

Happy February Twigs,

We are halfway through our winter of COVID and one month closer to spring and a return to life as we once knew it. I know quite a few Twigs have received their initial vaccine. I hope by next month, more than half of us will have received at least our first shot. Until then, stay safe, cocoon, and join us for the following Twig activities. Please read the entire email!

February Monthly Meeting on Monday, Feb 8 at 6:30 pm.

Alas, our annual Valentine's Grab Bag celebration will not happen this year, but we do have an interesting program lined up for our February Member Meeting. Also at this meeting, we will be voting to select members of our Nominating Committee. The Zoom invitation is at the bottom of this email. I will also resend it next Monday morning. Please remember that Active Twigs are required to attend the monthly meetings. We welcome Sustainers to all our monthly meetings. Please remember to mute yourselves during the meeting. The program is:

Discover how to use your breath, posture, and movement to support your immune health with Noelle Ekonomou, Doctor of Physical Therapy with One 2 One Physical Therapy. This 40-minute "Posture, Movement, and Breathing" workshop is designed to empower your health and wellness this winter season through "easy to perform" exercises and stretches which will connect you to your breath and body. You will learn optimal diaphragmatic breathing techniques designed to enhance lymphatic flow, cellular oxygenation, and increase your production of the natural anti-viral agent, nitric oxide! The workshop will conclude with a relaxing meditation, so you will end your day feeling unwound, de-stressed, and tension free. Wearing comfortable clothing recommended.

Noelle attended the accelerated 6-year Doctorate of Physical Therapy program at Saint Louis University and has received extensive training in both orthopedic, neurologic, and acute rehabilitation.

Noelle is passionate about helping others pursue their overall health and wellness goals and believes in providing the highest quality of care. With an integrated, whole-body rehabilitation model, Noelle uses extensive evaluation, examination, and treatment procedures.

Noelle has advanced her skills through continued post-graduate coursework for osteopathic manual therapies including muscle energy, strain-counter strain, cranial and joint mobilizations, and fascial and lymphatic balancing.

The Twig Featured in Alexandria Gazette Article

The Twig, along with several other local service organizations, was featured in an article in last Thursday's Alexandria Gazette on how service organizations continued their operations during the pandemic. Please use this link to see the article:

<http://connectionarchives.com/PDF/2021/012721/Alexandria.pdf>

Inova Invites Twigs to Join a Tuesday, February 9 Webinar (12 noon) on Creating Retirement Income Through Charitable Giving

Emily Chuma, our Inova Health Foundation liaison, has graciously invited all Twigs to participate in this educational webinar co-hosted by Inova and Morgan Stanley. They will share strategies to create steady retirement income streams while benefitting charitable causes. You must register to attend this one hour webinar. Please use the following link or call 703.785.5156 to register. If you cannot attend, you can register to receive a video recording.

[Inova.events/retirementincome3](https://inova.events/retirementincome3)

Entertainment Committee Schedules Two Free Alexandria History Events

Clear your calendars for two Wednesday evenings - February 24 and March 24 - at 7:00 pm. Our Entertainment Committee has partnered with the Office of Historic Alexandria to bring us two evening webinars on local history. The February program is entitled Wicked Apothecary and will discuss poisonous plants. The March program will feature the Contraband and Freedman Cemetery. Details and registration instructions will be out soon.

I look forward to seeing you at the monthly meeting next Monday and at the other Twig events.

Stay safe,

Candace Beane

The Twig is inviting you to a scheduled Zoom meeting.

Topic: February Twig Member Monthly Meeting
Time: Feb 8, 2021 06:30 PM Eastern Time (US and Canada)

Join Zoom Meeting
<https://zoom.us/j/94471423803>

Meeting ID: 944 7142 3803
One tap mobile
+13017158592,,94471423803# US (Washington DC)
+13126266799,,94471423803# US (Chicago)

Dial by your location
+1 301 715 8592 US (Washington DC)
+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 669 900 9128 US (San Jose)

Meeting ID: 944 7142 3803
Find your local number: <https://zoom.us/u/adrrKkTu1v>