

National Lutheran Communities & Services

**Community Impact
Report 2016**





National Lutheran Communities & Services

Our Mission

To fulfill its Christian Ministry, National Lutheran Communities & Services provides an array of options for seniors, including residential living, along with home and health care services which are designed to meet individual needs.

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**LARRY
BRADSHAW**

Grace is an interesting thing. It can surprise us and give us immense gratitude, especially when we are not expecting it. When I started college, I was not sure it was for me, based upon my first-year academic performance. In fact, I initially declared I was not returning after my first year.

That summer, a tornado hit our small Kansas town; since I had taken a job working for a local moving company, it was a long and back-breaking summer. On a late Sunday afternoon on the golf course, trying to decide which direction my life needed to take, I met Dr. Laura McAntee, an accounting professor at Emporia State University. She encouraged me to come back to school and take her introductory accounting class. That day on the golf course resulted in me finding grace, and a skillset that would serve me throughout my career in senior living.

Grace comes to each of us in different and unique ways. You will see some of that grace on display in this year's Community Impact report. National Lutheran Communities & Services' Community Impact program, established four years ago, demonstrates the heart of our mission, philanthropic endeavors and cherished moments of grace.

I am tremendously proud of the programs, activities and initiatives that have become an extension of the National Lutheran family. I hope that as you read these pages, you are inspired by these moments of grace that are possible.

Larry Bradshaw

President & CEO

National Lutheran Communities & Services

INSPIRE



**KATHRYN
BAERWALD**

Amazing grace, how sweet the sound

The words of this familiar hymn, written in the 18th century by John Newton, are as beloved today as they were nearly three centuries ago. People are comforted, encouraged, and empowered by the fact that God's grace is assured despite difficult circumstances.

I once was lost, but now am found; 'twas blind, but now I see.

Grace brings hope and healing. Through the actions of caregivers and nurses, musicians and educators, therapists and chaplains, farmers and delivery people, the lives of many seniors were touched by National Lutheran Communities & Services (NLCS) in 2016. Most of that care occurs within our residential communities, and some is provided through outpatient or in-home services. Yet, there are many seniors in need who will never be directly served by NLCS.

Residents, rehabilitation guests, staff, board members, community members, and many others

contribute to and are affected by the Community Impact Program. Residents and guests are continually cared for with charitable and unreimbursed care. Staff and residents volunteer their time, talents and resources to extend a helping hand to those in the greater community. Finally, NLCS continues to support the work of other nonprofit organizations through the Community Impact Grant Program.

In these pages, you will see many examples of grace in action through the exemplary work done by our philanthropic partners. You will also see how residents of National Lutheran communities, as well as staff, reach out to bring moments of amazing grace to someone in need of a smile.

With gratitude,

Kathryn Baerwald

Chief Philanthropy Officer

National Lutheran Communities & Services

H O P E

NATIONAL LUTHERAN COMMUNITIES & SERVICES

In 2016, National Lutheran Communities & Services (NLCS) lived out its mission—serving seniors—in a variety of ways. There were many grace-filled moments as we continued our 126-year legacy of meeting the needs of seniors.

The NLCS Community Impact program continued to grow, awarding 21 grants totaling \$221,250. The 2016 grantees represented a broad range of organizations, addressing a variety of needs facing seniors, throughout Virginia, Maryland, Delaware, and Washington, D.C.

NLCS continued to offset the cost of care for residents and guests that were unable to pay for health care's rising costs, ensuring that they remain a part of the National Lutheran family. In 2016, more than \$8.2 million of charitable and unreimbursed care was provided to residents and guests of the National Lutheran communities.

September brought the first year of the NLCS Day of Service. Twenty-one team members from the NLCS office volunteered and together dedicated a total of 110 hours of service at The Village of Rockville—A National Lutheran Community and The Village at Orchard Ridge—A National Lutheran Community. Coordinating with the Evangelical Lutheran Church in America's (ELCA) initiative, *God's Work. Our Hands.*, NLCS donned golden t-shirts, engaged with residents and gained an appreciation for the hard work team members accomplish every day throughout the National Lutheran family.

