Volume 5, Issue 3
Fall 2019

ANV voices

Arlington Neighborhood Village

SAVE THE DATE

October 29: Digital Tools for Your Healthcare
Central Library Auditorium, 1-2:30pm

Coffee and Conversation on Wednesdays in November at Walter Reed Community Center, 2909 South 16 Street
November 6: Maria Abbott, Active Aging
November 13: Census 2020
November 20: Beth Donnelly, Nutritionist
November 27: Carol Stehl, Yoga and Meditation

Thanksgiving Potluck: Friday, November 22 at 5pm
St. Andrews Episcopal Church, 4000 Lorcom Lane

Holiday Party, Friday, December 13
St. Andrews Episcopal Church, 4000 Lorcom Lane

Tai Chi practice on Tuesdays at 9:30am at Arlington Arts Center, East Lawn

Spanish Conversation for Fun on Tuesdays at 11am at the Central Library

Bocce on Mondays at 5:00pm at Glebe and Randolph Park

Happy Hours on Thursdays at 4pm (location varies)

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

Thank You

Thank you to all of our supporters who made a donation to Arlington Neighborhood Village during the July GIVE65 Campaign. Because of your generosity, we raised more than $12,000 AND achieved our goal of a matching grant of $5,000, for a total of $17,370. (The GIVE65 Campaign and the $5,000 matching grant were made available by the Home Instead Senior Care Foundation.) These funds will support our Financial Aid Program and the Care Manager Pilot Program. Our Financial Aid program permits lower income older adults to join ANV at a reduced membership fee, and our Care Manager Pilot Program makes a Care Manager available to members who are most in need and undergoing a health crisis.

We have been active in the community this summer, spreading the word about ANV. I hope you have seen us at a local Farmers Market (we've been at Courthouse, Columbia Pike and briefly at Arlington Mill). Perhaps you also read our ad in the Sun Gazette. We had a wonderful three-day booth at the County Fair in August, partnering with the County's Department of Human Services to share information about the wide range of services available to older adults in Arlington. As always, our volunteers love the time that they spend at the Fair, meeting and talking with prospective members and volunteers and sharing good times and stories with those who are "just browsing."

Donna Pastore

Coming up in November will be our Thanksgiving Potluck on November 22. What a wonderful opportunity to express our thanks for the good friends and fellowship we find in ANV, as well as enjoy a lot of turkey, home-made sides, and yummy desserts. We hope that you plan on joining us – members, volunteers and family – to reflect on the past year and prepare for the new year. I'll be there with Eva (the cute German Shepherd in the photo above) and hope to catch up and talk with many of you. Be well.

Donna Pastore
President

ANV Seeks New Board Members for 2020

Would you, or someone you know, be interested in serving on ANV's Board of Directors? If you are passionate about promoting aging in place and have leadership skills and strategic vision, consider joining ANV's Board to expand your impact and share your talents.

If this intrigues you, or if you know someone in your network who may be a good fit, please email a cover letter and resume to Michela Downey, Nominations Committee Secretary, at micheladowney@gmail.com . Candidates are encouraged to apply by November 8, 2019. You can view the full announcement at www.arlnvil.org

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*
Jeanne Radday – *Member Services*

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.

Rebuilding Together volunteer installing grab bar

Here's How ANV Helps!

As you know, ANV helps older residents of Arlington continue living in their own homes—safely, independently and with dignity.

At last count, we have 211 members and more than 200 volunteers. Half of our volunteers are drivers, offering rides to medical appointments, the grocery store, bank, and post office, as well as personal shopping and rides to exercise classes and social events.

While more than 75% of the direct services we provide involve transportation, there are many more services that full members can receive. Did you know our volunteers can run errands for you? Or help with light chores and maintenance around the house? We also have volunteers who can help with TVs, computers and other devices! Just pick up the phone and let us know how we can help – even if you're simply looking for a friendly visit or a walking buddy. Decluttering and deciding which paperwork to keep and what to shred are growing requests, so we are now training a small cadre of volunteers who will be able to help in these areas.

Walking Buddies

Our annual Member and Volunteer Survey confirms where we're doing great and where we have opportunities as we move into 2020. We even received lots of good suggestions on speakers and subjects for 2020, especially in the health and financial planning arena. Stay tuned for more great programming and other ways ANV can serve you in the new year!

Rebuilding Together Makes Free Repairs for Homeowners on Limited Incomes

Rebuilding Together
Arlington/Fairfax/Falls Church

Do you need a grab bar, a stair railing, or a comfort height toilet to keep you safe? Or do you know someone who does? Rebuilding Together Arlington/Fairfax/Falls Church mobilizes skilled volunteers to make modifications to help seniors age in place, as well as other health and safety repairs, such as roofs, gutters and downspouts, tripping hazards, plumbing leaks, etc.

Rebuilding Together-AFF also installs electric stair lifts, which have been donated to them.

To apply, go to rebuildingtogether-aff.org or call 703-528-1999. Single homeowners qualify if their annual income is less than $65,680 – or $75,040 for a couple.

ANV: The Secret Ingredient to Giving Residents Confidence That They Can Age in Place?

