

A request for help and an invitation to thank our healthcare providers:

First, a request for help: As President of the Mount Vernon Civic Association, I have received a number of requests for help from our community organizations trying to meet the needs of the many members of our community who are struggling with the loss of income or jobs, mounting debt, the loss of schooling or care for their children, and the possibility of devastating health issues. As a result, many of these organizations are facing a dramatic increase in requests for assistance. Their funds are quickly being depleted, food stocks they provide to those in need are nearly gone, and many of their volunteers are no longer able to come in to help.

To meet these needs, I invite each of the households in our community to make a contribution to at least one of the two organizations listed below. If you have already contributed, thank you. If not, please join me in contributing today. There are many other worthy organizations that also need help and perhaps we can help them in the future. The two we want to focus on now are:

- (1) United Community provides a food pantry that many individuals and families rely on to feed themselves. Because United Community is able to purchase food from a supplier at a much lower cost than our purchasing food items for them, they ask that we contribute funds to <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E3464&id=103> and they will purchase the needed food.
- (2) Rising Hope serves many of the homeless in our community. Because they have limited staff and volunteers, they ask that we purchase and deliver the food to them. This is easy and safe: call Rising Hope at (703) 360-1976, ask what foods they currently need, call either Wegmans or Shoppers, order and pay for the food, and you can arrange with the store to have it delivered by Instacart for a small extra fee. The address for food delivery is Rising Hope at 8220 Russell Rd, Alexandria, VA 22309.

Second, an invitation to thank our healthcare providers: We owe a great debt to our healthcare providers. As a way of thanking them, I invite all of us to join together Friday night, April 3rd at 6:00 pm to stand outside our front doors and join in clapping for one minute, that our health care providers may know of our gratitude for their service. Please invite your neighbors and friends to join us. After we are done clapping, I invite the more adventurous of us to play the song “Baby Shark” on our phones and dance along.

Thank you, Tom Russell