



## BETHESDA METRO AREA VILLAGE

*Your home Your neighborhood Your future*

### 2022 Annual Report

This year we celebrated the continuing success of our engaged, caring community that helps its members remain in their homes and apartments with dignity. Since BMAV's launch in November 2016, we have almost doubled in size to 125 members and 53 volunteer service providers. We held over 500 events and activities in 2022, quite a contrast from our initial goal of four speaker events a year! Most essential, we have a sustainable business model and are on solid financial footing.

Our solid support allows us to continue working toward our village's mission:

- To build an engaged, caring community of members who want to remain in their homes as they age.

- To provide members with opportunities to make and strengthen social connections, explore educational and cultural activities, and engage in shared interests with friends.

- To provide volunteers who perform services that help members remain in their homes with dignity.

Strong, supportive neighborhoods boost the health, happiness, and longevity of their residents and BMAV is an integral part of this strength.

- Jeanne Parker, President of the Board of Directors



### Who We Are

BMAV is part of the national aging-in-place movement dedicated to providing services, community support, and social opportunities that allow people to remain in their own homes, safely and independently in the community they know and love. We are active in the national Village to Village network and in the Washington Area Village Exchange – including serving as a mentor to a developing village this year.

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*"BMAV has enriched my life beyond measure. I have made new friends and new acquaintances. The members are warm, welcoming and caring to help each other. I am delighted to be a part of the group. May BMAV grow and continue to provide such a positive sense of community. I am lucky to live in Bethesda and to be a part of the village!"*

*"I think BMAV is wonderful.... YOU and the committed BMAV members are what makes this group so congenial and effective in building a community within our larger community. The Village brings retired residents together in much the same way that the elementary school parent groups unite families in that stage of life."*

*"As years have gone by, I've kept up with several long-term friends, but it was very hard to meet new people. Since I joined the village, I've met many who live nearby, several of whom have become true friends. It's been very uplifting to have great new friends in my life, especially during the COVID-19 isolation."*

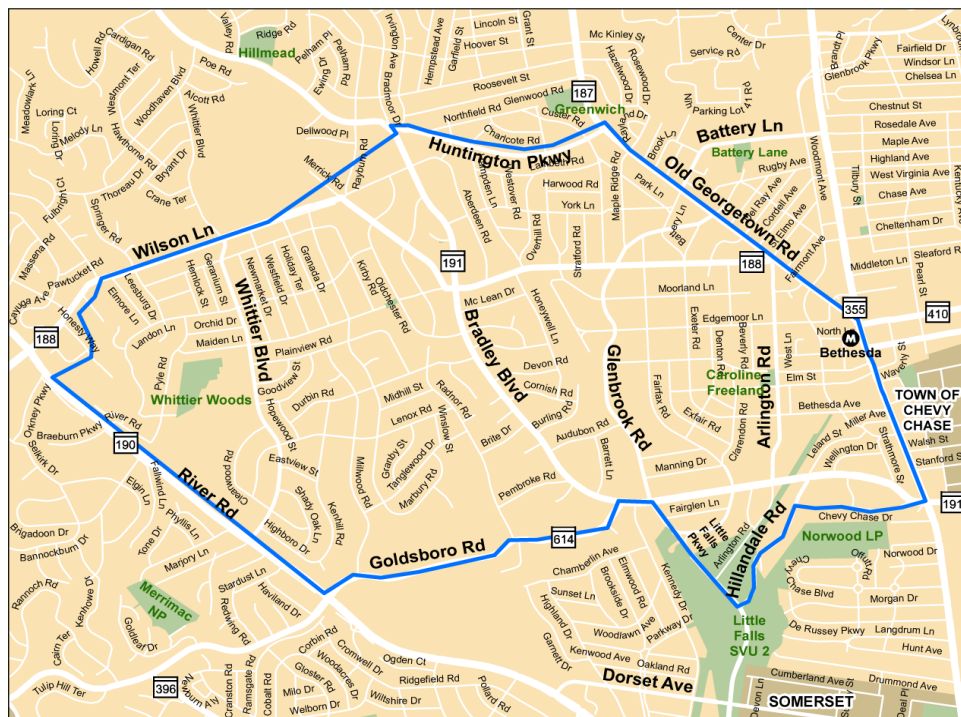
*"I've lived in my Bethesda house 45 years. Being in the Village is the first time that I've felt a sense of community."*

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- BMAV members



- Our membership continued to grow, gaining new Full Service members in particular. We ended the year with 125 members - 32 Full Service and 92 Social.
- We welcome Social members from anywhere in Bethesda not served by another village and offer subsidized memberships to those seniors who express a need.
- Social members enjoy our robust programming, making connections in the neighborhood and helping their neighbors. Full Service members can, in addition, receive volunteer-provided services.





