



National
Lutheran
Communities
& Services

Community
Impact Report
2015

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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National Lutheran
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National Lutheran Communities & Services (NLCS) is a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America's (ELCA) Delaware-Maryland, Metropolitan Washington, D.C. and Virginia Synods, serving people of all beliefs. NLCS provides seniors with a variety of lifestyle, residential and health care options through retirement communities and services in Maryland and Virginia.



The heart of National Lutheran Communities & Services' (NLCS) mission is serving seniors—a mission that would not be possible without the partnership of our board, staff, donors, residents, volunteers and even other organizations. Our Community Impact Program, established three years ago, demonstrates the heart of our mission and philanthropic endeavors. The program enhances our partnership with the greater community and highlights untold acts of giving, as well as bringing joy to the recipients.

As we celebrated our 125th Anniversary in 2015, our community impact efforts reached even new heights. Playing on the 125 number, a lot of creativity was deployed from staff and residents. From attempting to gather 1,250 items of food for a local food pantry to volunteering 125 hours, numerous outreach efforts heralded our anniversary. Together, with joyful and grateful hearts, we can accomplish more than any of us could do alone. When we collectively harness our talents and gifts together, we amplify our impact for the greater good of seniors.

I'm tremendously proud of the programs, activities and initiatives that have become an extension of the National Lutheran family. I hope that as you read through these pages, you are filled with a sense of joy and pride at the work occurring on behalf of seniors.

Larry Bradshaw, President & CEO
National Lutheran Communities & Services



In its 125-year history, National Lutheran Communities & Services (NLCS) has strived to meet the changing needs of older adults while always remaining true to its mission of providing the best possible care and services. As more and more seniors desire to remain in their homes, NLCS has looked to find new ways of extending its ministry throughout Virginia, Maryland, Delaware and Washington, D.C. At the same time, we want to continue to offer benevolent care to residents in our communities who can no longer afford the cost of their care.

As a learning organization, NLCS also recognizes its obligation to provide educational opportunities to young women and men who have a passion for working with older adults. As a tax-exempt, charitable organization, we must serve the public, particularly those of more limited resources. We recognize that the people who live in our communities are a valuable resource in terms of their skills, interests and abilities who can be of service to the community as a whole. Most importantly, however, we do all of this out of gratitude for our many blessings as we strive to bring joy to all we serve.

One of the ways that NLCS has been working to reach the larger community is through its Community Impact Grant Program. By working with a broad range of organizations throughout Virginia, Maryland, Delaware and Washington, D.C., we can have a greater impact on the lives of others. In 2014, two grants were given. That number increased to 15 in 2015; and for 2016, 21 Community Impact Grants were awarded through a competitive proposal process by the Community Impact Advisory Council. Operating under the auspices of the NLCS Board of Trustees, the members of the Council are:

- Jeanne Broyhill, Arlington, Va.**
- John Conrad, Winchester, Va.**
- Karen Cowden, Washington, D.C.**
- Marcia Milleville, Arnold, Md.**
- The Rev. Rod Ronneberg, Staunton, Va.**
- The Rev. James Utt, Winchester, Va.**

In the next pages, you will see for yourself what has been accomplished by the 2015 Community Impact grantees, as well as the plans for the organizations receiving grants for 2016.

We thank you for your interest in National Lutheran Communities & Services and its Community Impact Program. We also ask that you look to find ways to spread joy to your family, friends and neighbors.

Kathryn Baerwald, Chief Philanthropy Officer
National Lutheran Communities & Services

The year 2015 marked 125 years of service to seniors for the National Lutheran family. In celebration of this triumphant milestone, National Lutheran Communities & Services (NLCS) joyfully continued its legacy of meeting the needs of seniors.

Extending the mission and ministry beyond the physical retirement communities, NLCS awarded 15 Community Impact Grants—totaling \$198,567—to a broad range of organizations throughout Virginia, Maryland, Delaware and Washington, D.C. This marked the third year for the ever-growing program. NLCS continued to offset the cost of care for residents who could no longer afford to pay health care's rising costs. Benevolent care totals for 2015 were in excess of \$6.4 million.

