



# MOUNT VERNON AT HOME

## 2025 ANNUAL REPORT

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## THE YEAR IN REVIEW

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Michele Calhoun  
Board President

I am excited to present Mount Vernon at Home's (MVAH) 2025 Annual Report. It is my pleasure to highlight both our achievements and the improvements we have made to our organization to help our members move MVAH forward while remaining true to our mission.

This past year we had the good fortune to hire Colleen Cole as our Office Manager. She came on board highly experienced and has excelled in learning all aspects of MVAH. In addition, the professional growth, development, and experience of the office staff and volunteer Board of Directors allowed us to offer more events and improve management functions. Many of the "behind the scenes" relationship-building efforts by our Executive Director, Kathy Dismukes, have resulted in more joint programming events, increased donations, and new program development, with still more ideas that will come to fruition in 2026.

Our Member Survey in February 2025 provided insight into some changes the membership wanted. In response, we launched a new series that began with two Low-No Vision program events that were very well received. We also began leveraging the expertise and accomplishments of our talented

members, and two of them presented highly enjoyable programs. In 2025 our remarkable volunteers fulfilled no fewer than 1,422 requests for rides, errands, tech help, and household tasks. These critical services are the key to our success, and it is a joy to hear volunteers say that supporting the lifetime independence of their neighbors is so fulfilling.

Each year, some experienced, talented members rotate off our Board and new Directors join, bringing fresh enthusiasm and innovative ideas. Based on member feedback and Board Treasurer Tim Wagner's vision, we launched Neighborhood Connections. This program, which focuses on addressing senior isolation, invites members and volunteers to participate in small, intimate neighborhood gatherings. MVAH was awarded a grant in December 2025 which will enable us to expand this program in 2026. Whether at a program event or a social gathering, in conversation with a Board member or office staff, or anytime, we rely on member and volunteer input to guide MVAH's direction and priorities.

This past year's achievements were made possible thanks to members, volunteers, sponsors, donors, and our Board of Directors, because it takes a village to run a Village!

## PROGRAMS AND EVENTS

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MVAH hosted more than 120 programs that offered members a diverse selection of engaging activities. Ongoing Zoom programs included Book Group, hosted by member Laurie Tracy; Movie Group, hosted by Board member Kathi Hanrahan; and Timely Topics, hosted by members and former MVAH presidents Virginia Hodgkinson and Paula Lettice. Our recurring in-person events included Lunch Group and Paul Spring Retirement Community Lunch and a Movie, organized by Board member Brendan Power; and the weekly Walking Group led by member Dave Prescott. We also hosted monthly coffees at Montebello throughout much of the year, until a sponsor, Brightview Senior Living, began hosting them in the fall. We continued our monthly social gatherings, Cheers! and Cards and Games Group, which were hosted by members and volunteers at their homes.

In the fall, we launched an educational and engaging Low-No Vision program coordinated by Board member Greg Lukens. The Prevention of Blindness Society hosted two presentations, and we used the opportunity to launch a member-volunteer philanthropic initiative that began with a collection of no-longer-needed eyeglasses for the Society's Look Again Thrift Shop in Old Town Alexandria. We also introduced an enjoyable series of talks hosted by members. Jim Williams shared from his book about his adventures at the CIA, and Gerry Doempke delivered a master class on video streaming.

Also among our many programs were our annual Celebrate! event in May; an appreciation party for our members who are 90 or more years young in August; a Vaccine Clinic at Sherwood Regional Library in September; and our annual Holiday Luncheon in December. The highlight of our holiday gathering was a wonderful concert performance by Encore, a national nonprofit organization comprised of local senior choral groups. Each of our five neighborhoods started their own small gatherings that met the desires of their neighbors and helped develop Neighborhood Connections. Additionally, we thank our sponsors for hosting several engaging programs. They are gratefully acknowledged in the Generous Giving – Sponsors and Corporate Donations section.

All of our programming is aimed at making it easy for members to join a group or attend an event, which helps them stay socially active and engaged. Whether the goal is to educate, inform, challenge, or simply have fun, we design all events to be welcoming and enjoyable. The number of events and the consistency of participation show that we achieved our goals this year.

