



# ANV *Voices*

Arlington Neighborhood Village

Volume 6, Issue 3  
Winter 2020-21



ANV events are “virtual” – online – due to concerns surrounding transmission of the Coronavirus. Thank you for your support as we implement good health practices for ourselves and our community.

Event details can be found on the ANV calendar at [www.arlnvil.org](http://www.arlnvil.org)

## WEEKLY EVENTS

### Coffee and Conversation

A speaker series on Wednesdays at 10am on Zoom

Tai Chi practice on Tuesdays

### Spanish Conversation for Fun

on Tuesdays on Zoom

Bocce on Mondays as weather permits

Happy Hours on Thursdays

For more information, visit our website at [www.arlnvil.org](http://www.arlnvil.org).

ANV is looking for a part-time Member Services Specialist to support our membership activities. Please visit our website to learn more about this opportunity.

## President’s Message

Welcome to 2021! What a challenging and rewarding year it has been. When I look back on 2020 and see all that we accomplished and how we were able to serve the Arlington community, I am overwhelmed. There are so many “thank you’s” to offer that I am only going to list them here because as you read on, you will see in greater detail all that we are grateful for and how we see the year ahead of us. First and foremost, thank you to our volunteers who stepped up to help our members – new and old – deal with the challenges of the pandemic; thank you to our “behind the scenes” volunteers who kept us engaged – by phone, by Zoom, by newsletters; thank you to our members who understood when we might not have been able to offer our full complement of services, but who stuck with us regardless and renewed their membership in ANV; thank you to our funders and donors who with their support affirmed that we were doing a good job; thank you to our staff who worked tirelessly to make sure that we were there to respond; and to our Board of Directors for their passion and commitment to ANV.

Responding to the challenge of COVID-19 has strengthened ANV and as we look forward to 2021, there are important changes that the Board has adopted to continue our role in the broad Arlington community. At its December meeting, the Board approved a new discounted membership fee structure for lower income Arlington seniors; we hope that the discounted membership will permit us to welcome more Arlingtonians into our community. The Board also approved an Emeritus membership category for members



Elise Burns

who need to move out of Arlington County but want to stay connected to ANV. And the Board approved a budget for 2021 that funds critical infrastructure improvements that will help ANV support its growing membership.

We welcome new Board members and give our heartfelt thanks to departing Board members Donna Pastore, Bill Gainer, Kathy Stokes and Caroline Wertz. While their Board membership status might change, these individuals remain committed to ANV and will continue to serve in various ways. Read more about the Board, our policy changes, reflections on the year just completed and our plans for the future. Share with me your thoughts at [eliseburns@arlnvil.org](mailto:eliseburns@arlnvil.org).

Together we will address the economic and health challenges that our community faces. We see the end of the pandemic in the months ahead, but need to remain vigilant as we await availability of the coronavirus vaccine. I know that we will see each other soon. Stay safe and connected, and my very best wishes for a healthy, happy and peaceful new year.

*Elise Burns  
President*



**2021 Officers and Directors**

- Elise Burns** – *President*
- Maureen Markham** – *Vice President*
- Mary Beth Chambers** – *Treasurer*
- Larry Padberg** – *Secretary*
- Cheryl Beversdorf** – *Director*
- Brenda Cox** – *Director*
- Charlie King** – *Director*
- Peter Olivere** – *Director*
- Sara Pappa** – *Director*
- John Richardson** – *Director*
- Connie Sorrentino** – *Director*
- Cathy Turner** – *Director*
  
- Wendy Zenker** – *Executive Director*
- Jeanne Radday** – *Member Services Manager*
- Noel Durman** – *Volunteer Coordinator*

*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.*

**David Brooks and Weavers**

Please take an hour and listen to David Brooks' interview with Arlington Library Director Diane Kresh. Brooks speaks about "weavers" – people who see a problem and respond...making people feel felt and seen. Doesn't this describe ANV? After the interview, Arlington County Manager Mark Schwartz and County Board Chair Libby Garvey speak specifically about Arlington weavers, and Mark gives a shout out to ANV's founders who 6 years ago saw a problem and spontaneously reached out to help people. Thank you to our founders!

