



Northern Virginia
Family Service

FALL 2017

MOMENTS OF IMPACT

How our friends, partners and supporters can make a difference in the local community through Northern Virginia Family Service

New Look, New Sound for 2017 Empty Bowls

*Join us a for a great afternoon with
food, music and fun to benefit NVFS'
SERVE Campus*



EMPTY BOWLS: A CONCERT TO SERVE OUR COMMUNITY

is a fresh take on our annual family-friendly event, and its proceeds will provide tools and resources for families to build brighter futures in the Greater Prince

William area. Our 2017 event will be more exciting than ever, with a new location and live entertainment from one of the DC area's favorite bands!

Join us Sunday, Oct. 22, 2017, from 2 – 5 p.m. at Uptown Alley for an afternoon of refreshments and the company of 200 of your neighbors, while listening to covers of bands such as Steely Dan, Wilco and Steve Earle, courtesy of local favorite band Big Tow!

A meal of delicious soup, salad, bread and non-alcoholic beverages will be provided by Uptown Alley, and games of bowling, laser tag and various arcade games will be available for purchase for you and your children to enjoy!

"We are so excited for this year's Empty Bowls: A Concert to SERVE Our Community. It's an excellent opportunity for the community to come together to enjoy one another's company, share a meal and give back to the families in need in Prince William County," states Jen McCollum, NVFS executive vice president of development and communications.

Proceeds from ticket sales will benefit NVFS' SERVE Campus. Attendees will also get to take home a handmade pottery bowl. To purchase tickets, or to sponsor NVFS' Empty Bowls: A Concert to SERVE Our Community, please visit nvfs.org/emptybowls. ❖



A Joint Investment in Our Community

"If you want to go fast, go alone. If you want to go far, go together." – African Proverb

FALL IS ONE OF MY FAVORITE TIMES OF THE YEAR.

Hot summer days turn cool and crisp. Leaves rustle in the breeze, with their brilliant hues waiting to burst. Apples and clementines become the perfect snack. Schools bustle with kids filled with wonder, curiosity, pride and familiar faces. And the new season's celebrations summon traditions — old and new — and families and friends coming together, creating joy simply by being together.

During our most joyful times, our hardest times, and the everyday times in between, friends and family — however we define this for ourselves — and our ability to lean on each other and share in each other's journey, are the building blocks of our community.

At Northern Virginia Family Service, families are at the core of all that we do. We help families build stronger bridges, discover their paths forward, achieve economic independence, and find the strength, hope and opportunities they need to reach their fullest potential.

In this issue of NVFS' Moments of Impact, we celebrate more than two dozen CARE Award winners who are investing in their employees and living these values. We celebrate and remember a dear friend of mine and so many others here in Northern Virginia, Matt McCloy, who shared through his actions the gift of being joyful and having a sense of humor, of loving unconditionally and giving generously, and the power of taking a step back and letting

others shine. Matt hired me in 1999 when I first came to NVFS, and passed away much too soon, leaving a hole in so many of our hearts, joy and memories that are everlasting, and now, a legacy gift that will help ensure that families in need in our community will continue to thrive.

All who partner with NVFS are a critical part of our community of support. If you have hosted a back-to-school drive; if you have brought your team together for a service day in our Head Start classrooms or Hunger Resource Center; if you have donated your gifts of time, money, or influence; if you have sat with members of our NVFS team and worked together to solve a community challenge; if you have taken a moment to read the stories we share and understand the challenges that so many of our neighbors face — and if you have shared those stories with others... If you have taken the time to care and act, then you are a part of our NVFS family.

As this new season sets in, as the leaves fall from the trees and crackle under our feet, as we reflect on what we are thankful for and bring our families and friends together this holiday season, my heartfelt thanks to all of our NVFS friends and family who make it possible, every day, to bring opportunities, joy and hope to our neighbors in need.

Stephanie



Stephanie Berkowitz,
NVFS president and CEO

Healthy Families Provides New Parents With Tools for Success

"Don't be scared to go find help if you need it."

– Anna,
mother



First-time parents receive the help and encouragement they need to create a safe, healthy home for their son.

WHEN J AND ANNA

discovered they were expecting their first child, they were faced with the typical insecurities of first-time parents: How do you care for a baby? Will we be good parents? What if we need help?

Neither J nor Anna had good parental role models growing up, but they wanted to make sure they could successfully support their child. So they began working with Taylor Espinoza, a Healthy Families family support worker (FSW), who began regular home visits with them to discuss their child's development and provide support for the first-time parents.

