



MOUNT VERNON AT HOME

2023 ANNUAL REPORT

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THE YEAR IN REVIEW

Although we are now in the post-pandemic period, COVID and other respiratory threats still exist. Within this environment, Mount Vernon at Home continues to be here for its members. Our goal remains to provide community, support, and services.

Although many of us have resumed more activities including travel, not everyone is yet comfortable with that. Many prefer to enjoy programming while they are in their home environment.

Nonetheless, we are a strong Village with resilient members, volunteers, and sponsors. Our office remains open with staff providing critical support to our members and maintaining a strong public presence in the heart of our community. The enthusiasm, dedication, and work of our staff and volunteers in the local senior community adds immensely to our Village operations. It is something of which we are very proud.

The Board of Directors continues its oversight role, addressing challenges and fulfilling its fiduciary responsibility. Directors continue to maintain close contact with members while participating in our fund-raising efforts, as well as chairing various committees.

As board terms expire, new directors with a range of professional experience and community involvement take the helm.

The following pages provide additional data and information on our events and programs, membership, member services, finances, and generous donors and sponsors. I hope you enjoy reading the 2023 Annual Report, and, of course, please feel free to contact me if you have any questions.

Thank you for being Mount Vernon at Home members, volunteers, and supporters.

My best,



Paula G. Lettice
President

PROGRAMS AND EVENTS

Thanks to our Program Committee and its Chair/Board Member Kathi Hanrahan, and its engaged committee members who actively suggest and plan many programs for our members. Their monthly meetings produced a full and exciting schedule of events. Most programs continued to be virtual while others remained in-person. New programs, like the Walking Group and Paul Spring Retirement Community's Lunch and Movie, were added.

In-Person Get-Togethers

We gathered at River Farm for our Gala with over 80 members, sponsors, and friends attending. Happy hours (aka *Cheers*) continue to be held in members' homes. Our holiday party was again an in-person event with a sit-down luncheon, music/singing, and friendship with 60 in attendance. So many were happy to see their friends in-person as well as make new acquaintances! Hopefully, it was followed by a joyous holiday season. And a new event, graciously offered monthly by Paul Spring Retirement Community, is lunch followed by viewing a movie – this seems to be quite a member favorite!

Continuing Programs - Virtually

Timely Topics is held twice a month, on the second Saturday and the fourth Wednesday. Facilitated by members Virginia Hodgkinson and Hollie Hoven, there has been more than enough subject matter in the news for lively discussions. The Book Club continues to be enjoyed by a core group of participants, with each selecting a book of his/her choosing and discussing it. A list of the books read and discussed is listed in each issue of our newsletter, *Village Voice*. The Movie Club, now in its second year, watches the same two movies and then critiques them. *Conversations* attracted some wonderful speakers. Please see the next section of this report, detailing each month's speaker and topic.

The following tables display attendance and trends at our programs and events.

2023 Event Attendance

Recurring Programs	Average Attendance
Book Club	7
Cheers	7
Coffees	7
Conversations	9
Lunch	8
Men's Group	4
Movie Club	5
Paul Spring Lunch/ Movie*	11
Timely Topics (Wednesday)*	8
Timely Topics (Saturday)	9
Walking Group*	6

Special Events	Attendance
Annual Meeting	38
Donor Reception	14
Emergency Preparedness	22
Gala	83
Holiday Luncheon	60
July Boat Club Lunch	6
Pen Pals	16
Program Showcase	41
Vaccine Clinics	54

*New program

CONVERSATIONS

The following is a listing of the wonderful speakers and topics featured in our monthly *Conversations* series. Thanks to the Program Committee and staff identifying prospective speakers and topics, coordinating their scheduling, and leading each Sunday session.

January: “Detecting Cancer” with Dr. Edibaldo Silva-Lopez, Cancer Surgeon

February: “Nutrition for Older Adults” with Melissa Long, Director of Education and Support, Insight Memory Care

March: “Gadsby’s Tavern Museum: 18th Century Taverns and the Making of a New Nation” with Michelle Longo, City of Alexandria’s Director of Education and Museum Operations

April: “Low Vision Resources and Services in Our Community” with Sean Curry of the Prevention of Blindness Society of Metropolitan Washington

May: “Fighting Inflammation Naturally” with Kristin McGill, Giant Food Store nutritionist

June: “History of the Dulcimer” along with some music, with Lewis Cabe, local resident and dulcimer player

July/August: Summer hiatus

September: “John Houbold, the Unsung Hero of the Apollo Moon Landings” with William Causey, Author

October: Cancelled

November: “Learning about Native and Invasive Plant Species” with Elaine Kolish, Vice-Chair and Mount Vernon Representative, Fairfax County Tree Commission

December: Holiday Hiatus

MEMBER SERVICES

Member services are a valued part of our members participation in the Village, and transportation is the primary service provided. We also held member coffees at the Mount Vernon Country Club and provided lunches for participants at the Annual Meeting. Additionally, there were:

- Two vaccine clinics made possible with a grant from the Village to Village Network
- Emergency preparedness kits for members through a grant from the Philip Graham Foundation
- 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
- Home assessments from Birdwatch for ten single members to evaluate their home and receive customized preventive maintenance plan.

