



EMERGENCY FUNDS FOR NEIGHBORS IN NEED

Spring 2017 info@arlingtonthrive.org www.arlingtonthrive.org

Arlington Thrive Receives its Largest One-Time Gift Ever

Arlington Thrive is pleased and honored to announce that longtime benefactor Mitchell E. Davis, MD has contributed \$250,000 to establish The Mitchell E. Davis, MD Emergency Medical and Dental Assistance Fund. This is the largest single donation in Arlington Thrive's 42-year history. The new fund will be dedicated to prescription assistance, medical bills, medical transportation, medical equipment, and dental assistance.

"Thanks to Dr. Davis, Arlington Thrive will have a secure source of funding for our Arlington neighbors who need help with medical and dental bills," said Arlington Thrive Executive Director Andrew Schneider. "It will allow us to help more people with pressing emergency needs that, unpaid, could send them into a downward spiral of debt."

Dr. Davis has been a supporter of Arlington Thrive since 2006. The retired ophthalmologist is deeply concerned about the plight of those whose medical needs are not covered by insurance. He has chosen to give generous annual donations to Arlington Thrive because he appreciates the nonprofit's local focus and efficient delivery of emergency funds.

"We are grateful for the consistent and generous support of Dr. Davis," said Schneider. "In 2016, approximately 40 percent of Arlington Thrive's Daily Fund was used for medical and prescription assistance. This new fund gives us the capacity to help even more of our Arlington neighbors."

Thanks to a generous and unprecedented gift, Arlington Thrive is establishing The Mitchell E. Davis, MD Emergency Medical and Dental Assistance Fund, which will allow us to help more of our Arlington neighbors.



Forever Thrive Launched: Leave a Lasting Legacy through Planned Giving

You're invited to be a founding member of Arlington Thrive's new planned giving society – **Forever Thrive**. Why would you choose to remember Arlington Thrive in your estate plan? Regardless of how much you've contributed during your lifetime, planned giving is a chance to make an even bigger impact in the future.

And making a bequest is as easy as **A...B...C!**

A is for amount. When drafting your estate plan, you can specify that a **specific amount or percentage** go to Arlington Thrive. If you already have a plan, you can add a codicil to that effect. In addition to cash, estate gifts may include life insurance policies, retirement accounts, and financial accounts.

B is for Benefit. An important **benefit of making a bequest** is that your gift is entirely free from federal and state estate and inheritance taxes.

C is for change. It's **easy to change or customize** your bequest. Because relationships and circumstances evolve over time, your estate plan may do the same. (*learn more on page 6*)

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P.O. Box 7429
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Telephone: 703-558-0035
info@arlingtonthrive.org
www.arlingtonthrive.org
Editor: Shandra Niswander



ARLINGTON THRIVE STAFF

Executive Director

Andrew Schneider

Director of Development

Shandra Niswander

Operations Manager

Nicole LaFragola

Dress for Work Success

Coordinator

Pearl Hicks

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www.arlingtonthrive.org

From the Executive Director

When I took on the job of Executive Director of Arlington Thrive a little over a year ago, I had no idea that there were so many people who cared so deeply about our community and Arlington Thrive. I am deeply grateful to Dr. Mitchell Davis for his unprecedented generosity in establishing The Mitchell E. Davis, MD Emergency Medical and Dental Assistance Fund to support the medical, prescription, and dental assistance of Arlingtonians in need. His gift will make a lasting impact on our community for years to come.



I also had no idea that leading Arlington Thrive would involve running 10 miles. On Sunday, April 23rd, I joined with nearly 50 other Thrive supporters to run the GW Parkway Classic. We raised money, awareness, and our pain tolerance all in support of Arlington Thrive.

At the one-year mark, I am humbled and honored to be part of this organization that helps so many of our Arlington neighbors. It's been an exciting year!

- We've had a successful year raising funds and awareness on behalf of Arlington Thrive. More recently, we've also launched our new planned giving society – Forever Thrive which you can read about elsewhere in the newsletter.
- We've raised funds and awareness through the first annual BBQ, Boots & Bingo event last September, and the seventh annual Resolve to Run running training program this winter and early spring.
- I've met and worked with amazing partners – our donors, the Arlington Thrive Board and staff, Arlington County Department of Human Services and many other safety-net nonprofits in the County.

I'd like to say a special word of thanks to two of our Board members – Brenna Hill and Kellen MacBeth – whose terms have recently ended. Board members are truly the unsung heroes in the nonprofit world, and I am grateful that they cared enough about Arlington Thrive to share their ideas, time and expertise with us. This spring, we also said "goodbye" to Nory Flores, our Program Manager. She will be missed, but we wish her the best in her future endeavors.