"We have discussed bonding and attachment, social and emotional stages, developmental stages and depression," says Espinoza. Because of regular home visits, Espinoza says, both parents became more open with her.

"I was wondering how I was going to benefit from Healthy Families and what I was going to learn," says Anna. "I was both nervous and excited. I wasn't sure if I was going to like my FSW."

"Anna was nervous and felt awkward about being a mom" after her initial home visit, Espinoza shares, "but now she is just so natural with her baby. You can tell Anna and J love Sean so much."

Witnessing the progression from worry and insecurity to love and education between first-time parents and their children is just one aspect of Healthy Families. On top of providing home visits and assistance in child development, Healthy Families also ensures parents are equipped to continue providing and advocating for their children after graduating from the program.

"Don't be scared to go find help

if you need it," says Anna.

J adds, "With the help of Healthy Families, I am more confident at being a parent. I'm not as afraid."

J and Anna are currently preparing to go back to school, and are enjoying reading to Sean and watching him continue to develop and explore. ♦

NVFS believes that every parent or caregiver deserves the support and resources necessary to achieve success. The four goals of NVFS' Healthy Families are to promote positive, nurturing, responsive parenting; improve child health and development; promote school readiness; and prevent child abuse and neglect. The program is designed for parents facing challenges such as single parenthood; low income; childhood history of abuse and other adverse child experiences; and current or previous issues related to substance abuse, mental health issues, and/or domestic violence. To learn more about NVFS and Healthy Families, please visit nvfs.org.

NVFS Remains at Cutting Edge of Homeless Service Interventions



NVFS WAS AN EARLY ADOPTER of Rapid Re-Housing in Prince William County as the first organization to adopt this model at the SERVE Family Shelter. Through our efforts, we have been able to reduce shelter stays from six months or more to an average of 35 days. This is critical as we know that homelessness influences every facet of a child's life from conception to young adulthood. The experience of homelessness inhibits the physical, emotional, cognitive, social and behavioral development of children.

This summer, key members of NVFS' homeless services team attended the 2017 National Alliance to End Homelessness' (NAEH) National Conference on Ending Homelessness as final preparation for launching a full Housing First approach. A Housing First approach prioritizes providing people experiencing homelessness with permanent housing as quickly as possible — and then providing voluntary supportive services as needed. This approach emphasizes client choice in both housing selection and service participation.

The conference provided an opportunity for

learning as well as furthering our role as a leader in this domain, as Lorena McDowell, director of homeless services, also led a workshop on shared housing. NVFS has been sought out for our success with this housing intervention, which is particularly effective in a competitive rental market.

Through the conference, NAEH and its partners introduced cutting-edge best practices to help teams on the ground break down barriers to housing for guests and aid staff in moving one step closer to ending homelessness. NVFS' team was able to enhance its expertise with concrete takeaways to introduce into shelter operations and guest care.

The conference concluded with a Capitol Hill Day, where the NVFS homeless services team and others from across the United States urged legislators to support our collective cause and to increase support for our nation's most vulnerable citizens.

Our team left the conference feeling more energized than ever and ready to implement new practices learned! ❖

NVFS Kicks Off Cooking Demos

LOW-INCOME NEIGHBORHOODS frequently lack full-service grocery stores and farmers' markets where residents can access high-quality fresh fruits, vegetables and other nutritious foods. According to the U.S. Dept. of Agriculture, 11.5 million people, or 4.1 percent of the total U.S. population, live in low-income areas more than 1 mile from a supermarket. As a result, families and individuals in these areas not only lack access to fresh foods, they may not be familiar with certain nutritious food items or how to prepare them.

NVFS' Hunger Resource Center (HRC) provides wholesome, affordable food to more than 600 Prince William area families each month in an effort to bridge the gap between lower-income families and their access to healthy food. To help in this effort, the HRC has started a new food assistance initiative called Healthy Cooking Demos to educate clients on the importance of healthy eating, and how preparing healthy meals can be both accessible and fun.

HRC Warehouse Manager Darrell Dixon states,

"The meals will be simple and easy to make, and I will be using the food that comes into the HRC to prepare the meals for the guests."

The cooking demos began in September, taking place on Wednesday evenings after dinner at 7:30 p.m. in an effort to garner the interest of the SERVE shelter guests at their convenience, as well as other members of the community.