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

Our newsletters and emails provided a wealth of information about health conditions and programs.

The Board of Directors stays in touch with members.

In 2023, member requests for services increased slightly as restrictions were eased and postponed medical and other appointments resumed. Transportation requests increased 18%. The following table displays the breakdown by purpose of the request.

Member Requests	2022	2023
Transportation	742	708
Grocery Shopping/Errands	165	275
Home Technology	22	40
Business Referrals	0	3
Household & Other	104	266
TOTAL	1,033	1,292

MEMBERSHIP

Membership levels grew in 2023. However, there was considerable turnover in membership with new members and non-renewals due to health situations, deaths, and relocations to assisted living facilities or other geographic areas. This turnover is a challenge for all Villages like Mount Vernon at Home.

We had 46 new members joining us in 2023. We hope that other members will reach out to them, get together if feasible, and offer to take them to our events.

Membership Categories	2022 End-of- Year	2023 New Members	2023 Non- Renewals	2023 End-of- Year
Members				
Individual	68	21	17	72
Household (number of individuals)	37	8	4	41
<i>Subtotal Members</i>	105	29	21	113
Alumni/ae Members	2	1		3
Associate Members				
Individual	11	6	1	16
Household (number of individuals)	14	10	2	22
<i>Subtotal Associate Members</i>	25	16	3	38
TOTAL MEMBERSHIP	132	46	24	154

GENEROUS GIVING - OUR VOLUNTEERS

We are a Village because of our volunteers! Chief Volunteer is Dave Prescott who handles an extraordinary volume. Dave logged in many miles each week, driving members to medical appointments and for other needs. He is joined in this much-needed work by a cadre of dedicated and able volunteers as well. Thanks to each one of them! 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 Director serves on at least one committee, and they have a designated list of members with whom they maintain regular contact.

Here are the statistics for our volunteers' contributions:

Volunteer Hours	2022	2023
Members Services	3,558	4,575
Governance*	1,359	883
TOTAL	4,917	5,458

**Board officers and members, committee members*

Volunteer Miles Driven	2022	2023
TOTAL	14,295	21,778

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 \$31.80. (*) At this hourly rate, we have received over \$173,000 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; at the \$0.14 per mile allowed for use of an automobile in rendering gratuitous services to a charitable organization under § 170 in IRS Regulations, that is worth over \$3,000.

*www.independentsector.org – 2023 rate

GENEROUS GIVING - SPONSORS AND BUSINESSES

Many of our business sponsors have supported us for many years – and for that, we are so grateful. Without this financial and programmatic support, we would not be the Village that we are. Overall, our Gala generated a net of around \$29,000. Our end-of-year campaign was very successful and we are pleased that many donors have multi-year giving histories. We are also thankful to the families of members who passed away and then 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.

2023 Gala Sponsors

Diamond

The Crouch Realty Group at McEneaney Associates
Everly-Wheatley Funeral Home
Goodwin House, Inc.
Paul Spring Retirement Community

Gold

Christian Relief Services
Good Shepherd Catholic Church
Ourisman Automotive
The Seward Group
SYNERGY Home Care
TransUrban
VCA Alexandria Animal Hospital

Silver

AARP Virginia
Burke & Herbert Bank
Griswold Home Care
Delegate Paul Krizek
Law Office of Deborah G. Matthews

Bronze

GD VA, PLLC
HomeInstead
Mount Vernon Physical Therapy
Senior Helpers
Supervisor Dan Storck
Virginia Hospital Center

We would also like to thank:

- Sherwood Regional Library – for its wonderful partnership with programs and for our office space
- The American Horticultural Society and River Farm
- Betsy Clagett
- Cedar Knoll Restaurant
- Covington & Burling LLP
- MDT Design
- Mount Vernon Country Club

GENEROUS GIVING - OUR IN-KIND DONORS

In-Kind Donations

MaryAnne Beatty	Hunan Royal
Maribeth Bersani	Bonnie Jacobs & Doug Kleine
Belle Haven Sunoco	Sarah Kennealy, DDS
Cedar Knoll Restaurant	Paul Krizek
Children’s Museum of Richmond	Paula Lettice
Dishes of India	Janet Lewis
Five Guys	London Bob
Fort Hunt Exxon	Meadows Farm
Four Sales	Merrifield Garden Center
Sandy Freedman	Office Depot
Great American Restaurants	Paul Spring Retirement Community
Kathleen Hanrahan	Donna Pettit
The Haven/Belle Haven Pizza	Brendan Power
Hollin Hall Automotive	Sugar House
Hollin Hall Pastry	Wegman’s

