



MOUNT VERNON AT HOME

2021 ANNUAL REPORT

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WHAT A YEAR TO REVIEW... AGAIN!

We all know what an incredibly challenging year 2020 was! Who would have thought that, exactly one year later, we would still have concerns about COVID, its variants, vaccines, social distancing, and other restrictions? There were ups and downs with regard to the number of cases nationally and locally, changes in guidance from federal, state, and county officials and health agencies, and cases of COVID impacting our own families and friends. Statistics in Virginia and all fifty states were staggering.

It would have been easy to become overwhelmed with all of this but, fortunately, we have a strong Village and resilient members ... and Mount Vernon at Home pressed on. We were still not back to normal office operation in Sherwood Regional Library but after it re-opened, we did take the time to clean up, declutter, and otherwise organize our space there -- just like many did in their own residences - spring cleaning but not restricted to the spring!

Our Board of Directors has met monthly in its oversight role, addressing challenges and fulfilling its fiduciary responsibility. And they have been very instrumental in maintaining contact with members and participating in our fundraising efforts. I hope that the calls our members receive from a board member demonstrate our commitment and caring - checking on health, informing about upcoming events, and just offering friendship and support.

Dave Prescott continued to provide outstanding support as our volunteer office manager, handling the database, member calls, and various coordination activities -- and he has driven so many members and miles. Our volunteer drivers began more

actively transporting members to appointments and on errands. And our Teen Tech Tutors, ably led by Callie Walsh, a junior at Mount Vernon High School, have provided personal assistance to members with their IT issues and through a couple of Zoom webinars.

The following pages provide additional data and information on our events and programs, membership, member services, finances, and generous donors and sponsors. Despite a second year of living in a pandemic world, we have persevered and thrived. I hope you enjoy reading this report, and, of course, please feel free to contact me if you have any questions.

Thank you for being members, volunteers, and supporters,

My best,



Paula G. Lettice
President

PROGRAMS AND EVENTS

Thanks go to our Program Committee, ably chaired by Cher Terry and Franki Roberts, and its engaged committee members who actively suggest and plan many programs for our members. Their monthly meetings produced a full and interesting schedule of events. Most programs continued to be virtual although there were a few in-person ones.

In-Person Get-Togethers

With the pandemic going through waves of restrictions, we did find some opportunities for in-person get-togethers. A few happy hours (aka “Cheers”) were held outdoors or in a member’s home. An outdoor picnic was held in May at Fort Hunt Park and then one indoors at the Sherwood Regional Library in July. And our holiday party returned to an in-person event with a sit-down luncheon, music/singing, and friendship with 47 members, volunteers, and friends in attendance. So many were happy to see their friends in person! And hopefully it was a good launch to a joyous holiday season.

Continuing Programs - Virtually

There were some very interesting topics for Timely Topics this year and discussions were lively. Meditation Mondays continued. Second Cup Saturdays took place most of the year.

The Book Club, chaired by Board Member and volunteer Barbara Brennan, has flourished and seems to have the right *mojo* by allowing participants to read a book of their choosing and discussing it. A list of the books read that were discussed is listed in each issue of our newsletter, *Village Voice*, and the full review of the book by the reader is posted on the MVAH website each month. The Movie Club, in its first full year and also chaired by Barbara Brennan, watches the same two movies and then critiques them ... giving stars, just like the real-life movie critics do.

Conversations attracted some wonderful speakers. Please see the next section of this report, detailing each month’s speaker and topic.

And, a new initiative was the creation of our Teen Tech Tutor group, ably lead by Mount Vernon High School junior Callie Walsh. Not only do these students help members individually but they also have conducted a couple of webinars for our members - e.g., “What Device Is Right for You?”, “The Amazon Alexa”, and “Cyber Security - Protecting our Devices and Information.”

Event participation is listed below.

| Event | Average Attendance |
|--------------------|---------------------------|
| Conversations | 19 |
| Cheers | 11 |
| Second Cup | 11 |
| Book Club | 8 |
| Movie Club | 9 |
| Meditation Mondays | 8 |
| Timely Topics | 8 |

Our Annual Meeting in February had 35 members attending on Zoom. The Gala attracted 78 attendees, of whom 55 were members with the rest as sponsors, volunteers, and friends of our Village. Thanks to U.S. Senator Tim Kaine for the recorded video that he sent acknowledging the work of local non-profits and MVAH in particular.

And, finally we held two “appreciation events” - one to acknowledge and thank our larger donors and one to thank our special volunteers, several of whom recently joined us.