### 2025 Attendance

| Recurring Programs                        | Average Attendance |
|-------------------------------------------|--------------------|
| Book Group                                | 7                  |
| Cards and Games                           | 5                  |
| Cheers!                                   | 9                  |
| Montebello Coffees<br>(April - September) | 19                 |
| Lunch                                     | 11                 |
| Movie Group                               | 5                  |
| Timely Topics<br>(Wednesday)              | 5                  |
| Timely Topics<br>(Saturday)               | 5                  |
| Weekly Walking Group                      | 4                  |

| Special Events                   | Attendance |
|----------------------------------|------------|
| Annual Meeting                   | 41         |
| Celebrate!                       | 85         |
| Holiday Luncheon                 | 53         |
| Vaccine Clinic                   | 19         |
| Member-led<br>Book Talk          | 21         |
| Member-led<br>Streaming Tutorial | 10         |
| Low-No Vision Series             | 36         |
| 90+ Luncheon                     | 15         |

## MEMBERSHIP AND MEMBER SERVICES

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*"Thanks, Mount Vernon at Home. It is very comforting to have a Plan B in place."*

- Linda Flint, member and volunteer

Last year, MVAH membership increased by 13 members, an increase of about 9%. We remained committed to member recruitment to steady the inevitable membership shifts that concern all Villages. Sadly, we said goodbye to 22 members, some of whom made the difficult decision to relocate to be closer to family. We were disheartened by the passing of six long-time members, but grateful for their participation in our Village.

Regarding demographics, we continued to see increases in the number of members ages 90+ and between ages 75 and 89. This shows that more and more of us are continuing to live in the homes and neighborhoods we know and love as we age. This is achievable through the help of family, friends, neighbors, and MVAH's support system. As our membership ages, we are finding new ways to meet our members' growing needs and better serve them. As shown in the Member Requests chart on page 4, our member requests increased significantly this year, jumping over 30%. Need continues to grow apace in our community, and MVAH strives to be proactive and responsive.

| Membership Categories             | 2024<br>End-of-<br>Year | 2025<br>New<br>Members | 2025<br>Non-<br>Renewals | 2025<br>End-of-<br>Year |
|-----------------------------------|-------------------------|------------------------|--------------------------|-------------------------|
| Members                           |                         |                        |                          |                         |
| Individual                        | 74                      | 20                     | 19                       | 75                      |
| Household (number of individuals) | 22                      | 10                     | 0                        | 32                      |
| <i>Subtotal Members</i>           | <b>96</b>               | <b>30</b>              | <b>19</b>                | <b>107</b>              |
| Alumni Members                    | 4                       | 0                      | 1                        | 5*                      |
| Associate Members                 |                         |                        |                          |                         |
| Individual                        | 20                      | 3                      | 2                        | 21                      |
| Household (number of individuals) | 22                      | 0                      | 0                        | 22                      |
| <i>Subtotal Associate Members</i> | <b>42</b>               | <b>3</b>               | <b>2</b>                 | <b>43</b>               |
| <b>TOTAL MEMBERSHIP</b>           | <b>142</b>              | <b>33</b>              | <b>22</b>                | <b>155</b>              |

\*Two full members moved out of the MVAH service area and switched to Alumni member status.

| Membership Age Groups | 2025 Full Members | 2025 Associate Members |
|-----------------------|-------------------|------------------------|
| 90+                   | 15                | 0                      |
| 89 - 75               | 83                | 30                     |
| 74 - 65               | 9                 | 11                     |
| 65 - below            | 1                 | 3                      |

| Member Requests          | 2024         | 2025         |
|--------------------------|--------------|--------------|
| Transportation           | 917          | 975          |
| Grocery Shopping/Errands | 80           | 164          |
| Home Technology          | 27           | 46           |
| Resource Recommendations | 0            | 32           |
| Household Tasks & Other  | 61           | 225          |
| <b>TOTAL</b>             | <b>1,085</b> | <b>1,442</b> |

## GENEROUS GIVING - OUR VOLUNTEERS

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*"After I retired, I wanted to spend my time in a meaningful way. Mount Vernon at Home was one of the first places I contacted, and it has been an easy joy to give rides to so many wonderful members! I hear about their remarkable lives and learn from them as well. It never fails to be interesting when I provide a needed service that relieves their stress, too!!" - Mary Sabulsky, member and volunteer*

Caring volunteers who provide our member services are the key to the success of the Village model and the beating heart of Mount Vernon at Home. Included in our volunteer force are the Board of Directors members, who dedicate their time, talents, knowledge, and skills as part of our leadership team. Not to be forgotten are our "hidden volunteers" who host many of our recurring programs like Book Group and Movie Group, make friendly calls and visits, and provide administrative help in the office and at many MVAH events. Our volunteers are essential for MVAH to meet its mission of helping seniors to stay in their homes. Besides the actual work performed, which is calculated at the Independent Sector 2024 rate of \$33.49/hr and a mileage rate of \$0.14, volunteers contributed a total of \$249,768 in labor and \$3,025 in mileage, for an extraordinary total of \$252,793.

