



## 2023 Annual Report

In 2023, Bethesda Metro Area Village debuted a new logo which better showcases the values – friendship, fun, caring, and connection – which unite the BMAV community. BMAV brings together both those who have lived in Bethesda for years and those who have moved here more recently, through opportunities to develop friendships and engage in cultural, educational, and physical activities. This past year we counted over 400 events, sponsored by the village and its special interest groups, that gave our members the opportunity to socialize, learn, and stretch both mentally and physically.

In our seventh year of operations, our Board of Directors continued healthy transitions in leadership and membership and completed a strategic planning process to help us anticipate and meet the challenges and opportunities that face us over the next five years. We continue to be on solid financial footing, working toward our village's mission:

To build an engaged, caring community of members who want to remain in their homes as they age.

To provide members with opportunities to make and strengthen social connections, explore educational and cultural activities, and engage in shared interests with friends.

To provide volunteers who perform services that help members remain in their homes with dignity.

– Barbara Brown, Chair of the Board of Directors

Proud Partners with the



## Who We Are

BMAV is part of the national aging-in-place movement dedicated to providing services, community support, and social opportunities that allow people to remain in their own homes, safely and independently in the community they know and love. We are active in the national Village to Village network and in the Washington Area Village Exchange (WAVE) – including serving as a mentor to developing villages, and our Executive Director serving on WAVE’s Board and Programs Committee.

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*"[The village is] a group of people who give the word community the feeling of care, concern, closeness, and a desire to be there for one's neighbors. I have never felt such a deep sense of community before joining BMAV, even though I have lived in my house since 1977."*

*"Joining the village has been an opportunity to make more than connections - I am making new friends."*

*"A big thank you for all you are doing for me! Not only is it transportation, but I'm getting to meet my neighbors."*

*"Thanks for such a wonderful village."*

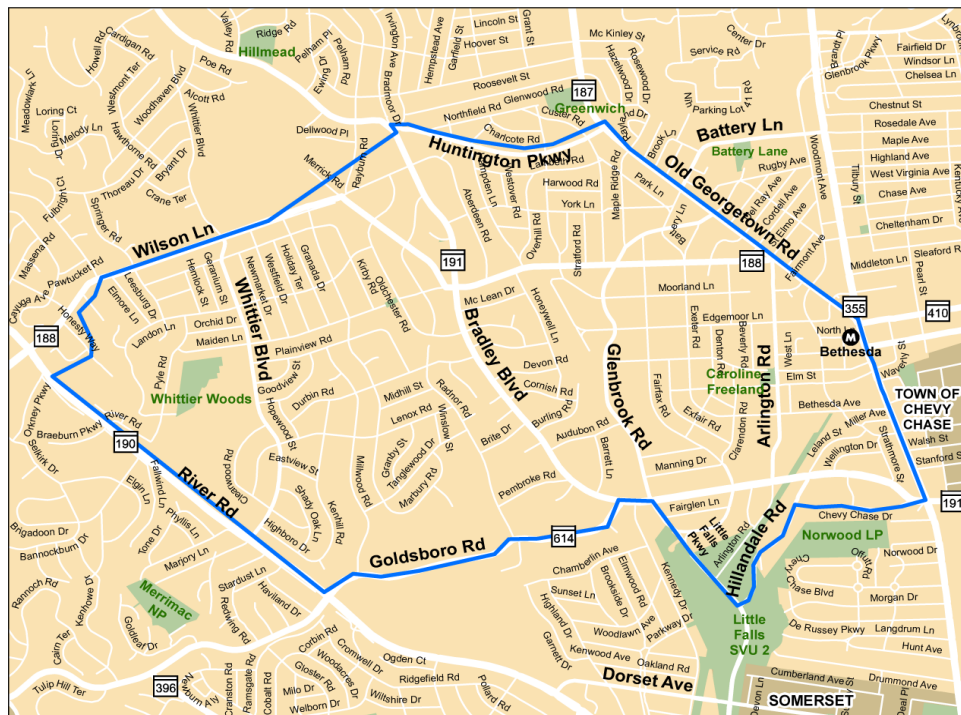
*"I love BMAV!"*

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– BMAV members



- Our membership continued to grow, gaining 30 new members and ending the year with 140 members – 38 Full Service and 102 Social.
- We welcome Social members from anywhere in Bethesda not served by another village and offer subsidized memberships to those seniors who express a need.
- Social members enjoy our robust programming, making connections in the neighborhood and helping their neighbors. Full Service members can, in addition, receive volunteer-provided services.