"As clients come through to shop at the HRC, they can also check out the cooking demo and have a taste test," Dixon said. "If they like the meal, we can package up the items that are being prepared and give them to the clients."

The HRC provides more than 600 families each year with emergency food assistance, strategies for purchasing healthy food and enrolling in SNAP benefits. Ensuring our guests and clients have access to quality food, education and opportunity, and bringing awareness to the benefits of healthy eating is a top priority for Northern Virginia Family Service. ❖

"Here, Now and Down the Road": Children's Resiliency Class

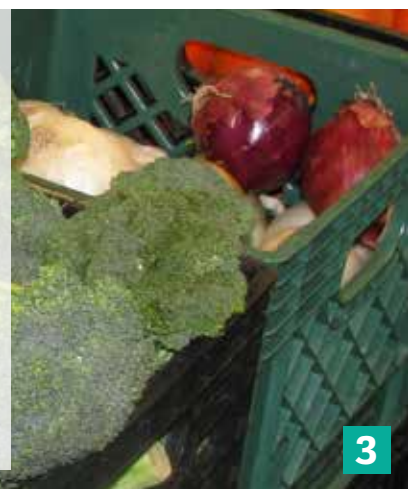
NVFS IS A RESOURCE for children and their parents to ensure our youngest neighbors are developing a strong foundation — educationally, mentally and emotionally. Through our services, we promote healthy development and school readiness for low-income children ages 0 to 5 in both center and home environments.

We're expanding these services to ensure parents in our programs are trained to equip their children with the skills they will need to cope with difficult life transitions in safe, healthy ways.

Through grant funding from 100WomenStrong, NVFS' "Here, Now and Down the Road: Growing Resilience" parenting class is designed to foster resilience in children and enhance their ability to overcome adversity by leading healthy, socially competent and successful lives.

The eight-session course, which will end Oct. 20, features games and educational activities to get parents involved in the learning process. Recesses between sessions are designed to allow parents to practice new ways to support their children's emotional strengths and provide feedback in future class sessions.

A second Spanish-speaking series will start again this spring for clients and referred parents. ❖



Finding Strength and Resilience Through NVFS Resources

How one client found the support she needed to create a safe environment for her and her children

"I feel strong, I have confidence in myself, I feel comfort and relief knowing I have NVFS' support...I will not be stuck, I know my rights with the legal system, and I feel a sense of stability and consistency in my life for me and my children." – Diana

DIANA FIRST ENTERED THE DOMESTIC VIOLENCE PROGRAM

at NVFS' Multicultural Center and was immediately assigned to Saara Amri, a mental health therapist, to guide her through her transitions and provide her with the support she needed. Diana was coping with her new role as a single parent after leaving her children's abusive father, learning how to advocate for herself and children, and even learning how to speak English more fluently to be able to better communicate with others in the United States. This support, on top of the services she received through NVFS' Program for Survivors of Torture & Trauma (PSTT), helped Diana find the strength she needed.

"I have seen her evolution from not being able to speak English, being unable to speak without bursting in to tears ... to learning how to take public transportation with two small children, driving a

car, learning to speak up for herself, finding a job at her children's school," Amri states. "And it all culminated with being able to testify in court to the abuse she and her children endured without becoming emotionally overwhelmed or traumatized."

Laura Poole, her NVFS case manager, adds: "NVFS has been a stable place for Diana and her children while she has worked extremely hard to ensure her children's safety and stability. She has demonstrated every effort to care for her children in the best way possible, and has worked full time over the past school year in order to better care for her family's financial needs."

NVFS prides itself on being a one-stop shop for individuals and families in the Northern Virginia community who are in need of assistance — financially, mentally and emotionally. The wraparound services Diana received provided her with the foundation to move forward, even

when her family's safety was in jeopardy.

"Diana is a client who really represents someone that has been able to work from a place of intense trauma toward a place of stability," says Poole. "The primary barrier to her self-sufficiency was directly related to a situation in which she had to send her children to their abusive father each week in order to comply with their custody order. With therapy she received through NVFS' domestic violence program, she has been able to work toward stability, even in an ongoing situation in which her basic needs and the safety of her children were often unknown."

Today, Diana has a completely new lease on life with a stable job, and safety for both her and her children. This safety and stability provides Diana with the peace of mind she needs to help her family thrive.