Transportation remained the top service used by members. Volunteers drove a total of 21,608 miles. The primary destinations were doctors' offices, grocery shopping/errands, and MVAH program events around the community. We were fortunate to be selected to participate in a six-month, grant-funded Fairfax County Taxi

pilot program. Participating members were able to get free taxi rides to medical facilities across Fairfax County that are well outside our transportation range. The pilot Taxi program ended in December 2025, but the program may go on to become a regular service if the funding is available.

The other category of service requests that increased significantly is help with home technology. We believe there are two reasons: more members are using more and newer technology, and members were able to tap the vast expertise of our dedicated technology volunteer team: Mike Kane, Dave Prescott, and Paula Dubberly. All received rave reviews for their quick response, technical expertise, and kindness.

The substantial increase in handy helper requests indicates that our members are taking greater advantage of volunteer help with minor household tasks, reducing handyman costs and helping them avoid falls and injuries. Volunteers also helped members stay organized by helping with paperwork, bills, organization, and more.

| Volunteer Hours  | 2024   | 2025  |
|------------------|--------|-------|
| Members Services | 4,402  | 4,648 |
| Board            | 3,178* | 2,810 |
| TOTAL            | 7,580  | 7,458 |

\*Board members volunteered their time to fill the duties of the vacant office manager staff position in 2024.

| Volunteer Miles Driven | 2024   | 2025   |
|------------------------|--------|--------|
| Non-Board Volunteers   | 19,342 | 19,150 |
| Board                  | 3,883  | 2,458  |
| TOTAL                  | 23,225 | 21,608 |

## GENEROUS COMMUNITY GIVING

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We would like to express our deep appreciation for the generosity of individuals, and it is our pleasure to recognize the 214 people who made cash or in-kind donations to support MVAH's operations. We are especially grateful to member Bette Spencer, who made significant donations throughout the year.

Our annual Celebrate! event raised a substantial part of our operating budget. Attendees had a great deal of fun and showed their commitment to MVAH through generous cash donations and participation in the Ring Those Bells donor ladder and the live auction. The event raised a total of \$16,385.

Our End-of-Year campaign was very successful, thanks in no small part to a matching challenge made by one of the founders and a past president of MVAH, Virginia Hodgkinson. Inspired to meet the challenge, 65 members, volunteers, and other individuals donated a total of \$22,925.

In 2025, we partnered with National Charity Services (NCS) to launch a vehicle donation program that allows members and volunteers to solve their "vehicle dilemma." NCS picks up unwanted vehicles (in any condition) and sells them at auction. The donor can claim a tax deduction, and MVAH receives a portion of the proceeds as a donation. Our first donor, member Norma Brodsky, was delighted with the mutually beneficial outcome.

We would like to express our appreciation to the Village to Village Network Executive Director, Barbara Sullivan, who continued to provide so much guidance. We are also grateful for the ongoing dedication of the Washington Area Villages Exchange, the Virginia Villages Collective, our sister Villages, At Home in Alexandria and Arlington Neighborhood Village, and the dozens of other Villages across the DC Metro Area.

We are thankful for the continuing leadership of State Senator and Senate Majority Leader Scott Surovell and Delegate Paul Krizek. In 2025, they led the effort to secure \$400,000 in funding from the Virginia General Assembly to empower Virginia Villages to reduce the public health risk of senior isolation. Mount Vernon at Home was awarded an \$8,375 Aging Well in Virginia Villages grant that will fund 2026 programming. Finally, we thank Mount Vernon District Supervisor Dan Storck and his team, as well as the superb staff at Sherwood Regional Library, for their support all year round.

We gratefully acknowledge all of the individuals who provided financial support. Please contact us with questions or corrections.

