Our mission statement says: “Arlington Thrive delivers same-day emergency funds to our neighbors in crisis, so they can be secure in their jobs, health, and homes and thrive in a caring community.” Helping people thrive is at the heart of what we do.

“Why Thrive?” is the theme of this newsletter, so we are answering that question in several different ways. Two of our Board members explain why they support Arlington Thrive. An Arlington County social worker describes how Arlington Thrive helped a client who was about to fall into a deep financial crisis. Legacy donors explain why they made a bequest to Arlington Thrive to ensure that our programs carry on as long as they are needed. And a Resolve to Run participant relates why she chose to spend 12 cold Saturday mornings training to run the George Washington Parkway Classic and raise funds for Arlington Thrive.

For low-income Arlingtonians, the high cost of rent, utilities and transportation in our area already poses difficult challenges. The coming loss of temporary protected status for many immigrants in our area and prospective changes to nutrition assistance programs have the potential to deeply affect many of our client base, making their lives even more precarious than they already are. Our programs can offer stability when it’s needed most.

Working together, we can make sure that more Arlington residents have the resources they need to thrive. Why Thrive? Because everyone in our community deserves a chance to prosper and flourish.

Arlington Thrive is a clear connection of our vision to action. An Arlington community where ALL have homes, are financially stable, and thrive. What sets Arlington Thrive apart from other nonprofit organizations and public sector enterprises is the fact that we connect our short term actions with our foundational values of compassion, collaboration, and candor. Providing a sense of security to our neighbors in crisis is our duty as empathetic community builders. Arlington Thrive not only gives me this ability but allows me to connect with like-minded individuals who passionately and selflessly serve our county.

Thrive is one of those small, boots-on-the-ground nonprofits making a huge difference in the lives of Arlingtonians going through a financial crisis. Sometimes a small amount of money is the difference between going without -- being evicted, foregoing prescriptions, or having heat in the winter or cool air in the summer -- and getting by. And sometimes timing is all important. Arlington Thrive delivers assistance the same day it is requested. Everyone goes through tough times. I support Thrive so that my Arlington neighbors can get past theirs.
Grant Update

Thank you to the following organizations for their generous grant contributions (between July 1, 2017 and April 1, 2018):

- Dominion Energy Charitable Foundation
- Employees Charity Organization of Northrop Grumman (ECHO)
- Geary-O’Hara Family Foundation
- Washington Forrest Foundation
- Wells Fargo

Board Changes

This spring ushers in some changes in the Arlington Thrive Board. Marla Diaz will step up as the new Board President, and we will welcome new Board members Scott Friedrich, Gwen McQueeny, and Cara Moon.

Cynthia Dahlin (Vice President), Toby Haggerty (Treasurer), and Sheena McConnell (Secretary) will continue in their current roles.

Leaving the Board are Rebecca Ely, Hanna Eun, Jane Northern and Allen O’Neil. We offer them our deep thanks and appreciation for their service.

Honoring Candy Fowler

We are deeply grateful for the leadership of Candy Fowler, who served as President of the Arlington Thrive Board for the last four years. She was at the helm for many significant events, including the 40th Anniversary celebration, the retirement of long-time Executive Director Geraldine Shannon, and the hiring of current Executive Director Andrew Schneider.

As a member of the Board, she headed up the committee that coordinated Arlington Thrive’s rebranding effort in 2013. With her energy, organizational skills and attention to detail, Candy has been instrumental in shaping Arlington Thrive into the organization it is today. Fortunately, Candy will continue to serve on Thrive’s Board, and we appreciate her ongoing leadership. We are thankful for her unwavering commitment to Arlington Thrive and its work in the community.

Board of Directors

President: Marla Diaz
Vice-President: Cynthia Dahlin
Treasurer: Toby Haggerty
Secretary: Sheena McConnell
Janet Elman
Julie Featherman
Candy Fowler
Scott Friedrich
Betsy Howes-Bean
Gwen McQueeney
Cara Moon
Sandy Winger

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Executive Director
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Director of Development
Shandra Niswander
Operations Manager
Joyce Patry
Dress for Work Success Coordinator
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Shandra Niswander, Andrew Schneider, and Dominion Energy’s Scott Reamy.
Arlington Thrive’s signature running training program, Resolve to Run, is in its eighth year! This year, 28 runners participated in Saturday morning training sessions to prepare for the George Washington Parkway Classic.