- Our service boundaries for Full Service members run from Old Georgetown Road and Wisconsin Avenue to our east, Glenbrook Road/Little Falls Parkway to Hillandale Road to Chevy Chase Drive to Goldsboro Road on the south, River Road on our west, and Wilson Lane to Huntington Parkway on our north. We serve the neighborhoods of Battery Park, South Bradley Hills, Whitehall Manor, Edgemoor, English Village, Greenwich Forest, Kenwood Park, Landon Village, and Kenwood Forest.
- In May 2022 we had a long-delayed celebration of our five year anniversary (the official date was November 2021). For this occasion, the village launched a refreshed [website](#), an anniversary logo, and a [video about BMAV](#) created by a volunteer. Board member (and previous Chair of the Board) Gail Shearer also created a commemorative hard cover book "Bethesda Metro Area Village: Five Years Together" which chronicles BMAV's history and members' reflections.



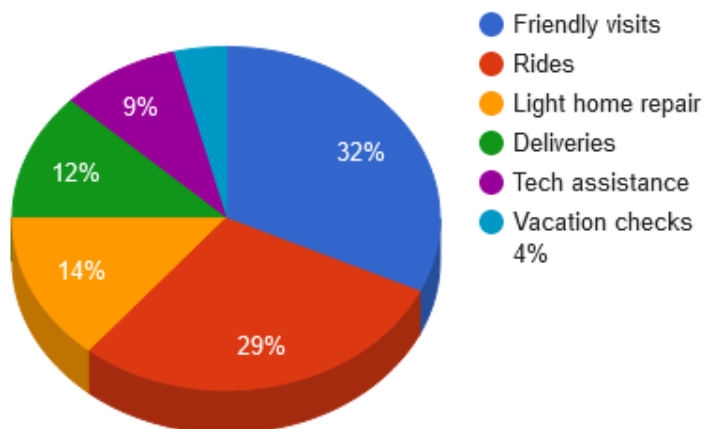
- In July, a planning committee of the BMAV Board prepared a draft strategic plan to help our village anticipate and meet the challenges and opportunities we expect over the coming years. The Board anticipates finalizing the strategic plan in 2023, and expects the final result to help the village further its mission in the next five years.

### Our Services

- Village volunteers provide these services for our members:  
rides, deliveries, light home repair, technology assistance, absent-owner services, medical notetaking, friendly visits or calls, and nonmedical respite care for primary caregivers.

- Rides and in-person services continued to be offered with safety protocols in place for the protection of our members and volunteers.

**Volunteer Service Requests**



- In 2022, BMAV added an important service category – medical notetaking – holding a training for volunteers to learn how to help members organize questions for their medical providers, and accompany members to appointments to record notes for future use.
- Five other virtual volunteer training sessions were held during 2022, including one provided by the Alzheimer’s Association National Capital Area Chapter on responding to dementia-related behavior.
- We focused on adding volunteers with experience in technology, and added eight new service providers to end the year with a total of 53.
- Students earning Student Service Learning credit renewed their in-person coaching for BMAV - providing technology-tutoring to members in sessions at the Connie Morella Library. We are very grateful to these students for their thoughtful service. We also want to thank the library for making space available, and to the Montgomery County Volunteer Center for connecting us.
- During 2022, BMAV’s knitting and needlework shared interest group members donated 84 items, created in over 500 hours of crafting, to Bethesda Cares, Walter Reed Oncology, the Greater Washington DC Diaper Bank, and Christ Child Society. The group has made such donations for the past four years. In September, samples of the group’s creations were on display at the Connie Morella library.



- In fall 2021, BMAV members and neighbors created an Afghan refugee assistance shared interest group to fundraise and provide support for refugees resettling here. In cooperation with Lutheran Social Services of the National Capital Area in December 2021 the group located and set up an apartment for a refugee family.

Throughout the year BMAV volunteers helped the family in many other ways: rides to school and doctor appointments, help with English classes and tutoring, navigating government bureaucracies and life in Bethesda, hosting social events for the family, and helping the father find and prepare for a job in his field.

During this time the family made enormous progress. Both parents improved their English substantially - neither spoke English when they arrived and the mother was illiterate. The oldest child is receiving English language development training at school. The father has gotten his driver's license, bought a car, and gotten a job as a plumber. Another baby girl, born in the spring, is thriving and the family now lives in an apartment of their own choosing.

While our "Good Neighbor Partner" commitment to the family ended in December 2022, some BMAV members continue to work with the family.

### Our Activities

This year BMAV continued to create engaging online events for our members to be able to connect and socialize from home, while also providing limited indoor events or outdoor gatherings, such as coffee talk and happy hour, museum visits, and walking tours.

