



ANV *Voices*

Arlington Neighborhood Village

Volume 3, Issue 1
Spring 2017



Springing Along with ANV Scheduled Events

Saturday, March 18:

Seasonal Stroll Around Roosevelt Island,
11 a.m.

Monday, March 20:

Opera Buffs Happy Hour, 4 p.m., Celtic House.

Tuesday, March 21:

St. Patrick's Day Dine Around at Ireland's Four Provinces

Saturday, April 1:

Staying Home: Smart Choices for Easy Living, 10 a.m. to 1 p.m. Learn about resources available to help you make housing decisions for the future. ANV is partnering with AARP and the Arlington Public Library for this special workshop. To register, call 1-877-926-8300 or go online at states.aarp.org/april-1. Transportation may be available to ANV members.

Saturday, April 22:

ANV Volunteer Appreciation Event.
SAVE THE DATE!

Tuesday mornings:

Spanish Conversation for Fun:

Café Español

11 am – Noon.

Very informal and for all levels of Spanish proficiency. Contact Dave Christian (703) 785-3434. Open to everyone.

For more events and details, call the ANV office at 703-509-8057 or look at the ANV Calendar on our website, www.arlnvil.org.

President's message

Thanks to our expanding base of volunteers, members, and donors, ANV is starting 2017 in very good shape. We have made the transition to professional management led by Michelle Brydges, Executive Director, while our Board of Directors sets policy and ensures adherence to ANV's mission.



Anita Wallgren

In January, three new members joined our Board:

- **Brenda Cox**, a life-long resident of Arlington, has long been an advocate for Arlington's senior residents, serving on the Commission on Aging and the Long-Term Care Commission. Brenda believes that people need not and should not be in crisis when making significant quality of life decisions. She is coordinator of the monthly Lomax Senior Ministry at her church, providing information to seniors and their families. She is looking forward to sharing what she has learned to further enhance the lives of ANV members.
- **Danny Guenther** has lived in Arlington since 2003. After condo living along the Orange line, he and his wife settled into the Barcroft neighborhood. Danny has been volunteering with ANV since 2015, serving as chair of the finance committee. Danny is the Vice President of Financial Planning & Analysis at a technology company in Reston. While employed full time and commuting outside of the county, he remains committed to serving the community he calls home by serving on the ANV board.
- **Caroline Wertz**, an Arlington resident since 1993, is Senior Director of Grantmaking Programs at a private foundation, and has had a career in development/capacity building and advising nonprofit and government organizations. She loves to take advantage of the wonderful opportunities the area has to offer for learning and fun with her family and friends. By working with ANV, she hopes to help support the effort to ensure Arlington seniors remain in their homes and are able to be part of those opportunities, too.

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2017 ANV Board of Directors and Michelle Brydges, Executive Director



2017 Officers and Directors

Anita Wallgren – *President*
Donna Pastore – *Vice President*
Charles King – *Treasurer*
Elise Burns – *Secretary*
Brenda Cox – *Director*
Bill Gainer – *Director*
Danny Guenther – *Director*
Maureen Markham – *Director*
Peter Olivere – *Director*
Caroline Wertz – *Director*

Michelle Brydges – *Executive Director*
John Lacey – *Member Services Manager*
Paxton Baker – *IT Working Group Chair*
Ann Connell – *Membership Coordinator*
Wendy Shapiro – *Volunteer Coordinator*
Gary Eiserman – *Volunteer Extraordinaire*
Anita Wallgren – *Newsletter Editor*
Lynn Farrow, Mike Murtha,
Gary Eiserman, Connie Francis,
Michelle Brydges, Donna Pastore,
Andrea Pendleton, Nancy Smith Brooks,
Stanton Jue – *Newsletter Contributors*

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*ANV is a nonprofit
501(c)(3) organization.*



**Popular Dine
Arounds
Continue**

A NV explores and enjoys Ethiopian cuisine. A large group went for lunch at Meaza in Falls Church for Ethiopian food in January.



Photo by Gary Eiserman, ANV Volunteer

NPR Tour

A lmost 20 ANV members and volunteers toured National Public Radio in February. The new studios, newsroom, and offices were showcased by Rosemary Girard, NPR communications associate, and Robert Mondello, movie critic. Our group gathered in the “Tiny Desk” cubicle, home of the popular webcast.



President’s Message...continued from page 1

Maureen Markham and I began our second terms as directors, and Bill Gainer, Elise Burns (Secretary,) Charles King (Treasurer,) Peter Olivere, and Donna Pastore (Vice President) continued to serve as directors and officers.

It is so rewarding to see the positive impact we are having in the lives of Arlington residents of all ages. We often receive complimentary emails and phone calls from members and positive feedback from volunteers. Our membership renewal rate continues to be very high. The vote of confidence from members, volunteers, donors, and friends is clear and unambiguous.

It is not easy to launch an organization, but in less than three years, we have made great progress. We have strong management and a top-notch board – together we are doing the work necessary to make ANV effective and sustainable.