For more information on NVFS' domestic violence program, please visit nvfs.org. ❖

Leaving a Legacy of Giving Back

Former NVFS staffer Matthew McCloy's legacy lives on through a donation made through his estate.

ENERGETIC. ENTHUSIASTIC. FUNNY. COMPASSIONATE. FUN LOVING. RELENTLESS. CARING. THOUGHTFUL.

These were some of the words used to describe Matt, as former co-workers at NVFS reflected back on their personal and professional relationship. Without exception, the mere mention of his name brings a smile to those who knew him.

"Matt took me under his wing when I first got here. He was a great people connector." – Sharon Frost

"NVFS and so many lives in the community were better for his years of dedicated service." – Cyndy Dailey

Matt McCloy passionately served at NVFS for 22 years, beginning as an idealistic intern. As vice president of community services and member of the NVFS leadership team, Matt helped develop

critical programs in the areas of housing, health and workforce development, many of which continue to support our community today. His career went on to include leadership positions at AARP Foundation and the National Council on Aging, as well as running his own consulting firm.

"All of this with grace and humor. I miss this wonderful colleague and good friend every day!"

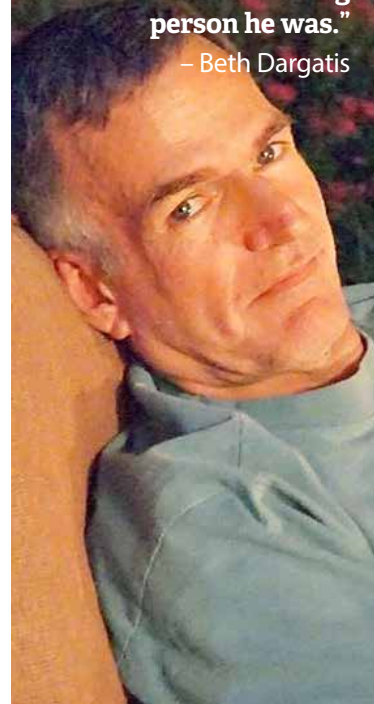
– Julia Stephens

To ensure that his life's work to serve families continued, he included a donation in his estate plans to benefit NVFS' Road to the Future endowment fund. We appreciate Matt's many years of dedicated service to our community and his desire to continue to pave the way for future generations through our organization.

To learn more about how you can provide long-term support to NVFS through a legacy gift or to inform NVFS of a legacy gift, please contact Jackie Sims at 571.748.2901 or jsims@nvfs.org. ❖

"His NVFS gift is a testament to how much he cared about the NVFS family. It says so much about his character and what a kind and caring person he was."

– Beth Dargatis



Building a Stronger Community Through Partnerships

NVFS IS ABLE TO INCREASE OUR IMPACT through the support of the community — be it government entities, corporations and foundations, civic or faith groups, or individuals. The investment in creating a stronger Northern Virginia community is one we share, and we're privileged to have such wonderful partners to help our neighbors reach their full potential.

The Fairfax County Office to Prevent and End Homelessness

(OPEH) values the partnership that we have established with NVFS. It is critical that we have strong nonprofit organizations that are able to meet the increasingly challenging needs for those who are at-risk of and experiencing homelessness in our community. We truly value the commitment and willingness to provide creative solutions that leverage their staff and core programs to benefit some of the most vulnerable in our community. We look forward to our continued work together."

– Dean Klein, Director of OPEH

Over the past several years NVFS has thoughtfully expanded the programs and services offered to those in need. Through NVFS offerings such as mental health services for homeless children or enrolling families into healthcare programs, among others — **Potomac Health Foundation** is able to positively impact the lives of families in Prince William County and fulfill the Foundation's mission to improve the health of the community by increasing access to health care for the medically underserved." – Timothy McCue, Director of Grant Programs at Potomac Health Foundation

Providing temporary shelter for homeless individuals and families is a critical component to our long-term goal of permanent housing for all people in our community. To that end, NVFS has been a key partner in helping us to address homelessness. We look forward to continued partnership with NVFS, and look forward to collaborating with NVFS as we identify ways to address the issue of homelessness here in **Prince William County**."

– Elijah Johnson, Deputy County Executive of Prince William County

OUR WORK IS MADE POSSIBLE BY

240+
corporate & foundation partners

200+
civic & community partners

25
government partners

79,942
hours of service provided by

6,327
volunteers



2017 Winners

AMERICAN SYSTEMS

Business Benefits Group

Consumer Technology

Association

CustomInk

Dimension Data

Evans Incorporated

FlexProfessionals, LLC

FMP Consulting

Helios HR

INTEGRITYOne Partners

Knight Point Systems, LLC

MBL Technologies, Inc.

