



Northern Virginia
Family Service

SPRING 2018

MOMENTS OF IMPACT

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



Pictured: NVFS Village of Impact members stuffed backpacks for children in need at a past Village of Impact Service Day. Learn more at nvfs.org/village-of-impact.

Our Time Is Now

NORTHERN VIRGINIA FAMILY SERVICE'S LONGSTANDING IMPACT on the community is a testament to our ability to learn, evolve and innovate to address the ever-changing needs of our region.

As the world around us continues to change as well, we continue to grow and develop to ensure our neighbors have access to the resources they need to thrive in our community.

NOW, MORE THAN EVER:

We are setting the standard. Staff members from across the organization are regularly called upon to share their subject-matter expertise and best practices throughout the Northern Virginia region. We're proud of the various ways in which they are educating the community on critical issues that affect our neighbors (p. 2).

We are moving the needle. Through the time we spend with our clients, we see the challenges they face and work to not only resolve their immediate needs, but also to understand the underlying issues that are causing these challenges. Where our clients live, for example, can play a large role in their health and well-being, including their access to nutritious food, transportation, affordable housing and more. See how location and other factors can

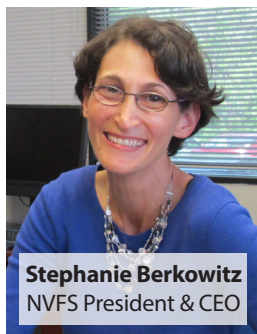
quickly lead to an uphill battle for our neighbors (p. 4-5).

We are transforming the community. All of our programs have a profound impact on the clients we serve, and we celebrate the transformation in their lives each year at our Road to Independence Gala (p. 7). Diligent community stewards and supporters help us transform the community. We champion these efforts to make our region a better place to live, work and play through our annual CARE Awards. Spotlight

your company's corporate social responsibility by applying for this year's awards (p. 6).

We need your support. Today's funding landscape continues to change as sources shift focuses and tighten budgets. Ardent supporters such as you — our donors and volunteers — are seeing a potential effect on your giving through recent tax reforms as well. Wayne Zell, tax attorney and NVFS board member, shares details on these reforms, how they can affect individual donors and potential strategies for giving (p. 3).

Your support is critical to our success, and we look forward to continuing our journey with you to ensure everyone in our region is able to thrive.



Stephanie Berkowitz
NVFS President & CEO

Stephanie

“NVFS is an excellent place for many immigrants needing support services. You are a wonderful example of being a great lawyer and a good person. I definitely had very good luck to find you there!”

— NVFS Immigration Legal Services client, who received permanent resident status

“NVFS has given me the ability to focus on my employer and allowed me to plan for the next year and a half of my life without the stresses or distractions of figuring out (on a nightly basis) where I was going to sleep, shower, and eat while also still being able to maintain my job.”

— Former NVFS shelter guest

“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.”

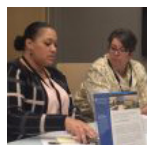
— Diana, NVFS Multicultural Center client

NVFS IS SOUGHT AFTER FOR SUBJECT-MATTER EXPERTISE ACROSS THE REGION, from topics of interest to operational best practices. Here are just a few of the ways in which NVFS has been educating the community, as well as industry professionals, on the issues our clients face, how they can get more involved and how we can build a stronger Northern Virginia region.



NVFS staff members presented critical information at the National Consortium of Torture Treatment Programs’ 10th annual research symposium related to our **mental health** and **immigration legal services**. Immigration Legal Services attorney Katie Fourmy spoke on recent changes in the immigration system regarding the order in which the U.S. Citizenship and Immigration Services’ processes asylum cases and how that affects survivors of torture. More than 311,000 people have applied for asylum since 2014 and are still waiting for their cases to be heard.

Alison Burke, case manager of NVFS’ **Program for Survivors of Severe Torture and Trauma**, presented alongside Dr. Suzan Song with George Washington University’s Department of Psychiatry and Behavioral Sciences on encouraging hope in times of despair.



Vice President of Programs Lorena McDowell and SERVE Family Shelter Director Deb Rapone presented at the 2018 **National Conference on Ending Family and Youth**

Homelessness, hosted by the National Alliance to End Homelessness. Their seminars focused on best practices for creating housing-focused shelters and an empowering environment for guests; navigating shared housing, especially in difficult housing markets; and improving landlord engagement to foster better landlord/tenant relationships and long-term housing success.



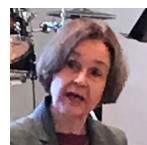
Immigration Legal Services Director Tori Andrea Babington shared insights on the connections between **immigration** and **domestic violence** at “Intersections,” a panel discussion with other local organizations focused on legal services and support for women and children.