We co-sponsored several events with local health-based organizations including:

- Virginia Hospital Center Aging in Place, a program called “The Importance of Senior Villages.”
- At Home Alexandria (our sister Village to the north), a program on decluttering entitled “Staysizing.”
- Paul Spring Retirement Community, a “Paint and Sip” hands-on activity.
- Goodwin House at Home, an offer for a home safety evaluation for MVAH members at a discounted price.

Paula Lettice represented MVAH on a Montebello Program Committee panel, “Continuum of Care,” along with representatives of Home Instead, Paul Spring Retirement Community, and Sunrise Senior Living.

We hope to continue and expand our collaborative programs and alliances with other Villages and local civic and commercial organizations dedicated to senior care and issues.

CONVERSATIONS

The following is a listing of the wonderful speakers and topics featured in our monthly Conversations series. Thanks to the Program Committee and Board Secretary Susan Reardon, in particular, who shepherds Conversations, identifying prospective speakers and topics, coordinating their scheduling, and leading each Sunday session.

JANUARY: “Sights and Treasures of Cooperstown” with Bernie Enright, long-time resident and historical enthusiast

FEBRUARY: “Journalism in Today’s World: How to Make Sense of it All” with Bill Plante, CBS News Journalist

MARCH: “Preserving the Star-Spangled Banner” with Jennifer Locke Jones, Curator and Project Director in military history at the Smithsonian’s National Museum of American History

APRIL: “Artificial Light, Humans, and Birds: Towards Supporting a Bird-friendly Relationship” with Heidi Hoven, Audubon Society

MAY (2 PROGRAMS): “The Universe and Our Unique Planet” - Dr. Alan Bunner, Director of the Structure and Evolution of the Universe, NASA (retired)

“Interview with Award Winning Music Producer, Greg Lukens” - MVAH Member and Founder of Washington Professional Systems

JUNE: “The Amazing Vision of DC’s 11th Street Bridge Park” with Scott Kratz, Director of the 11th Street Bridge Park

JULY/AUGUST: Summer hiatus

SEPTEMBER: “Top Ten Scams and How to Best Protect Yourself,” with Melissa Smarr, Branch Chief, Fairfax County

OCTOBER: “DC’s Newest Memorial Commemorating WWI” with Philip Mazzara, Past President of the Centennial Commission and now Member, Board of Directors

NOVEMBER: “An Inside Look at the Local Vocal Ensemble, The Thirteen” with Matthew Robertson, Artistic Director of The Thirteen

DECEMBER: “Goodwin House Stronger Memory Program” with Goodwin House’s Brain Health Program Manager, Jessica Fredericksen, MSW

MEMBER SERVICES

Even with the continuation of the pandemic and the necessary restrictions that were implemented, we continued to provide:

- Transportation to medical appointments
- Transportation for grocery shopping and pharmacy visits
- Educational programming including Timely Topics and Conversations
- Programs on health and senior care
- Programs to enhance aging-in-place
- Social programs like happy hours
- Home maintenance and odd jobs
- Technology support
- Errands

We hope that the coming year will allow us to serve more members in-person and provide the care and support in a more hands-on way.

We have kept members informed about current health advisories and restrictions, vaccine availability, hours and locations, etc. Our newsletter and eBlasts have provide a wealth of information and have done well in keeping up with what was a constantly changing environment. We are pleased that our members adhered to guidance about remaining home and socially distanced, went for vaccinations when they were eligible, and were wise and thoughtful in how they interacted with others.

The Board of Directors continued making periodic calls to members and our Caring Committee, chaired by Board Director and MVAH member, Barbara Knight, provided additional support to those who requested more frequent contact.

In 2021, member requests for services rebounded as restrictions were eased and postponed medical and other appointments resumed. The following demonstrates this increase:

| Member Requests | 2020* | 2021 |
|--------------------------|--------------|-------------|
| Transportation | 485 | 626 |
| Grocery Shopping/Errands | 121 | 172 |
| Home Technology | 2 | 26 |
| Business Referrals | 6 | 4 |
| Household & Other | 82 | 138 |
| TOTAL | 696 | 966 |

**Suppressed due to pandemic restrictions*

We hope that 2022 is a brighter, more engaged year... and we are resuming office hours and will be back in person at the Sherwood Regional Library as long as the library remains open to the general public!!

MEMBERSHIP

Membership declined slightly in 2021... even though we welcomed 22 new members, there were many members who passed away and some who moved either into nursing care or out of the area to be closer to family. And, it is challenging to recruit new members when potential ones are still remaining closer to home and not out and about. We hope that 2022 will turn the tide with more outreach, in-person visits, and marketing to give our Village greater visibility and attract more of our neighbors.