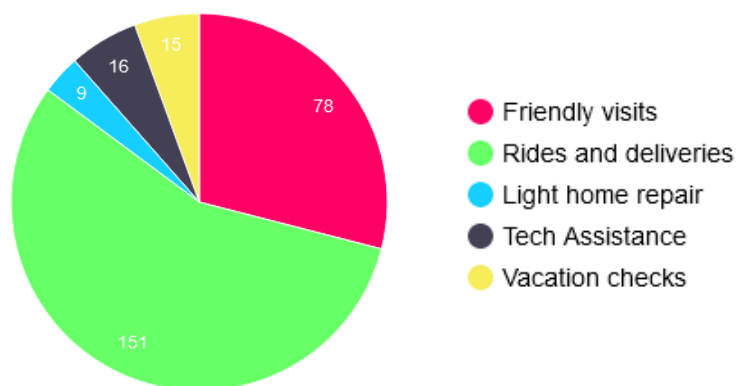


- Our service boundaries for Full Service members run from Old Georgetown Road and Wisconsin Avenue to our east, Glenbrook Road/Little Falls Parkway to Hillandale Road to Chevy Chase Drive to Goldsboro Road on the south, River Road on our west, and Wilson Lane to Huntington Parkway on our north. We serve the neighborhoods of Battery Park, South Bradley Hills, Whitehall Manor, Edgemoor, English Village, Greenwich Forest, Kenwood Park, Landon Village, and Kenwood Forest.

### Our Services

- Forty-nine volunteers provided these services for our village members:  
Rides, deliveries, light home repair, technology assistance, absent-owner services, medical notetaking, friendly visits or calls, and nonmedical respite care for primary caregivers.

**269 Volunteer Service Requests in 2023**



- Through WAVE, our Executive Director attended seminars on best practices for volunteer outreach, training, and retention. We held four virtual volunteer training sessions in 2023, and several individual interviews and training sessions were held with high school students.
- Students earning Student Service Learning (SSL) credit perform in-person technology tutoring for BMAV members in sessions at the Connie Morella Library. We are very grateful to these students for their thoughtful service. We also want to thank the library for making space available, and to the Montgomery County Volunteer Center for connecting us.





- During 2023, BMAV's knitting and needlework Shared Interest Group members donated 180 items, representing hundreds of hours of crafting, to Bethesda Cares, National Center for Children and Families, the Greater Washington DC Diaper Bank, Walter Reed oncology, and Christ Child Society. The group has made such donations for the past five years.



- Members and volunteers from the village participated in a pen pal exchange with a fourth grade class at Bethesda Elementary. Many of the students speak a language other than English at home or are recent newcomers to the country – these connections have been enjoyed by both generations and continued in 2024.

- In April, we were able to hold our annual Volunteer Appreciation event in person, with a catered luncheon for 40 volunteers.



### Our Activities

This year BMAV continued to create engaging online events for our members to be able to connect and socialize from home, while also providing indoor events and outdoor gatherings, such as: walks, hikes, coffee talk and happy hour, restaurant dineouts, socials, museum visits and tours.

In 2023 we created or partnered in 445 events – with more than 3100 participants. Many of our programs are open to the community, helping everyone to connect and prevent isolation, as well as spread the word about the village.





- In collaboration with Silver Spring Village, BMAV arranged a meeting with the Montgomery County Council in June to showcase all county villages. Formal presentations were made, and time was allotted for villages to connect with Councilmembers and their staff. Andrew Friedson, the Councilmember representing areas served by BMAV and now the Council President, highlighted villages in his constituent newsletter.
- Executive Director Elizabeth Haile and other WAVE Board members led a successful conference in October for all DC-area villages to learn from each other in person. BMAV Board members and committee chairs attended and enjoyed speakers, learning sessions, and lunch.
- BMAV continued collaborating with the Bethesda Connie Morella Library to sponsor free programming for seniors that benefits not only our members but seniors throughout the area. Programs were held on Zoom and in the library meeting room.