Incoming Board member Gwen McQueeny, VP of Virginia Services, Volunteers of America Chesapeake (VOAC), decided to sign up for the program for the first time this winter. We asked what motivated her to get up on several cold Saturday mornings to train with the Resolve to Run team, and here is what she replied:

Arlington Thrive (AT): What made you decide to sign up for Resolve to Run?

Gwen McQueeney (GM): I think for me, it's about community and looking for opportunities to give back and make friends. Arlington Thrive always offers such great community events and it's about being outside and getting healthy. Win, win!

AT: Are you a regular runner, or is this your first experience?

GM: I like to say that I am a walker who is learning how to run. It’s new and it’s just nice to meet people.

AT: What is it about Arlington Thrive that makes you want to support the organization?

GM: Arlington Thrive has a mission that I connect with—and the work that they do is so vital to the Arlington community, assisting people through a crisis. Arlington Thrive’s work truly can offset a person or family being homeless or having to decide whether to pay rent or get food for their family. They assist with paying for expensive medications and increase people’s chances at wellness. VOAC, the agency that I work at, utilizes their services for our clients, and it has a tremendous impact for them. I truly appreciate the work they do!

AT: Do you plan to run the George Washington Classic 5K race in April?

GM: I do! Well, run is a strong word to use—can we say run/walk? I plan to do it with some friends and that will be fun and motivating.

AT: Is there anything you’d like to say about your experience with Resolve to Run so far?

GM: I love it and plan to do it annually! It's fun to meet people who have done the program before and connect with others for an exceptional cause.
Retired educators Edie and Tom Smolinski care about their neighbors in need, including Arlington youth. They both enjoyed fulfilling careers in the field of education — Tom as Principal of the Arlington Career Center and Edie teaching mathematics to middle school students, and then counseling and serving as a middle school guidance director in Fairfax County Public Schools. “We care about young people getting a good start — and our time and energy has been in that direction,” Edie noted. She fondly recalled the days of working on McKinley Elementary Help the Homeless walks with then Thrive Board Member Rev. Jack Turner and his son, Mark. She also pointed out, “Tom, along with our children and grandchildren, took part in the Fannie Mae Help the Homeless Walks for years, which encouraged students to understand more about the homeless, including homeless children.”

They have generously supported Arlington Thrive with their time, talent, and treasure for nearly 20 years now. After joining the Board in 2000, Edie also became a Daily Fund volunteer. Tom assisted her by delivering the computer to the next day’s volunteer. Over the years, Edie has served in key leadership roles, including Board President, Treasurer, and Daily Fund Volunteer Coordinator. “I loved training new volunteers — and it’s gratifying to hear about those folks now training the new volunteers,” she remarked.

While Edie recently retired as a Daily Fund volunteer, she remains a staunch supporter of Thrive’s work. In fact, Edie and Tom recently became Founding Members of Arlington Thrive’s Planned Giving Society, Forever Thrive. They made a simple, but important, decision to ensure our neighbors in need can count on their support in the future — they have remembered Arlington Thrive in their estate plan with a special bequest.

On behalf of those we help each day, we would like to recognize Edie and Tom for their long-standing and unwavering support. And, in these uncertain times, we are grateful that they have made a simple plan today which will ensure that our neighbors in need can thrive tomorrow.

Would you like to learn more about making a planned gift to Arlington Thrive? Please contact Shandra Niswander, Director of Development, at 703-558-0035 or by email at niswander@arlingtonthrive.org.
Any time there is a change in tax law – just as when there is a change in your life circumstances, such as the birth of a child or a change of careers – it’s a good time to review your financial and tax strategies, as well as your estate plan, to make sure you adjust your strategies and stay on track to achieve your goals under the new circumstances. Since the new tax reform bill was passed late in 2017, many of our donors have questions about how it will affect their financial support of Arlington Thrive. Chelsi Dildine, a Financial Advisor with Edward Jones with an office in Arlington, VA, has been kind enough to offer some answers. Chelsi is a member of Arlington Rotary, which sponsored a fundraising event for Arlington Thrive in September 2017.