Healthy Families Prince William team members visited elected officials in Richmond as part of Family Forward’s advocacy day to introduce the new consortium (a product of Early Impact Virginia, CHIP of Virginia and Prevent Child Abuse Virginia, of which Healthy Families is a part) and share its vision for its strengthening Virginia’s families and communities through **disrupting the cycle of child abuse, neglect and poverty**.



Director of Multicultural Center and Youth Initiatives Meredith McKeen participated in a community panel, hosted by the Fairfax-Falls Church Community Services Board, on how to strengthen teen resilience, including prevention efforts, **youth mental wellness**, immigrant and multicultural issues, and how we can build a community of hope and healing. McKeen also spoke on the mental health aspects of **human trafficking** and other activities at Loudoun County’s Mental Health & Wellness Symposium this past fall.



Foster Care Program Supervisor Ginny Snaider discussed how NVFS supports foster and adoptive parents and encouraged community members to consider **foster care and adoption** as part of a panel with local adoption and government agencies.



Executive Vice President of Human Resources Jacqueline Dendievel shed light on **workplace wellness** and how to implement it through workshops, expos, midday yoga and walking meetings as part of the “Changing the Context: Building Communities to Make the Healthier Choice the Easier Choice” panel by the Live Well! Coalition.

Providing Mental Health Support at NVFS’ Shelters

BEING HOMELESS IS INCREDIBLY STRESSFUL, especially on families. Through a grant from Potomac Health Foundation, NVFS has been able to offer shelter guests mechanisms for coping in their current situations, as well as strategies for moving forward, through a new mental health coordinator position. In her role, NVFS Mental Health Coordinator Leslie Wilcox has been able to help guests work through issues that may be getting in the way of forward movement. She works very closely with shelter staff to find the best solutions for our guests and can refer them to the Community Services Board (CSB) or to Greater Prince William Health Center for services, if needed. ❖



Leslie Wilcox
Mental Health
Coordinator

Understanding the Tax Act: Why NVFS Needs Your Help Now.

by Wayne M. Zell, Esq., CPA and NVFS Board Member



ON DEC. 22, 2017, President Trump signed into law one of the most sweeping tax reform packages in decades. Formerly known as the “Tax Cut and Jobs Act of 2017,” the Tax Act makes several significant changes to the tax landscape for individuals that undoubtedly will impact charitable giving. Here’s how you, now more than ever, can use the savings provided under the Tax Act to enhance support for Northern Virginia Family Service (NVFS) programs.

Individual Changes

Most of the changes affecting individuals expire Jan. 1, 2026. These changes include:

- Decreasing the top tax rate from 39.6 percent to 37 percent and indexing of the new tax brackets by a more conservative “chained” Consumer Price Index (CPI) inflator
- Doubling the standard deduction to \$24,000 for married filing jointly and \$12,000 for single and other taxpayers
- Limiting the total itemized state and local tax deductions that can be claimed to \$10,000
- Increasing the limit on cash charitable contributions from 50 percent of adjusted gross income to 60 percent, making large cash donations more feasible to certain donors
- Suspending the “Pease” limitation (which reduced

itemized deductions for higher-income taxpayers by 3 percent of the deductions in excess of specified floors)
As before, any excess, unused charitable donations can be carried forward for up to five years after the gift is made.
Based on some of the changes listed, projections estimate the population of “itemizers” to drop radically from about 30 percent to 6 percent of all individual tax filers. A lower tax rate and fewer itemizers mean a lower or no tax benefit to individuals who make charitable contributions, while those who still itemize will benefit from the repeal of the Pease limitation and the increased charitable deduction limitation. Overall, these changes may translate into more dollars in taxpayers’ pockets.

Estate and Gift Tax Changes

The applicable exclusion amount (i.e., exemption) that determines whether individuals are subject to estate, gift or generation skipping transfer tax on lifetime and death transfers doubled to nearly \$11.2 million per person under the Tax Act. As a result, more than 99 percent of all U.S. taxpayers will escape these taxes on transfers made from 2018 until Dec. 31, 2025. After that date, the exemptions will drop back down to \$5 million per person indexed for inflation

(approximately \$5.6 million in 2018, if the Tax Act had not been passed).

Any donations to charity are deductible for estate, gift, and generation skipping transfer (GST) tax purposes. The increased exemptions may adversely affect charitable giving, because most taxpayers no longer will need to reduce their transfer tax liabilities through charitable donations.