GENEROUS GIVING - OUR 2023 DONORS

Individual Donors

Mary Anson	John Glaser	Kevin and Deborah O'Neill
David and Nancy Barbour	Mel and Arlyne Goodweather	Alice Outerbridge
Keith and Vikki Bea	Kathleen Hanrahan	John Peak
MaryAnne Beatty	James Hatch	Bob and Flo Perry
Barbara Bieger	Ellen Herrburger	Don Peterson
Judy Branting	Caswell Hobbs	Brendan Power
Araba Brobbey	Virginia Hodgkinson	Rick and Susan Reardon
Norma Brodsky	Melinda Hollander	Tracy Reizner
Gerard Burke	Morrie and Holly Hoven	Michelle Rogers
Leah Chapla	Bob and Jeanne Howlett	Margaret E. Rusnak
Nancy Cihak	Susan Hurbanek	Mary Sabulsky
Joanne Clark	Susan Irvings	Gretchen Schuster
Eloise Clephas	Guin Jones	Hugh and Maria Rosa Schwartz
Jonathan Cohen	Jerry and Barbara Kahan	Jim and Jo Ann Seeley
Carol Comlish	Janet Kenney	Jim and Lynne Sherald
Richard and Jill Crispino	Annette Kilian	Laura and Douglas Shimmons
Kathryn Crouch	Patricia Kirylo	Bette Ann Spencer
Stephen and Juanita Csontos	Robert Klapouchy	Susan Sudbury
Diana Cull	Barbara Knight	Cheryl Terry
Janet Damron	Elaine Kolish	Judi Teske
Danae Delman	Ronald Lasch	Laurie Tracy
Steve Ditmeyer	Paula Lettice	Mary Tracy
Sarah Drexler	Greg Lukens	Susan Troen
Jim and Sandy Dunn	Virginia Martin	Tim and Catherine Wagner
Tom and Jane Earley	Kuni Matsuda	Ken and Pat Wessel
Dr. Glenn Fatzinger	Joe and Carol Mattaino	James Willams
Joe and Dottie Feldman	Deborah Matthews	Willie Wright
Linda Flint	Mary Ellen Mehler	Susan Wuchinich
David and Diann Frantz	Kathleen Moniz	Kathleen Young
Betty Galbaugh	Robert and Joanne Nedzbala	Joe Zelinka
John Giglio and Susan Winckler	Jessica Niebuhr	
Gordon Ginsburg	Theresa Nunan	

FINANCES

We have been financially stable for several years. We continue to be very mindful of our income and expense trends. As we were cash positive for a couple of years, the Board voted to reduce membership dues for members and associate members in 2023. Thus, income from dues went down as expected. We were fortunate to receive a grant from Fairfax County that offset this and gave us the flexibility to provide some free-of-charge programs like the Coffees, the Annual Meeting lunches, and Birdwatch. Funding trends are closely monitored by the Board each month as part of its fiduciary responsibility, working with the staff as needed.

Income	FY 2022	FY 2023
Dues	\$71,193	\$57,270
Gala/Events	\$34,801	\$41,738
Contributions	\$36,932	\$25,889
Grants		\$32,000
In-Kind Contributions/Other	\$157	\$95
Total	\$143,083	\$156,992
Expenses		
Events/Fundraising	\$4,574	\$6,733
General Administration	\$57,994	\$85,810
Administrative Support	\$21,353	\$41,029
Total	\$83,921	\$133,572
Net Operating Budget	\$59,162	\$23,420

MOUNT VERNON AT HOME LEADERSHIP

2023 Board of Directors

Officers

President - Paula Lettice
Vice President - Deborah Matthews
Treasurer - Robert Kuletz
Secretary - Brendan Power

Directors

MaryAnne Beatty	John Peak
Kathleen Hanrahan	Susan Reardon
Evan Kaufman	Kamela Rodriguez
Greg Lukens	Laurie Tracy
Barbara Mann	Edward (Tim) Wagner

Professional Staff

Executive Director - Sarah Drexler*
Member Services Coordinator/Office Manager - Sandy Freedman
Volunteer Coordinator - Dave Prescott

**Departed December 2023*

FRIENDS AND MEMBERS WE LOST

In Memoriam

Jeanie Ginsburg
Monty Hougen
Annette Kilian
Robert King
Sherman Landau