Merritt Group

Monument Wealth Management

National Rural Electric

Cooperative Association

National Rural Utilities

Cooperative Finance

Corporation

NetImpact Strategies, Inc.

PRS, Inc.

SourceAmerica

Suntiva

Toffler Associates, Inc.

Towne Park, LLC

Transurban Group

USTA Mid-Atlantic Section

Ventura Corp.

NVFS' CARE Awards continue to spotlight companies on the leading edge of change and innovation in providing family-friendly benefits and policies.

THE COMPANIES AS RESPONSIVE EMPLOYERS (CARE) AWARDS

are an extension of NVFS' mission to empower individuals and families to find stability and self-sufficiency, and to promote community cooperation in responding to family needs. Winning companies are committed to strong families and a strong community, and exhibit this through employee well-being, workplace flexibility and community stewardship. Not only do these traits provide a positive workplace experience, they are an excellent way to gain an edge in hiring motivated and skilled workers.

Each year, NVFS presents the annual CARE Award to applicants that meet the award's standards in all of these categories. CARE is on the leading edge of change and innovation in the workplaces of Northern Virginia, given that work and family are intertwined in most people's lives.

"NVFS is anxiously awaiting this year's CARE Awards. This November, NVFS' CARE Awards celebrates 25 years of honoring responsive employers and their influence on the changing dynamic of the Northern Virginia workforce," said Lindsey Kearney, NVFS director of corporate and foundation relations. "The value

"CARE celebrates companies that view investing in employees as a strategic advantage."

– Robert Acosta, CEO of Ventura Corp.

and impact of the award can be seen through our record number of applicants this year."

To commemorate this banner anniversary year, NVFS is hosting a special panel of industry leaders to inspire business and workplace evolution in the years ahead. Panelists include Robert Acosta, CEO of Ventura Corp., and Jennifer Aument, Group General Manager North America of Transurban, along with the event's moderator, Douglas Fruehling, editor-in-chief of *Washington Business Journal*.

"CARE celebrates companies that view investing in employees as a strategic advantage. We learn a lot by participating — through the survey and witnessing all the great practices — and there's

just some incredible companies involved," Acosta noted. "And I think the challenge to us all is to embrace these practices, and to come through better than ever for our customers and stakeholders."

The CARE Awards Breakfast will take place at the Hilton McLean Tysons Corner on Friday, Nov. 17, at 7 a.m.

Tickets are available online at nvfs.org/care. For sponsorship opportunities, please contact Lindsey Kearney at lkearney@nvfs.org. ❖

Words of Impact



"The kindness, the trust and the safety provided by NVFS made me comfortable and made me the person I am today."

– Judith, Immigration Legal Services client

"I learned how to get closer to my son, especially with the difficulty of the teenage years. I learned to better understand him and listen to his problems, and how important it is to listen. Pay attention to even the smallest thing that has happened."

– mother of Family Reunification program client

"VPIP had made me realize things are OK. That the abuse is not my fault. I conquered the fear of my perpetrator. Without VPIP, I'd probably still blame myself and not have any hope left in me."

– Violence Prevention and Intervention Program (VPIP) client

Meet NVFS' New Board Officers and Members for FY18

NVFS IS EXCITED TO ANNOUNCE our board officers for the coming year:

- **Dr. Barbara Rudin** (chair) of ICF
- **My-Chau Nguyen** (vice-chair) of SiriusXM
- **Warrenetta Baker** (treasurer) of Capital One
- **Timothy Kenny** (secretary) of Freddie Mac

Thank you for your leadership!

And a special thank you to our board members who are stepping down for their many years of service and remarkable leadership:

- **Misti Muhkerjee** of Towne Park, LLC
- **Steve Nickelsburg** of Clifford Chance US LLP
- **David Leudemann** of BB&T
- **Ed Sturms** of Northrop Grumman Corporation

We appreciate all of your support!


NVFS is also excited to announce our newest board members:

- **Angie Casper** of LMI
- **Cathy Lange** of Human Capital Advisors
- **Lynne Halbrooks** of Holland & Knight
- **Dr. Jennifer Lindsey**, FAAP, FACC
- **Bill White** of Apple Federal Credit Union
- **Wayne Zell** of Odin Feldman Pittleman, P.C.

