

A large, stylized sunburst graphic with numerous white lines radiating from the center, set against a solid blue background. The word "Impact" is written in a white, elegant script font across the middle of the sunburst.

Impact

**NATIONAL LUTHERAN
COMMUNITIES & SERVICES**

Community Impact Report 2017

A horizontal bar at the bottom of the page, divided into four colored segments: grey, teal, green, and orange.

COMMUNITY IMPACT PROGRAM



*NLCS honors, inspires and supports
choice and opportunity in service to seniors.*



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We launched the Community Impact program five years ago and every year we have seen both change and growth in what our community partners, staff, volunteers, customers and residents are doing. As Community Impact has grown and taken shape, it has become clear that it is time



interested in a career of working with older adults, offering arts and music programs for the community at large, and conducting educational sessions on topics of interest to seniors and their families. With enhanced programming and tracking capabilities, we now have the opportunity to tell this story in

to organize these efforts in a new way. We now have an opportunity to differentiate the grant-making portion of our activity from our day-to-day community outreach that happens throughout the National Lutheran family.

Moving forward, our grant-making program will be known as Impact1890—A National Lutheran Program. It will be a new organization that is related to, but separate from, National Lutheran Communities & Services (NLCS). Because of the grants awarded for 2017, we have been able to touch the lives of over 8,500 seniors through the work of 30 non-profits in our region.

Beginning in 2018, all of the Community Impact efforts that happen throughout the National Lutheran family will be known as Community Outreach and will be reported in the NLCS Annual Report. This involves, among other things, volunteering by staff and residents, providing educational and training opportunities for students

new and different ways.

The collective efforts that you see in this year's report demonstrate the heart of our mission and philanthropic endeavors. I am tremendously proud of the programs, activities and initiatives that have become an extension and embodiment of the National Lutheran mission. I hope that as you read these pages, you are inspired by these efforts and the peace they bring.



Lawrence R. Bradshaw
President & CEO,
National Lutheran Communities & Services

“ *When peace like a river, attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, Thou hast taught me to know
It is well, it is well, with my soul.* ”

- written by Horatio Spafford

Since 1890, when Sarah Utermehle gave a gift of land in Washington, D.C., that made National Lutheran Communities & Services (NLCS) possible, it has been our purpose to serve seniors in Maryland, Virginia, Washington, D.C. and Delaware. Over time, the way we serve has changed. At first, we focused



with the sole function of awarding and managing grants awarded to community partners. As a part of the National Lutheran family, Impact1890 will continue to live out the original mission of NLCS of providing shelter, food, clothing, medical attention and “such other comforts as Christian”

on nursing care in residential communities—then expanded to independent living, assisted living and short-term rehabilitation care. We now provide services in seniors’ homes as well as in outpatient clinics.

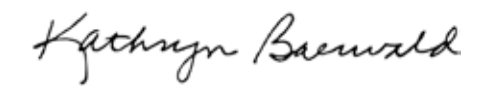
Five years ago, the Board of Trustees recognized that even with this increased outreach, there are many seniors who, for a variety of reasons, are unable to access our services. In recognition of this, NLCS began collaborating with other 501(c)(3) senior organizations to assist in funding needed community services. Since that time, NLCS has awarded 103 grants to 56 organizations totaling \$976,317 to assist thousands of seniors.

Beginning in 2018, the Community Impact grant program will be getting a new look. Continuing its commitment to making a positive impact on the broader community, the Board of Trustees authorized the establishment of Impact1890—A National Lutheran Program, a new organization

companionship may require—but in a new way, through partnerships with others.

Since 2013, we know that the Community Impact grant program has brought peace to so many seniors and their families, even as sorrows like sea billows roll in their lives. We fully expect that Impact1890 will continue to do so for many years to come.

With gratitude,



Kathryn Baerwald
Executive Director,
Impact1890

NATIONAL LUTHERAN FAMILY

The National Lutheran family is composed of countless caring individuals – residents, clients, guests, staff, volunteers and board members – who, together, extend our shared mission of caring for seniors beyond the walls of our physical communities. The impact of this unwavering service brings peace to seniors, caregivers and community members alike. Each National Lutheran community has a unique impact that can be seen in the highlights from 2017.

