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Summer 2020

ANV Voices

Arlington Neighborhood Village

Many ANV events are now "virtual" – online – due to concerns surrounding transmission of the Coronavirus, except for those that are outside with appropriate social distancing and facial coverings. Thank you for your support as we promote good health practices for ourselves and our community.

Event details can be found on the ANV calendar at 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

Happy Hours on Thursdays

For more information, visit our website at www.arlnvil.org.

President's Message

I am especially proud to be serving as the Arlington Neighborhood Village President during this challenging and remarkable time in our nation's history. I am proud of the resilience of our members and volunteers, many of whom you will see highlighted inside this edition of ANV Voices. I am proud of our Board, staff and volunteers who were able to quickly pivot to safe ways to support and connect with our members. We also made the decision in March to help any Arlington senior in need and at-risk without regard to ANV membership; this has permitted us to support an additional 45 seniors beyond our membership ranks. We have been able to help our members and neighbors with errands, grocery shopping and prescription pickup, and food delivery from the Arlington Food Assistance Center. While we have seen our volunteer ranks naturally thinned because of risks to their own health and that of their families, we have also welcomed new volunteers during COVID-19 – these volunteers have filled the gap and provided much needed services to Arlington seniors.

Responding to the challenge of COVID-19 has strengthened ANV's participation in the larger and diverse Arlington community. ANV stands with our members, volunteers, supporters, families and friends united to eradicate racism in our society. We try to back up our words with action, to effect change and learn from and support our neighbors throughout the county. Along with our partners at the Arlington County Departments of Human Services, Housing, Libraries, and Parks and Recreation, we are working alongside the Arlington Food Assistance Center, the Arlington Partnership for Affordable Housing, Volunteer Arlington and others to ensure that Arlington is a vibrant and welcoming community committed to, and acting to achieve, social justice and racial equity.

Elise Burns

Please share with me your thoughts at eliseburns@arlnvil.org and be safe in the coming months.

Elise Burns
President

ANV on NextDoor

Following the February 29 All-Hands meeting, we started an ANV Group on NextDoor. What is NextDoor? It's an easy way to stay connected and up-to-date on what's happening in your neighborhood - your neighbors post everything from fox sightings to curb alerts to socially distant concerts. It's also a great place to ask your neighbors for recommendations on food delivery, plumbers, tutors, handymen, cleaners, you name it! When you are organizing your "stuff," NextDoor is a great place to find a new home for your treasures.

ANV is using the NextDoor platform to create its own private "Group" so you can get to know village members and volunteers. The Group is limited to members and volunteers; if you are in either of those categories, join us at https://nextdoor.com/g/ng010pjuj/

2020 Officers and Directors
Elise Burns – *President*
Maureen Markham – *Vice President*
Larry Padberg – *Treasurer*
Kathy Stokes – *Secretary*
Cheryl Beversdorf – *Director*
Brenda Cox – *Director*
Bill Gainer – *Director*
Charlie King – *Director*
Peter Olivere – *Director*
Donna Pastore – *Director*
John Richardson – *Director*
Cathy Turner – *Director*
Caroline Wertz – *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.

Fast Facts on ANV Services During COVID

Key words that many non-profits are using to describe the past four 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 have impacted ANV, we, too, have pivoted and retooled. In mid-March, we adopted telework, one staff member in the office; the other working from home, with all the attendant challenges. Office volunteers were on hiatus. The needs of our members quickly morphed from transportation to medical appointments to grocery store errands and contactless engagements.

And we had more neighbors to help. In mid-March, we quickly decided that we were prepared to help Arlington seniors regardless of ANV membership with errands and other services, increasing our rolls from 220 to 265 older adults. And that we needed to connect with each other by phone – the Call a Member program partnered 74 volunteers with 122 members for telephone visits and check-in calls.

When we realized that we would not see "normal" for quite some time, we adopted online programming: Zoom Coffee and Conversations have twice the number of participants on a weekly basis; new volunteers receive on-boarding via Zoom; and in July we started to interview and bring on new members using old-fashioned telephone interviews and Zoom, if appropriate. Today, socially distanced get-togethers such as Tai Chi, Bocce, and Happy Hour are starting up again. And our office volunteers returned to duty in July!

What are we hearing from members? One member called the ANV Office to let us know how kind, generous and helpful one of our volunteers had been to her. She reports that the volunteer initially started helping her with sorting her papers, and though this work is on hiatus due to the pandemic, that both have had regular phone calls which she really enjoys and appreciates. She pointed out that on a recent call, our volunteer offered to pick up groceries for her and it was done that morning.

During April through July, ANV volunteers fulfilled 464 service requests; of these, 231 were Errands; 129 rides to critical medical appointments, and 104 requests for other (mostly virtual) services such as help with technology.

