

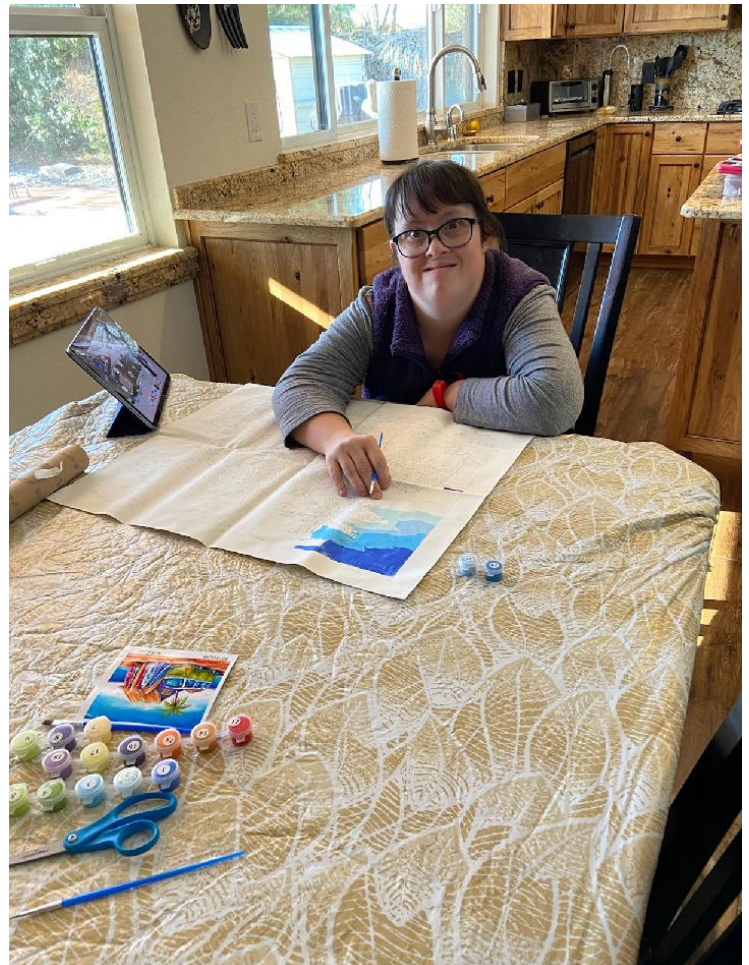
MARCH 2021

AT HOME ADVOCACY

Making Life Great Since '08

AHA EVENTS

- 3/2/21, Travel Tuesday from 1 PM to 2 PM
- 3/9/21, Travel Tuesday from 1 PM to 2 PM
- 3/12/21, Painting Event from 1 PM to 2 PM
- 3/16/21, Travel Tuesday from 1 PM to 2 PM
- 3/17/21, Cupcakes from 4 PM to 5 PM
- 3/19/21, Painting Event from 1 PM to 2 PM
- 3/23/21, Travel Tuesday from 1 PM to 2 PM
- 3/24/21, BINGO from 1 PM to 2 PM
- 3/26/21, Painting Event from 1 PM to 2 PM
- 3/30/21, Travel Tuesday from 1 PM to 2 PM



Our buddy Sarah F, enjoying AHA's Paint By Numbers event last month.

March Madness

To some that means basketball, to some it means spring cleaning, and to others it means harvest season!

Basketball season may look different this time around with COVID but we can't be the only ones excited. Try your hand at harvesting tomatoes, onions, and peppers indoors this and next month – they will be ready to transplant outside in May. Spring cleaning can include outdoor work since the weather is warming up. AHA's Alberta will be clearing up old leaves and clearing out dead plants to eliminate hiding spots for bugs that could harm your May harvest plans! What will you be doing?



No Sew Sock Bunnies

What You Need:

1. Unmatched socks
2. Uncooked rice (1 cup per bunny)
3. Rubber bands
4. Black marker
5. Ribbon (Optional)
6. Scissors

What To Do:

1. Place a sock over a tall glass so it's easier to pour the rice
2. Pour the rice!
3. Take a rubber band and tie the top closed
4. Take another rubber band and tie it between the head and body
5. Make a bunny tail with another rubber band
6. Use your scissors to cut bunny ear shapes into the top excess
7. Using your marker, draw eyes and a nose
8. Using your ribbon, make a bow around the bunny's neck
9. Send AHA a picture!

AHA Updates

- Somebody To Lean On - Or, STLO, is a program designed with the unexpected emergencies of life in mind. For those of you who chose to donate twice a year, just a reminder that your second donation will come out on 3/5/21. If you're interested in learning more or would like to donate, give us a call!
- EVV System - It's been a bumpy road, we know, but we are so grateful to you all for keeping it up! One thing we have heard is setting alarms and reminders makes the difference; if you are still struggling to remember consider this idea.
- We confirmed with the state late February that timesheets and PRFs are still required. Please remember the first of the month is business as usual until further notice.

*"Do the best that you can until you know better.
Then, when you know better, do better."
- Maya Angelou*