I'm thrilled with what we've accomplished together over the last year. But despite our best efforts, there is still unmet need – and, as you know, that need may be increasing. In these uncertain times, it is more important than ever to be able to provide assistance to our neighbors in need. As always, I am grateful for your continued support of Arlington Thrive's vital and unique mission.

Sincerely,
Andrew Schneider
Executive Director

Arlington Thrive is pleased to announce it has recently received grants from the following organizations. We appreciate their generous support!

~Arlington Chapter of the Links

~Dominion Guild ~Kiwanis Club of Arlington

~Washington Forrest Foundation

~Wells Fargo Foundation

More Than Just Money: Constructing a Bridge Out of Poverty

By Liz Salak, Arlington Thrive Volunteer

Arlington County is one of the 10 richest counties in the United States, yet almost 30% of its population is in or near poverty according to Virginia poverty measures. Can money alone solve this problem?

The short answer is no. Money is just one of eight resources we all need to prosper: The others are emotional, mental, spiritual, and physical resources as well as support systems, relationships and role models, and knowledge of hidden rules of class (e.g., our different, unspoken rules for how money is spent and managed).

In March, Arlington Thrive hosted a lunch where Arlington County Department of Human Services (DHS) Economic Independence Division Chief Jeanne Booth and Clinical Care Unit Supervisor Amanda Manning spoke to Thrive volunteers, staff, and board members about the importance of these eight resources in their work with clients.

DHS, in concert with community assistance groups like Arlington Thrive, launched an initiative in 2016 to improve the County's approach to working with people in poverty.

They used a holistic framework for understanding poverty developed in the book *Bridges Out of Poverty*. *Bridges Out of Poverty* led DHS to redefine poverty as "the extent to which an individual does without resources."

Jeanne Booth explained how the world views of people in poverty can hinder their ability to change. People in poverty may feel they are powerless to affect their future. They may distrust institutions (even those designed to help them). Their actions may be driven by mental models of the world that actually keep them in poverty.

Those of us trying to combat poverty can also be thwarted by hidden, and unacknowledged, rules that structure our mental models of the world. Booth shared a childhood memory to illustrate the importance of unearthing these rules. She remembers being four years old, sandwiched between her solidly middle-class parents in the front seat of the car. Her father took a wrong exit straight into a poor neighborhood. When a squeegee-wielding man with "a bucket of dirty water" approached the car, Booth's father tersely told the family to "lock the doors." The rule—batten down the hatches when a person in poverty asks for money—makes sense in a mental model in which the moneyless are dangerous.

Booth emphasized that there's no shame in hidden rules—we all have them, but "to be authentic and respectful" when working with those in poverty we need to bring our hidden rules into the light of day. And, if necessary, update them to better reflect our evolving understanding of the world.

Amanda Manning gave an overview of the many ways in which DHS works with clients. Her group, the Clinical Coordination Program (CCP), assists with shelter, rent, and utilities. She and her colleagues try to "figure out a way to help even if [DHS doesn't] have a line item." The client is often an active participant contributing to the search for solutions and learning from DHS about building or strengthening the eight critical resources.

Booth said her belief that our goodness is reflected in how well we help each other led her to social work. A self-interested take on that thought emerges from the numbers: According to an article in *The Washington Post*, poverty "can happen ... to me and to you. Poverty in the United States is common, and according to the Census Bureau, over a three-year period, about one-third of all U.S. residents slip below the poverty line at least once for two months or more."

So do unto others, no matter their social class, as they may be doing unto you later on. And remember: It takes more than money.

Seeing the World Through a New Lens

An Arlington resident and loving grandmother, Ms. W took on the daunting task of raising her granddaughter and was granted full-time custody. The two of them live on a very small income, but they manage with resources available



through Arlington County. At a recent appointment with her optometrist, Ms. W learned that she needed bifocals. Unfortunately, Ms. W's insurance company would only cover the cost of regular glasses, not bifocals, which are more expensive.

With her prescription in hand, Ms. W came to Arlington County's Clinical Coordination Unit (CCU) and asked for help. Her social worker called Arlington Thrive, and Ms. W received the funds she needed. A week later, Ms. W received the call to pick up her new bifocals. Relieved, she called her case manager and said "I am so glad that I decided to come and ask for help. I'm grateful for the financial assistance that I received for my glasses. I can see now, and things are a lot clearer than before. Please make sure that whoever gave me that money knows that I am truly thankful."