Another new temporary member wrote to us in April praising an ANV volunteer who had gotten her groceries from the Arlington Food Assistance Center. She wrote: "I am sitting here eating the first salad I've had since December! Fresh food! What a blessing."

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.

Helping Neighbors During the Pandemic

By Jeanne Radday, ANV Member Services Manager

A highlight of serving as ANV's Member Services Manager is getting to know our members – by phone, email, and – before the pandemic – in person at Bocce, Happy Hour, potlucks and the All-Hands meeting. I especially love interacting with members when I don my "volunteer" hat and provide a ride or pick up groceries for someone. In conversation with members, I discover a treasure of shared experiences, interests and concerns - from overseas living to quilting to the aches and pains of advancing age.

I also love responding to inquiries from prospective members – many of whom see ANV as "insurance" for the future, while others' more immediate needs are triggered by the bewildering arrival of a new life stage and its attendant limitations. Everyone wants relief. What makes my role at these times so enjoyable? Because the services and benefits which ANV offers, and the caring and committed people that comprise our community network, are exactly what most prospective members are looking for. We are the answer to their search.

The pandemic has created a new layer of challenge for all of us, but one silver lining for ANV has been the no-fee admittance and support of 45 new members - neighbors prudently self-isolating at home who, due to fragile support systems, found themselves suddenly without access to the grocery store. ANV volunteers are their lifeline to groceries. John is caregiver to his wife, and quickly became overwhelmed. Maria is widowed; she moved to Arlington during the pandemic and was isolated and afraid. Susan is disabled; her peers are also self-isolating and can't take her to the grocery store anymore. Frank lives alone, has no family left, and most of his friends have died; he was completely out of food when he called ANV. Celia is a retired Arlington Public Schools teacher; fiercely independent, it was hard to ask for help. Barbara, age 92 and widowed, was concerned about her daughter whose senior living facility saw an outbreak of COVID-19.

Jeanne Radday, ANV Member Services Manager

During the pandemic she dusted off her sewing machine and has been sewing masks.

These "temporary" members enrich the ANV tapestry and have been a delight to welcome on board. I know you will enjoy getting to know them, too – at a holiday potluck as pandemic precautions allow – sharing your life stories, strengthening community and becoming an ever more fitting answer to other neighbors' search.

A Defining Social Moment

Arlington Neighborhood Village stands with our members, volunteers, supporters, families and friends united to eradicate racism in our society. We have much to learn and seek to hear from you and our neighbors about how we can be more effective.

Many of our members and volunteers carry personal memories of the struggle to pass the Civil Rights Act and the painful times that followed. We invite you to share your stories, to reflect on your life experiences, and share your thoughts on where we are today and how we can bring about much needed change.

ANV has experienced a lot of changes these past several months. Thanks to our committed staff and volunteers, we were able to pivot to serve our members in ways that were safe to us all. And as you read in Elise's message, we have been partnering with other nonprofits to help seniors in need in Arlington. We waived the membership fee on a temporary basis so we did not have to turn anyone away.

ANV strives to be a diverse and inclusive village, reflecting our community and working with friends and colleagues throughout the county to fulfill the vision of a just and equal society for all.

Share your perspective with us – we will host Zoom meetings later this year and welcome your written thoughts before then at Office@arlnvil.org so we can compile and share them throughout the summer and fall.

Did You Know?

An occasional article by Board Member Brenda Cox, on federal, state and local aging resources

In April, 2018, Arlington became the 250th member of the AARP Network of Age Friendly States and Communities. This organization is the U. S. Affiliate of the World Health Organization Global Network of Age-Friendly Cities and Communities.

A local taskforce has been studying eight domains to ensure that our community maintains quality of life for all, but especially, its senior residents so that they are able to "age in place" with the highest quality of life. The areas that are being studied are transportation, civic participation and employment, community and health supports, housing, outdoor spaces and buildings, respect and social inclusion, social participation, and communication and information.

As identified in its executive summary, Arlington's "core values are inclusion, equity, access, and elimination of stigma and stereotypes for older Arlingtonians." The full report on what has been accomplished so far in the five year plan as well as what is to come can be reviewed in "Building an Age Friendly Community: Action Plan 2020-2023."

Opportunities abound for involvement in the implementation of the plan – check them out at https://aging-disability.arlingtonva.us/coa/ . Examples of the opportunities for service include ANV's work, participating in the AAA Calling Angels training, and Meals on Wheels volunteers who, though they may not deliver the food, help arrange the route books, serve as dispatchers collecting key information about needs, and ensuring the bills are paid on time.