We're thrilled to have them on board, and look forward to our work together in the coming years.

To achieve our mission, we depend on the generous support of individuals like these. We are grateful for their generosity, and we hope they take great pride in the important difference that they make in our community. To learn more about NVFS' Board of Directors, visit nvfs.org/leadership. ♦

A Visit From Sen. Kaine



NVFS was honored to host U.S. Sen. Tim Kaine and his team at our Multicultural Center in Falls Church, Va. They prepared welcome bags full of food and toiletries for our clients and shared their time in a meet and greet with NVFS clients and staff. We are grateful to Sen. Kaine for his dedicated support of the Northern Virginia community.

Thank you to all who helped raise more than \$600,000 for a stronger Northern Virginia at NVFS' 2017 Road to Independence Gala

Silver Sponsors

Marjie & Steve Alloy
Clark Construction, LLC
Peterson Family Foundation
John & Nina Touns

Centerpiece Sponsors

Maryann Hirsch & Jim Oliver
My-Chau & Thong Nguyen
Volkswagen Group of America, Inc.

Coffee & Dessert Sponsors

CustomInk
ICF
Transurban Group

Leadership Sponsors

Accenture Federal Services
Access Point Public Affairs
BB&T / BB&T Insurance Services
Kaiser Permanente
Leadership Fairfax, Inc.
McGuireWoods LLP
Northrop Grumman Corporation

Table Sponsors

AMERICAN SYSTEMS
Axiom Consulting Partners
Beyer Auto Group
Boston Properties, Inc.
Capital One
Clifford Chance US LLP
Deloitte Consulting LLP
EagleBank
ECS Federal

EY

Graham Holdings
Inova
Maria Izurieta &
Timothy Gustafson
Knight Point Systems, LLC
Myron & Eileen Maslowsky
Newmark Grubb Knight Frank
Odin, Feldman, & Pittleman, P.C.
PS/PS Digital
Steve Gladis Leadership Partners
TD Bank
The Buffalo Group, LLC
The Meltzer Group
Towne Park, LLC
Veatch Commercial Real Estate
WGL

Invitation Sponsor

PS / PS Digital

Friend Sponsors

Cascades Technologies, inc.
Connection Newspapers
DLA Piper
Dominion Virginia Power
Finley Asphalt & Sealing
John F. Heltzel AIA, PC
Navy Federal Credit Union
Bill & Patty Vance
Wells Fargo

Program Sponsor

Master Print

"Because of NVFS, I was able to improve my grades at school, and avoid drugs and negative friends. With the help of NVFS, I now have my driver's license and am looking forward to graduating from high school next month, so I can study to be a math teacher."

– Nibsar H., Youth Initiatives client, speaking at the 2017 Road to Independence Gala



NORTHERN VIRGINIA FAMILY SERVICE



/NoVaFamilyService



@nvfs



Northern Virginia Family Service



/NoVaFamilyService

Upcoming Events

Empty Bowls: A Concert to SERVE Our Community

Sunday, Oct. 22, 2017 • Manassas, VA

Village of Impact Service Day

Saturday, Nov. 4, 2017 • Focus: Health

CARE Awards Breakfast

Friday, Nov. 17, 2017 • McLean, VA

Road to Independence Gala

Friday, May 11, 2018 • McLean, VA

See inside or visit nvfs.org/events
for details.

Contact Us

571.748.2500 • info@nvfs.org

Jen McCollum, *Executive Vice President,
Development & Communications*
571.748.2535 • jmccollum@nvfs.org

Lindsey Kearney, *Director, Corporate &
Foundation Relations*
571.748.2560 • lkearney@nvfs.org

Whitney Richardson, *Director,
Agency Communications*
571.748.2533 • wrichardson@nvfs.org

Jackie Sims, *Director, Individual Giving*
571.748.2901 • jsims@nvfs.org

About Us

Northern Virginia Family Service's (NVFS) breadth, depth and scope of services offer the resources and support to ensure that everyone in need, at every stage of life, maximizes their potential and fully contributes to a thriving community. Learn more in this newsletter or at nvfs.org.



#8099



#79645

Investing in Families • Strengthening Communities

NONPROFIT ORG
U.S. POSTAGE PAID
MERRIFIELD, VA
PERMIT 1413

10455 White Granite Dr.
Suite 100
Oakton, VA 22124

