



ANV *Voices*

Arlington Neighborhood Village

Volume 3, Issue 2
December 2017



SAVE THE DATE

Tuesday, January 16
Dine Around at Bistro 1521
Filipino cuisine

Friday, January 26
Tour of the Arlington County Jail

Tuesday, February 6
Chinese New Year at
Mark's Duck House

Tuesday, February 13
Virginia Commonwealth
"Villages Day"

Coffee and Conversation on
Wednesdays in January in the
community room at APAH
Arlington Partnership for Affordable
Housing, The Springs, on Carlin Springs
Road and N. Thomas St.

Tai Chi practice on Tuesday mornings
in the fellowship hall at
St. George's Church

Spanish Conversation for Fun
on Tuesday mornings at
The Springs community room

Happy Hours on Thursday afternoons
at the Stageplate Restaurant

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

It takes a village. For the past two years as president of Arlington Neighborhood Village, I've watched that proverb come to life with ANV members, volunteers, and friends working together for the greater good. Indeed, it takes a village to serve our members and manage our growing organization.

As I turn over the presidency of ANV to Donna Pastore, I am so grateful to so many of you for a rewarding personal experience. Our members and volunteers have taught me the power of community and selflessness and, in turn, I believe ANV is stronger and ready for its next chapter in 2018. Fresh ideas for services and programs come from our members and volunteers and help us focus on what is best for ANV members, now and in the future.



Holiday Party – Festive, food, and friendship. More than 50 ANV members and volunteers greeted Santa Peter Olivero and ANV President-elect Donna Pastore.



Recently, we have been so fortunate to have Wendy Zenker join us as Interim Executive Director. She brings a wealth of experience and knowledge, having recently retired from the National Council on Aging. Wendy and our Member Services Manager, Ashley Frazier, are managing a smooth transition for all of ANV's services, activities, and outreach.

Anita Wallgren

ANV has grown to more than 210 active members and is supported by almost 200 volunteers. Our membership renewal rate continues to top 96 percent, demonstrating both the need for ANV and our effectiveness in filling that need.

Thank you to everyone for the honor of serving you. I couldn't be happier with the ANV team and for the dedication, professionalism and talent they bring to our mission.

Whether you're a member, volunteer, or friend, we look forward to a great 2018 with ANV.

Anita Wallgren



In 2017, ANV
volunteers filled
97% of more than
2,000 service
requests!



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*

- Wendy Zenker** – *Interim Executive Director*
- Ashley Frazier** – *Member Services Manager*
- Paxton Baker** – *IT Working Group Chair*
- Ann Connell** – *Membership Coordinator*
- Wendy Shapiro** – *Volunteer Coordinator*
- Gary Eiserman** – *Volunteer Extraordinaire*
- Bob Stump** – *Volunteer Extraordinaire*
- Anita Wallgren** – *Newsletter Editor*
- Kira Greene, Gary Eiserman, Ashley Frazier** – *Newsletter Contributors*

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



ANV Board Expands in 2018

At the annual meeting, five directors were elected to ANV’s Board of Directors, starting January 1. Two new directors -- Judy Grumbly and Kathy Stokes -- will increase our board to 12 directors. Additional terms were approved for directors Elise Burns, Bill Gainer and Donna Pastore.

Judy is an experienced health professional, certified care manager, and past owner of a geriatric care management business. After learning about ANV through volunteer Jean Anderson, Judy joined the ANV health and wellness committee and has presented a special ANV seminar, “The Biology of Aging.”

Kathy, who works at AARP and has a background in marketing, heard about ANV from volunteer Susan Jung. She likes the challenge of making complicated concepts easy to understand and wants to help ANV communicate our message more effectively.

ANV continues to attract wonderful, enthusiastic volunteers involved in all aspects of our mission.



November 2017 Planning Session with ANV Board, Wendy Zenker, and ANV volunteer Larry Padberg.