A pair of glasses may seem like a small thing, but they can actually change someone's life. Thank you for helping Mrs. W see again!

Resolve to Run: Hitting the Trail to Help Our Neighbors in Need

Despite some very cold days, the 2017 Resolve to Run team started strong with 46 runners, the largest group ever. For some, like Amanda Holmes, the program was the boost she needed to start a new fitness routine.

"I've been 'resolving to run' for several years. I got new running shoes for Christmas and figured now is the time to make a change," Amanda said. "I found out about the program through Facebook and a friend who encouraged me to join the team. I'm excited to be supporting such a great organization and see how many of my friends are supporting me, too."

Amanda and the rest of the team received expert assistance each Saturday from running coach Jeff Myers, which motivated them to train on their own during the week. Over 30 runners registered for the George Washington Parkway Classic 10-mile and 5K races on April 23. In return, Resolve to Run team members were asked to support Arlington Thrive by seeking local business and corporate sponsors and setting up personal fundraising pages to raise money and awareness in their own network of friends, family and colleagues.



Pictured: Amanda Holmes

"No one should go without something they need due to an unexpected emergency. So many people can't afford to save enough money each paycheck to create an emergency savings fund and may be just one emergency away from being destitute. Arlington Thrive exists to help prevent that from happening."



Pictured: Gresham Harkless

Gresham Harkless was another first-time participant. An athlete who enjoys many sports, Gresham joined Resolve to Run because it allowed him to support a good cause while taking on a new fitness challenge. He appreciated learning the Galloway method from Coach Denny Pinch – which combines running with scheduled walk breaks, enabling runners to keep up their energy and endurance. Gresham added, "I also took advantage of a free health evaluation, so I learned a few things that I can do better with my running to become more active."

Now in its seventh year, Resolve to Run has inspired Arlingtonians to strengthen their hearts and their charitable spirit. It has even inspired more family togetherness, with four mother-daughter duos participating this year.



From L to R: Lisa Crosswell and Jill Barker, Marlee and Ada Cobb, Sydney and Patricia VandeMeulebroecke. (Not pictured: Kelly and Beni Yuzawa).

**The George Washington Parkway Classic took place on April 23, after this newsletter had already gone to press. For more photos and race results, please watch for our e-news and check the website at www.arlingtonthrive.org.*

Thank you to our Resolve to Run Sponsors!

Premier Sponsor

Arlington Rotary Club



\$500 LEVEL

\$400 LEVEL



\$250 LEVEL



Dr. Kristen Bowling Williams, DDS

Forever Thrive Launched: Leave a Lasting Legacy through Planned Giving

(continued from page 1)

Please consult your attorney or legal advisor to learn about the various types of bequests and determine which would best suit your estate planning needs. If you have already included Arlington Thrive in your estate plan, please let us know. We would like to thank you for your generosity, make sure we understand the purpose of your estate gift, and recognize you as a founding member of Forever Thrive. You may request to be listed anonymously.

Please call Andrew Schneider, Executive Director (703-558-0035), to learn more about the options for setting up a bequest. Whatever you decide, you will know that you are leaving a lasting legacy for our Arlington neighbors and a brighter future for our community.

Legal Name:

Arlington Thrive, Inc.

EIN#: 51-0207684

Address: PO Box 7429 Arlington, VA 22207

Contact: Andrew Schneider, Executive Director

Phone: 703-558-0035

Email: schneider@arlingtonthrive.org Website:

www.arlingtonthrive.org



Meet a Forever Thrive Founding Member

Long-time Arlington Thrive Supporters Liz and Scott Vance are founding members of our new planned giving society. Here's a Q&A with Liz that describes how their donor relationship with Thrive has evolved over time.

Arlington Thrive: How long have you and Scott been Arlington Thrive supporters and how do you support the organization?

Liz Vance: I have been involved with Thrive for over 20 years. In 1994, I was going to college, and met and married Scott. Being in school and not having to work full-time left me with time to volunteer. I found the posting for AMEN (Thrive's previous name) in the "Community News: Volunteers Needed" section of *The Washington Post*. It seemed like a very easy way to volunteer, and I quickly got involved as a Daily Volunteer. It wasn't long before I was asked to be on the Board, and eventually Scott and I both were involved Board members and officers. As our lives got more complicated (work and small children), our time became harder to share. But our income rose, and we were able to be involved instead as donors.



AT: Why do you think it is important to support Arlington Thrive?