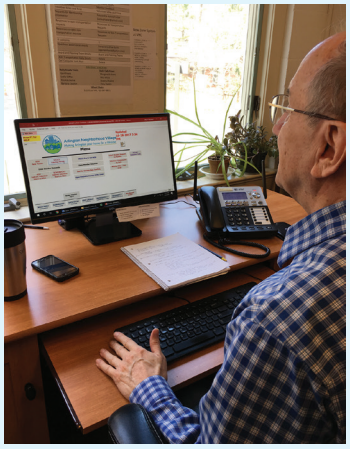
Our member survey sheds light on the huge desire in our ANV community to age in place – a desire that is consistent across the country when we look at AARP's annual survey on home and community preferences. Nearly half of ANV's survey respondents said they have no plans to ever leave their homes. And 92% say they are somewhat or very confident in their ability to do so. And here's the big difference – just 46% of older Americans think they will be able to stay in their homes as they age according to AARP. Perhaps the confidence of our members that they can remain in their homes as they age comes from knowing ANV is here to help them do just that.

Transportation

If ANV is the secret ingredient, then let's all work to let the cat out of the bag! Tell your friends and neighbors that ANV is here for them. And if they aren't ready for our support, let them know we'll accept theirs through charitable donations at www.arlnvil.org/donate!

Why Advance Notice on Transportation Requests?

We get lots of requests for rides, and we are able to fill almost all of them. How do we do it? First and foremost, we have exceptional volunteers. As of September 30, our volunteers have donated more than 2,700 hours of service to ANV members and driven 15,600 miles. And our office volunteers, who are regularly applauded for their demeanor, friendliness, understanding and problem-solving abilities, do a phenomenal job juggling all of our member requests and volunteer assignments.



ANV Office volunteer

The process of receiving requests, identifying available opportunities, and matching a driver to the member request is more complicated than you may think, especially in a volunteer-led and volunteer-driven nonprofit! We are looking at ways to cut down the time requirement as we move into 2020, but we just can't compete with Lyft or Uber, so we appreciate your understanding!

ANV President **Donna Pastore** and **Beverly Cannizzaro**, our SAIL lead are featured in a Falls Prevention video produced by the National Council on Aging. Take a moment to watch and learn on YouTube!

Falls Free
National Council on Aging

And Thank you to our Supporters

As noted in Donna's President's Message, we are grateful to our donors who participated in the GIVE65 online campaign where your donations were matched by the Home Instead Senior Care Foundation up to $5,000. We received $12,370 in donations and a $5,000 matching grant from the Foundation, for a total of $17,370. These funds will support our Financial Aid Fund, and other programs such as the Care Manager Pilot and our new part-time Volunteer Coordinator. Thank you to all who made this possible.

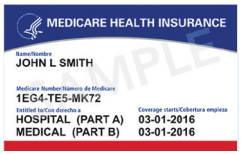
Home Instead SENIOR CARE® FOUNDATION

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.

What's Coming this Fall

Here are a couple of important reminders about Fall events:

1. **It's Medicare Open Enrollment** from October 15 through December 7. Every year, you should review your coverage and learn about upcoming plan changes. If you missed ANV's Coffee and Conversation with the Virginia Insurance Counseling and Assistance Program (VICAP) counselors, the County is offering seminars throughout Open Enrollment. (Details are available in our October and November Events Newsletters).

   Medicare coverage can change every year. The only way to be certain your existing plan can provide the best coverage for you next year is to check your coverage during Open Enrollment. You can call VICAP at 703-228-1725 to schedule an appointment with a trained, certified Medicare counselor or attend an educational session.

2. **Vaccinations.** Vaccines matter for your health and the health of your community. Talk to your doctor or pharmacist to see if your vaccines are up-to-date, and then take action based on what you learn. Vaccines are available (and usually needed by older adults) to prevent:
   - The Flu
   - Shingles
   - Pneumonia
   - Tetanus
   - Chicken Pox
   - MMR (measles, mumps and rubella), usually for those born in 1957 or later.

What's Ahead?

In about a year, new Driver's Licenses will be required for those who travel, and all of us will participate in the 2020 Census. Let's get ready.

Real ID: Starting October 1, 2020, there will be new identification requirements for people who fly. The federal government will require you to present an upgraded "REAL ID" compliant credential or another form of approved identification (such as a passport) in order to board a domestic flight or to access secure federal facilities. REAL ID compliant drivers licenses will display a small star in the upper right corner to indicate they meet federal requirements. In order to get a Real ID compliant drivers license, you will need to bring certain documents to the Department of Motor Vehicles.

If you are not flying or don't need to enter a secure facility, your standard driver's license, like the one you may have in your wallet right now, can be used to drive. In addition, a driver's license or identification card can be used as ID to vote, cash a check, apply for or receive government benefits, or conduct everyday local business.

To get educated on the Real ID process, you can visit Virginia's DMV website . ANV will be sharing more information on the REAL ID in 2020.

2020 Census: April 1, 2020 is Census Day — the due date for Americans to take part in the decennial national headcount. The census is mandated by the U.S. Constitution and conducted by the U.S. Census Bureau. In addition to being used to draw the lines of legislative districts, the U.S. Census is used to determine how to distribute government funds to state and local governments in order to help pay for schools, roads, bridges, public services and more. If a subset of people don't participate in the census, the area in which they live will be represented as having fewer residents than it actually does; the costs to states and communities could be large, consequential and long-lasting. A census that is as complete and accurate as it can be – and doesn't undercount the number of residents in a given area – is a vital resource for everyone.

The 2020 Census count is going to rely heavily on technology. The Census Count will begin in March 2020. Initially, people will receive an invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires – those most likely to not have internet access.) There will be follow-up reminders by mail to those who have not responded, and in April, there will be a final reminder postcard; enumerators will then follow up in person.

ANV will join with the County to make sure everyone is counted and as we get closer to the actual Census, we will make sure everyone is aware of what they can do to be sure they get counted!

Election Day is Tuesday, November 5.

Plan early for how you will get to the Polls, or if you are eligible, how you can vote early. Several organizations, including ANV, will help you get to your polling place. Just ask!