With an untiring mission to serve, the NLCS office collected \$580 worth of non-perishable items, amounting to 454 pounds of food, throughout the month of November. All items were donated to the Rockville-based Manna Food Center, the main food bank in Montgomery County, Md.

In addition to these acts of service, NLCS remains committed to offering opportunities to post-secondary students to learn about various aspects of senior services. During 2016, NLCS continued its partnership with the Calling and Purpose in Society (CAPS) Fellowship program of Valparaiso University. One CAPS Fellow offered more than 300 hours of work during his summer break, living and working at The Village at Rockville.

SERVICE TO PEOPLE OF ALL BELIEFS



Photo by:
National Lutheran Communities & Services

Photo by:
Diakon Adult Day Services



COMMUNITY IMPACT GRANT PROGRAM

In order to extend our mission of caring for seniors, the National Lutheran Communities & Services' (NLCS) Board of Trustees established the Community Impact Grant Program. Annually, the board allocates funds from investments and investment earnings to provide grants to non-profit organizations in Maryland, Virginia, Delaware and Washington, D.C. through a competitive grant process. All grantees must demonstrate how they address at least one of the following areas of need among seniors:

Chronic disease management

Navigating and accessing health care and social services

Dealing with Alzheimer's disease, dementia and memory loss

Social isolation

Poverty and financial insecurity

The NLCS Board of Trustees appoints individuals to The Community Impact Advisory Council (CIAC), entrusting them with the responsibility to award grants to charitable organizations in the territory served by NLCS. During the fall months, the advisory council carefully reviews the more than 40 proposals submitted to NLCS for review and makes the difficult decision of which proposals to fund. Members of the CIAC are:

Jeanne Broyhill, Arlington, Va.

John Conrad, Winchester, Va.

Karen Cowden, Washington, D.C.

Marcia Milleville, Arnold, Md.

Rev. Rod Ronneberg, Staunton, Va.

Rev. James Utt, Winchester, Va.

All grantees are 501(c)(3) tax-exempt, charitable organizations. There are new and well-established programs, faith-based and secular organizations, urban and rural based services; all provide needed services to seniors. Each entity must provide extensive information about its finances, board, staff, and programs and complete periodic progress reports. In the spring of each year, every site is visited by a representative of NLCS. Funding for the grant program comes from charitable contributions and investment earnings; no resident funds are used for this purpose.

It is with the shared interest of serving seniors that NLCS celebrates with all 21 of the 2016 Community Impact Grantees in the moments of grace they brought to the seniors they serve.

Caring for the Caregiver
www.chcfonline.org

Photo by:
Colonial Heritage Community Foundation, Inc.