Please see the last section for a listing of members we sadly lost in the past year.

| Membership Levels | 2020 End-of- Year | 2021 New Members | 2021 Non- Renewals | 2021 End-of- Year |
|-----------------------------------|----------------------------------|-----------------------------|-----------------------------------|----------------------------------|
| Members | | | | |
| Individual | 66 | 14 | 18 | 62 |
| Household (number of individuals) | 47 | 6 | 8 | 45 |
| <i>Total Members</i> | 113 | 20 | 26 | 107 |
| Associate Members | | | | |
| Individual | 7 | 2 | 2 | 7 |
| Household (number of individuals) | 16 | | 2 | 14 |
| <i>Total Associate Members</i> | 23 | 2 | 4 | 21 |
| TOTAL MEMBERSHIP | 136 | 22 | 30 | 128 |

GENEROUS GIVING - VOLUNTEERS

We would not be a Village without our volunteers! Chief Volunteer is Dave Prescott who not only assists with answering the phone, cataloguing and filling member requests, managing our membership database, serving as webmaster, and coordinating volunteer activities, he is the supreme volunteer as most members know. He himself handles transportation requests when other volunteers are not available - KUDOS to Dave. And thanks to all the other volunteers who give of their *time and talent* to assist members, serve on committees, and otherwise help us. It certainly takes a village.

Our Board of Directors meets regularly as a full board, each serves on at least one committee, and they have a designated list of members with whom they maintain contact.

Here are the statistics for our volunteers' contributions:

| Volunteer Hours | 2020* | 2021 |
|------------------------|--------------|--------------|
| Members Services | 3,213 | 3,927 |
| Governance** | 2,158 | 1,414 |
| TOTAL | 5,371 | 5,341 |

**Suppressed due to pandemic restrictions*

***Board officers and members, committee members*

| Volunteer Miles Driven | 2020 | 2021 |
|-------------------------------|--------------|---------------|
| TOTAL | 9,091 | 12,328 |

Value of Volunteer Hours

Volunteer time and service are priceless, but we can, and should, quantify the value of their time. The current hourly rate of a volunteer hour is \$28.54. (*) At that hourly rate, we have received over \$154,000 in added support to the success of our Village! And volunteers are not reimbursed for car and gas expenses as they drive members to and from their appointments.

*- www.independentsector.org

GENEROUS GIVING - DONORS AND SPONSORS

Thank you to everyone who give of their *treasure*, when they are able.

We had several new sponsors for our Gala and some returning sponsors increased their sponsorship level. And the reverse auction is always a major winner. Overall, we generated a net of around \$38,000, nearly 50% more than in 2020. Our Giving Tuesday and end-of-year campaigns were also more successful than the preceding year and we were pleased that donors from prior years returned to support us.

With the passing of several members, we received approximately \$6,000 in memorial gifts - thank you to the families who designated Mount Vernon at Home as a beneficiary for charitable contributions.

Thank you, thank you, thank you!! You have shown confidence in us and that support means so much. And a big thank you to Sherwood Regional Library for their support of Mount Vernon at Home.

OUR 2021 GALA SPONSORS

Diamond

AARP Virginia
Goodwin House at Home
Paul Spring Community
The Peter Crouch Realty Group
TransUrban

Gold

AARP
ACCFamily
Christian Relief Services
Demaine Funeral Home
Everly-Wheatley Funeral Home
Good Shepherd Catholic Church
KWC Certified Public Accountants
The Seward Group
SYNERGY Home Care

Silver

Burke & Herbert Bank
Clark & Sampson Insurance
Home Instead
Law Office of Deborah G. Matthews
Old Dominion Health Care
Thomas J. Fannon and Sons

Bronze

Caring Transitions of Alexandria
Connections for Seniors
Eldertree Care Management
Four Sales, Ltd.
Griswold Home Care
Michael C. Montante, CPA
Mount Vernon Physical Therapy
The Goodhart Group
Thesus Medical Products Group
VCA Alexandria Animal Hospital
Virginia Hospital Center