Q: How will the 2018 Tax Law affect charitable giving?
A: Because the new standard deduction is now higher, charitable giving that is deducted from your taxes by itemizing your deductions may not actually lower your taxes. However, giving a Qualified Charitable Distribution might still benefit you tax-wise.

Q: What is a Qualified Charitable Distribution, and how do I reflect that on my tax return? How does this benefit a donor?
A: A Qualified Charitable Distribution (QCD) is a donation given directly from a Traditional or Roth IRA to qualifying charities. A QCD can be up to $100,000 annually and can be used to satisfy required minimum distributions (RMDs) from an IRA without having the distribution included as income. By making the donation directly from your IRA, the distribution is tax-free. Such charitable deductions can be reported on IRS Form 1040.

Q: How does this benefit a charity like Arlington Thrive?
A: With a QCD, qualified charities such as Arlington Thrive will receive the full QCD amount as a donation rather than receiving the lesser amount the donor would have had available to give had he or she taken the distribution as income and paid taxes on it before donating the remainder.

Q: If I’m younger than 70½, are there other tax strategies I should be considering?
A: Another strategy for charitable giving is to donate appreciated stocks instead of cash, which will allow you to avoid paying capital gains tax on those stocks. Unlike an individual, a charity to which you donate appreciated stocks does not incur capital gains taxes when it tenders the security. This allows the charity to receive a larger donation than if you had sold the stock first then donated the money you received. It also allows you to avoid paying taxes on the appreciation.

On Tuesday, May 22, at 7:00 p.m., Chelsi is hosting an educational seminar on estate planning, which will include discussing the role of charitable donations in an estate plan. For more information, please contact Chelsi directly at chelsi.dildine@edwardjones.com or 703-243-9276.
#resolvetorunandthrive

Thank you to Our Resolve to Run 2018 sponsors!

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The George Washington Parkway Classic took place on April 22, after this newsletter had already gone to press. For more photos and race results, please watch for our May e-news and check our Facebook page and website (www.arlingtonthrive.org).

Sarah Dianne Jones, Director of Children & Youth Ministries at First Presbyterian Church of Arlington, Resolved to Run for Arlington Thrive for the first time this year.

From left to right: James Brady, Blair Moorhead, Scott Friedrich (Thrive Board Member and Chair of the Development and Communications Committee), Michelle Maynard and Emily Rehr all trained for the 10 mile race this year.

Mother daughter duo, Jill Barker (Former Thrive Board member) and Lisa Crosswell, returned to train and run the 10 mile race for their Arlington neighbors in need again this year.

From left to right: James Brady, Blair Moorhead, Scott Friedrich (Thrive Board Member and Chair of the Development and Communications Committee), Michelle Maynard and Emily Rehr all trained for the 10 mile race this year.

Mother son duo, Barbara and James Brady, trained for the 10 mile program this year.

10 milers and 5K runners gather for Saturday morning training at Bluemont Park.

Mother daughter duo, Jill Barker (Former Thrive Board member) and Lisa Crosswell, returned to train and run the 10 mile race for their Arlington neighbors in need again this year.
**Coming Events**

**May 17-18, 2018**

From noon on May 17 through noon on May 18, we need your help to raise $15,000 during Do More 24, an online 24-hour fundraiser sponsored by the United Way of the National Capital Area. Please consider making an extra donation to help our most vulnerable neighbors, and share our posts with your friends and family, so they have the opportunity to give, too. Watch our social media, e-news and website for more details.

**BBQ, Boots & Bingo**

**September 2018, date TBD**

Saddle up, pardners! It’s almost time for our third annual BBQ, Boots & Bingo fun family fundraiser. We’ll have more details and ticket information on our Facebook page and website soon. Hope we can rope you in again this year!