**Discounted Membership Program**

The Board approved significant changes to our financial aid program at its December meeting to take effect January 1, 2021. To recognize the economic challenges that many Arlington seniors face, the Board approved a new discounted membership fee structure for lower-income seniors. For individuals whose income is less than \$47,250, the discounted membership fee is \$100; for individuals whose income is less than \$36,825 but more than \$26,400, the discounted membership fee is \$50; and for seniors whose income is less than \$26,400, the membership fee is \$25. There are

similar changes to the fee structure for lower-income households; details are available on the ANV website. These new membership fees are also applicable to current ANV members who renew their membership after January 1, 2021.

Membership fees are one of the ways that ANV achieves financial stability; the others are donations from individuals, grants from philanthropic organizations, and corporate sponsorships. Together these funding streams support ANV's annual budgetary needs for staff and operating expenses.

**ANV — 2020**

Key words that many non-profits are using to describe the past nine months are pivoting and retooling. At ANV, on the one hand, we are doing what is in our DNA – providing services and support to older adults so that they can stay in their homes as they age. The right mission for our times. But as the challenges of the pandemic impacted ANV, we, too, pivoted and retooled. The needs of our members quickly morphed from transportation to medical appointments to grocery store errands and contactless engagements. Our in-person events found a home on Zoom. During the summer and fall, we were able to host Bocce, Tai Chi, some Happy Hours, and our new neighborhood Pop Up Picnics in person – in the outdoors, masked and socially distanced.

Perhaps the most critical action that we took in March 2020 was our decision to help Arlington seniors regardless of ANV membership with errands and other services. This resulted in the addition of 70 new ANV "temporary" members, increasing our rolls to 300 at yearend. Our community responded to our call for support for our Financial Aid Fund in the fall by donating



*Zoom Coffee and Conversation*



*Pop Up Picnic*

\$29,295 so that ANV can continue to support these and other at-risk and in-need seniors in 2021.

What do our members tell us? "ANV answered my email asking for assistance with my stimulus check and I was linked with a volunteer. What a smart cookie! She explained about banks being closed, and how I could

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## Celebrating Our Volunteers

**T**HANK YOU to all of our volunteers – ANV could not exist without its steadfast, skilled, and caring volunteers, especially those who were able to directly serve our members during this challenging year. Since mid-March, when the “stay-at-home” orders first started, 137 volunteers responded to our call for help – by driving members to medical appointments; helping with grocery or medication pick-up; running errands for seniors who needed to stay at home; making phone calls to stay in touch; helping with technology; doing health- and wellness-related chores in the members’ homes; or interviewing and welcoming new members to ANV. Fifty-two volunteers drove members to 456 appointments and 81 volunteers helped fulfill 533 errands. We are grateful for their continuing commitment to helping us all stay safe.

The continued service of established volunteers, coupled with an inspiring influx of new volunteers, has allowed ANV to maintain a request fulfillment rate of 98% in the past 9 months. ANV understands that it is up to each individual to decide if, how, and when they feel comfortable volunteering. Long-term volunteer Michael R. says, “I weigh the risks, I take the precautions that all the experts recommend—wearing a mask, washing hands, social distancing. When I drive, the member sits in the backseat. I’ve been doing this since the pandemic started and I feel pretty confident. For me, the benefits outweigh the risks.”



*Naddia helping with grocery shopping*

New volunteer Peggy T. says, “The need is there. Everyone I see is almost always positive and grateful. There is a certain

satisfaction in helping someone and in completing a concrete task. And, I get a boost from getting outside and seeing humans that aren’t on a computer screen.”

There are also ways to lend a hand without direct interaction—from committee work, to hosting Zoom meetups, to being paired with a phone buddy. Volunteer Liz L. readjusted how she volunteers during the pandemic saying, “I volunteered during COVID because I am newish with ANV and I wanted to help out. But I soon got stricter with myself, limiting time spent in grocery stores, etc. I’ve had a wonderful phone buddy since April. I get a lot out of that too since I live alone. I think my phone buddy and I have actually become friends and will see each other when this is over.”