In 2022 we created or partnered in 514 events – with over 3500 participants. Many of our programs are open to the community, helping everyone to connect and prevent isolation during this time when person-to-person contact was still infrequent.



- A highlight of the year was our five-year anniversary party. While the five-year anniversary of the date we began providing services was November 2021, the event was delayed to May 2022 when conditions allowed. Held at a well ventilated indoor location with outdoor spaces, the event drew 80 guests who enjoyed live music, food, drink and fun.
- In collaboration with Bradley Hills Village, Chevy Chase At Home, Friendship Heights Neighbors Network, Little Falls Village, and Silver Spring Village, BMAV hosted two forums on Zoom for Montgomery County Council and County Executive candidates to discuss their proposed policies on important issues to the county's older adults. These first countywide forums dedicated exclusively to issues relating to seniors were a great success – drawing representation from all the electoral candidates and a large audience.
- BMAV continued collaborating with the Bethesda Connie Morella Library to sponsor free monthly programming for seniors that benefits not only our members but seniors throughout the area. These programs have successfully been held on Zoom this year.
- We also worked with the Bethesda Historical Society, Montgomery History, Montgomery County Volunteer Center, area museums, other senior villages in the DC area, and professionals in the community who brought their expertise on various educational topics.
- Our shared interest groups – member-initiated and member-led – continue to be the backbone of our village programming. Even online,



these small group get-togethers allow village members to get to know one another at regular gatherings. A new walking group started this year makes 17 small shared interest and social groups that provide programming throughout the year:

Aging Well, armchair travel, arts, biking, birding, bridge, book club, chess, dining out, film fans, hiking, walking, knitting and needlework, gardening, coffee talk, happy hour, men's and ladies' lunch "out."



- Members also led a new series of monthly discussions about popular TED talks. Participants watched select videos together – online – and shared discussion.
- BMAV provided opportunities for fun at: online and in-person socials, trivia and game nights, as well as our five-year anniversary celebration.
- BMAV provided opportunities for self-improvement:
  - Online and in-person fitness classes. Workshops on: balance and flexibility, emergency preparedness, fall prevention, responding to dementia-related behavior, Medicare Part D, the latest cognitive research, benefits of palliative care, ethical wills, dying with dignity, funeral planning, how to manage a serious illness, stronger memory, using Amazon Echo, flower arranging, monthly tech topics, and *How to Design Your Life for Success* with Chris Palmer.
- Opportunities to experience history, culture and literature:
  - Online "tours" of Walters Art museum, Smithsonian National Museum of Asian Art, Smithsonian American Art Museum, and how to enjoy contemporary art. In-person tours of Glenstone, Renwick Gallery,



National Gallery of Art, McGrillis Gardens, Kenilworth Park and Aquatic Gardens, Washington DC Temple, the Phillips Collection, and neighborhood gardens. Bethesda walking tour with Hank Levine and Bethesda Historical Society. Kayaking on the Potomac and a Georgetown canal boat trip.

- And additional speakers:

Dan Balz on the current political scene

Ralph Buglass on Montgomery County history

Art historian Judy Scott Feldman on restoring Notre Dame and on the development of the National Mall

Artist Suzanne Brennan Firstenberg on her installations on the Mall

Sarah Fling on women artists in the White House collection, and history of slaves at the White House

Pete Fosselman on BCC development

Matthew Costello, Vice President of the White House Historical Association

Merritt Groeschel on Solutions for Hometown Connections

Maureen Jais-Mick on beekeeping

Patricia Maclay on Bicentennial Celebration of Lafayette's Farewell Tour

Dan Mick on civil war history

Dan Morhaim, Steven Petrow, Dimitrios Rizo, Christopher Sork, and Steven Wilks on aging well

Steve Roberts on Cokie

Susan Stamberg on NPR

Authors Nadia Hashimi, Betsy Holleman Burke and David Shipler



## Our Volunteers

This year 68 individuals – both members and neighbors in the community – volunteered with BMAV, offering time and expertise on the Board, in committees, leading programs, or as direct service providers. Together our volunteers donated over 3200 hours in 2022, at a value of more than \$95,840.<sup>1</sup>

We thank all the following volunteers for their contributions of time and energy this year, whether in offering service hours to members, hosting or planning programs, or helping to guide the organization. Without an engaged community, there would be no village.