National Lutheran Family



NATIONAL LUTHERAN COMMUNITIES & SERVICES (NLCS) | Rockville, Md.

- 25 NLCS staff members participated in one of the Connection Days, at each National Lutheran community, dedicating a total of 131.5 hours of direct service to residents and guests.
- Collected 204 pounds of food for the Manna Food Center in Gaithersburg, Md.
- NLCS plus 42 individuals within the National Lutheran family donated a total of \$24,510 directly to Lutheran Disaster Response of the Evangelical Lutheran Church in America to assist the needs of seniors affected by the 2017 hurricanes.



THE VILLAGE AT ROCKVILLE—A National Lutheran Community | Rockville, Md.

- Hosted 17 Family Caregiver Support Group sessions for 150 people.
- Held three Continuing Education Programs for 177 health care professionals learning about senior care ethics and optimizing the health care experience.
- Engaged 250 volunteers who served more than 8,000 volunteer hours, enriching their lives and the lives of residents, guests and clients.
- Presented 12 music recitals, gathering a total of 930 attendees, which provided an opportunity for young musicians to perform in public.
- Hosted three CAPS (Calling and Purpose in Society) Fellows that gained a total of 1,080 hours of senior living experience during their eight-week summer internship.
- Participated in the Walk to End Alzheimer's, raising \$5,297 and engaging nearly 50 participants representing The Village at Rockville.



THE VILLAGE AT ORCHARD RIDGE—A National Lutheran Community | Winchester, Va.

- Presented ten Monday evening music concerts in partnership with the Winchester Chapter of the American Guild of Organists (WAGO); each concert gathered more than 160 attendees.
- Provided nearly 1,000 hours of training opportunities for 11 students, from Shenandoah University and Shepard University, studying music therapy, nursing or social work.
- The Clinical Pastoral Education (CPE) program trained six graduate students, three of whom will continue training into 2018.
- Collected 2,875 non-perishable items, totaling more than \$3,000, to support the Highland Food Pantry's Do Good Bus.
- A group of residents known as the Flying Fingers knitted Baby Cuddles Sweaters, Chemo Hats and Octopi for the Winchester Medical Center; committing more than 1,000 hours of knitting time.
- Participated in the Walk to End Alzheimer's, raising \$4,259 and engaging nearly 50 participants representing The Village at Orchard Ridge.



THE LEGACY AT NORTH AUGUSTA—A National Lutheran Community | Staunton, Va.

- Partnered with First Baptist Church to pack 61 boxes for Operation Christmas Child Shenandoah Valley.
- Residents collected a variety of school supplies for students at The Minnick School in Harrisonburg, Va.
- Hosted the Youth Philanthropy Council, a group of 17 students from Staunton, Waynesboro, Augusta and Highland County high schools learning about philanthropic engagement in order to prepare as the next generation of philanthropic leaders.
- Partnered with Virginia Blood Services to host a blood drive, engaging staff and members of the community as participants.
- Participated in the Walk to End Alzheimer's, raising approximately \$6,644 and engaging nearly 40 participants representing The Legacy at North Augusta.



The Village at Rockville, Alzheimer's Walk



The Legacy at North Augusta, Alzheimer's Walk



The Legacy at North Augusta, Operation Christmas Child



The Village at Orchard Ridge, CPE Program

PEACE
 Shalom
 Cohqwaivwh
 PAZ. MIIR
 Amani
 FRIEDE
 Paix
 KEV TIAJ TUS



We Are Family Senior Outreach Network

Peace. No matter the language, there is a word for peace. But what does it mean?

Peace can mean something quite different for each one of us. For some of the 2017 Grant Recipients peace is:

- Knowing that our home is with God—no matter where we lay our heads at night.
Gracelnside
- Less stress to those diagnosed with early stage memory loss and restoring a sense of purpose in their lives.
Jewish Council for the Aging of Greater Washington
- The comfort of knowing someone cares, of having a friend to talk to and someone to check on you.
Mental Health America of Fredericksburg

- Feeling secure in the ability to pursue lives in dignity and respect. *Diakon*
- Knowing you are not alone.
Silver Spring Village
- Maintaining or improving physical and emotional well-being.
Senior Services of Southeastern Virginia
- In community, sharing our joys and challenges.
Lutheran Church of the Abiding Presence

For each organization, for each person served, for each family member whose worry is eased, peace comes in different ways. God's loving care envelops each individual as the many staff and volunteers carry out God's work through their hands.