Our second offering of Stay Active and Independent for Life (SAIL) exercise attracted many more ANV members this fall. ANV is a member of the Northern Virginia Falls Prevention Alliance, which provides training for ANV volunteer instructors on SAIL and other falls prevention programs. Beverly Cannizzaro is ANV’s point of contact for SAIL and the NVFPA. We are also working with Arlington County’s “55+ Program” to offer new programs for people of all abilities.



Arlington County Property Tax Help

Real estate tax relief for 2018 will start in mid-January. The income and asset levels remain the same -- the maximum income level is \$99,472 and the maximum asset level (excluding the value of your home) is \$340,000 for exemption and \$540,000 for deferral. The homeowner must be either age 65 or older, or permanently and totally disabled.

Those who received real estate tax relief in 2017 will be mailed an application in January. Eligibility is not automatic. Taxpayers must apply each year in order to be considered for the program.

You should apply as early as possible. For more information, call Arlington County Department of Human Services Real Estate Tax Relief program, 703-228-1350.

VtoV Network Conference

Arlington Neighborhood Village was well represented by six board members and Interim Executive Director Wendy Zenker at the national Village to Village Network conference in November. All were inspired by more than 300 people working around the country and beyond to start and manage villages from Maine to New Zealand.



Turkey Potluck – Our thanks to West End 50 volunteers for our annual Thanksgiving celebration. Over 70 villagers enjoyed turkey and all the trimmings at St. Andrew's Church in November.

Our Happy Hours continued on Thursday afternoons, led by Mike Murtha. Through the winter, we are moving from the patio at Grand Cru indoors to warm and friendly Stageplate Bistro.



ANV member Florence Jue led our group through "Leonard Bernstein at 100" at the Kennedy Center in October.





A Volunteer's Story: Marissa Lorenzetti

As the child and grandchild of public servants, I learned the importance of public service and volunteering at a young age. For me, volunteering with senior citizens has always been emotionally rewarding.



Some of my first memories are of visiting my great-grandmother in a nursing home, where I enjoyed spreading joy and laughter to all the patients. As a young teen, I returned to that same nursing home regularly to volunteer. When I was old enough to drive, I volunteered to run errands for seniors in my community in Finger Lakes, N.Y.

Now, as a young adult, I still cherish the opportunity to volunteer and I'm so glad I discovered ANV. The organization makes it easy to volunteer, even for those like me with hectic full-time jobs and other volunteering commitments. You can sign up via email, and most assignments can be completed in an hour or two.

Giving my time to ANV reminds me what I discovered years ago – that personal connections make volunteering meaningful for both sides. Since I began working with ANV, I've been both enriched and inspired by conversations with ANV members.

Kudos to Arlington Neighborhood Village and the entire village movement for not only providing important services to help older citizens remain in their homes, but also for providing a village-like community that enriches both members and volunteers.

Commission on Aging

ANV liaison Mike Goldberg participates in monthly meetings with Arlington County's advisory group on aging. The COA advises the county manager and board and the Arlington Area Agency on Aging regarding issues, programs, and resources for older residents. Mike and his wife Linda have been ANV members since 2014. We are fortunate that he has volunteered to be ANV's liaison to this important commission.



ANV members and friends celebrated the national "village movement" at a reception before the "watch party" in September at the George Mason University Arlington campus.

Donor Spotlight

One of our generous ANV friends has made contributions to our general fund from her IRA account. In setting up this special gift last year, Ms. G. noted that "It is my intent to comply with the IRA Charitable Rollover legislation signed into law in December, 2015."

That law allows taxpayers over 70 ½ years old to give up to \$100,000 to charity directly from individual retirement accounts (IRAs) without counting the distribution as taxable income. This type of charitable gift is called a Qualified Charitable Distribution (QCD).

ANV has a growing base of generous individual donors, and with the help of your tax advisor, there may be tax-advantaged ways to plan your giving to include ANV. We welcome contributions by check or credit card, by mail or through the ANV website.



More than 150 people turned out for our "watch party" featuring noted New Yorker writer, renowned surgeon and public-health researcher Dr. Atul Gawande. Via a webcast from Boston, he spoke about the value of community and choice as we grow older. The presentation was sponsored by the Village to Village Network to celebrate the 15th anniversary of the village movement nationwide.