## GENEROUS GIVING - OUR 2025 DONORS

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|                              |                               |                         |
|------------------------------|-------------------------------|-------------------------|
| Rebecca Abebrese             | Charlene Herold               | Alice Outerbridge       |
| Heidi Ackerman               | Ellen Herrburger              | Joyceline Owusu-Dankwaa |
| Mary Anson                   | Irene Herrimans               | Don Peterson            |
| David & Nancy Barbour        | Caswell & Ann Hobbs           | Jon Peterson            |
| Keith & Vikki Bea            | Virginia Hodgkinson           | Brendan Power           |
| MaryAnne Beatty              | Melinda Hollander             | David Prescott          |
| Suzanne Beerthuis            | Len & Virginia Lynn Horning   | Rick & Susan Reardon    |
| Dora Bell                    | Jeanne Howlett                | Leslie Rodriguez        |
| Maribeth Bersani             | Cynthia Hubbard               | Fred & Kamla Rodriguez  |
| Rita Blodgett                | Susan Irvings                 | Mary Sabulsky           |
| Jackie Bralove               | Christine Jennings            | Anna Schalk             |
| Norma Brodsky                | Lorraine Johnson              | Gretchen Schuster       |
| Sallie Brown                 | Barbara Kahan                 | James & Jo Ann Seeley   |
| Patrick & Twiss Butler       | Julie Kehrli                  | Rita Sherald            |
| Michele Calhoun              | Tara Kellmel                  | Bette Ann Spencer       |
| Colleen Cole                 | Frances Killpatrick           | Tim Sprague             |
| Carol Comlish                | Douglas Kleine & Bonnie Jacob | Brenda Sprague          |
| Kathy Cook                   | Barbara Knight                | Karen Stack             |
| Thomas & Judith Crooker      | Paul Krizek & Tracy Navratil  | Barbara Sullivan        |
| Stephen Csontos              | Robert Kuletz                 | Amber Sultane           |
| Sheila Daley                 | Thomas Lawler                 | Cher Terry              |
| Bianca Daugherty             | Paula Lettice                 | Mary Tracy              |
| Eric & Danae Delman          | Barbara Mann                  | Kathi Trepper           |
| Kathy Dismukes               | Jane Marcus                   | Tim & Catherine Wagner  |
| Brad Dismukes, Jr.           | Virginia Martin               | Matt Walsh              |
| Tom & Jane Earley            | Kuni Matsuda                  | Ken & Pat Wessel        |
| Dr. Glenn Fatzinger          | Joe & Carol Mattiano          | Sandra Wilkinson        |
| Linda Flint                  | Deborah Matthews              | James Williams          |
| Betty Galbaugh               | George McCabe, III            | Susan Wuchinich         |
| John Giglio & Susan Winckler | Lyn McKinney                  | Barbara Yost            |
| Gordon Ginsburg              | Tedd Mendelsohn               | Cheryl Zales            |
| Arlyne & Mel Goodweather     | Leo Milanowski, Jr.           | Joseph Zelinka          |
| Kathleen Graham              | Bill Mould                    |                         |
| Kathleen Hanrahan            | Donna Nealon                  |                         |
| Mary Harlow                  | Robert Nelson                 |                         |
| Susan Hart                   | Barbara O'Brien               |                         |

## GENEROUS GIVING - SPONSORS AND CORPORATE DONATIONS

Along with membership fees and contributions from individuals, financial support from businesses is essential to MVAH's sustainability. We gratefully received contributions totaling \$18,500 from sponsors from a variety of sectors, including home care, senior living, funeral services, investing, banking, auto sales, veterinary care, real estate, law, healthcare, and social welfare.

Sponsors hosted programs that enriched our members' social and intellectual lives. Diverse topics ranged from techniques for successful downsizing to the Elizabeth Dole Foundation's initiative that supports caregivers of veterans. In the fall, with the Sherwood Regional Library, we co-hosted a sponsor Meet & Greet. Eight sponsors gathered at the library for an expo-style event open to members, volunteers, and the public. Attendees appreciated the time they were able to spend talking with representatives as well as the many resources they provided.

We welcomed sponsors at our annual Celebrate! event in May and were happy that a number of representatives were able to attend and visit with members and volunteers. We also appreciated the donation of goods and services by local businesses, including Campbell & Ferrara and Thrive Wealth Advisors, as well as those that donated gift cards and items for the Celebrate! auction. And many thanks go to Best Impressions, Betsy Clagett, Brad Dismukes, III, and Pecora Systems for their discounted services throughout the year. We thank our sponsors for partnering with us as we provide our members with extra help to handle life's ongoing responsibilities and opportunities for fun and friendship.

### **2025 Celebrate! Sponsors**

#### **Diamond**

Everly-Wheatley Funeral Home

#### **Gold**

Brightview Senior Living

Burke & Herbert Bank

Christian Relief Services

Funeral Choices Cremation & Burial

Good Shepherd Catholic Church

Goodwin Living at Home

Ourisman Automotive

Paul Spring Retirement Community

Sunrise Senior Living

SYNERGY HomeCare

The Seward Group

VCA Alexandria Animal Hospital

Woodbine Rehabilitation & Healthcare Center

#### **Silver**

AARP

ACCFamily

Crouch Realty Group

The Fairfax

Law Office of Deborah G. Matthews

Thrive Wealth Advisors

#### **Bronze**

Griswold Home Care

VHC Health

| <b>Sponsor Events</b>                                                     | <b>Total Member Attendance</b> |
|---------------------------------------------------------------------------|--------------------------------|
| Brightview Coffees (3 events)                                             | 32                             |
| Paul Spring Retirement Community<br>Monthly Lunch and a Movie (12 events) | 138                            |
| Crouch Realty Group Presentation                                          | 16                             |
| Sunrise Senior Living Breakfast                                           | 4                              |
| Synergy HomeCare Presentations (2 events)                                 | 63                             |
| MVAH Sponsor Meet & Greet                                                 | 38                             |

