



ALIVE! *Wise*

Alexandrians Involved Ecumenically

Fall 2011

“That’s all that Matters”

Living inside the Beltway, you can’t help but feel the tension in the air as Members of Congress squabble with each other and with the President and as presidential hopefuls try to outdo each other in their scathing criticisms of Congress, the President, and each other. It seems that no one can get along with anyone who doesn’t share the same world view and philosophy. With this as a backdrop, it’s refreshing to be among the many people at ALIVE!



Cheryl Malloy

who manage to get along despite different backgrounds and beliefs. Everyone goes the extra mile to get past any differences to focus on the task at hand—to share their time, talents and treasure with people who are in need.

This willingness to share is symbolized by the young people who help out at Last Saturday Food Distribution, the retired men and women who process requests for monetary assistance or deliver food to shut-ins, the students who come to ALIVE! House to volunteer with the families, the teachers in the Child Development Center, the individuals who donate funds to allow us to buy food, and the many, many more individuals, congregations, corporations, foundations and groups that make ALIVE! the vibrant organization it is today. We have been blessed with wonderful, caring volunteers and donors—in fact, this past fiscal year (which ended June 30), ALIVE! received donations that exceeded even our lofty expectations, from a wide variety of sources. We received \$ 143,000 from congregations, \$ 165,000 from individuals, \$ 263,000 from foundations and \$ 50,000 from corporations. All of these individuals and groups saw in ALIVE! a place where they could place their trust and their hope for a better, more caring Alexandria.

I would like to share with you a quote from former Defense Secretary Robert Gates who was talking to a Marine about implementing the phase-out of “don’t ask, don’t tell” but who could have been describing ALIVE!:

“The reality is that you don’t all agree with each other on your politics; you don’t agree with each other on your religion; you don’t agree with each other on a lot of things. But you still serve together. And you work together. And you look out for each other. And that’s all that matters.”

Cheryl Malloy, ALIVE! President

HELP ALIVE! House To HELP the HOMELESS

Since 1972, ALIVE! House has been a home for its families - helping them move from homelessness to independent living. Here mothers learn the responsibilities of heading a household, taking care of her children and earning a living so the family can stay together. We can’t help them without help from our friends. Over one third of the ALIVE! House FY2011 budget resulted from friends participation in the

Fannie Mae Walkathon

Please be one of us this year – as a:

- **Walker** — Register to Walk on the National Mall on 11/19 at 9 am
- **Mini Walker** - Register for the **West End Congregations Walk** at Fort Ward Park on Sunday, 10/23 at 1:30 pm
- **Virtual Walker** - Register for anytime, anyplace – you’ll count, too!

Please be sure you designate:

**ALIVE! - VA 003 as the
Beneficiary Organization**

Our Goal = 850 Walkers earns a \$15,000 bonus !

Register for all walks & sponsorships at
www.helpthehomelessdc.org

Donors – to make a donation to ALIVE! House or to cover a resident’s fee \$30 Adult, \$35 Virtual Walker, \$20 Youth (25 & younger). Send checks to: ALIVE! House, 125 S. Payne St. Alexandria, VA 22314



Notes from the Executive Director

Management Changes at ALIVE! House...

This summer, after nearly four years, we said good-bye to Dimitri Warren, Director of ALIVE! House. We were happy that Dimitri was selected for her new position with the Department of Community and Human Services, but, of course, sad to see her leave ALIVE! In her new position Dimitri is the City Management Analyst for Homeless Prevention and Homeless Services and administers the Homeless Management Information System. We will continue to work closely with her in that capacity.

We are very pleased to introduce our new Director of ALIVE! House, Nichole Goodman. Ms. Goodman is a graduate of Howard University holding a Masters of Social Work, with a concentration in Direct Services. She is a Licensed Graduate Social Worker (LGSW) in both the District of Columbia and Maryland. She had previous positions with Carrie Simon House, the Maryland Family Resource, Inc. and The Northwest Center. Welcome, Nichole. Ken



Right: Nicole Goodman, the new Director of ALIVE! House

Left: Dimitri Warren, Susanne Arnold, Cheryl Malloy and Ken Naser (L to R) enjoyed a lovely afternoon farewell party for Dimitri on May 26th in neighbor Ann Matikan's beautiful garden next to ALIVE! House.