The Village at Rockville
A National Lutheran Community

Approximately **\$5.9** million in benevolent care.

The Village at Orchard Ridge
A National Lutheran Community

Approximately **\$346,316** in benevolent care.

The Legacy at North Augusta
A National Lutheran Community

Approximately **\$113,867** in benevolent care.

With the spirit of thanks in November, NLCS office staff collected canned goods and non-perishable items for those in need. In honor of the 125th Anniversary the team's goal was to collect 1,250 items. Although just shy of that goal, the team did collect 856 items, and more than doubled the amount of food that was donated last year. A total of 682 pounds of food were donated to Rockville-based Manna Food Center. Food items included canned corn and green beans, soup, peanut butter, apple sauce, macaroni and cheese, and a variety of cereal, amongst others. Manna Food Center provides food to 5% of all Montgomery County residents, including seniors. As the main food bank in Montgomery County, the majority of all local non-profit and government organizations rely on Manna to provide the food essentials their clients need.

In partnership with The Village at Orchard Ridge, NLCS co-sponsored the Walk to End Alzheimer's in Winchester, Va. in the amount of \$4,500. Residents, family members, volunteers and staff came together with the greater community and walked for the cause.

NLCS is committed to offering opportunities post-secondary students to learn about various aspects of senior services. During 2015, NLCS participated in the Calling and Purpose in Society (CAPS) program of Valparaiso University in Valparaiso, Ind. Three undergraduate students provided more than 900 hours of service-learning as CAPS Fellows at the NLCS office for the summer. In addition, a graduate student's internship consisted of more than 340 hours of research.

1682 POUNDS OF FOOD DONATED

15 COMMUNITY IMPACT GRANTS AWARDED

WALK TO END ALZHEIMER'S SPONSORSHIP

\$4,500

\$198,567

GRANT MONEY AWARDED

\$6.4 MILLION OF BENEVOLENT CARE

COMMUNITY IMPACT GRANTS • 2015

NLCS strongly believes that its mission extends beyond the physical boundaries of its residential communities and is committed to supporting the work of other non-profit organizations, including congregations and community-based programs, that address the critical needs of seniors today. Each year, NLCS awards grants to organizations that share in the same passion of serving seniors.

Holleran Consulting conducted a Community Needs Assessment covering the Virginia, Delaware-Maryland, and Metropolitan Washington, D.C. Synods, identifying the most urgent needs faced by older adults. All grants must address at least one of the following areas:

- **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**

All grantees are 501(c)(3) tax-exempt, charitable organizations. Some are new; some have been around for many years. Some are faith-based; some provide a broad range of services, while others are focused on a concentrated need. At the outset, each entity must provide extensive information about its finances, board, staff, and programs and complete periodic progress reports. Each site is visited at least once by a representative of NLCS. Funding for NLCS' grant program comes from charitable contributions and investment earnings; no resident funds are used for this purpose.

Based on the Community Needs Assessment, a request for proposals was sent to hundreds of congregations and organizations in the area served by NLCS. Nearly 40 congregations and non-profit organizations applied for the 2015 Community Impact Grants. Following careful review of each of the proposals, the Advisory Council awarded 15 grants for 2015, totaling \$198,567.



COMMUNITY IMPACT GRANTS • 2016

2016 GRANTEES

For the 2016 grant year, a total of **\$221,250** were awarded to the following **21** grantees:

Catholic Charities in Washington, D.C. **\$15,000**

Colonial Heritage Community Foundation in Williamsburg, Va., **\$17,500**

Community Ministries of Rockville in Rockville, Md., **\$10,000**

Crossroads Community Food Network in Takoma Park, Md., **\$7,000**

Diakon Adult Day Services in Hagerstown, Md., **\$10,000**

Family Services Inc., in Gaithersburg, Md., **\$15,000**

Gaithersburg HELP, Inc., in Gaithersburg, Md., **\$5,000**

Govans Ecumenical Development Corporation in Baltimore, Md., **\$5,000**

Grace Network of Henry County, Va., **\$5,000**

GracInside in Richmond, Va., **\$15,000**

Hospice Caring, Inc., in Gaithersburg, Md., **\$3,750**

Jewish Council for the Aging of Greater Washington in Rockville, Md., **\$15,000**