How You Can Maximize Your Donation

Increased exemptions mean more dollars available for you to pursue charitable goals of supporting critical NVFS programs such as Healthy Families, the SERVE Campus and Training Futures. Longstanding organizations such as NVFS are a great investment, with proven impact on our local community through thought leadership, innovative solutions and community partnership.

Certified public accountants (CPAs) and tax advisors are developing strategies to maximize the tax benefits of charitable donations. Here are a few you may want to discuss at your next consultation:

- “Bunching” charitable donations (and other itemized deductions) in one calendar year when itemized deductions can be claimed in excess of the standard deduction. (Note: Charities would probably prefer that donations not be delayed to ensure that critical program

- services can continue to be provided to clients.)
- Make a large donation to a donor advised fund and name NVFS as a recipient of distributions from the fund over a period of years.
- Purchase a charitable annuity for the benefit of NVFS.
- Name NVFS as a remainder beneficiary in your charitable remainder trust.
- Name NVFS as a lead beneficiary in your charitable lead trust.
- Make a specific bequest to NVFS in your will or revocable trust.
- Purchase life insurance and name NVFS as a beneficiary. ❖

Wayne M. Zell is a tax attorney and shareholder at Odin, Feldman & Pittleman, P.C.

Does Your Zip Code Influence Your Health?

How where we work, live and play can affect our overall health and well-being

THE CONDITIONS IN WHICH WE LIVE play a huge role in the outcomes of our health and well-being, and explain why some Americans are healthier than others and why we as a country are not as healthy as we could be.

Social determinants of health comprise everything involving one's livelihood — from the city you reside in to your community's accessibility to where and how you get to work and more. Depending on where you were raised, your success can be predetermined. For a large portion of the population, that equates to lower opportunities in career, health and well-being or the state of being happy, healthy and prosperous.

Health starts in our homes, schools, workplaces, neighborhoods and communities. Everything from eating well, staying active and seeing our doctor regularly all influence our health.

Our health is also determined by access to social and economic opportunities, resources and supports, such as the quality of schools, safety of workplaces and the cleanliness of our water, food and air.

Proper health and high well-being go hand in hand, and necessities such as these can sometimes be taken for granted. For the 7 percent of Northern Virginians living below the federal poverty threshold, luxuries like health and well-being are harder to obtain.



► Learn about the social determinants of health impacted by your zip code with Northern Virginia Health Foundation's interactive map at novahealthfdn.org/interactive-map-opportunity.

Northern Virginia Family Service (NVFS) works to bring fair opportunities for all people to reach their full potential, regardless of their zip code or income.

We help ensure bills are being paid so clients can prioritize other critical elements of their life and health through our utility assistance services. NVFS' Hunger Resource Center provides nutritious food to families so children

go to school with full bellies and sharp minds. NVFS' Vehicles for Change program provides greater schedule flexibility and access to services.

When our neighbors are cared for in all aspects of their lives, not only does it make for a better tomorrow, but it makes for a stronger and healthier community. ❖

“

Although Northern Virginia is home to some of our nation's wealthiest counties, it masks the disparate populations that experience extreme poverty and vulnerabilities. Even middle-income communities where people are just getting by can be overlooked. What people may also not realize is how the social and environmental aspects of their lives — whether it be access to a grocery store, affordable health care or an inclusive community — are directly related to their health and well-being.”



NVFS Director of Health Access & Nutrition Services
Ondrea McIntyre-Hall

Closing the Equity Gap

Inherent to the mission of NVFS is the belief that everyone deserves an opportunity to be healthy, happy and reach their full potential. We also know that the community in which we live and the resources available to us can make reaching those goals more challenging.

By providing access to things like nutritious food, affordable healthcare, stable housing and career skill building opportunities, we are helping thousands of families gain the forward momentum on their path to wellbeing. Our programs ensure that, regardless of zip code, all families in Northern Virginia have the opportunity to thrive.



NVFS Village of Impact member
Jess Dove

“There are many facets to health...social health is equally as important as emotional and physical health to someone's overall well-being. As a family, we are lucky to have access to many things that allow us to maintain a strong sense of well-being.”

Impact of Life Factors and Resources on Families' Well-Being



A family of four living below the federal poverty line (less than \$48,600) is struggling to maintain housing in a lower-income neighborhood, where crime and accessibility are issues. Each month, they have to choose between paying their rent on time or putting food on the table, and oftentimes the latter takes precedence. If they keep missing their rent payments, they will be evicted from their home.

↑ They have the skills to obtain better-paying jobs.

↓ Better-paying job opportunities are not on a public transportation route, requiring the family to have access to a car they can't afford.

↓ Sick days at an hourly job without benefits mean no income, and no income means rent may not get paid.

