



MOUNT VERNON AT HOME

2022 ANNUAL REPORT

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THE YEAR IN REVIEW

It has now been three full years since the start of the pandemic ... and Mount Vernon at Home is still here for our members and the community at large providing support, community, and services to our members.

There are still concerns about COVID, its variants, vaccines, social distancing, and other restrictions. Additional cases of flu and RSV have complicated matters further. Many of us have “gotten out” more and some have resumed travel – but not everyone is there yet in their comfort zone. Fortunately, the number of cases is down as are hospitalizations of fully vaccinated individuals.

Nonetheless, we have a strong Village and resilient members. Our office at Sherwood Regional Library is now open with staff providing critical support to our members and having a public face right in the heart of our community. Executive Director Sarah Drexler came onboard in February which helped our ramp back up tremendously. Her face in the community and having “the lights on” gives testament to our existence and the work we do. As the year progressed, we were comfortable enough with Sarah’s onboarding and our financial posture to hire a part-time Member Services Coordinator/ Office Manager – welcome Sandy Freedman!! Most of you have met or chatted with Sarah, Sandy, or both. Their enthusiasm, dedication, and work in the local senior community adds immensely to our Village operations.

Our Board of Directors continues its oversight role, addressing challenges and fulfilling its fiduciary responsibility. And they have been very instrumental in maintaining contact with members and participating in fundraising efforts. 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.

We welcomed a large class of new Directors in February – and they have all been active Directors participating in our board committees, many of them

chairing these committees. Thanks to our Directors and officers for donating their time and talents to our Village.

We would also like to thank Dave Prescott who continued to provide outstanding support as our volunteer office manager and for the countless hours and miles he has driven. With Sandy’s arrival, Dave is once again focusing on being the Volunteer Coordinator, a role he has performed for over a decade.

The following pages provide additional data and information on our events and programs, membership, member services, finances, and generous donors and sponsors. We have persevered and are now financially stable. I hope you enjoy reading this report, and, of course, please feel free to contact us if you have any questions.

Thank you for being members, volunteers, and supporters.

Our best,



Paula G. Lettice
President



Sarah Drexler
Executive

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.

In-Person Get-Togethers

With the pandemic going through waves of restrictions, we did find some opportunities for in-person get-togethers. Our Gala at River Farm was in-person for the first time in three years. Happy hours (aka “Cheers”) were held outdoors or in members’ homes. Our holiday party was again an in-person event with a sit-down luncheon, music/singing, and friendship with 48 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 fascinating topics for Timely Topics this year and discussions were lively. The Book Club continues to be enjoyed by a core group of participants, with each selecting a book of his/her choosing for discussion. 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. Our Teen Tech Tutor group, led by Mount Vernon High School student Callie Walsh, held a couple of seminars and helped members with at-home assistance.

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

Recurring Programs	Average Attendance
Book Club	7
Cheers	10
Conversations	18
Dinner	5*
Lunch	4*
Men’s Group	4*
Movie Club	7
Teen Tech	7
Timely Topics	9

*New or relaunched

Special Events	Attendance
Annual Meeting	33
Donor Reception	12
Gala	55
Holiday Luncheon	48
Joint with Library*	46
Memoir Writing	6
Stronger Memory	5

*Social Security Explained; Financial and Legal Preparedness; Medicare; Traveling Fabulously Over 50; and Shredding/Presentation

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, who shepherds most Conversations by identifying prospective speakers and topics, coordinating their scheduling, and leading each Sunday session.

JANUARY: *"Tour of the George Washington Parkway,"* with U.S. Park Service Ranger Joshua Hughes

FEBRUARY: *"The Domestic Slave Trade in Alexandria,"* with Dr. Ben Skolnik, Archeologist with the Office of Historic Alexandria

MARCH: *"Update and Observations on the Ukrainian/Russian Border,"* with Bill Gleason, Coordinator for Eurasian Studies at the U.S. Department of State

APRIL: *"The Suffragist Movement and Memorial"* with Patricia Wirth, Executive Director/CEO of the Turning Point Suffragist Memorial Association

MAY: *"Development in the Mount Vernon and Lee Districts,"* with Judy Fraser, VCAP/CAP Coordinator, Northern Virginia Soil and Water

Conservation District

JUNE: *"Archaeology of the Alexandria Waterfront,"* with John Mullen, Chief Archaeologist at Wetlands Studies and Solutions, Inc.

