



ANV *voices*

Arlington Neighborhood Villages

Volume 1, Issue 3

Winter 2015

EXCITING NEWS!

Arlington Neighborhood Villages has received news that our grant application to TEGNA Foundation was approved. We will receive \$15,000 to help ANV grow and become stronger in 2016.

ANV thanks Dave Hunke for helping us secure this grant award.

Happy Holidays

PLEASE JOIN US

Arlington Neighborhood Villages is making a difference in the lives of older Arlingtonians by providing services and activities to enable folks to remain in their homes longer.

Join the ANV family by becoming a member, by volunteering or by donating.

Visit www.arlnvil.org or call us at 703-509-8057.

President's message

The holiday season is the time we think of family, friends and all the things we have to be thankful for. I hope Arlington Neighborhood Villages might be one of the things on your list. This was a good year for ANV. Our membership continued to grow steadily and the number of volunteers also increased. We sponsored dozens of fun social events where members and volunteers could make new acquaintances while having a good time.



Carol Paquette, President

Our volunteers have had plenty to do. The large volume of activity shown in the graphic below equates to an average of 10+ services per member! This year we introduced several new services as well as our first health and wellness series of seminars and workshops on falls prevention. We established valuable working partnerships with Marymount University and Goodwin House at Home. The progress made this year leaves us well-positioned to continue serving the needs of Arlington seniors in 2016.

As I end my term as President, I'd like to say what a tremendous pleasure it has been to get to know and work with all the fantastic people who have contributed to the success of ANV. Beginning with the initial planning meetings way back in 2011 through today, there have been so many volunteers willing to give generously of their time, energy and money to help create and run this organization. I'm grateful to have had the opportunity to be a part of this effort. Best wishes to one and all for the New Year!

Patty Sullivan, Interim Operations Manager, reports that ANV Volunteers have been busy in 2015!



9,574 miles



1,837 volunteer hours



863 calls for service



Delores Boyer, Tim Burns.
Photo by Terry Belt

Fall Open House

More than 100 members, volunteers, friends, and neighbors shared an evening and learned more about ANV. "Taste by Katie" provided special refreshments.

Sneak Peek:

As of January 1, 2016, we'll be "Arlington Neighborhood Village." Dropping the "s" better describes our one, county-wide Village. If you live in Arlington,

you are eligible to join. Our neighborhood groups will continue to provide local activities and opportunities for folks nearby to interact.

MEMBERS SAY.....

"I was pleasantly surprised when I went to pay for my 55+ membership and was told that ANV had already paid for it. That's another benefit of ANV membership." ~Brad Stanford

"So that's why I received the Washington Consumer CHECKBOOK issue in the mail this week!" ~ Martha Ann Miller, after being told that ANV members receive the CHECKBOOK as a membership benefit.



MAKING YOUR HOLIDAY LIST?

It is the holiday season, so don't forget about your ANV services when it comes to getting all set! ANV volunteers can:

- Help you bring the tree down from the attic or help you pick one up at our local tree stands.
- Help you hang a few holiday decorations (no major displays please).
- Help you wrap your gifts and help get them to the Post Office. Better yet, we can show you how to ship your packages from home.
- Help with those small home repairs that you want off your list before the New Year.
- Rake up those last few leaves blowing around your yard.
- Help declutter your garage so that you have room to park in it before the snow flies.
- Turn off water to your outside faucets.