Naddia W. has been volunteering since she was a kid, and as a healthy, young adult with more flexibility in her schedule, joined ANV during the pandemic as a way to directly help others. “When I started, I didn’t expect it to be like this, I just thought I’d run some errands and that would be that. But it’s become so much more. People are so appreciative, and I feel happier every time I volunteer. If you like people and like to help people, give it a try. It makes me like people even more...you really see the kindness.”

Thank you to all of our volunteers helping our members through this time. And thank you to those who are patiently waiting for a vaccine to resume volunteering. We can’t wait to see you all in person when it is safe to do so!

If you are interested in exploring different ways to volunteer during this time, reach out to Noel at [noeldurman@arlnvil.org](mailto:noeldurman@arlnvil.org)



*Thank you note to volunteer driver*

### Emeritus Member

For longstanding ANV members who need to move less than 3 miles beyond the County border but want to stay connected to ANV, the Board approved a new membership category – an ANV Emeritus Member. Emeritus Members have access to limited services – predominantly social, but also walking buddy, friendly visitor, technology support and transportation to ANV social events. The Emeritus membership fee is \$375, and Emeritus members can access ANV’s discounted membership fee structure. We look forward to welcoming Emeritus members in the years ahead.

### ANV welcomes three new Board members – Mary Beth Chambers, Sara Pappa and Connie Sorrentino.



*Mary Beth Chambers*



*Sara Pappa*



*Connie Sorrentino*

See full biographies of the new Board members online at [www.arlnvil.org](http://www.arlnvil.org).



## Thank you to our Supporters

Thank you to our members who renewed their membership in 2020. We are especially grateful for your continuing support of ANV's mission; most have taken advantage of the special opportunity to extend their membership for 15 months (rather than 12 months) in recognition of the extraordinary challenges we faced in 2020.

And to the Arlington philanthropic community that supports ANV through grants and donations:

- The Washington Forrest Foundation
- The Arlington Community Foundation Rapid Response Fund
- The Arlington Women's Civic Alliance
- The Home Instead Senior Care Foundation
- The Scheidel Foundation
- The Arlington Presbyterian Church of the Covenant
- The Arlington Community Federal Credit Union and the Church Mutual Insurance Company Foundation



*Renewal Letters in June 2020*

We are grateful for the support of individual donors, philanthropic organizations and corporate sponsors. Without these investments in ANV, we would not be able to provide the range of services to our community.

There are several ways that you can support ANV:

### **BECOME A MEMBER or REFER A NEW MEMBER!**

**Information is on our website at [www.arlnvil.org/join](http://www.arlnvil.org/join)**

### **DONATE!**

- Donate online at [www.arlnvil.org/donate](http://www.arlnvil.org/donate)
- Mail a check to ANV at 2666 Military Road, Arlington VA 22207.
- Consider including ANV in your estate plan.

### **VOLUNTEER!**

You will find the camaraderie and work to be incredibly rewarding. Learn more and find an application at [www.arlnvil.org/volunteer](http://www.arlnvil.org/volunteer)

## ANV Members and Volunteers

Join ANV's "private group" on NextDoor.com. It's an easy way to chat with other ANV members and volunteers. We regularly post information on special events that don't make it into the bi-monthly newsletter or items that are time sensitive. For example, on January 9, we quickly shared new information about vaccine availability with our NextDoor Group and people were able to take action early. Please do sign up by going to NextDoor.com, creating an account and then asking to join the ANV Group. If you need help, call the office at 703-509-8057.



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deal with the check. She went to the bank for me and took care of my business. More than that, though, she taught me several tricks about banking online. I'd never done that before, but now I do. She left me feeling more empowered in my solitude."



"From an ANV Coffee and Conversation, I learned through Zoom about online exercise classes. This morning, I stood beside my chair and marched along with the instructor, followed her moves while I played classical music. I'll be watching and exercising every morning now."



*Volunteer helping with grocery shopping*

"At the beginning of the pandemic, we had no safe and convenient place to turn for our grocery shopping. At that time ANV volunteers were a vital lifeline. We gave them incredibly detailed and complicated shopping lists and they were able to acquire almost everything we needed, delivered to our front step. I cannot emphasize enough that at that time, we two octogenarians were completely dependent on the ANV volunteers, and their willingness to go do what we were afraid to do."

Thank you to all of our volunteers who have given of themselves during this challenging time and to our members for their patience and kind words.