LV: I think Thrive is an amazing organization. It helps people in the thousand little ways that they need, filling in the gaps between other need-specific organizations. I have had family members and friends who have been on the "need" side of the equation, and I've seen firsthand how a little help can go a long way. I want to be able to help people in my community, and in ways that might otherwise be missed. And I'm teaching my children (now 11 and 15) that being involved in the community, and helping where help is needed most, is one of the most important things you can do.

AT: How did you make the decision to make a bequest to Arlington Thrive's newly launched planned giving society, Forever Thrive?

LV: We set up our wills to make a donation that would cover the year or two after our deaths, so that the loss of the anticipated donation will not hit Thrive's budget immediately, and also to give the organization time to account for the difference. Our plan is that as long as we are financially able, every year our donation will grow as our income grows.

AT: What would you say to encourage others to consider becoming founding members of Forever Thrive?

LV: I would encourage anyone living in Arlington to become a founding member of Forever Thrive. Being a part of a community means helping your neighbors when they need it. This is one of the easiest ways to help those who need it most.



DoMore24: SUPPORT

ARLINGTON THRIVE-JUNE 8

How much can you accomplish in a day? We think you can help Arlington Thrive raise \$10,000 in just 24 hours! On Thursday, June 8, Arlington Thrive will once again participate in Do More 24, our region's largest 24-hour online fundraiser, powered by United Way of the National Capital Area. It brings together nonprofit organizations, partners and donors committed to creating impact in our community. **With communities all over the region mobilized to protect our most vulnerable neighbors, Do More 24 is more important than ever!** Last year, we raised \$8,000. We think we can do more this year – but only with your support. Watch our Facebook page, e-news and website to find out how to give.

Join our Social Network!



We want more friends! Are you on Facebook? If you already follow the Arlington Thrive page, you know it's the best way to keep in touch with us and our work in the community. We're challenging ourselves to expand our Facebook community by reaching 1000 likes this year. Help us meet the challenge by "liking" and "following" Arlington Thrive. And please share our posts with your own social network. We need to let more people know about the important work we're doing to help our neighbors in need.

Another Way YOU Can Help Arlington Thrive – Become a Volunteer

With a small staff, Arlington Thrive counts on volunteers every day to get its work done. If you have the desire to help your Arlington neighbors in crisis, we can find the right volunteer opportunity for you. Some jobs – like the Daily Fund – require a big commitment, but others take less time – like helping with mailings and events, or serving on a committee.

Doug Smarte, who worked as a manager at Arlington County's Department of Human Services and is now retired, is one of our dedicated volunteers, as is his wife, Lynn. "I've been volunteering two days a month as a Daily Fund volunteer for about eight months. It's very satisfying to be a part of a team helping our neighbors in need," Doug said.

Doug also serves on the Program Committee, and both Doug and Lynn have helped Thrive staff with mailings and events. Do you want to be a Thrive volunteer? Email info@arlingtonthrive.org or call us at 703-558-0035.



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Arlington Thrive

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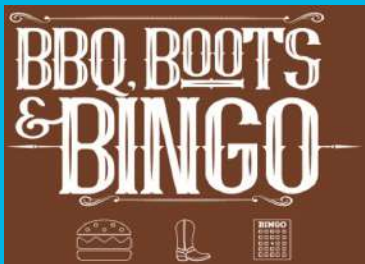
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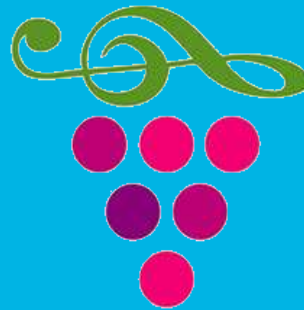
Mark your calendar for Saturday, September 23, our second annual fun, family fundraiser –



BBQ, Boots & Bingo!
We are making plans now to make it even bigger and better than last year – after all, it's not our first rodeo!

Do you have some creative ideas for the event? Our event planning team is looking for more volunteers. Email info@arlingtonthrive.org or call 703-558-0035 if you're interested. Do you want to sponsor BBQ, Boots & Bingo this year? Our Director of Development, Shandra Niswander, would love to talk to you. Connect with her at niswander@arlingtonthrive.org or by calling the office.

Music, Wine and Arlington Thrive



Do you like to listen to music, visit with friends and sample new wines? You can do all three at the Shirlala Festival at The Village at Shirlington, where Arlington Thrive staff and volunteers will once again be staffing the wine-tasting tents. The outdoor music event will take place (weather permitting) on Thursdays, June 1-29, from 6:30-8:30 p.m. Email info@arlingtonthrive.org if you can help.