



ANV *Voices*

Arlington Neighborhood Village

Volume 5, Issue 1
Spring 2019



SAVE THE DATE

April 30

Tour Baseball Americana Exhibit
Library of Congress

Friday, May 3

ANV Five Year Anniversary and
Volunteer Recognition Celebration
NRECA, 4301 Wilson Blvd.

Thursday, May 16

Baseball Game at Nats Stadium, v. Mets

Coffee and Conversation on Wednesdays in April at Walter Reed Community Center

April 3: Retired Journalist Lucky Severson
April 10: Bonnie O'Leary, Hearing issues
April 17: Donna Pastore, Use of Alexa
April 24: Laurie Young, Livability Initiative

Saturday, June 1

Summer Picnic
Bluemont Park

Tai Chi practice on Tuesdays at 9:30am

Spanish Conversation for Fun

on Tuesdays at 11am at APAH

Bocce on Mondays at 5:30pm at
Glebe and Randolph Park, returning
in April weather permitting

Happy Hours on Thursdays at 4pm

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

President's Message

Looking Forward

As I write this message, it is windy and cold outside, but I know that Spring is right around the corner. Why? Because I am getting my baseball itch! Many of our ANV members and volunteers are rabid sports fans, and when Spring training starts, we are ready to hit the ballpark. If you look at the "Save the Date" column on the left, you will see two events planned around baseball – please join us!

The start of the new year is also an opportunity to share with you some Arlington Neighborhood Village (ANV) updates. We welcomed two new Board members at our January meeting – Larry Padberg and John Richardson, and elected Larry as ANV Treasurer. You can learn more about them as you continue to read ANV Voices. They bring a wealth of experience to our Board, and many of you may already know John as a volunteer and driver.

The Board also approved a robust agenda for 2019. We are committed to serving more members in 2019, continuing our growth since our founding in 2014. The 2019 goal is to grow to 260 ANV members from our current 220. We will be active in the community, sharing information on ANV, the services we provide, and the many ways in which we connect our members and volunteers to our community. If you know of an opportunity for us to share our message – at your civic association or house of worship for example, let us know.



Donna Pastore

Along with growing our membership is also growing our phenomenal network of volunteers who provide services to our members and help manage ANV. We will be at outreach events around the County seeking new volunteers, and on social media. People are able to volunteer in so many ways with ANV; we can find a role for everyone. We are looking for a part-time Volunteer Coordinator to help manage this effort. The posting is up on our website, www.arlnvil.org, and we encourage people to share it with their friends and colleagues.

Finally, and perhaps most important, we will celebrate our Five Year Anniversary on Friday, May 3! This year we are combining our Volunteer Recognition event with this anniversary celebration – they go hand-in-glove, after all. Our success and our member satisfaction is tied to the wonderful work, passion and commitment of our volunteers. Please plan on joining us to celebrate this amazing "village" that accomplishes so much for our community.

*Donna Pastore
President*

Join us Friday, May 3 at the ANV Five Year Anniversary Celebration!



2019 Officers and Directors

Donna Pastore – *President*

Elise Burns – *Vice President*

Larry Padberg – *Treasurer*

Maureen Markham – *Secretary*

Brenda Cox – *Director*

Bill Gainer – *Director*

Judy Grumbly – *Director*

Charlie King – *Director*

Peter Olivere – *Director*

John Richardson – *Director*

Kathy Stokes – *Director*

Anita Wallgren – *Director*

Caroline Wertz – *Director*

Wendy Zenker – *Executive Director*

Ashley Frazier – *Member Services Manager*

Membership information can be found on our website or by calling the ANV office.

www.arlnvil.org

ANV Office
2666 Military Road
Arlington, VA 22207
(703) 509-8057

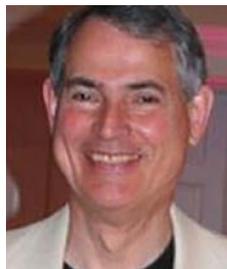
ANV is a nonprofit 501(c)(3) organization.