JULY/AUGUST: Summer Hiatus

SEPTEMBER: *"The Quanders, Since 1684, an Enduring African American Legacy,"* with Judge Rohulamin Quarter, Director, Quander Historical and Educational Society, Inc.

OCTOBER: Cancelled

NOVEMBER: *"Birds and Bird Migration on the East Coast,"* with Rita Peralta of the Audubon Society of Virginia

DECEMBER: Holiday Hiatus

MEMBER SERVICES

Member services in 2022 continued to rebound after two pandemic years - more medical appointments, etc. Our volunteer roster expanded a bit as well.

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 even more members in-person and provide care and support in a more hands-on way.

Our newsletters and emails contained a wealth of information about health conditions and programs. The Board of Directors continued making periodic calls to members and our Caring Committee, chaired by MVAH member Susan Irvings, provided additional support to those who requested more frequent contact.

In 2022, member requests for services increased slightly as restrictions eased and postponed medical and other appointments resumed. Transportation requests increased 18%. The chart on page 4 displays the breakdown by purpose of member requests.

Member Requests	2021	2022
Transportation	626	742
Grocery Shopping/Errands	172	165
Home Technology	26	22
Business Referrals	4	0
Household & Other	138	104
TOTAL	966	1,033

MEMBERSHIP

Membership remained relatively constant in overall numbers, but there has been a lot of turnover with new members joining 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 a very large number of new members joining us in 2022 and we hope that other members reached out to them, got together if feasible, and offered to bring them to our events.

Membership Categories	2021 End-of- Year	2022 New Members	2022 Non- Renewals	2022 End-of- Year
Members				
Individual	62	12	22	52
Household (number of individuals)	45	10	6	49
<i>Total Members</i>	107	22	28	101
Associate Members				
Individual	7	3	0	10
Household (number of individuals)	14	2	0	16
<i>Total Associate Members</i>	21	5	0	26
TOTAL MEMBERSHIP	128	27	28	127

GENEROUS GIVING - OUR VOLUNTEERS

We are a Village because of our volunteers! Chief Volunteer is Dave Prescott who provided office manager support until we were in a position to hire a paid Membership Services Coordinator/Office Manager. 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 contact.

Here are the statistics for our volunteers' contributions:

Volunteer Hours	2021	2022
Members Services	3,927	3,558
Governance*	1,414	1,359
TOTAL	5,341	4,917

**Board officers and members, committee members*

Volunteer Miles Driven	2021	2022
TOTAL	12,328	14,295

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 \$29.95. (*) At that hourly rate, we have received over \$147,264 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 – new 2022 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 for 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.

2022 Gala Sponsors

Diamond

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

Gold

Burke & Herbert Bank
Christian Relief Services
Good Shepherd Catholic Church
The Seward Group
SYNERGY Home Care
TransUrban

Silver

Law Office of Deborah G. Matthews
VCA Alexandria Animal Hospital

Bronze

Four Sales, Ltd.
Griswold Home Care
Michael C. Montante, CPA
Mount Vernon Physical Therapy
The Goodhart Group
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
- Covington & Burling LLP
- MDT Design
- Mount Vernon Country Club

GENEROUS GIVING - OUR IN-KIND DONORS

In-kind Donations

Bread and Water	Ronald Lasch
Cedar Knoll	Paula Lettice
Chadwicks	Mamma's Kitchen
Dishes of India	Deborah Matthews
Jeffrey Drexler	Meadows Farm
Five Guys	Brendan Power
Great American Restaurants	The Nationals
Kathleen Hanrahan	Sugar House
Hollin Hall Pastry	Barbara Hughes Sullivan
Hunan Royal	Tim and Catherine Wagner
Il Porto	Wegman's
Landini Brothers	