Lutheran Community Services in Wilmington, Del., **\$15,000**

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

Mental Health Association of Montgomery County in Rockville, Md., **\$7,500**

Our Saviour Lutheran Church in Warrenton, Va., **\$10,000**

Shenandoah Area Agency on Aging in Winchester, Va., **\$8,000**

Shenandoah Valley Lutheran Ministries in Tom's Brook, Va., **\$20,000**

Shepherd's Center of Fairfax-Burke in Fairfax, Va., **\$10,000**

St. Paul's Lutheran Church in Washington, D.C., **\$10,000**

Upper Montgomery Assistance Network in Gaithersburg, Md., **\$7,500**

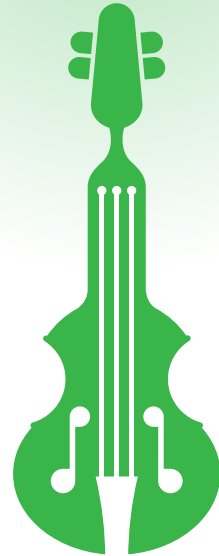
Jewish Council for the Aging

Rockville, Md.

Providing dementia support services through art, movement and music therapy

\$15,000

100 sessions of therapeutic intervention offered
49 caregivers served
3 support groups met bi-weekly



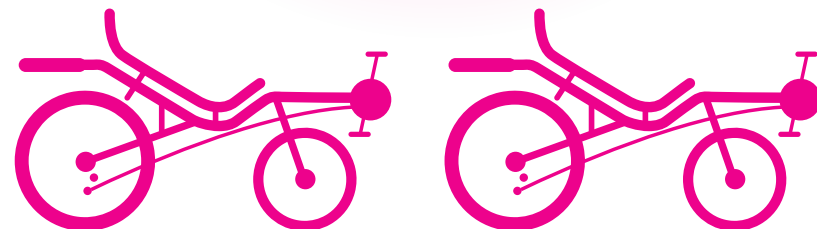
Diakon Adult Day Services

Hagerstown, Md.

Providing subsidized adult day services for low-income seniors

\$16,650

380 days of care provided
12 seniors served
2 recumbent bicycles purchased to improve and maintain seniors' health and fitness



Little Falls Village

Bethesda, Md.

Subsidizing membership for a NORC (naturally occurring retirement community)

\$5,000

11 memberships granted
Transportation to medical appointments, household help, companionship and social activities offered
Average member age is **76.6**



Mental Health Association of Montgomery County

Rockville, Md.

Providing friendly visitors to isolated seniors

\$10,349

100 seniors served
50 new volunteers trained
47 new matches made
65 assessments completed



Grace Network

Henry County, Va.

Enabling impoverished seniors to remain in their home

\$5,000

Food assistance provided to **181** seniors
Rent/mortgage assistance provided to **58** seniors
Utility assistance provided to **146** clients



Colonial Heritage Community Foundation

Williamsburg, Va.

Providing free adult day care and respite services

\$20,000

28 seniors served with a waitlist established
17 volunteers logged over **3,000** hours
Interactive activities held weekly include therapeutic gardening, music therapy, fitness sessions, pet therapy, and intergenerational programming with 3-5 year-old preschoolers



Upper Montgomery Assistance Network

Gaithersburg, Md.

Offering homelessness prevention to people in Montgomery County

\$20,000

170 senior households assisted
6 cities served
\$51,729.14 provided in emergency assistance



St. Timothy Lutheran Church

Norfolk, Va.

Providing services for caregivers of persons with Alzheimer's

\$14,520

10 social events held

20 caregivers and loved ones attended each event

Fed **82** homeless and packed backpacks for Emma's Backpack assisting local elementary school children



Shenandoah Area Agency on Aging

Winchester, Va.