- We also worked with the Bethesda Historical Society, Montgomery History, Montgomery County Volunteer Center, Suburban Hospital, area museums, other senior villages in the DC area, and professionals in the community who shared their expertise on various educational topics.
- In April we held a three-part workshop series with Dr. Eleanor Tanno on creating advanced directives. Individuals were guided through planning steps and trained to help others. This was made possible by the award of an Advances in Aging grant from Suburban Hospital.



- Our Shared Interest Groups – member-initiated and member-led – continue to be the backbone of our village programming. Each small group get-together allows village members to get to know each other at regular gatherings, some online and some in person. With the addition of a new group focused on wine, we now have 17 shared interest and social groups that provide programming throughout the year:



Aging Well, Armchair Travel, Biking, Birding, Bridge, Book Club, Dining Out, Film Fans, Hiking, Walking, Knitting and Needlework, Gardening, Coffee Talk, Happy Hour, Wine Tasting, Men's and Ladies' Lunch.



- BMAV provided opportunities for self-improvement:  
Monthly technology “chats” with volunteers addressing common tech problems. Online and in-person fitness classes. Discussion of curated TED talks. Chess classes led by area high school students. Workshops on: decluttering, nutrition for seniors, fall prevention, scam prevention, Alzheimer’s research, end-of-life planning, hospice care, green burials, ethical wills, getting the most out of a doctor’s visit, writing a memoir, navigating Medicare Part D, fire safety, and designing your life for success.
- Opportunities to experience history, culture and literature:  
Free tickets to Round House Theatre as part of its community program. Biking and kayaking on the Potomac. Outdoor concerts. In-person private tours, and online tours, of Smithsonian American Art

Museum. In-person tours of DC's new Rubell Museum, Capital Jewish Museum, Museum of Illusions, National Gallery of Art, Chesapeake & Ohio Canal National Historical Park, Glenstone, Hillwood, neighborhood gardens, and historic Bethesda with Hank Levine and Bethesda Historical Society. US national security expert Michael O'Hanlon, on current international events. White House photographer Christy Bowe. Historian Elisabeth Griffith on Elizabeth Cady Stanton. Kate Andersen Brower on Elizabeth Taylor. Ambassador Swanee Hunt. Hank Levine on the roots of modern Bethesda. Former NPR national security correspondent David Welna.

- And opportunities to socialize – in game nights, in socials at each other's homes, and at "paint and sip" evenings.



## Our Volunteers

This year 60 individuals – both members and neighbors in the community – volunteered with BMAV, offering time and expertise on the Board, in committees, leading programs, or as service providers.

Together our volunteers donated 2400 hours in 2023, at a value of more than \$76,300.<sup>1</sup>

We thank all the following volunteers for their contributions of time and energy this year, whether in offering service hours to members, hosting or planning programs, or helping to guide the organization. Without an engaged community, there would be no village.

Uday Annavarapu	Reid Detchon	David Moulton
Nancy Balz	Starr Ezra	Alice Padwe
Lynn Barclay	Flavia Favali	Chris Palmer
David Barnes	Robert Ferguson	Jeanne Parker
Ben Beach	Diane Goldman	Thomas Parker
Ann Bennet	Barry Gorman	Maria Perry
Michael Benson	Susan Gorman	Leon Pomerance
Robert Berish	Andrew Green	Barbara Reese
Roy Beveridge	Thomas Henteleff	Sandra Ross
Art Bill	Edward Howard	Gail Shearer
Jan Bill	Elyse Jacob	Steven Sullivan
Jane Boynton	Maureen Jais-Mick	Stephanie Sutton
Andrea Brown	Ryan Johnston	Steve Sutton
Barbara Brown	Marilyn Kerst	Paul Thorn
Hanne Caraher	Diana Kitt	David Welna
James Collins	Ann Labriola	Candice Will
Naomi Collins	Hank Levine	Barbara Wiss
Bruce Coolidge	Tony Mastria	Andrea Witt
Janet Dante	Jane McGuire	Michael Witt
Francie de Peyster	Daniel Mick	Amy Young
Jim Dempsey	Robert Metzler	

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<sup>1</sup> Based on Independent Sector current rate per hour of \$31.80 X 2380 hours = \$76,320.  
<https://independentsector.org/resource/value-of-volunteer-time/>



## Donations

BMAV pursues multiple sources of funding and carefully manages its budget to address today's needs and maintain a sufficient reserve to meet tomorrow's evolving and unexpected needs.