GENEROUS GIVING - OUR 2022 DONORS

Individual Donors

General & Mrs. John Allen	Virginia Hodgkinson	Brendan Power
Kenneth Alnwick	Morrie & Holly Hoven	The Reardon Family Fund
Gary Bahula	William & Julie Howard	Mary Lou Resco
David & Nancy Barbour	Robert & Jeanne Howlett	Elizabeth Robinson
Alexander Bergmann	Susan Irvings	Michelle Rogers
Norma Brodsky	Ujala Javaid	Margaret Rusnak
Barbara Brubeck	Christine Jennings	Mary Sabulsky
Margaret Chaison	Barbara R. Kahan Trust	Gretchen Schuster
Nancy Cihak	Tara Kellmel	Hugh & Maria Schwartz
Joanne M. Clark	Annette Kilian	James Seeley
Carol Comlish	Douglas Kleine & Bonnie Jacobs	James Sherald
Thomas & Judith Crooker	Robert & Maureen Kuletz	Bette Spencer
Stephen Csontos	Ronald Lasch	Sijurder & Mary Stephensen
Diana Cull	Thomas & Laura Lawler	Daniel & Alice Straus
Jack & Colleen Culp	Paula Lettice	Barbara Hughes Sullivan
Richard & Julie Curtis	Logistics Essential Assistance First, LLC	Scott Surovell
Joyce Davenport	Gregory Lukens	Joan Sutton
Janet Deighton	Lowry & Barbara Mann	Sarah Tatum
Eric & Danae Delman	Jane Marcus	Cheryl Terry
Steven Ditmeyer	Virginia Martin	Judi Teske
Sarah Drexler	Joseph & Carolyn Mattaino	Claudia D. Thomas
Jim & Sandy Dunn	Deborah Matthews	Laurie Tracy
Thomas & Jane Earley	Emily Matthews	Mary Tracy
Dr. Glenn B. Fatzinger	Lyn McKinney	Edward & Catherine Wagner
David Fitzgerald & Elaine Kolish	Kathryn Meehan	Kenneth & Patricia Wessel
Russell & Linda Flint	Daniel & Martha Mica	Wanda Wiehe & Lynn Conti
The Franz Family Fund	Diane Migliori	Willie Wright
Betty Galbaugh	Leo & Diane Milanowski	Jim Zaliewski
John Giglio	Gerry Murphy	Charles Zdebski
Alvin & Jean Glazier	John Peak	Joseph Zelinka
Melvin & Arlyne Goodweather	Robert & Florence Perry	Season Zellman
Kathleen Hanrahan	Kristin Peterson	Christos and Nora Zirps
Jamal Henderson	Jane Petty	
Caswell & Anne Hobbs		

FINANCES

We have been financially stable for several years. The Payroll Protection Plan loan in FY 2020 allowed us to be cash-positive, despite the impact of the first year of the pandemic. As we anticipated income from the annual gala might go down, we were very diligent about spending ... and due to careful stewardship and limiting our staff to one paid employee in FY 2021, we were cash-positive for a second year. In FY 2022, with a new Executive Director onboard for eleven months and very strict oversight of expenses, we were successful in generating a very nice surplus. This pattern allowed us to hire a second paid staff member (part-time), reduce member dues in 2023, and possibly expand services provided to members.

Income	FY 2021	FY 2022
Dues	\$69,180	\$71,193
Gala/Events	\$48,731	\$34,801
Contributions	\$31,795	\$36,932
In-Kind Contributions/Other	\$469	\$157
Total	\$150,175	\$143,083
Expenses		
Events/Fundraiser	\$10,623	\$4,574
General Administration	\$86,570	\$57,994
Administrative Support	\$20,246	\$21,353
Total	\$117,439	\$83,921
Net Operating Budget	\$32,736	\$59,162

2022 Board of Directors

Officers

President - Paula Lettice
Vice President - Deborah Matthews
Treasurer - Robert Kuletz
Secretary - Susan Reardon

Directors

Kathleen Hanrahan	Brendan Power
Ujala Javaid	Kamla Rodriguez
Evan Kaufman	Barbara Hughes Sullivan
Gregory 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*
(*Volunteer Office Manager through early November)

FRIENDS AND MEMBERS WE LOST

In Memoriam

Anna Peterson
Rita Underwood
Kae Wells
Charles Zdebski



