Volume 6, Issue 1
Spring 2020

ANV Voices

Arlington Neighborhood Village

As we go to press with this edition of *ANV Voices*, we are in the midst of the COVID-19 (Coronavirus) outbreak. Following the advice of health experts to avoid unnecessary social interactions, ANV cancelled social events until further notice. Please go to our website to find out the current status of future events.

SAVE THE DATE

Volunteer Recognition Brunch
Saturday, April 18 - postponed

ANV Picnic
Sunday, June 14 at Bluemont Shelter (tentative)

DMV Onsite at ANV
Tuesday, June 23 (tentative)

The schedule for resuming weekly events will be posted on our website.

Coffee and Conversation
A speaker series on Wednesdays
Tai Chi practice on Tuesdays
Spanish Conversation for Fun on Tuesdays
Bocce on Mondays
Happy Hours on Thursdays

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

President's Message

Elise Burns

I am excited to step into the role of ANV Board President, after having served on the Board since 2015 and as Vice President for the past two years. In addition to my Board duties, many of you also know me as the Chair of the Events Committee and maybe even more importantly as the cheerleader for our wonderful ANV-wide parties –the annual picnic, Thanksgiving potluck, and December holiday party.

Especially today, responding to the COVID-19 outbreak, it's a challenging time for all of us but it's also an exciting and rewarding time to be a part of this wonderful organization, watching our membership and volunteer ranks grow as more people learn of our services. Inside, you will find our 2019 report on ANV Impact – in summary, we supported 220 members and filled 2,178 requests for services; our volunteers donated 11,200 hours and drove a combined 28,265 miles!

At the end of February, we hosted our first "All Hands" meeting, inviting members and volunteers to come together and help set the direction for 2020 and beyond. More than 70 people attended and shared their thoughts of what it means to be a "neighbor", how ANV is meeting the needs of its members and volunteers, and what more we can do to support each other and ANV. Some of the ideas that were shared included: creating a Membership Directory, increasing diversity, creating a better means of communication among our members and volunteers, learning about other Villages, and improving our website. We will be reviewing all of the suggestions and making plans to move forward after the Board has a chance to weigh in.

Inside you will read more about new Board Officers and Board members. Thank you to these individuals who are sharing their time and talent with ANV helping us to steward the organization into the future.

I look forward to meeting more of you in the coming months; please reach out to me at eliseburns@arlnvil.org if you have any questions or suggestions for the Board.

Elise Burns
President

DMV ON SITE AT ANV – Heads Up

The Virginia Department of Motor Vehicles (DMV) is tentatively scheduled to be on-site at ANV on June 23 and August 25. Members and Volunteers will have a chance to do almost everything that you would otherwise do at the DMV Office. This includes renewing your license or getting your Real ID. We will have scheduled appointments for this service and will include more information on how to sign up for this special event in our events newsletters in May and June. In the meantime, if you want to get educated or begin the process of applying for Real ID online, visit Virginia's DMV website.

Update **The Real ID deadline has been extended to October 1, 2021.**

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.

Welcome New Board Members, Cheryl Beversdorf and Cathy Turner

Cheryl Beversdorf and her husband moved to Arlington in 1995 and live in Cherrydale. She spent much of her career working for not-for-profit associations including serving as President/CEO of the National Coalition for Homeless Veterans and chief staff executive for the Association of State and Territorial Health Officials, Washington, DC and American College of Foot and Ankle Surgeons, Park Ridge, IL.

Cheryl Beversdorf

Currently, at Arlington Independent Media, Cheryl produces and hosts a weekly radio interview program called AGING MATTERS, which features topics of interest to older adults and their families. She also produces and hosts a monthly television version of AGING MATTERS. Previously, she partnered with an elder mediation attorney to create Talking About the Tough Stuff, interactive dramatizations and commentary for families needing to have difficult conversations about aging issues. Cheryl is a member of the Arlington County Commission on Aging (CoA) and Chair of the CoA Public Information and Outreach Committee. A registered nurse and Vietnam era veteran, she has a Bachelor of Science degree in Nursing from the University of Maryland, Master of Health Science degree in health services administration and health planning from The Johns Hopkins University School of Hygiene and Public Health, and a Master of Arts degree in public communication from The American University.

Cathy Turner

Cathy Turner is the Director of Health Promotion & Senior Health at Virginia Hospital in Arlington where she has worked for the past 29 years. These departments provide a variety of health & wellness programs to the community, including fitness classes, healthy aging lectures, support groups, health screenings, and corporate wellness.

Through her role in the Senior Health Department, Cathy has been working with Arlington Neighborhood Village since its inception providing wellness lectures and the Philips Lifeline Medical Alert. Cathy is excited about being part of the ANV board and sharing her passion for helping people age in place. Cathy has a Bachelor's Degree from the University of Richmond and a Master's Degree from The American University. Cathy is married to Rob Turner and they have three children.

At its December 2019 meeting, the Board also elected new Officers: Elise Burns is serving as President; Maureen Markham as Vice President and Kathy Stokes as Secretary. Larry Padberg continues in his role as Treasurer.

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.
- If you are over 70 ½ and taking required minimum distributions from certain retirement accounts, you may be able to get favorable tax treatment by making a "qualified charitable distribution" to ANV. Go to www.arlnvil.org/donate/ to learn more.
- 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

All Hands Meeting

On Saturday, February 29, ANV hosted its first-ever All Hands meeting with 72 members and volunteers in attendance. What a productive and enjoyable chance to connect with each other and share our ideas for how we can grow ANV. Thank you especially to Bob Stump and Noel Durman for planning and leading the meeting.