↓ Missed rent payments increase the risk of eviction, jeopardizing safety, security and credit.

↓ The closest food access is a convenience store, with limited healthy options, leading to poorer nutrition and susceptibility to health issues.

↓ Lack of affordable health care means expensive emergency room visits are often the only way to see a doctor, and medication can become a luxury.

WELL-BEING SCORE: **LOW**



A family of four living in a middle-class neighborhood are making ends meet; however, they are one major life event away from experiencing a setback in well-being. Financial strain can occur if one parent loses his or her income unexpectedly or a vehicle needs immediate, extensive repair. Being unable to contribute regularly to their savings account has caused day-to-day stress for long-term planning and preparation.

↑ Access to an affordable recreation center within a few miles of their home provides opportunities to stay active.

↑ Both parents work full-time.

↑ Affordable child care keeps their kids safe during the day.

↓ Affordable child care can lack important educational components that higher-end childcare facilities or preschool provide.

↓ Being unable to contribute comfortably to their savings account puts them at financial risk if unexpected disaster strikes.

↓ Two working parents with one vehicle can cause transportation stress, particularly if public transportation is too far away to be reliable. One parent may have to work — and earn — less.

WELL-BEING SCORE: **MEDIUM**



A family of four living in an upper-class neighborhood are not only able to pay their bills on time, but both parents work and have working vehicles to get to and from work, school and a health food store a mile from their home. Although they still monitor their spending, they don't experience financial burdens when it comes to choosing between a meal and rent, occasionally missing work or addressing unexpected expenses.

↑ Paths around their low-crime neighborhood are clean and well-lit, enticing the family to spend more active time outdoors.

↑ Affordable health care benefits help meet important medical needs and encourage routine care.

↑ Affordable insurance helps mitigate issues with unexpected expenses.

↑ They own their home, which provides them with greater housing stability.

↑ Both parents have cars and flexible work schedules, allowing their children to participate in multiple after-school activities to enhance their learning and activity levels.

↓ Layoffs can drain savings, leaving the family in a vulnerable financial position.

WELL-BEING SCORE: **HIGH**

QUIZ: Determine Your Health and Well-Being

WHERE YOU LIVE

- Do you have safe, permanent housing?
- Do you have clean air and safe drinking water?
- Are there sidewalks, trails, green space or playgrounds in your neighborhood?
- How far is the nearest grocery store with affordable groceries, including fresh fruits and vegetables?
- Do you have access to transportation with reasonable costs?
- Is there a lot of crime where you live?

RESOURCES YOU CAN ACCESS

- Do you have quality schools in your community?
- Does your job training or education give you access to employment opportunities that allow you to sufficiently support yourself and/or family?
- Can you access safe, quality, affordable and convenient child care?
- Do you have health insurance? If so, is it affordable, and does it help meet your medical needs?

SOCIAL CONTEXT

- Are you confronted with racism, sexism or another "ism"?
- Do you have people you can rely on, and vice versa?
- Does a language barrier interfere with your ability to have meaningful interactions in your community?
- Do you feel like you have a sense of belonging in your community?



May is National Foster Care Month

FOSTER CARE IS ABOUT CREATING a safe, supportive and loving environment for foster children to thrive in an effort to rebuild healthy, trusting and mutually rewarding relationships with the people in their lives. NVFS helps in this endeavor by working with 55 foster families to create these environments for the children in our care.

Throughout the month of May, NVFS will be celebrating National Foster Care Month by sharing the importance of fostering with the community. You can follow along on Facebook, Twitter and LinkedIn.

Training for those interested in becoming foster parents will be offered in April, June and September. Learn more at nvfs.org/fostercare. ❖

Celebrating 25 Years of Healthy Families Alexandria

WE'RE EXCITED TO CELEBRATE NVFS' Healthy Families Alexandria's 25th anniversary and the impact the program has had on empowering parents, promoting child development, and preventing child abuse and neglect.

The program is designed to help ensure every child has the tools they need to build a healthy, successful life, and every parent or caregiver has the support and resources necessary to provide these tools.

Come celebrate with us on May 21 at St. Paul's Episcopal Church in Alexandria to hear more about how this program has impacted our neighbors over the years. For more information, visit nvfs.org/hfa25. ❖

Creating a CARE-ing Community



FOR MORE THAN 25 YEARS, the CARE Awards have recognized progressive companies moving the needle to make Northern Virginia a better place for everyone to work, live and play.

Deep community impact has always been a key pillar of becoming a CARE-ing company, and NVFS actively collaborates with our corporate partners to encourage volunteer engagement through our various programs. Corporate social responsibility (CSR) has also become an effective tool for not only making waves within the community, but by increasing employment engagement, productivity and workplace wellness.