BMAV is a 501(c)(3) not-for-profit organization. We rely on donations, as well as volunteer time and members' commitment, to continue to grow and sustain our mission. Tax-deductible donations can be made on our website, [www.bmavillage.org](http://www.bmavillage.org), or mailed to Bethesda Metro Area Village, P.O. Box 30525, Bethesda, MD 20824.

If you would like to donate stock, provide a gift from a donor-advised fund, or make a bequest or other planned gift, such as a charitable gift annuity, trust, or the gift of life insurance, please contact us at 240-630-2628 or [director@bmavillage.org](mailto:director@bmavillage.org).

We gratefully acknowledge the individuals, businesses and organizations below that supported BMAV in 2023 with financial or in-kind contributions:



Anonymous  
Doris Aronson  
Dan and Nancy Balz  
Lynn G Barclay  
Robert Berish and Barbara Brown –  
In gratitude to Elizabeth and  
our volunteers  
Fred and Lori Berner  
Arthur and Janet Bill  
Jane Boynton

Andrea Brown – In thanks to BMAV  
for enriching my life  
Hanne Caraher – In thanks to  
BMAV  
Mary Louise Carnevale and Robert  
Metzler  
Melissa Clark  
James and Naomi Collins  
Bruce Coolidge and Ann Labriola

Francie de Peyster and David  
Moulton  
Reid Detchon  
Nancy English  
Sarah and Jim Fleischer  
Harry and Susan Geisel  
Barry and Susan Gorman  
Thomas and Claudia Henteleff  
Rona Hirschberg – In support of  
subsidized memberships  
Elyse Jacob  
Diana Kitt  
Laura Kramer – In gratitude to  
Barbara Wiss  
Thomas and Marren Meehan

Stephen Moseley  
Mary O'Neil  
James and Judith O'Sullivan  
Alice Padwe  
Chris Palmer and Gail Shearer  
Jeanne and Tom Parker  
Fred Philips and Connie Hickey  
Srinivasa Reddy  
Patricia Steckler and Phiroz Bhagat  
Stephanie and Steve Sutton  
Paul B. Thorn  
Joanne Tucker  
Barbara Wiss  
Witt Family Foundation

A special thanks to member Doris Aronson, who has donated generously to the village year after year. She gives because:

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*"...of the support I have had over many years. I feel so lucky to live in the community BMAV serves. I have found companionship and connection through ups and downs, and the village means a lot to me."*

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### 2023 Financial Report

Income: \$97,941

Membership dues - \$44,700  
Individual donations - \$26,516  
Business donations - \$1,000  
Grants - \$18,663  
Interest and dividend income - \$7,062

Expenses: \$72,308

Personnel and associated costs - \$57,246  
Insurance - \$3,249  
Other operational (dues, fees, website, office supplies) - \$5,819  
Programs, membership, fundraising, advertising - \$5,397

Net income - \$26,231

### Board of Directors

Barbara Brown, Chair  
Bruce Coolidge, Treasurer  
Jane Boynton, Vice Chair  
Diana Kitt, Secretary  
Andrea Brown  
Hanne Caraher  
Naomi Collins  
Reid Detchon  
Barry Gorman  
Chris Palmer  
Jeanne Parker  
Stephanie Sutton  
Barbara Wiss

### Committee Chairs

Communications, Reid Detchon  
Finance, Bruce Coolidge  
Development, Barbara Wiss  
Membership, Open  
Programs, Stephanie Sutton  
Volunteers and Services, Jeanne Parker

Newsletter editor, Lynn Barclay

Executive Director - Elizabeth Haile

Bethesda Metro Area Village

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