OUR 2021 DONORS

| | | |
|------------------------------|---|-----------------------------|
| Anonymous (3) | Susan Hunt | Reed Stockman |
| David and Nancy Barbour | Susan Irvings | Deborah Stokes |
| Richard and James Blackburn | Larry Lanezich | Barbara and Barry Sullivan |
| Priscilla Bornmann | Evan Kaufman | Sarah Tatum |
| Barbara Brennan | Annette Kilian | Cheryl Terry |
| John and Elizabeth Brigden | Frances Killpatrick | Judi Teske |
| Norma Brodsky | Barbara Knight | Laurie Tracy |
| Jan Buchanan | Elaine Kolish and David Fitzgerald | Mary Tracy |
| Nancy Cihak | Gladys Kovaleff | Jennifer Walpole |
| Suzie Cohen | Gene and Addie Krizek | Kenneth and Patricia Wessel |
| Victoria Coward | Paul Krizek and Tracy Navratil | Sandra Wilkinson |
| Arthur and Jennifer Crawford | Robert and Maureen Kuletz | Philip Yates |
| Thomas and Judith Crooker | Laura and Thomas Lawler | Christos and Nora Zirps |
| Stephen and Juanita Csontos | Paula Lettice | |
| Diana Cull | Logistics Essential Assistance First, LLC | |
| Richard and Julie Curtis | Janet Martin | |
| Eric and Danae Delman | Virginia Martin | |
| Steve Ditmeyer | Virginia Masse | |
| Sarah Jane Drexler | Carol and Joe Mattaino | |
| Edward Dyson | Daniel and Martha Mica | |
| Thomas and Jane Earley | Leo and Diane Milanowski | |
| Jay Endahl | Geraldine Murphy | |
| Glenn Fatzinger | John Pereira | |
| Linda and Russell Flint | Don and Anna Peterson | |
| David and Diann Frantz | Pamela Phillips | |
| Raymond Fredette | Frederick and Susan Reardon | |
| Yolande Frommer | Betty Robinett | |
| Kent Garvis | Christopher Rudolph | |
| Alvin and Jean Glazier | Margaret Rusnak | |
| Mel and Arlyne Goodweather | Mary Sabulsky | |
| Sherry Griffith | Patti Schmid | |
| Kathleen Hanrahan | Gretchen Schuster | |
| Robert Hatch | Hugh and Maria Rosa Schwartz | |
| Robin Herron | Barbara Seligmann | |
| Lynn Hessick | Elaine Serlin | |
| Caswell Hobbs | James and Lynn Sherald | |
| Virginia Hodgkinson | Patsy Sims | |
| Morrie and Holly Hoven | Ralph Slawson | |
| Charles Howard | Bette Ann Spencer | |
| Robert and Jeanne Howlett | Karen Stack | |
| Michael Huggins | Betsy Stephens | |

FINANCES

We have continued to be good stewards of our/your resources.

Our fiscal year runs from January 1 to December 31. For the second year in a row, we finished our fiscal (calendar) year in the black. Our Payroll Protection Program loan, which kept us solvent in 2020, was forgiven during 2021; there is no longer any liability on the balance sheet. Our 2021 fiscal year ended with a small surplus due to careful budget execution and more funds raised in both the Gala and the end-of-year campaign. We attracted several new sponsors and a couple increased their giving level. And the reverse auction at the Gala was very successful and reflects the generous support and dedication of many.

With the passing of several members, we received around \$6,000 in donations made in their memory - thank you to the families who designated Mount Vernon at Home as a beneficiary for charitable contributions.

The following displays our major income and expense categories for 2020 and 2021 (pending tax return preparation):

| Income | FY 2020 | FY 2021 |
|-------------------------------|------------------|------------------|
| Dues | \$84,568 | \$69,180 |
| Gala/Events | \$34,430 | \$48,731 |
| Contributions | \$33,949 | \$31,795 |
| In-Kind Contributions | \$16,488 | \$469 |
| PPP Loan * | \$24,981 | \$0 |
| Total | \$194,416 | \$150,175 |
| Expenses | | |
| Events/Fundraiser | \$11,017 | \$10,623 |
| General Administration | \$104,818 | \$86,570 |
| Administrative Support | \$36,357 | \$20,246 |
| Total | \$152,192 | \$117,439 |
| Net Operating Budget | \$44,224 | \$32,736 |
| Net without PPP Loan | \$17,243 | |
| * -Payroll Protection Program | | |

2021 Board of Directors

Officers

President - Paula Lettice
Vice President - Deborah Matthews
Treasurer - Hugh Schwartz
Secretary - Susan Reardon

Directors

| | |
|--------------------|-------------------------|
| Priscilla Bornmann | Robert Kuletz |
| Barbara Brennan | Kamla Rodriguez |
| Sarah Drexler | Barbara Hughes Sullivan |
| Evan Kaufman | Laurie Tracy |
| Barbara Knight | Lee Wampler |

Professional Staff

Executive Director - Jan H. Buchanan (through 12-31-2021)
Volunteer Office Manager - Dave Prescott

FRIENDS AND MEMBERS WE LOST

In Memoriam

Friends We Lost in 2021

| | |
|---------------------|-----------------------|
| John Arnold Edelman | Eugene (Gene) Krizek |
| Margaret Edelman | Adeline (Addy) Krizek |
| Vronna Endahl | Virginia Masse |
| Richard Hart | Anna Peterson |
| Ross Hunt | John Wright |
| Lilleba Kloster | |

