship with a virtual community, noted Rev. Tim Bobbitt, the church's pastor. "One of my favorite parts of worship has been special music shared by many different people from their homes via Zoom worship. One Sunday, we had participants from Argentina, England, and Ghana."

**Alfred Street Baptist Church** services are now exclusively online with 4 pre-recorded services streaming at set times over the weekend. The online services have over 100,000 subscribers and each service regularly has a minimum of 2,000 viewers. New members from around the world are completing pre-baptism classes, member orientation, and right hand of fellowship online via Zoom. Sunday school classes are also held virtually.

### OFFERINGS

**Beth El Hebrew Congregation** typically holds a High Holy Day Food Drive for ALIVE! between Rosh Hashanah and Yom Kippur. The temple moved its food drive online and held a High Holy Day Digital Food Drive (HHDDFD), encouraging people to go to the ALIVE! website to make a donation to purchase food.

**First Christian Church of Alexandria** has reallocated some of its mission giving — originally envisioned for a mission trip — to programs addressing urgent needs in the community. It has collected special offerings for the ALIVE! CDC, Casa Chirilagua, ALIVE! House, The House DC, Pilgrimage Christian Church, and the ALIVE! Food Distribution Programs, among others.

### 🔵 FOOD PANTRY

"We've seen at least a 5-fold increase in the amount of food we share," according to **Grace Episcopal Church** representative Lawrence Thompson. Twice a week volunteers supply the church's neighbors with bags of groceries containing corn flour, dried beans, and vegetable oil; the provisions are tailored to the preferences of the Arlandria neighborhood served by the church. Other congregations also contribute groceries to this food distribution effort: **Beverley Hills Community United Methodist Church, The Church of Jesus Christ of Latterday Saints, First Assembly of God, St. Rita Catholic Church**, and **Westminster Presbyterian Church**.



A member of **Grace Episcopal Church** who is a physician has spearheaded the translation of COVID-19 information into the Spanish vernacular spoken in Arlandria, and added pictograms to more effectively spread the word about how to stay protected from the coronavirus.





The oldest and largest private safety net for Alexandrians living in poverty and with hunger, ALIVE! serves thousands of individuals each month by providing Food, Shelter, and Emergency Help.

Founded In 1969, ALIVE! is comprised of 45 faith organizations and thousands of volunteers, partners, and supporters.

- **C** 703-837-9321
- 💌 info@alive-inc.org
- f @alive4alexandria
- C @alive4alexandria
- www.alive-inc.org

ALIVE! 2723 King Street Alexandria, VA 22302

ALIVE! INTERFAITH

PROJECT

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

### Save the Date for the ALIVE! Interfaith FALL HARVEST PACKING PROJECT

November 2-6 and 21, 2020

*Community organizations and groups welcome to participate, volunteer, and donate.* 

We are encouraging ALIVE! member congregations to **pack 150 bags** each for distribution this fall and winter.

- **1.** Pick up bulk groceries from ALIVE! on **November 2-6**.
- 2. Drop off packed bags of food to ALIVE! on **November 21** at the Bus Barn, 116 S. Quaker Lane.

Tag ALIVE! on social media with **#ALIVE!FallHarvest** and share pictures of members of your congregation packing bags from home or in a socially distanced group.