2017 COMMUNITY IMPACT GRANT RECIPIENTS

2017 Grant Recipients

BLUE RIDGE HOSPICE

Winchester, Va.

Provides supplemental funding for low-income seniors requiring hospice care in a variety of settings.

Provided music therapy and spiritual support to over **600** seniors



Peace is comforting patients and families with compassion and understanding.



CATHOLIC CHARITIES OF THE ARCHDIOCESE OF WASHINGTON, INC.

Washington, D.C.

Provides direct food aid, including fresh fruit and vegetables, to low-income seniors in Southern Maryland.

Provided fresh food aid to approximately **79** low-income seniors

COLONIAL HERITAGE COMMUNITY FOUNDATION, INC.

Norge, Va.

Provides an additional day per week of faith-based adult day/respite care services for seniors and caregivers in the Williamsburg area.

Expanded services for **75** seniors and caregivers



COMMUNITY MINISTRIES OF ROCKVILLE'S ELDERLY MINISTRIES PROGRAM

Rockville, Md.

Provides a variety of in-home services such as home care, home repairs, food delivery, to low-income seniors in Rockville, particularly those living in subsidized housing.

Provided **50** seniors with **4,224** hours of home care services

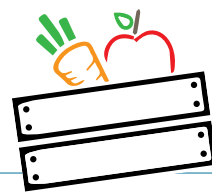
2017 Grant Recipients

CROSSROADS COMMUNITY FOOD NETWORK

Takoma Park, Md.

Provides food assistance and nutritional education to seniors in a variety of cultural backgrounds at the Farmers' Market in Takoma Park.

Served more than **400** seniors at weekly farmers market



Peace means that everyone is welcomed and feels included at our farmers market.



DIAKON ADULT DAY SERVICES AT RAVENWOOD

Hagerstown, Md.

Provides additional days of subsidized medical daycare services to low-income seniors, including occupational therapy, physical therapy, speech therapy, nutrition, bathing, and transportation.

Served approximately **75** clients and caregivers

EVERYMIND, PREVIOUSLY KNOWN AS MENTAL HEALTH ASSOCIATION (MHA)

Rockville, Md.

Provides funding for volunteer recruitment and training for its Friendly Visitor Program that serves 100 home-bound seniors in Montgomery County.

Engaged a total of **84** volunteers



GAITHERSBURG HELP, INC.

Gaithersburg, Md.

Provides transportation services in Montgomery County for low-income seniors for routine medical and social service appointments.

2017 Grant Recipients



GRACE NETWORK

Martinsville, Va.

Provides emergency financial services (rent, utilities, food) to seniors in jeopardy of being evicted or losing their utilities.

Assisted approximately **300** seniors

GRACEINSIDE

Richmond, Va.

To expand its chaplaincy program (Project ElderCare) in Virginia prisons to include chaplaincy services for women at FluVanna in addition for male prisoners at Deerfield.

Provided chaplaincy services to over **1,000** incarcerated men & women



H.E.L.P. - HEALTH EQUIPMENT LOAN PROGRAM

Churchville, Va.

Provides basic infrastructure needs, e.g., storage shed, and the purchase of durable medical equipment to be used as a part of its free, equipment-on-loan program to low-income seniors in the Staunton area.

Loaned **1,055** pieces of equipment

HIGHLAND FOOD PANTRY, INC.

Winchester, Va.

Provides sturdy plastic bags, informational materials and easy to prepare, high-protein foods to low-income, food insecure seniors in the Winchester area.

More than **30,000** pounds of food delivered to senior clients



Peace is having enough to eat.

2017 Grant Recipients

HOSPICE CARING, INC.

Gaithersburg, Md.

Provides caregivers for older, terminally-ill adults receiving services through its Volunteer Helping Hands program.

Provided more than **1,500** caregiver hours



JEWISH COUNCIL FOR THE AGING OF GREATER WASHINGTON, INC.

Rockville, Md.

Provides additional funding for the Kensington Club, a multi-site activity for seniors in the earliest stages of memory loss, focusing on activities that promote brain health and sustain cognitive abilities.