ALIVE! IS RAISING FUNDS AND HELPING THE PLANET THROUGH RECYCLING

Did you know in the U.S. more than 13 ink cartridges are disposed of every second, totaling an estimated 375 million each year? The total weight of these cartridges is equivalent to over 112,000 Volkswagen Beetles! ALIVE! is working with Planet Green to help the Earth and raise funds. You can go on the web site planetgreenrecycle.com/aliveinc to order remanufactured (not refilled) cartridges that will save you money. At the same time, ALIVE! receives a 15% donation on every inkjet cartridge purchased. In addition, Planet Green sends ALIVE! cash when we mail in used inkjet cartridges and cell phones that have been donated. All this reduces landfill and helps the environment! Anyone wishing to dispose of inkjet cartridges and cell phones can drop them off at ALIVE!'s office. Thanks to all those who have already participated in this program.



ALIVE!

President: Cheryl Malloy, Good Shepherd Lutheran Church
 Vice President: Ellen Brown, Community Representative
 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

Making Healthy Choices

Contributed by: Rebecca M. McLean, Alexandria Childhood Obesity Action Network

Here in Alexandria we have some of the highest obesity rates in Northern Virginia. Over 42% of our children are overweight or obese.

ALIVE! wants to encourage healthy eating among all Alexandria residents. Dr. Stephen Haering, Health Director of the Alexandria Health Department, recently spoke to ALIVE! board members about the Childhood Obesity Action Network and ways we could be more active in the fight against obesity. Also, ALIVE!'s Child Development Center has been piloting a new program called Color Me Healthy. With Color Me Healthy, our preschoolers are learning more about fruits and vegetables through touch, taste, sound, and smell!

In light of the obesity problem in Alexandria, we are asking for healthy food donations to fill "the plate" using the USDA's My Plate initiative. With so many Alexandrians without access to fresh fruits and vegetables, we are grateful for our partnership with the Capital Area Food Bank to source fresh fruits and vegetables. You can help supplement this fresh produce and fill the plate with other healthy foods:



Fruits and Vegetables
Canned, low-sodium vegetables
Light syrup canned fruits

Proteins
Beans
Peanut butter
Almonds
Canned fish

Whole Grains
Oatmeal
Whole grain dry cereal
Whole grain pasta

Although tasty, we ask that you leave these items in the store: sugary beverages, cookies, potato chips, high sodium foods, white breads, and candy.

For more information or ideas for donations, please visit www.choosemyplate.gov/index.html

36th Annual Alexandria Turkey Trot 5-Miler!

Please join us in an ALIVE! tradition on Thanksgiving morning, November 24th from 8:15 to 10:15 AM at the Cora Kelly Recreation Center at Reed and Commonwealth Avenues. Runners support ALIVE! by bringing non-perishable food to donate. Volunteers are needed to collect, sort and pack the donations for delivery to our food warehouse. The more workers there are, the quicker we finish. It can be fun for the whole family! On-site registration for the five-mile race starts at 8:30 and advanced registration details are available on line from the sponsors, the Del Ray Business Association and the DC Road Runners Club. For more information or to volunteer, please call the ALIVE! Office at (703) 837-9321.



GOD'S WORK. OUR GIFTS.

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

Purchasing a gift is simple:

1. **Review the list of items.**
2. **Fill in the order form.**
3. **Write a check payable to ALIVE!.**
4. **Send the order form and check to:**

ALIVE!
2723 King Street
Alexandria, VA 22302

For each purchase, you will be sent a gift card and envelope and an insert describing your chosen gift.

ALIVE! HOLIDAY GIFT ORDER FORM

(Please Print Legibly)

Name: _____

Address: _____

Gift is in honor of: _____

Gift is in memory of: _____

Please choose the gift(s) you would like to purchase from the catalog sheet.* The item numbers are in blue (example: **A1** for Bus Tokens, **D2** for Medication):

Item Number	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 needed most.

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

Gifts and contributions may be made by check made out to ALIVE!