Providing management of chronic diseases, including training of volunteers

\$11,720

7 workshops held
67 individuals trained
6 counties served



Shenandoah Valley Lutheran Ministries

Tom's Brook, Va.

Providing nursing program for isolated, rural parishes

\$22,000

111 seniors served

3 session program on advance directives held
Provided spiritual and medical care, household assistance, and transportation services



Lutheran Social Services— National Capital Area

Washington, D.C.

Providing support for caregivers

\$10,000

Caregiver trainings conducted in **5** congregations

118 caregivers trained

6 volunteers, in addition to staff, provided instruction to caregivers

Our Saviour Lutheran Church

Warrenton, Va.

Providing programming for residents of low-income senior housing

\$14,550

51 seniors attended

Bus purchased to provide transportation to and from events

6 events held offering a free catered meal to each attendee



Valley Program for Aging Services

Buena Vista, Va.

Training church leaders to assist seniors

\$8,778

50 churches provided with materials and resources
5 workshops completed
25 caregivers trained

St. Paul's Lutheran Church

Washington, D.C.

Providing a senior center for adults in Ward 3

\$15,000

20-25 seniors served

Increased frequency from monthly to weekly program

6-8 volunteers established



Lutheran Community Services

Wilmington, Del.

Offering home repairs for low-income older adults

\$10,000

93 repair jobs completed
116 low-income individuals served
87 senior widows and widowers helped



THE VILLAGE AT ORCHARD RIDGE

A National Lutheran Community

In 2015, the year celebrating 125 years of service to seniors, a commitment was made by the Life Enrichment team at The Village at Orchard Ridge (TVOR) to provide 125 hours of service to benefit Highland Food Pantry. Staff and residents who participated in the program found joy in their serving.

Another group of three residents mentored and tutored students at Indian Hollow Elementary School in Frederick County. These faithful volunteers, some of whom are retired teachers, spoke of their experience with a deep sense of joy and gratitude as they made a difference in the lives of others.

The Flying Fingers—a joyful knitting group of 10 residents—met each Thursday evening and Sunday afternoon to provide warmth to school children in Frederick County and Winchester City school systems. In 2015, they presented 300 sets of knitted hats and fleece scarves. Likewise, their wares were received by the Winchester Area Temporary Thermal Shelter (WATTS) for guests served by this ministry of area congregations and synagogues.

Twelve Orchard Ridge residents sharing the name Barbara, aptly named “The Barbara Group,” frequently gathered and discussed ways to act on their passion for helping others. For the second consecutive year, The Barbara Group adopted two families in Winchester, providing gifts for Christmas morning. Their hearts were once again warmed to share joy in generosity.

In conjunction with the Evangelical Lutheran Church in America’s (ELCA) Week of Service, local Lutheran congregations and Orchard Ridge residents came together on Labor Day to provide backpacks of school supplies for students served by Lutheran Family Services of Virginia. Baked goods and thank you notes were given to Round Hill Volunteer Fire and Rescue of Frederick County, Va. Umbrellas, strollers and diapers were collected and delivered to Congregation Community Action Project (CCAP), a ministry of 45 congregations and synagogues which serves individuals and families in need. Toys and other items alike were gathered and delivered to Frederick County Social Services to benefit their Birthday and Crisis Closet; and again, The Flying Fingers offered knitted items for the Week of Service.

Orchard Ridge also acts as a clinical site for students from Shenandoah University, who accrued 706 clinical hours in 2015.

COMMUNITY BRINGS PEOPLE TOGETHER; AND, THEREIN, IS JOY—IN GIVING OF SELF TO BENEFIT OTHERS.





A National Lutheran Community

The Village at Rockville (TVAR) seized the opportunity to impact its community in a positive way in 2015. Residents, volunteers and staff members alike came together on several projects. They collectively donated their time and resources to a wide range of organizations including, but not limited to: Toys for Tots, Alzheimer's Association, NIH Children's Inn, homeless shelters in Washington, D.C. and Lutheran World Relief.