More than **130** programs provided



JEWISH SOCIAL SERVICE AGENCY

Rockville, Md.

Provides services to combat social isolation among Holocaust survivors in Montgomery County and Northern Virginia.

Served **180** Holocaust survivors



LOW VISION CENTER

Bethesda, Md.

Provides support for the general operating costs of the organization, which assists those with low vision seeking optical and non-optical aids.

More than **1,500** seniors and caregivers served



2017 Grant Recipients



LUTHERAN CHURCH OF THE ABIDING PRESENCE

Burke, VA.

Provides funding for monthly senior luncheons (congregants and guests), combating social isolation.

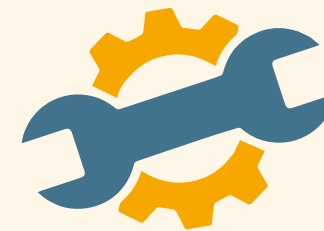
Served an average of **55** seniors monthly

LUTHERAN COMMUNITY SERVICES, INC.

Wilmington, Del.

Provides home repairs, utility grants and food assistance to low-income seniors in the Wilmington, Delaware area.

Volunteers offered approximately **450** hours of home repair services



MANNA FOOD CENTER

Gaithersburg, Md.

Provides general operating funds for food and delivery services to over 500 residents of senior housing, among other activities.

More than **25** languages spoken by senior Manna participants

Peace includes

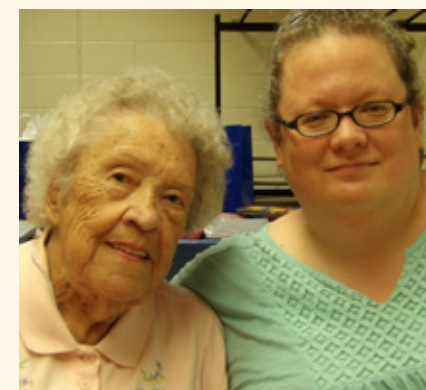
access to an equitable amount of healthful food and freedom from experiencing the root causes of hunger.

MENTAL HEALTH AMERICA OF FREDERICKSBURG

Fredericksburg, Va.

Provides funding for an outreach worker specifically dedicated for the Senior Visitors Program in the Fredericksburg area, focusing on the prevention of depression and suicide amongst seniors at no cost to the recipient.

4,177 volunteer hours dedicated to visiting lonely and isolated seniors



2017 Grant Recipients

Peace is

knowing that you have community support to help you live safely and independently in your home.

PENINSULA AGENCY ON AGING, INC.

Newport News, Va.

Provides at minimum a total of 15 Chronic Disease Self Management workshops for seniors, enhancing balance and stability to prevent falls.

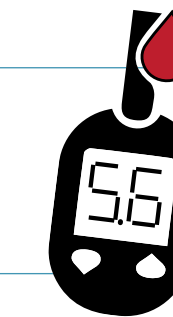
Workshops reached more than **250** seniors

RAPPAHANNOCK RAPIDAN COMMUNITY SERVICES

Culpeper, Va.

To expand its provision of Chronic Disease Self Management (CDSM) courses, particularly related to diabetes, throughout its region.

24 senior participants completed CDSM courses

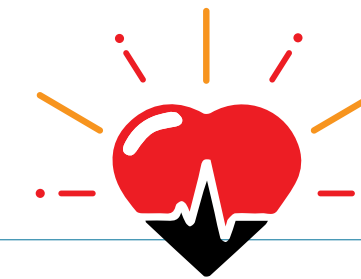


SENIOR SERVICES OF SOUTHEASTERN VIRGINIA

Norfolk, Va.

Provides a pilot senior fitness program, EnhanceFitness, at six sites in South Hampton Roads, Virginia.

92% of participants have increased their upper body strength, overall mobility and balance



SHENANDOAH AREA AGENCY ON AGING

Front Royal, Va.

Enhances its chronic disease management program by training additional leaders, particularly with regard to cancer management.

Oldest class participant is **97** years old

SHENANDOAH VALLEY LUTHERAN MINISTRIES/SHENANDOAH COUNTY HEALTH MINISTRY COALITION

Toms Brook, Va.