New ANV Board Members

Join us in welcoming two new Board members to ANV – Larry Padberg and John Richardson. Larry Padberg, and his wife Rose Mary, moved to Arlington in 1991

from Kansas City, Missouri. Larry's career has included teaching high school biology (4 years), 26 years in higher education administration, and 11 years as Director of Development for New Hope



Larry Padberg, Board Member and Treasurer

Housing, a homeless services nonprofit in Fairfax County. Since retiring from full-time work, he has been a grants development and strategic planning consultant for several nonprofit agencies. Larry serves on the Executive Committee for the Arlington County Plan for Ending Homelessness and as co-chair of the Outreach, Education & Advocacy Committee; chair of the Finance Committee and member of the Grants Committee of the Arlington Artists Alliance (he is a watercolor painter); chair of the Development Committee for Holy Trinity Catholic Church in Georgetown, where he worships; and a past member of the Board of the Alliance for Housing Solutions. Larry began as a volunteer with Arlington Neighborhood Village in late 2016.

John Richardson's career focused on international affairs and the Middle East/Muslim World in particular, with residence in Lebanon, Jordan, Pakistan, and Indonesia. After some 40 years divided between non-profit and government sectors, he retired in 2005 and began to focus on domestic

issues. He spent 10 years completing a biography of Gov. Alexander Shepherd of the District of Columbia, while devoting time to local non-profits as a director of the Arlington



John Richardson, Board Member

Committee of 100 and a director and president of the Arlington Historical Society, along with service on the boards of American Near East Refugee Aid and the Association of Oldest Inhabitants of the District of Columbia. He learned about the neighborhood village concept through talks to area groups about the Shepherd biography and has volunteered as an ANV driver since mid-2017. He holds an M.A. from George Washington University and a B.A. from Williams College. John is married and lives in the Tara-Leeway Heights neighborhood.

Finally, much appreciation to Charlie King who is ending his tenure as ANV Treasurer (and remaining on the Board!). Charlie's sage advice and expertise has helped ANV



Charlie King, Board Member

navigate its financial waters these past two years. It is very much appreciated and valued. Replacing Charlie is no easy job, but Larry Padberg has agreed to fill the role in 2019. You can learn more about other ANV Board members on our website.

ANV welcomes New Members, Volunteers and Donations at
www.arlnvil.org



2018 – The Amazing Year That Was!

2018 was a banner year for ANV. We welcomed 46 new members and 45 new volunteers. Overall, we fulfilled more than 2,000 service requests. Transportation is the most requested service – our volunteers fulfilled 1,501 ride requests. They also made nearly 200 friendly visits, went on more than 150 “walking buddy” strolls, and assisted with more than 200 household tasks. ANV also made more than 1,680 daily check-in calls to members. Our volunteers donated the equivalent of nearly a year and three months of their time, all totaled, and our drivers added up enough miles to travel to New Delhi, India and back – twice!

Our volunteers and members took great pleasure in engaging in a wealth of educational and social activities and events in 2018 – from our weekly Coffee and Conversations; our many tours and special events; the ever-popular Dine-Arounds; our holiday and volunteer celebrations; the enlightening fall prevention classes that took place each week; as well as Tai Chi, Spanish conversation, and weekly Bocce. Do some of these activities pique your interest? Call the office at 703-509-8057 to learn more!



Walking Buddies



Lorenzo the Great (magician) at an ANV Coffee and Conversation

When we look at our membership, we know that two-thirds live alone, and nearly half are aged 75 and over. They rely on ANV for the practical – getting to and from appointments or for help around the house, to the social – the many ways we help our members stay active and engaged. We also serve a number of members who are experiencing a health crisis, have recently lost a loved one, or are struggling to adjust to the new reality of aging.

A founding principle of ANV is to serve all eligible Arlington residents who want to join, regardless of ability



Our phenomenal Bocce players



County Board Chair Christian Dorsey and ANV Board President Donna Pastore and ANV Board Secretary Maureen Markham at the 2018 ANV Volunteer Recognition Brunch

to pay. The Financial Aid Fund makes it possible for the most vulnerable and in-need seniors in Arlington to have access to all services and programs. Our Financial Aid Fund made it possible for 27 Arlington residents to become ANV members in 2018.

We will share more information on our impact at our Five Year Anniversary Celebration Friday, May 3 – mark your calendar!