The people I’ve met through ANV continue to inspire me as president in 2017. I hope you, too, are experiencing the rewards of being part of our village. We’re turning a great idea into reality in Arlington.

Anita Wallgren



ANV 2016 Holiday Party

ANV members and volunteers love to celebrate together! Our holiday party in December featured food, favorite songs, and a good-natured white elephant gift swap.



Barbara Olivere gets a good laugh as Gail Kutner opens her gift and Barbara Carr takes a closer look.



Beverly Cannizzaro is thrilled with a Howdy Doody ornament



Tim Burns is surprised to receive not one, but two, giant calculators.



John Lacey and Ike Barnhart share a delightful moment.

Photos by Michelle Brydges

How to Get the Most Out of Your Doctor Visit

In January, ANV volunteer and member Jean Anderson, MSN and nurse practitioner, provided simple tips to be better prepared for your office visits. She took many questions and helped ANV members and volunteers understand today's medical care challenges.



Photos by Gary Eiserman, ANV Volunteer

From Our Executive Director

My mother-in-law often tells me, "growing older isn't for the meek!" and my aunt will declare, "life is what happens between doctor visits!" I admire the way these women take what life hands them while seizing every chance to celebrate life with friends and family.



Michelle Brydges

With that inspiration, my personal goal for ANV is to "foster friendship" as a way to make our community strong and supportive for our members and volunteers. Some of my plans include:

- Publishing an updated member directory, to help people connect;
- Inviting new members to meet each other and learn more about the services and events available to them through ANV;
- Offering small-scale events such as tours and dine-arounds, and particularly for our oldest members, arranging very small gatherings in quiet settings that make conversation easy.

Our most popular service by far is providing rides to ANV members for destinations such as medical appointments and grocery shopping. Our fabulous volunteers fulfilled over 99% of requests last year!

This year, we will try a pilot expansion of the types of rides provided to add visits to friends in their homes and other social outings. With a growing number of generous volunteer drivers, we hope to maintain our success rate in filling member requests.

As always, THANK YOU to so many who give their time and thoughtful efforts to enable Arlington residents to "age in place" in the happiest way possible!

— *Michelle Brydges*

IN 2016, ANV DELIVERED....



1,600 services provided by volunteers



Total miles driven in serving members - 21,300



Number of hours of direct service to members - 4,400



Diplomatic Couple Joins ANV Community

By Stanton Jue

In my years as a Foreign Service Officer, my wife and I served in Cambodia, Vietnam, Taiwan, Japan, South Korea, Australia, and China – spanning a career well over a half century. I also served six years in Washington to help with normalization of relations with China.

My wife, Florence, taught in local schools and helped the US Embassy's outreach programs. Upon receiving a citation from the American Ambassador in Taipei, Florence remarked, "my time with these students in each country has enriched my life and outlook tremendously. I hope my students look upon their experiences with me in the same light."

After retiring, we decided to stay in the area instead of returning to California, where we had met as students at the University of California Berkeley.

As soon as we settled in Arlington, the County Board appointed me to the Arlington Bicentennial Commission, where I learned a great deal about county history and urgent needs. In



Stanton and Florence Jue

early summer 2015, we attended a meeting with Anita Wallgren, a village leader, who outlined the mission of the village movement and introduced Arlington Neighborhood Village.

I asked myself, "Is ANV duplicating the services and benefits provided to seniors by county-funded senior centers and public libraries? The answer is 'No.'" So I joined in January 2016 and Florence became an ANV member in January 2017. We are both enthusiastic supporters and appreciate the volunteer transportation and technology assistance we have received.

Pass It Along – From ANV Friends

Arlington County Community Engagement Forum on Aging – March 20, 9:30 a.m. to noon at the Central Library. Jointly sponsored by the Arlington Commission on Aging and the Area Agency on Aging, you will have an opportunity to meet key staff to discuss what matters most to older Arlingtonians. Your input will help set the priorities in planning for an age-friendly community in Arlington. For more information, contact Rachel Sparico at rsparico@arlingtonva.us or 703-228-1700. ANV members may request transportation to this event.

ANV Volunteer: Bob Stump

By Lynn Farrow

Arlington Neighborhood Village volunteer Bob Stump believes helping people age in place is a good way for him to "remain relevant" during retirement, and that is what he enjoys the most about ANV.

Bob joined ANV in 2014 and assists in the office, no easy task given the number of daily requests that must be coordinated to keep ANV running smoothly. He also provides transportation for members. "If you

don't drive anymore around Arlington that can be quite challenging, and it's a service I'm happy to provide," said Bob.

Professionally, Bob spent nearly 35 years providing expertise to organizations and businesses on how to "work better and be better places to work." He continues as a managing partner of Core-R.O.I. His recent clients included three other mature neighborhood villages seeking to make strategic decisions about their future. He has also turned that experience into yet another

opportunity to give back to his community. "Through the Taproot Foundation, we provide the same kind of consulting services to non-profit grantees."

Arlington Neighborhood Village would not be the success story it is today without the help and support of its over 140 volunteers like Bob Stump!



Bob Stump