As a result of votes taken at the meeting, we identified the top priorities of the attendees: a membership directory; increasing diversity, including more members from South Arlington; a ListServ so members can communicate with each other; learning more about other villages; and a better website for ANV.

We will take a little more time to digest everyone's suggestions and see how we can incorporate them into our 2020 plans. But most importantly, we thank everyone who shared their ideas with us. We are so lucky to be able to call each other "family."

Voting on priorities at All Hands meeting

All Hands meeting discussion

Did You Know?

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

Recognizing that the population of the United States was gradually getting older, Congress passed the Older Americans Act way back in 1965. The purpose was to provide services specifically geared to an aging population. The act established an Area Agency on Aging in every Zip Code. The office serves as a comprehensive, unbiased referral service to address the needs of an aging population. If you or a local senior that you know has a need, call 703-228-1700 and be connected to an information specialist in the local Arlington office.

Just as important, if you have a relative that lives in another state, you can connect with the ElderCare Locator at www.eldercare.acl.gov or call 800-677-1116, between 9am and 8pm Eastern time, Monday thru Friday; once you share a Zip Code, you will be connected to an information specialist in the local Area Agency on Aging. This service is especially beneficial to the "sandwich generation" who may have elderly relatives in another state.

Specific topics you can get help on include caregiving resources, support services, housing, elder rights, insurance and benefits, health, transportation, and much more.

AGING MATTERS Radio and TV Show

Our new Board member Cheryl Beversdorf produces and hosts a weekly radio interview program called AGING MATTERS, which features topics of interest to older adults and their families. She also produces and hosts a monthly television version of AGING MATTERS. Cheryl has interviewed hundreds of experts in the field of aging. The radio show is broadcast live on Tuesdays at 2PM on WERA, 96.7 FM; information about upcoming shows can be found at www.facebook.com/agingmatterswera. All shows are available on-line; the directory and links to the archive of shows can be found at http://tiny.cc/AgingMattersArchive . To see her TV show, visit YouTube Channel: http://tiny.cc/AgingMattersTV and click **VIDEOS**.

Thank you to our Supporters

The Washington Forrest Foundation awarded a $7,500 grant to ANV in March 2020. We are grateful for their continuing support of our efforts to reach out to our South Arlington community.

Washington Forrest Foundation
Impacting Arlington's future since 1968

Volunteer Corner:
Kate McCarthy, ANV Office Staff Volunteer

Kate McCarthy

Tell us a bit about yourself.
I've volunteered with ANV since August 2016 and my husband and I have been full-time Members for a couple of years. I've lived in Arlington since the early 80's. I volunteered previously with the Tree Stewards of Arlington/ Alexandria and with the Master Food Volunteers, both groups part of the Virginia Cooperative Extension.

What drew you to ANV?
What attracted me to ANV was its sense of mission to create community where seniors can continue to live in their neighborhood longer and, through social activities, expand their sense of community.

I love how welcoming and supportive the ANV community is.

What is your favorite part of volunteering with ANV?
My favorite part of being an office volunteer is all the Members and Volunteers I get to communicate with during my shift and then match names and voices to faces when I attend social events. It's especially gratifying when a Member calls to tell us how kind and wonderful all the volunteers are and how much the Member appreciates ANV.

What are your favorite spots in Arlington?
My favorite spots in Arlington are Bluemont and Bon Air Parks for walking my dog.

What is the best book you've read recently?
The best book I've read recently is Lucky Per by Henrik Pontoppidan, considered one of the greatest works of Danish literature and only recently published for the first time in English. Besides European and American literature, I love Irish dance, music and history.

2019 FAST FACTS – The Year that Was

ANV is a community-based non-profit organization of neighbors helping neighbors. Our 280+ volunteers provide direct services to our 220+ members to help them age safely in their homes - driving them to destinations, helping them with tasks, and more. We also provide many opportunities for members to socialize, stay active and have fun – from a friendly visit or walking buddy, to weekly "Coffee and Conversations," engaging field trips and more.

Members
- 220 members, aged 58-98 years old
- 71% are female; 29% male
- 63% are 75 years old or older
- 51% of our members live alone
- Of our members who live alone, 86% are female
- 10% represent diverse backgrounds
- 19% of our full members receive financial aid

Our membership is growing:
2017: 205
2018: 209
2019: 220
March 2020: 239

Volunteers
More than 280 trained and vetted Volunteers
- 125 Drivers
- 155 Non- transportation
- Drove 28,265 miles
- Donated 11,200 hours

Volunteer Growth
2017: 201
2018: 239
2019: 280

Services Provided
- Fulfilled 2,178 service requests
  - 2/3 of all requests are for transportation
- Daily check-ins - 1,590
- 98% of all requests are fulfilled

Social Events
- 5,000 attendees at ANV events, including weekly Coffee and Conversations, Tours, Dine Arounds, SAIL Class, Tai Chi, Bocce, Spanish Conversation and Happy Hour

Transportation

ANV Volunteers at All Hands meeting.

ANV Member and Volunteer Grocery Shopping

ANV Members at a Coffee and Conversation in March

Bocce players celebrating on Valentine's Day