Provides funding for a Faith Community Nurse who serves seniors in rural north-western Shenandoah County

Ministered to more than **200** senior clients

2017 Grant Recipients

SILVER SPRING VILLAGE, INC.

Silver Spring, Md.

Provides support to the activities of the NORC (Naturally Occurring Retirement Community) serving 3,800 seniors living in zip code 20910, Silver Spring, Maryland.

219 educational, social and recreational programs offered



ST. PAUL'S LUTHERAN CHURCH

Washington, D.C.

Expands the services currently provided through its Senior Center which offers weekly and twice-weekly social day programs in Ward 3.

Expanded services for more than **20** weekly attendees



VALLEY PROGRAM FOR AGING SERVICES

Waynesboro, Va.

Provides transportation services for seniors in rural Augusta and Rockingham Counties.

5,053 Senior Transportation trips

Peace is the reassurance that help is available when needed.

Peace means

the presence of love, of belonging, of justice and knowing that we all have something of value to give to our world.

WE ARE FAMILY SENIOR OUTREACH NETWORK

Washington, D.C.

Provides food assistance to low-income seniors in the North Capitol, Shaw and Columbia Heights areas of the District of Columbia.

Monthly bags of groceries delivered to **757** seniors

2018 IMPACT1890 GRANT RECIPIENTS



A National Lutheran Program

2018 Grant Recipients

AHC Greater Baltimore
Baltimore, Md., **\$5,000**

Arts for the Aging, Inc.
Rockville, Md., **\$5,000**

Bay Aging
Urbanna, Va., **\$6,000**

Blue Ridge Area Food Bank
Verona, Va., **\$10,000**

Blue Ridge Hospice
Winchester, Va., **\$10,000**

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

**Crossroads Community
Food Network**
Takoma Park, Md., **\$10,000**

**Delaware Ecumenical Council
on Children and Families**
Wilmington, Del., **\$11,500**

**Faith in Action, Northern
Shenandoah Valley**
Winchester, Va., **\$3,500**

Food & Friends
Washington, D.C., **\$12,500**

Gaithersburg HELP, Inc.
Gaithersburg, Md., **\$3,000**

Gracelnside
Richmond, Va., **\$12,000**

**Health Equipment Loan
Program (HELP)**
Churchville, Va., **\$2,000**

Highland Food Pantry
Winchester, Va., **\$5,000**

Hospice Caring
Gaithersburg, Md., **\$3,500**

Jefferson Area Board for Aging
Charlottesville, Va., **\$10,000**

Jewish Social Services Agency
Rockville, Md., **\$5,000**

Local Office on Aging
Roanoke, Va., **\$7,000**

**Maryland Consumer Rights
Coalition**
Baltimore, Md., **\$10,000**

**Mental Health America of
Fredericksburg**
Fredericksburg, Va., **\$7,500**

Newark Senior Center
Newark, Del., **\$3,500**

Project Mend-A-House
Manassas, Va., **\$5,000**

**Rappahanock Rapidan
Community Services**
Culpeper, Va., **\$7,000**

Rebuilding Together Alexandria
Alexandria, Va., **\$8,500**

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

Shenandoah Dental Clinic
Woodstock, Va., **\$10,000**

**Shenandoah Valley Lutheran
Ministries**
Toms Brook, Va., **\$20,000**

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

**Southern Maryland Tri-County
Community Action Committee**
Hughesville, Md., **\$10,000**

**Valley Program for Aging
Services**
Waynesboro, Va., **\$2,500**

Virginia Peninsula Foodbank
Hampton, Va., **\$10,000**

**Virginia Tech Adult Day
Services**
Blacksburg, Va., **\$8,000**

We Are Family Senior Outreach
Washington, D.C., **\$10,000**



Contact us

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540-431-2800
www.thevillageatorchardridge.org

MYPOTENTIAL AT HOME

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Suite D
Winchester, VA 22601
540-931-0160
www.mypotentialathome.com

THE VILLAGE AT ROCKVILLE

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

THE LEGACY AT NORTH AUGUSTA

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

THE VILLAGE AT PROVIDENCE POINT

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

The Village at Providence Point is subject to approval by the Maryland Department of Aging.

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**As of January 1, 2018
the CIAC became
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