**ALIVE! is a nonprofit 501(c)(3) corporation, your contribution is tax-deductible to the fullest extent allowable under the law.
 Thank You and Happy Holidays!**

ALIVE! Programs and Descriptions of Gifts

A. ALIVE! House ⇒ Temporary housing for women and families in emergency and transitional situations.

1	Bus tokens or Metro Fare cards	Provide transportation for a formerly homeless woman to get to class or a job interview.	\$10
2	Cleaning Supplies	Provide a family with a month's supply of laundry, bathroom and kitchen cleaners and paper products.	\$25
3	Work Clothes	Purchase a Target or TJ Maxx gift card to help a homeless single mom buy work clothes or shoes.	\$40
4	Towels	Provide a family with a new set of face and bath towels as a welcome gift.	\$75

B. Child Development Center (CDC) ⇒ A full-day preschool and early childhood education facility serving up to 38 children of working, poor Alexandrians. Tuition and fees are based upon the parents' ability to pay.

1	Hats & Gloves	Purchase a hat and gloves/mittens to allow a child to play outside comfortably even on the coldest of days.	\$15
2	Finger Paint Supplies	All children love to paint. Provide five 16-ounce bottles of tempera paint and two pads of finger paint paper to outfit a classroom	\$30
3	Nutritious Snacks	Provide materials for one class to plan and prepare two nutritious snacks.	\$35
4	Cooking Class	Purchase materials for a Parent Circle Meeting training on preparing low cost, quick and nutritious family meals	\$50

C. Housewares ⇒ Donated housewares.

1	Pots and Pans	Purchase a starter set of pots and pans for a family moving into an apartment from a battered women's shelter.	\$45
2	Dishes and Flatware	A set of dishes and flatware are seldom donated to ALIVE! but a family from a homeless shelter needs these items for their new apartment. Provide these essentials to a family.	\$75

D. Family Emergency Program ⇒ Assistance with rent, utilities, and medical expenses. Also donated canned and packaged food delivered by volunteers to approximately 100 families each month.

1	Eggs	Provide a dozen eggs each for 10 families in need as a primary source of protein.	\$15
2	Medication	Provide the co-payment for a senior citizen otherwise unable to afford to fill prescriptions.	\$50
3	Utilities	Help a minimum-wage family pay for a portion of their winter heating bill.	\$75
4	Optical Exam	Pay for a low income senior to obtain an exam at a modest fee negotiated by Alexandria Social Services	\$79

E. Furniture ⇒ Donated beds, tables, chairs, chests, and other useable furniture, picked up and delivered by volunteers to ten to twelve families each weekend.

1	Beds	Help one child currently sleeping on the floor of an empty apartment by buying a single box spring and mattress.	\$100
2	Gas	Provide enough gas for one truck to pick up and deliver furniture to twelve families in need.	\$50

F. Last Saturday Food Distribution ⇒ A five day supply of food distributed by volunteers once a month to serve approximately 650 families each month.

1	Holiday Turkeys	Provide a 10 lb. turkey to a family for them to enjoy a traditional family meal during the holidays.	\$10
2	Meat and cheese	Surplus meat and Cheese can be purchased for 20 cents per pound from the area food bank. Help ALIVE! provide 120 lb. of much-needed meat and/or cheese when available.	\$24
3	Peanut Butter and Jelly	Purchase a case of peanut butter and a case of jelly to make children from two dozen families very happy with an easy to prepare and nutritious lunch.	\$35
4	Collapsible Wagons	Purchase a wagon to help volunteers at the warehouse and families at a Last Saturday Food site.	\$50



On August 29, the Alexandria Chamber of Commerce held their 2011 Golf Classic benefiting ALIVE! at the Belle Haven Country Club. The presenting sponsor was Wiygul Automotive Clinics. Pictured above from the left, Ken Naser, ALIVE!'s Executive Director, receives a check for \$3700 from W. D. Wiygul, Tina Leone of the Chamber, and Oscar Wiygul. Thanks to all involved!

ALIVE! HOUSE Needs

- Quad office machine: printer, copier, scanner, fax
- Four (4) laptop computers
- Bus tokens and/or Metro cards
- X-Long Sheets & pillow cases
- Bathroom and oven cleaners
- Laundry supplies: bleach, detergent

Volunteers to:

- Sew seams on a mattress,
- Organize our collection of handouts, flyers, pamphlets, etc. (file the papers in protective sheets in a binder, create a table of contents or index. This task could be done at home or in the ALIVE! House office.)