DMV on-site at ANV – Date TBD

We continue to hope that the Virginia Department of Motor Vehicles (DMV) will be able to conduct an on-site event at ANV later this year. However, the uncertainty of COVID makes it impossible to predict the date. We are in touch with the DMV and hope to have updated information to share with our members and volunteers in the fall. The good news is that the DMV has extended many expiration dates and the federal government has extended the date for Real ID to October 2021! In the meantime, if you want to get educated or begin the process of applying for Real ID online, visit Virginia's DMV website.

Celebrating Our Volunteers

Congratulations and heartfelt thanks to our ANV volunteers who were honored on July 14 at the Arlington Cares celebration—a heartwarming opportunity recognizing the overwhelming goodness that is within our community. These ANV volunteers gave over 100 hours of service to the village over a one-year period. Volunteers make our village possible, not just through the gift of their valuable time, but with their care, commitment, and heart.

Please join us in showing our gratitude to these dedicated volunteers!

Bob Alston
Mike Anderson
Paxton Baker
Miriam Balutis
Jackie Borgel
Patricia Burke
Elise Burns
Beverly Cannizzaro
David Christian
Maribeth Clissa
Charlotte Dillis
Michele Downey
David Eckerson
Gary Eiserman
William Gainer
Gail Kutner
Les Lenny
Barbara Leupold
Marissa Lorenzetti
Robert Magner
Gretchen Martin
Kate McCarthy
Peter Olivere
Michael Murtha
Larry Padberg
Carol Paquette
Donna Pastore
Mary Ann Penner
Michael Raizen
Victor Rehula III
John Richardson
Wendy Shapiro
Carole Shetzich
Kathy Stokes
Bob Stump
John Thomas
David Thompson
Katie Trizna
Anita Wallgren

COVID Scrapbook

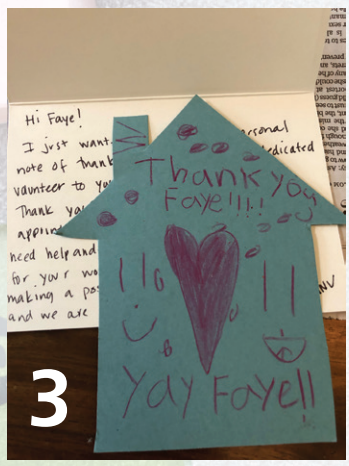
For those of us who appreciate a good scrapbook, here are some springtime memories to share.

We are especially grateful to the ANV volunteers who have served during the past four months – an especially difficult period. All of the errands, rides, telephone buddies, Zoom coffees and happy hours couldn't have happened with you. Please accept our gratitude.

1. Homemade masks by ANV volunteers

2. ANV Zoom Coffee and Conversation

3. Thank you note to a volunteer



4. Bocce (unidentified player!) in the new ANV uniform

5. Rally for social justice

6. A masked driver – can you name her?

7. Phase 2 Get Together (they first met as telephone buddies)

8. Wildlife taking over in absence of humans (the bear cub at Bishop O'Connell)

Arlington Neighborhood Village
Making Arlington your home for a lifetime
2666 Military Road • Arlington, VA 22207

Thank you to our Supporters

Thank you to all of our Members who have renewed their membership during COVID-19. We are especially grateful for your continuing support of ANV's mission. We are offering members who renew a special opportunity to extend their membership for 15 months (rather than 12 months) in recognition of the extraordinary challenges we have faced these past several months.

The **Arlington Community Foundation Rapid Response Fund** awarded a $5,000 grant to ANV in March to support our COVID-related activities, including transitioning to a telework environment and support for our temporary members that we are assisting during the pandemic.

The **Arlington Women's Civic Alliance** awarded an $8,000 grant in June to ANV to support our Financial Aid Fund, expanding ANV's support to lower income seniors throughout our community, especially welcome during the COVID-19 pandemic.

The **Arlington Community Federal Credit Union** donated $500 to ANV and the **Church Mutual Insurance Company Foundation** donated $250 to ANV.

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. We are already looking forward to 2021 and encouraging our friends and community to support ANV's Financial Aid Program so that we can continue to grow and respond to our neighbors in need.

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**

DONATE!

Donate online at www.arlnvil.org/donate

- Mail a check to ANV at 2666 Military Road, Arlington VA 22207.
- While the Cares Act passed in March 2020 suspended all Required Minimum Distributions (RMDs) for 2020, it may still be advantageous for you to make a Qualified Charitable Distribution (QCD) to ANV in 2020. Talk to your tax advisor or go to https://arlnvil.org/donate/to learn more. Also for taxpayers who no longer itemize their charitable giving, the CARES Act will allow you to take an above the line deduction for donations to charity of up to $300 for an individual even though you take the standard deduction.
- 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**.