Uday Annavarapu	Barry Gorman	Jeanne Parker
Nancy Balz	Susan Gorman	Thomas Parker
Lynn Barclay	Andrew Green	Maria Perry
Ann Bennet	Thomas Henteleff	Erin Pickrell
Michael Benson	Elyse Jacob	Gail Quigley
Robert Berish	Maureen Jais-Mick	Barbara Rabin
Roy Beveridge	Ryan Johnston	Dana Rehm
Jan Bill	Marilyn Kerst	Barbara Reese
Jane Boynton	Karen Kramer	Marilyn Richmond
Andrea Brown	Steve Kramer	Susan Riese
Barbara Brown	Diana Kitt	Hal Rogoff
Hanne Caraher	Ann Labriola	Sandra Ross
Melissa Clark	Charlene Lacovaro	Gail Shearer
Naomi Collins	Deborah Martin	Suranga Senarathna
James Collins	Eric Marx	Stephanie Sutton
Bruce Coolidge	Susan Marx	Steve Sutton
Janet Dante	Tony Mastria	Paul Thorn
Reid Detchon	Jane McGuire	Sylvia Winik
Francie dePeyster	Daniel Mick	Barbara Wiss
Robert Ferguson	Robert Metzler	Andrea Witt
Sandra Foote	David Moulton	Michael Witt
Susan Goda	Alice Padwe	
Diane Goldman	Chris Palmer	

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<sup>1</sup> Based on Independent Sector current rate per hour of \$29.95 X 3200 hours = \$95,840.  
<https://independentsector.org/value-of-volunteer-time-2022/>

## Donations

BMAV pursues multiple sources of funding and carefully manages its budget to both address today's needs and maintain a sufficient reserve to meet tomorrow's evolving and unexpected needs.

BMAV is a 501(c)(3) not-for-profit organization. We rely on donations, as well as volunteer time and members' commitment, to continue to grow and sustain our mission. Tax-deductible donations can be made on our website, [www.bmavillage.org](http://www.bmavillage.org), or mailed to Bethesda Metro Area Village, P.O. Box 30525, Bethesda, MD 20824.

If you would like to donate stock, donor advised funds, or make a bequest or other planned gift, such as a charitable gift annuity, trust or the gift of life insurance, please contact us at 240-630-2628 or [director@bmavillage.org](mailto:director@bmavillage.org).

We gratefully acknowledge the individuals, businesses and organizations below that supported BMAV in 2022 with financial or in-kind contributions:



Anonymous  
Doris Aronson  
Marti Asner  
Dan and Nancy Balz  
Lynn Barclay  
Fred and Lori Berner  
Andrea Brown: In gratitude to the  
founders of BMAV for creating  
this vibrant community  
Jane Boynton  
Hanne Caraher  
Naomi and James Collins  
Bruce Coolidge and Ann Labriola  
Tom and Patty Craver  
Francie de Peyster and David  
Moulton  
Sarah and Jim Fleischer  
Harry and Susan Geisel  
Thomas and Claudia Henteleff  
Elyse Jacob  
Amy and Bob Lamb  
Marren and Thomas Meehan  
Robert Metzler and MaryLu  
Carnevale

Stephen Moseley  
Alice Padwe  
Jeanne and Thomas Parker  
Frederic Philips and Connie Hickey  
Barbara Reese  
Robert and Susan Rosenbaum  
Judy and Mike Sangillo  
Jeffrey Seltzer and Karen  
Rothenberg  
Gail Shearer and Chris Palmer  
Jane Stanley: In thanks to Gail  
Shearer - I so enjoyed the 5th  
Anniversary Book I wanted to  
make a special, extra donation  
this year in gratitude  
Patricia Steckler and Phiroz Bhagat  
Suzanne Snedegar  
Stephanie and Steve Sutton  
Paul Thorn  
Joanne Tucker  
Sara Wetstone  
Witt Family Foundation  
Barbara Wiss

#### In-kind donors

Montgomery County Libraries  
Capacity Partners  
Esquire IT  
Run My Village

### 2022 Financial Report

Income: \$93,176

membership dues - \$41,712  
individual donations - \$23,904  
business donations - \$1,995  
grants - \$24,680  
interest income - \$885



Expenses: \$61,879

personnel and associated costs - \$49,215

insurance - \$2,645

other operational (dues, fees, website, office supplies) - \$2,486

programs, membership, fundraising, advertising - \$7,533

Net income - \$31,297

Board of Directors

Jeanne Parker, Chair  
Bruce Coolidge, Treasurer  
Jane Boynton, Vice Chair  
Gail Shearer, Secretary  
Barbara Brown  
Hanne Caraher  
Naomi Collins  
Reid Detchon  
Barry Gorman  
Elyse Jacob  
Diana Kitt  
Stephanie Sutton  
Barbara Wiss

Committee Chairs

Communications, Naomi Collins  
Finance, Bruce Coolidge  
Development, Barbara Wiss  
Membership, Open  
Programs, Stephanie Sutton  
Volunteers and Services, Bruce Coolidge

Newsletter editor, Lynn Barclay

Executive Director - Elizabeth Haile

Bethesda Metro Area Village

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