If you are able to donate any of these items or provide these services, please call ALIVE! House (703-684-1430) or email alivehousedir@alive-inc.org.

On August 27 during the Last Saturday Food Distribution at Cora Kelly Rec. Center, clients, who had previously signed up, received backpacks with school supplies for the beginning of the school year. The project was initiated and run by the Brother's Keepers from Alfred Street Baptist Church. Some of the backpacks and supplies were also donated by Washington Street United Methodist Church, Agudas Achim Congregation and Fairlington United Methodist Men. Thanks to all for who helped these kids get a good start for the year. Pictured right is one of the happy backpackers.



CFC Code:
44658



United Way Code:
8352

Eagle Scout Alex Wolz, a junior at T.C. Williams High School and member of Blessed Sacrament Catholic Community, completed his Eagle Scout project this year. He designed, raised needed funds, and built two raised garden beds at the Child Development Center. He also repaired, painted and re-roofed a shed that the CDC uses for storage. Alex is pictured here kneeling in front of Pam Blankenship, the CDC Director, and flanked by some of the students who helped plant the gardens behind them. Thanks Alex!



During the Child Development Center's Summer Session the students learned about dinosaurs and, as part of their studies, went on a field trip to the Natural History Museum where they could get a good close-up look.

CDC WISH LIST

Easel paper
 Finger painting paper
 Washable finger paint
 JUMBO glue sticks
 JUMBO crayons
 Manila Tag board
 Heavy-duty masking tape
 Wooden inset puzzles
 Vinyl Paint Smocks

“Link” your Harris Teeter VIC Cards to the CDC

It's time to be sure your Harris Teeter purchases will benefit ALIVE!'s Child Development Center. You can sign up at store registers and in-store customer service desks, on line at www.harristeeter.com or by phone at 1-800-432-6111. Just tell them that you want ALIVE!'s CDC (account number 6383) linked to your VIC card. Each time your purchase a Harris Teeter private label item, 5 % of that sale will go to the CDC. If you “linked up” last year it's time to “re-link” so that your purchases will continue to support the CDC. Thanks to all those who help!!

Alexandrians receiving food from ALIVE! between June 1 and August 31, 2011

	Households	Individuals
June	654	1974
July	673	2170
August	680	2201

ALIVE! Wine

ALIVE!

2723 KING STREET

ALEXANDRIA, VA 22302

703-837-9300

www.alive-inc.org

E-mail: alivetoo@aol.com

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Alexandria, VA
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ALIVE!, founded in 1969, is a nonprofit 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 41 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

Fall 2011 Calendar

OCTOBER

- 4th **Annual Recommitment and Volunteer Recognition Potluck** 7:00 PM at Community Praise Center, 1400 Russell Road
- 23rd **Mini-Walk for Help the Homeless** to Support ALIVE! House, 1:30 PM, Ft. Ward Park, 4301 W. Braddock Rd.
- 29th **Last Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center and Ladrey Senior High Rise
Food Collection: Beth El, Del Ray UMC, Downtown Baptist, Fairlington Presbyterian, First Christian, Meade Memorial Episcopal, and St Mary's Catholic
Furniture Program: Fairlington UMC, Good Shepherd, St. Joseph's, St. Mary's

NOVEMBER

- 1st **Board Meeting-** 7:00 PM Emmanuel Episcopal, 1608 Russell Road
- 19th **Help the Homeless Walkathon** to Support ALIVE! House – 9 AM
National Mall, Washington, DC
- 24th **36th Annual Turkey Trot,** Thanksgiving morning, 8:15 to 10:15, Cora Kelly Recreation Center
Food Collection: Blessed Sacrament, Christ Church, Church of the Resurrection, Good Shepherd, Grace Episcopal, Trinity UMC, and St. Joseph's Catholic, St. Paul's Episcopal, Westminster Presbyterian
Furniture Program: Christ Church, Church of St. Clement

DECEMBER

- 6th **Board Meeting -** 7:00PM Location To Be Determined
- 10th **Saturday Food Distribution:** Church of the Resurrection, Cora Kelly Recreation Center, and Ladrey Senior High Rise
Food Collection: All donations are gratefully accepted
Furniture Program: First Christian, Good Shepherd, and St. Joseph's