The Busy Hands group is dedicated to spreading joy throughout the community through their needle-working ability. This selfless group of eight women spent countless hours making scarves for the homeless. They also made five full baskets of hats, scarves and gloves for the women of Wilken's Avenue Women's Shelter in Rockville, Md. They dedicated 192 hours to making these items for the women of the shelter.

In October, the community was represented at The Walk to End Alzheimer's in Frederick, Md. where 55 family members, residents, volunteers and staff donated 110 hours of their time and raised a total of \$1,820 for the cause.

The true meaning of Christmas was joyfully spread to other retirement communities through song. Eight residents led by one staff member, caroled through the halls of Brightview Falls Grove Assisted Living and Potomac Valley Nursing & Wellness Center.

TVAR donated 300 blankets to Interfaith Works and gave another 40 blankets to an employee to spread warmth across the homeless streets of Washington, D.C. for a total in-kind donation of \$4,080. The Toys for Tots bins overflowed with holiday cheer. The community donated six full boxes of 120 toys to a wonderful cause for an estimated contribution of \$1,200.

TVAR is also a proud clinic site for 29 University of Maryland nursing students, who accrued 936 clinical hours for the year.

FOR IF WE SEW BLESSINGS, WE WILL REAP BLESSINGS.





During 2015, residents of The Legacy at North Augusta (TLNA) joyfully participated in several ways throughout the year to give back to the community.

Five residents amassed over 700 hours of volunteer service. These hours were given to Summit Square, The Daily Living Center, Augusta Health, Verona Food, Augusta Health Auxiliary, Red Cross, and Meals on Wheels.

With approximately 2,600 hours of dedicated time, The Crafty Angels provided 1,475 handmade stuffed animals and 252 small pillows to bring much joy to children at Augusta Health, Augusta Regional Free Dental Clinic, and visiting children of TLNA.

In September, The Legacy Legs team—comprised of 15 staff and resident family members—braved the rain for The Walk to End Alzheimer's at Ridgeview Park in Waynesboro. A total of \$1,858.40 was raised by collecting cans for donation, selling raffle tickets for prizes such as tote bags, blankets and umbrellas, as well as conducting the ever popular "pie-in-the-face" contest.

Residents and staff gathered 250 school supplies for The Minnick School in Harrisonburg for a total in-kind donation of \$500. Some of the items included dry erase boards, various writing utensils, zip lock bags, construction paper, and file folders. The school is one of five schools operated by Lutheran Family Services (LFS) of Virginia to help students with complex needs. LFS partners with public schools, providing individualized services for students in small classroom setting that help students achieve success—perhaps for the first time—in the classroom, with the goal to return students to their home schools. The Harrisonburg campus opened in January 2005 and currently serves 32 students.

“THE DONATION OF SCHOOL SUPPLIES IS REALLY CRITICAL FOR THE SUCCESS OF OUR STUDENTS AS MANY OF OUR STUDENTS’ FAMILIES FACE SIGNIFICANT FINANCIAL CHALLENGES. STARTING OFF THE SCHOOL YEAR WITH NECESSARY SUPPLIES HELPS STUDENTS FEEL PREPARED AND GIVES A MUCH NEEDED BOOST TO THEIR CONFIDENCE.”

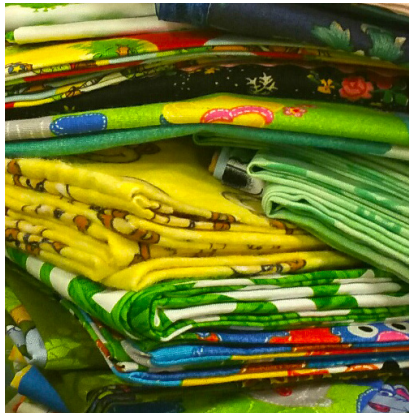
Ellen Bushman, Vice President of Development, Lutheran Family Services of Virginia





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