### **Gift Cards and Auction Items**

Alexandria Rehabilitation and Healthcare Center  
 Belmont Bay Rehabilitation and Healthcare Center  
 Cedar Knoll Restaurant  
 Dishes of India  
 Five Guys  
 Guido Zanni  
 Hollin Hall Pastry Shop  
 Hollin Hall Variety Store  
 Hoo Ray Art  
 Hunan Manor  
 Nature's Nibbles  
 River Bend Bistro  
 The Cut  
 The Farmhouse Tuscan  
 Via Veneto  
 Wegman's  
 White Horse Car Wash  
 Woodbine Rehabilitation and Healthcare Center

## FINANCES

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The Finance Committee of MVAH's Board of Directors met monthly in 2025 and, in accordance with its responsibilities, reviewed and discussed all fiscal transactions and proposed or anticipated budget changes. The discussion, collaboration, and accountability led to a productive process that enabled all committee members to participate. The committee produced a framework for current-year and budget-year financials, a review of our insurance coverage, a consolidation of bank accounts, a more aggressive investment strategy, and a process to evaluate and approve new funding requests.

The monthly budget planning meetings increased the Board of Directors' knowledge about their fiscal responsibilities and participation in discussions. The Finance Committee expanded the budget request process to include a value-add justification to ensure expenditures support the MVAH mission. A review of MVAH's insurance coverage reassured leadership that we could continue to deliver our member services without jeopardizing the organization's financial well-being when rolling out new programming in the coming year. When our insurer increased our premium cost by 30%, the committee did its due diligence and comparison research, then changed providers, saving more than \$1,000. Consolidating bank accounts improved the efficiency and clarity of financial reporting to the Board and, when appropriate, to our members. Adopting a more aggressive investment strategy increased our interest income by 600%, to nearly \$9,000 per year. The committee's recommendation to improve member experiences led to reduced ticket costs at our annual Holiday Luncheon, as well as a lively performance by Encore Creativity.

### 2025 Income and Expenses

| Income                      | FY 2024          | FY 2025          |
|-----------------------------|------------------|------------------|
| Dues                        | \$58,732         | \$57,477         |
| Celebrate!/Events           | \$34,208         | \$41,209         |
| Contributions               | \$52,392         | \$37,702         |
| Grants                      | \$1,000          | \$0              |
| Interest                    | \$1,640          | \$7,035          |
| <b>Total</b>                | <b>\$147,972</b> | <b>\$143,423</b> |
| Expenses                    |                  |                  |
| Events/Fundraising          | \$6,590          | \$8,237          |
| General Administration      | \$47,870         | \$94,229*        |
| Administrative Support      | \$24,297         | \$31,384         |
| <b>Total</b>                | <b>\$78,757</b>  | <b>\$133,850</b> |
| <b>Net Operating Income</b> | <b>\$69,215</b>  | <b>\$9,573</b>   |

\*Increase primarily due to addition of office manager salary.

## MOUNT VERNON AT HOME LEADERSHIP

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### **2025 Board of Directors**

#### **Officers**

President - Michele Calhoun  
Vice President - Kathi Hanrahan  
Treasurer - Tim Wagner  
Secretary - Jane Earley

#### **Directors**

|                  |                         |
|------------------|-------------------------|
| Vikki Bea        | Deborah Matthews        |
| MaryAnne Beatty  | Brendan Power           |
| Maribeth Bersani | Herb Riggs              |
| Stephen Csontos  | Kamla Rodriguez         |
| Evan Kaufman     | Brenda Saunders Sprague |
| Greg Lukens      | Susan Wuchinich         |
| Barbara Mann     |                         |

#### **Professional Staff**

Executive Director - Kathy Dismukes  
Office Manager - Colleen Cole

#### **Volunteer Coordinator**

Dave Prescott

## FRIENDS AND MEMBERS WE LOST

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### ***In Memoriam***

Cliff Bowers  
Robert Citron  
Doreen Forsman  
Imre Gyuk  
Lowry Mann  
Don Peterson  
Georgia Rangel

