



Arlington Neighborhood Village

Making Arlington your home for a lifetime

Arlington Neighborhood Village (ANV) is dedicated to helping older Arlington residents continue living in their own homes – safely, independently, and with an enhanced quality of life. A village is a network of neighbors helping neighbors by providing support services, resources, and social and educational programs.

What does ANV offer?

Programs and services available to **Associate and Full Members** include:

- **Social gatherings, outings, educational activities** – attend member-only events like cultural activities, presentations on topics of interest, dining and holiday parties.
- **Daily check-in** – a quick call to be sure everything is OK, and follow-up if needed.
- **Help identifying and accessing county-provided services.**
- **Health and Wellness** – nutrition classes, fall-prevention series of instruction and related exercise sessions, and opportunities for healthy movement like bocce and nature walks.
- **Discounted Emergency Response System** – through Virginia Hospital Center.
- **Arlington County regular 55+ Program Pass.**
- **Subscription to Washington Consumers' CHECKBOOK.**

Additional volunteer-provided services available to **Full Members** include:

- **Transportation** – a volunteer can take you to places like medical and dental appointments, grocery shopping, ANV-sponsored outings, bank, beauty/barber shop. (Up to three round-trips a week.)
- **Friendly Visitor** – a volunteer can visit you once a week for 1.5 – 2 hours.
- **Walking Buddy** – a volunteer can come to your home once a week to walk with you.
- **Home Modification Assessment** - a certified Aging in Place Specialist can conduct an individual home assessment to promote independence and safety in your home.
- **Household help** – a volunteer can come to your home for help such as changing light bulbs, replacing furnace filters, tightening handles or hinges, or hanging pictures.
- **Errands** – a volunteer can go on your behalf, for example, to pick up groceries or other items, mail a package or letter.
- **Technology assistance** – a volunteer can come to your home to help with your computer, TV, or other devices like your phone or tablet.
- **Occasional yard care** – a volunteer can help with things like light pruning or mulching.
- **Home checks** – a volunteer to make sure your house is okay while you are away.

How do I join Arlington Neighborhood Village?

If you are 55 or older and live in Arlington County, you are eligible to join. ANV has two membership categories:

- **Full Membership** entitles you to take part in all programs and social activities and to receive any of the volunteer services offered. The annual fee for one person is \$500. The fee for each additional member in a household is \$250. Financial assistance is available for those who need it. For individuals reporting income of up to approximately \$38,000 a year, the annual ANV membership fee is \$100; for couples reporting income of up to \$43,700 a year, the annual ANV fee is \$150.
- **Associate Membership** includes access to all programs **except** volunteer-provided services. The annual fee for one person or a household is \$500. (\$375 of the \$500 is considered a charitable contribution to ANV as a not-for-profit 501(c)(3) organization and may be tax-deductible.)

Call the ANV Office (703) 509-8057 or fill out an application on the ANV website, www.arlnvil.org/join.

How do I become an ANV volunteer?

Adult volunteers of all ages are welcome. Just fill out a volunteer application on our website www.arlnvil.org – we will help match you to opportunities suited to your preferences, schedule, and skills - from providing transportation, to assisting with light home repairs, to checking in with a daily phone call, or working in the office or on committees. You'll receive the training you need. If you will deliver services directly to members, an independent company will conduct a criminal background check. If you are volunteering to provide transportation, your driving record will also be checked, and you must show us your driver's license and proof of automobile insurance.

How can I donate?

We welcome financial gifts at www.arlnvil.org or call the ANV Office (703) 509-8057. Unrestricted gifts support all ANV operations including events, volunteer verification, insurance, and a small number of paid staff. You may also earmark your donation for Financial Aid to help those who cannot afford the entire membership fee.

Remember, ANV is right for you if you:

- Would like to have a back-up support should you have a period of incapacity.
- Are looking for a community connection, perhaps recently retired or relocating to Arlington.
- Like the idea and would like to volunteer to help your neighbors.
- Need a little help with errands or getting to medical appointments.
- Wish to have more peace of mind for you and your family.