2017 COMMUNITY IMPACT GRANTEES

Augusta Health Foundation
Staunton, Va., \$15,000

Blue Ridge Hospice
Winchester, Va., \$15,000

**Catholic Charities of the
Archdiocese of Washington, Inc.**
Washington, D.C. and Southern Md., \$13,000

**Colonial Heritage Community
Foundation, Inc.**
Williamsburg, Va., \$15,000

**Community Ministries of Rockville's
Elderly Ministries Program**
Rockville, Md., \$10,000

Crossroads Community Food Network
Takoma Park, Md., \$7,500

Diakon Adult Day Services at Ravenwood
Hagerstown, Md., \$7,000

EveryMind
Rockville, Md., \$5,000

Gaithersburg HELP, Inc.
Gaithersburg, Md., \$4,000

Grace Network
Martinsville, Va., \$5,000

Gracelinside
Richmond, Va., \$15,000

H.E.L.P. - Health Equipment Loan Program
Churchville, Va., \$2,000

Highland Food Pantry, Inc.
Winchester, Va., \$4,000

Hospice Caring, Inc.
Gaithersburg, Md., \$5,000

**Jewish Council for the Aging
of Greater Washington, Inc.**
Rockville, Md., \$10,000

Jewish Social Service Agency
Rockville, Md., \$7,500

Low Vision Center
Bethesda, Md., \$2,000

**Lutheran Church of
the Abiding Presence**
Burke, Va., \$2,000

Lutheran Community Services, Inc.
Wilmington, Del., \$15,000

Manna Food Center
Rockville, Md., \$1,000

Mental Health America of Fredericksburg
Fredericksburg, Va., \$10,000

Peninsula Agency on Aging, Inc.
Newport News, Va., \$10,000

Rappahannock Rapidan Community Services
Culpepper, Va., \$7,500

Senior Services of Southeastern Virginia
Norfolk, Va., \$12,500

Shenandoah Area Agency on Aging
Front Royal, Va., \$5,000

**Shenandoah Valley Lutheran Ministries
in partnership with Shenandoah County
Health Ministry Coalition**
Toms Brook, Va., \$20,000

Silver Spring Village, Inc.
Silver Spring, Md., \$7,500

St. Paul's Lutheran Church
Washington, D.C., \$5,000

Valley Program for Aging Services
Waynesboro, Va., \$11,000

We Are Family Senior Outreach Network
Washington, D.C., \$5,000

SHENANDOAH VALLEY LUTHERAN MINISTRIES

Toms Brook, Va.

\$20,000

Parish nursing program serving isolated, rural seniors in the Toms Brook area

COLONIAL HERITAGE COMMUNITY FOUNDATION, INC.

Williamsburg, Va.

\$17,500

Provides free adult day care and respite services

LUTHERAN COMMUNITY SERVICES

Wilmington, Del.

\$15,000

Offers home repairs for low-income seniors

The most striking moments of grace are when we are able to connect two neighbors – one in need and one with the tools to help.

Photo by: Mental Health America of Fredericksburg



EVERYMIND

Rockville, Md.

\$7,500

Provides friendly visitors to isolated seniors

Grace is the gift of companionship, non-judgmental emotional support and enrichment of life.

2016 COMMUNITY IMPACT GRANTEES

MENTAL HEALTH AMERICA OF FREDERICKSBURG

Fredericksburg, Va.

\$10,000

Sponsors the Senior Visitors Program, providing free care management and respite services

Grace is giving our time and full attention to someone who is lonely and isolated.

SHEPHERD'S CENTER OF FAIRFAX-BURKE

Fairfax, Va.

\$10,000

Pilot transportation program for low income seniors in Southeastern Fairfax County

JEWISH COUNCIL FOR THE AGING OF GREATER WASHINGTON

Rockville, Md.

\$15,000

Offers music, movement and art therapy for participants with dementia

UPPER MONTGOMERY ASSISTANCE NETWORK

Gaithersburg, Md.

\$7,500

Offers homelessness prevention to older adults in Montgomery County

Grace is when everything comes together at the right time to provide the right services to families in need.

Photo by: Community Ministries of Rockville's Elderly Ministries Program



ST. PAUL'S LUTHERAN CHURCH

Washington, D.C.

\$10,000

Weekly senior center for older adults in Ward 3 of Washington, D.C.

SHENANDOAH AREA AGENCY ON AGING

Front Royal, Va.

\$8,000

Supplies transportation for seniors to medical/social service appointments

COMMUNITY MINISTRIES OF ROCKVILLE'S ELDERLY MINISTRIES PROGRAM

Rockville, Md.

\$10,000

Assists frail seniors with home care and home repairs

Grace sometimes is just a warm home.

GRACE NETWORK

Martinsville, Va.

\$5,000

Provides emergency financial and food aid to elderly clients

HOSPICE CARING, INC.

Gaithersburg, Md.

\$3,750

Connects volunteer visitors to seniors with life-limiting or terminal illnesses

FAMILY SERVICES INC., THE SUPPORT CENTER

Rockville, Md.

\$15,000

Medical day care for seniors with a focused outreach to Hispanic members of the community

Grace is the bright moments of fun, laughter and love.

CROSSROADS COMMUNITY FOOD NETWORK

Takoma Park, Md.

\$7,000

Uses a local farmers' market to provide food and activities to seniors

GOVANS ECUMENICAL DEVELOPMENT CORPORATION

Baltimore, Md.