Spotlight on Services for Full ANV Members

Everybody knows that ANV provides transportation services, but did you know about the many other services our volunteers provide for members? We have willing and able volunteers eager to help with tasks around your home, whether it's help with organization and decluttering, replacing light bulbs or other such tasks, or even helping you clear expired food items from your kitchen cabinets. The possibilities are endless! Now that Spring is coming, volunteers can help you plant flowers in your yard. Think of those things you may want help with in your home or around the yard, and there is probably an ANV volunteer who can help. Just call the office at 703-509-8057 and ask.



ANV Volunteer helping in the kitchen.



News and Updates

Care Manager Pilot Program. ANV's Board approved a Care Manager Pilot Program for 2019. A Care Manager will help members who are becoming increasingly frail or going through a health crisis, spending up to 10 hours with a member to conduct an initial assessment, provide a care plan, and some assistance in securing resources. The ANV Executive Director will determine when the Care Manager needs to be called in to help a member. ANV will build upon what we learn from this pilot to determine what is needed in the future.

Member and Volunteer Surveys. Our annual Member and Volunteer Surveys are in the field now. Both surveys help to inform the Board and ANV Committees about what's working and where we can make improvements. Please take a few minutes to complete the surveys so your voice will be heard.

MLK Day of Service. ANV joined with other Arlington non-profits to promote volunteering and service on Martin Luther King's Birthday on January 21. Over 1,000 people attended the ceremony at Washington-Lee High School, and then broke into smaller groups. Several attendees joined ANV to learn more about us. And each one of our attendees decided to join us as a Volunteer. Welcome Aboard!

New ANV Group: In January, we started a **Men's Lunch Bunch** for ANV Members. The group has met three times and plans on meeting monthly for good food and fellowship. Tim Burns is organizing this group and details about upcoming gatherings will be in the Events Newsletter.



And Thank you to our Supporters

ANV is pleased to report that we received an \$1,000 grant from the Jean Griswold Foundation to support our Care Manager Pilot Program.

In addition to this new grant, we are also pleased to report the results of our 2018 fundraising drive. In addition to continuing support from ANV's Associate Members, we raised additional individual donations of \$2,185 and \$32,780 to ANV's Financial Aid Fund and General Support Fund, respectively. Thank you!!

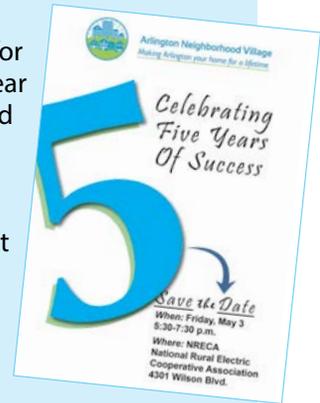
If you would like to donate to support ANV's work, please visit our website at www.arlnvil.org/donate, call at 703-509-8057, or write us at Arlington Neighborhood Village, 2666 Military Road, Arlington VA 22207.

Shopping online? An easy (and no cost) way to support ANV is through AmazonSmile. Amazon donates 0.5% of the price of your eligible purchases to the charitable organization of your choice. Go to www.arlnvil.org/donate and scroll down to the AmazonSmile link. That will take you to Arlington Neighborhood Village.



Upcoming Major Events

Mark your calendar for the ANV Five Year Anniversary and Volunteer Recognition Celebration on Friday, May 3, at 5:30pm, at the National Rural Electric Cooperative Association in Ballston.



Saturday June 1 is ANV's Annual Picnic at Bluemont Park from 11:30am – 1:30pm. Join us for traditional hamburgers and hotdogs, along with a potpourri of special side dishes and desserts!

Committee Spotlight

The Marketing and Communications Committee is getting a re-boot in 2019. Kathy Stokes, ANV Board Member and communications wizard is chairing the committee and has issued an invitation to ANV Volunteers to join her. The Committee's work underscores all that we do and it has a major role in two important ANV goals for 2019 – our Membership Campaign and our Five Year Anniversary and Volunteer Recognition Celebration. We will refresh our ANV outreach materials; explore new venues to get our message out, including print and social media; and will take our show on the road through presentations at community events and partner organizations. If you're interested in helping out with committee activities, we welcome your interest. Contact Kathy at kstokes750@gmail.com.