In an effort to encourage CSR throughout our community, we kicked off the 2018 CARE Awards process with our first-ever Virtual Week of Service (April 15 – 22: National Volunteer Week). Companies and community partners across the region helped build a stronger Northern Virginia community through our collective service and partnership, and we are eager to learn more about the CSR efforts of these companies and more through our CARE Awards application process.

Applications are due May 31. Learn more at nvfs.org/care. ❖



Employee volunteers from CARE Award-winning companies engaging in community service. *From top to bottom: Custom Ink at NVFS' SERVE Family Shelter; Transurban Group at NVFS' Head Start Center*

The CARE Award process involves:

An application (due in May) • An employee survey (distributed in June) • Site visits (conducted in July and August)
Award winners are announced in September.

Keeping Our Promise to SERVE with the Strikes for Stronger Families Bowl-a-Thon



TOP FUNDRAISERS

Top Corporate Fundraising Team
Finley Asphalt & Concrete • \$25,400

Top Community Fundraising Team (pictured)
Brentsville Presbyterian Church • \$3,785

Top Individual Fundraiser (pictured, back row)
Samantha Meeks • \$2,245

WE HOSTED OUR 27TH ANNUAL STRIKES FOR STRONGER FAMILIES BOWL-A-THON on March 10, 2018, and it was a huge success! Forty-four teams comprising NVFS staff, community members and community partners signed up to participate in the tournament. Thanks to their excitement and generosity, more than \$66,000 was raised to ensure individuals and families in Greater Prince William are provided with the tools and resources needed to build brighter futures.

We're grateful to our participants, volunteers and host Bowl America for supporting NVFS and believing that, together, we can make Northern Virginia a stronger community for all.

NVFS' Strikes for Stronger Families Bowl-a-Thon supported our Keeping Our Promise to SERVE campaign, benefiting NVFS' SERVE Campus and its efforts to address the emergency needs of our Greater Prince William neighbors through shelter, food assistance and resources for the opportunity to create a better tomorrow. ❖

Celebrate Our Collective Impact on Our Community and Our Neighbors at the Road to Independence Gala

AT THE ROAD TO INDEPENDENCE GALA, we celebrate the impact NVFS, with the support of our donors, partners and volunteers, has on our community. This year's event highlights the transformation we see in the people we work with every day: the challenges they are able to overcome, the opportunities they discover, and how their entire outlook changes to reflect newfound hope and confidence. These transformations ripple through the community as we see Northern Virginia become a better place in which all of our neighbors can thrive.

We are proud to recognize the Honorable Dr. William A. Hazel, Jr., former Virginia Secretary of Health and Human Resources, as our Legend of Northern Virginia for his dedication to the health and well-being of all Virginia residents. His expertise in health policy, including healthcare reform and mental health initiatives; efforts to decrease homelessness; and relationship building between healthcare providers, legislators and business leaders have been assets to the state and the work that we do. His service has had, and will continue to have, a lasting impact on our community.

Recommit to being a transformative agent in our community by joining us at our 2018 Road to Independence Gala. Through your generosity, we can fuel children with hope and opportunity, build confidence and healthy foundations for future growth, and strengthen families to create a stronger, more vibrant Northern Virginia. ♦

SAVE THE DATE
Friday, May 11 • 6 p.m.
Hilton McLean Tysons Corner
Tickets: nvfs.org/gala

NVFS' Transformative Impact



"The challenge is with government, even with the money we spend, we are not getting it done. We rely on the boots on the ground, people like Northern Virginia Family Service, to fill the gaps that we leave behind."

— Dr. William A. Hazel, Jr., 2018 Gala Honoree



"If NVFS didn't exist, I don't know if I would be here. I don't know what would have happened with me, and with my baby girl."

— Glenda, 2016 Gala Speaker



"NVFS' SERVE shelter gave me the opportunity to get myself together. The opportunities they gave me to breathe and to focus on getting back on track, the services that you provide and to know that my children were in a safe, clean and structured environment — it took away a lot of stress and worry I had for my children."

— Tina, 2014 Gala Speaker

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NORTHERN VIRGINIA FAMILY SERVICE



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Northern Virginia Family Service



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Spring Events

Village of Impact Service Day

Saturday, April 7 • Northern Virginia

CARE Virtual Week of Service

April 15-22 • Northern Virginia

Road to Independence Gala

Friday, May 11 • McLean, Va.

CARE Awards Application Deadline

Thursday, May 31 • online (nvfs.org/care)

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.



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Investing in Families • Strengthening Communities

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