\$5,000

Provides quality exercise and educational programs for older adults

CATHOLIC CHARITIES

Washington, D.C.

\$15,000

Pilot program to address food insecurity among older adults

GAITHERSBURG HELP, INC.

Gaithersburg, Md.

\$5,000

Supplies transportation for seniors to medical/social service appointments

DIAKON ADULT DAY SERVICES

Hagerstown, Md.

\$10,000

Provides adult medical day care primarily for persons with dementia

Grace is the ability to meet the individual needs of each of our "neighbors," no matter their age or challenge in life, while preserving their dignity as a gift of God.

Photo by: Our Saviour Lutheran Church



Photo by: Jewish Council for the Aging of Greater Washington



OUR SAVIOUR LUTHERAN CHURCH

Warrenton, Va.

\$10,000

Coordinates a variety of programming for seniors in low-income housing

GRACEINSIDE

Richmond, Va.

\$15,000

Extends chaplaincy services to geriatric and assisted living prisoners at Deerfield Correctional Center

Grace is for those, others may consider lost causes.

THE VILLAGE AT ROCKVILLE

In 2016, residents, volunteers, and staff of The Village at Rockville—A National Lutheran Community, gave their time and resources to share God’s grace with members of the surrounding community. For one of these grace-filled projects, residents assembled, cut, stuffed and sewed 148 soft fleece pillows by hand to deliver to the National Institutes of Health (NIH) Children’s Inn—a hospitality house for families with ill children who are participating in research studies at NIH.

The Busy Hands group also supported the NIH Children’s Inn, knitting 40 Afghans. Moreover, they provided premie blankets and hats for NICU patients; scarves and hats for Rockville Women’s Shelter; and twiddle muffs, prayer squares and lap robes for neighboring residents—donating 2,080 hours in total.

Monthly support groups, led by staff, shared grace with nearby community members. Attendance ranged from 20-50 people at each meeting and covered a variety of topics including caregiver support and dementia. One such support group, called Café D, focused on caregivers supporting a loved one with dementia. Hosted by The Village at Rockville, through a partnership with the Alzheimer’s Association and Montgomery College, 25 individuals were empowered with the knowledge from this group. As another show of support, staff and residents participated in the 2016 Alzheimer’s walk, raising \$2,849 with 64 walkers.

The Village at Rockville also hosted a food drive in September, collecting 50 bags of non-perishable groceries for Millian United Methodist Church Food Pantry; in December, 75 coats were collected and donated to area homeless shelters, and four giant boxes of toys were donated to Toys for Tots.

Finally, The Village at Rockville joyfully hosted two physical therapy students, one from Montgomery College and one from the University of Delaware (UD); two occupational therapy students from University of Maryland, College Park (UMD) and one from UD, and 64 nursing students from UMD.

There were many moments of grace celebrated at The Village at Rockville this year, and many more to come.



SHARING GOD'S GRACE

THE VILLAGE AT ORCHARD RIDGE

There is a certain blessing one gets when acts of giving are done under the auspices of grace. Such are the activities of the residents at The Village at Orchard Ridge—A National Lutheran Community that affect the campus and the community that surrounds them. Take for instance The Flying Fingers, a resident knitting group, who devoted countless hours to children in need. Together, this team of 18 residents knitted 240 hats and fleece scarves and presented them to the superintendents of Winchester and Frederick County, Va., Public Schools to ensure that no child was cold this winter.

Another example of grace is exemplified in Knots of Love, a project that creates pet blankets for the Society for the Prevention of Cruelty to Animals (SPCA) crafted by assisted living memory care, long-term care, and independent living residents. This heartfelt project engaged residents in meaningful activities that they love; the 75 blankets that were donated were greatly appreciated by the shelter staff and put to good use for the many dogs and cats currently awaiting adoption at the SPCA.