Photo by Caity Enroth

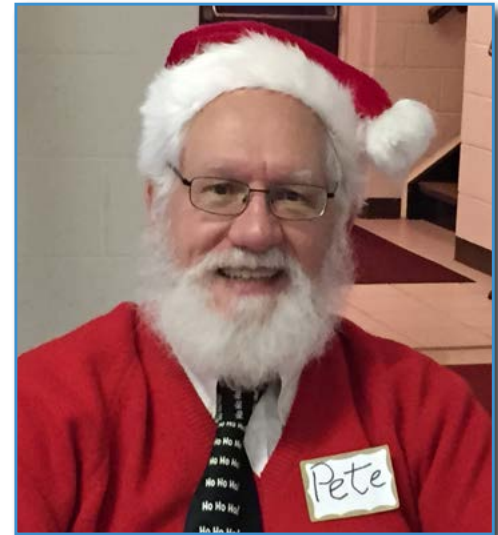
SOMETHING FOR EVERYONE

Thanksgiving Potluck -

Villagers were thankful to hosts West End 50 for traditional food, fun, and friends at St. Andrews Church on Friday, November 20. We will be sure to have more dining opportunities in 2016.



Photos by ANV volunteer Terry Belt



Cookie Exchange & White Elephant Party -

If Pete is our Santa, we can be sure it's time for the White Elephant Party - Tuesday, December 15. Call the office to join the fun.

Coffee in the Beer Garden

Every Wednesday in January, our popular "Coffee and Conversation" get-together will be held at the Westover Market Beer Garden, 10:30 to 11:30. Open to all -- bring a friend to meet ANV members and volunteers, hear a speaker on an interesting topic, and learn more about ANV. Starting in 2016, we'll alternate between Ballston Common and new locations around the county in certain months. Join us in Westover starting January 6, when Jane Franklin Dance will be our topic. If you have a favorite spot where ANV could meet for coffee and conversation, contact Pax Baker at paxtonbaker@arlnvil.org.

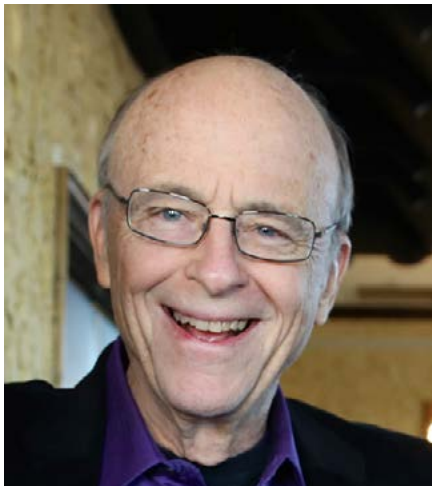


Help us Introduce ANV

If your Civic Association, church/faith group, or Arlington social organization would like to know more about Arlington Neighborhood Village membership and volunteer opportunities, please contact the ANV office. We will ask you to reserve the place and time, and help publicize ANV's part in the program/meeting. Our pre-

sentations can be as brief as 10 minutes and can be tailored to the organization's program. You can help make this "ANV Outreach" effort more effective. Mention "Outreach" when you call or email the ANV Office, (703) 509-8057, office@arlnvil.org

A Volunteer's Story



From the minute my wife told me about ANV, I have believed it is an idea whose time has come. I wish an ANV had existed in my mother's Illinois town when she needed it.

I value the opportunity to help people live in their own homes as they age. I hope ANV will be there for me if and when I need it.

Moreover, I find it exciting to be in on the start of Arlington's own neighborhood village and to know its inspiring leaders.

My work for ANV includes providing direct services to members and taking part in community-building activities.

Driving members to and from their doctors gives me a chance to meet them and see how they act with dignity and courage in coping with the challenges of aging.

My volunteer work back-fired, though, when my wife overheard me arranging to change curtain rods for a member. She said: "Oh.... can I become a member and ask the ANV office to call you with my requests for chores?" I think I've convinced her that it doesn't work that way.

The two of us do, however, occasionally team up to help fulfill a member's request, giving them two for the price of one.

The community-building activities bring another dimension: forging healthy bonds of friendship. Bocce Ball, Tai Chi, seasonal walks around Roosevelt Island, Earth Day cleanups of Lubber Run Park—I enjoy organizing and doing these things with other ANV volunteers and members.

The best volunteer activities for me are the ones that are both meaningful and fun. Being an ANV volunteer fills that bill.

Dave Christian