In 2016, residents from Orchard Ridge amassed 3,653 service hours by extending a helping hand to several community organizations, such as Indian Hollow Elementary, Winchester Medical Center, First Baptist Church and Grace Lutheran Church. In addition to these hands-on service hours, residents collected and donated 74 cases of Ensure, 22 boxes of various dried goods and 264 miscellaneous canned goods to the Highland Food Pantry.

The celebration of music was also alive on the Orchard Ridge campus. Through a generous gift, a resident donated a beautiful hand-built Létourneau pipe organ for the Chapel. As part of the breaking in period, monthly organ concerts were hosted throughout 2016. Collaborating with the Winchester Chapter of the American Guild of Organists, an impressive array of talented organists showcased the vast spectrum of the organ as an instrument. Concerts were open to the public and averaged 200 people in attendance.

While giving in any form comes from a personal place, nestled deep in one's heart, residents at The Village at Orchard Ridge shared their home as well as their time, talent, and treasures with the broader community. Gracious acts of giving with a grace-filled spirit.



ANSWERING THE CALL TO HELP



THE LEGACY AT NORTH AUGUSTA

Part of the definition for grace is “bestowal of blessings,” and that happens through the actions of residents at The Legacy at North Augusta—A National Lutheran Community. Early in 2016 the residents supported the children at the new Lutheran Family Services Minnick School opening in Harrisonburg, Va. The school helps children with emotional and behavioral challenges find success in the classroom, their family and life. Residents collected six boxes of school supplies and donated them at the grand opening, making sure kids of all grades started their new school year with what they needed. The school’s administrators were very thankful.

Grace was also present as residents worked to collect 110 pairs of new or gently used shoes for the Well of Hope International (WOHI) Shoe Project. WOHI ships donated shoes to Kenya, where they are sold to raise money to support widowed women and their children. The money raised from these shoes will buy land, build houses, and enable widows to care for their families. Anyone who has ever lost a loved one knows all-too-well how hard it can be to move forward after their death; this project resonated with residents and emboldened them to do all they could to help and share grace with those less fortunate.

Another grace-filled event was the annual Alzheimer’s Walk in Augusta County; 30 staff and family members took part in this event, raising \$2,677. In preparing for the event a spirit week was hosted with a crazy hair/hat day, a sports day, an island-wear day, and an entirely purple day to raise funds. Blessings filled The Legacy at North Augusta throughout 2016, bestowing numerous opportunities to share God’s grace with those in need.

BESTOWALS OF GRACE

Photo by:
Diakon Adult Day Services



National Lutheran Communities & Services (NLCS)

2301 Research Boulevard Suite 310
Rockville, MD 20850
301-354-2710
@NLCSNews
www.nationallutheran.org

The Village at Rockville (TVAR)

9701 Veirs Drive
Rockville, MD 20850
301-424-9560
www.thevillageatrockville.org

The Village at Orchard Ridge (TVOR)

400 Clocktower Ridge Drive
Winchester, VA 22603
540-431-2800
www.thevillageatorchardridge.org

The Legacy at North Augusta (TLNA)

1410 A North Augusta Street
Staunton, VA 24401
540-885-5454
www.thelegacyatnorthaugusta.org

myPotential at Home

320 Westside Station Drive
Winchester, VA 22601
540-931-0160
www.mypotentialathome.com

The Village at Providence Point

1997 Annapolis Exchange Parkway, Suite 300
Annapolis, MD 21401
410-972-4597
www.nationallutheran.org

CONTRIBUTORS:

Hannah Albers
Philanthropy Fellow, NLCS

Kathryn Baerwald
Chief Philanthropy Officer, NLCS

Melissa Blackstone
Volunteer Coordinator, TVAR

Larry Bradshaw
President & CEO, NLCS

Christopher Enders
Communications Specialist, NLCS

Emily Foster
Brand Manager, NLCS

Courtney Malengo
Director of Communications, NLCS

Lloyd Paolo Prudente
Graphic Designer, NLCS

Tim Peifer
Director of Philanthropy, TLNA & TVOR

Melisa Shuler
Director of Life Enrichment, TLNA

Marta Spangler
Director of Philanthropy, TVAR

Dennis Zarger
Philanthropy Coordinator, TVOR