

Moments of Impact **NEWSLETTER**



Giving Hope, One Visit at a Time — Thanks to You!

As a single mom Ana works two jobs, one as a security officer at a local high school and the other at Dulles Airport. Despite the grueling schedule of both a full-time and part-time job, Ana would still find herself short on grocery funds, every paycheck, after the major bills, like rent, electricity, and water, were paid. Taking care of her 15-year-old son, her mother, and occasionally babysitting her 2-year-old grandson, Ana's experience with food insecurity impacted her whole life. The months when her son was on summer vacation were the worst though.

"The food finishes faster because he doesn't get food (at school). All day long it's just eat and eat and eat," she explained of her 15-year old during the summer-time. "Sometimes I have to go back to the Hunger Resource Center (HRC) and

continued on page 3

NVFS and SCAN Merge to Serve More Families

The merger of NVFS and SCAN was unanimously approved by the boards of directors of both organizations, effective January 1, 2025. This merger expands NVFS' already robust spectrum of supportive services for children and families, including Healthy Families, Early Head Start, Head Start, and Youth Initiatives, with the addition of SCAN's CASA (Court Appointed Special Advocates) services and Family Programs.

“SCAN has an enduring reputation for its dedicated, compassionate service, and we are proud to join forces to deepen the impact of services for families in our region,” said Stephanie Berkowitz, President and CEO of Northern Virginia Family Services. “With the addition of SCAN's child abuse prevention services, NVFS expands upon its experience providing comprehensive support for children and youth. We are honored to support the dedicated CASA volunteers who advocate for children in Arlington and Alexandria every day and build on SCAN's legacy and critical work.”

SCAN's services will continue within NVFS as the Child & Family Wellbeing programs, making an even greater impact. By combining SCAN's trusted prevention services with NVFS' comprehensive, wraparound service model, more local families will now have access to a deeper level of support to help them thrive in Northern Virginia. Thank you to all the donors and champions who made this new partnership possible!



NVFS-SCAN Merger Reception at Above ALX, March 2025.

Inside This Issue

- 1 Ana's Story
- 2 Merger News
- 3 Ana's Story Continued
- 4-5 Healthy Families, Early Childhood, and Training Futures
- 6 Service Spotlight
- 7-8 Thanks to You...

Ana's Story Cont.

ask for a little more food because I run out before my next appointment. And they give it to me! The people there understand when you don't have food at home."

The staff at NVFS' HRC makes each visit special and welcoming, explained Ana. It's a positive friendly experience. Not only does Ana get the food she needs to make sure her family thrives, but "they all know me! They say hi and ask me how I'm doing."



Being able to get nutritious food at the HRC is essential in helping Ana acquire the food she and her family need during summer and all throughout the year. Before the HRC, Ana would spend a minimum of \$300 every grocery shopping trip and still wouldn't get everything she needed to feed her family. The HRC helps her fill the gaps to ensure her and her family have food on the table for every meal.

For Ana, NVFS' HRC helps her family's physical and mental well-being. Ana explained that knowing that the **HRC is there to help her feed her family throughout the year, and when it's needed most like during the summer when the extra help of meals at school is gone**, reduces her stress and worry and "...makes me feel so happy...I can make sure my son has something to eat and feed my mom. I thank you, God, for helping me to find that place (the HRC). 100% it helps me."

The HRC provides food to over 400 households like Ana's a month. **This is only possible because of donors like you who donate funds and food.** Whether by making a financial donation, adding extra items to your grocery cart, or running a food drive, your support makes a difference in the fight against hunger. Thank you to all our HRC community partners!



Look for the blue check marks for tax-savvy giving strategies scattered throughout the newsletter.

HEALTHY FAMILIES EXPANDS TO LOUDOUN COUNTY

Have you heard? NVFS expanded its Healthy Families programming to Loudoun County earlier this year. NVFS Healthy Families is a part of Healthy Families America, one of the nation's leading family support and evidence-based home visiting programs. This program promotes healthy child development for families with children from pre-birth to age 3. With the expansion into Loudoun County, NVFS will provide Healthy Families services to all of Northern Virginia.

Next up, NVFS will be opening a new Early Head Start Center in Loudoun this fall. Stay-tuned for more exciting updates on the impact of your support on this important expansion of services!



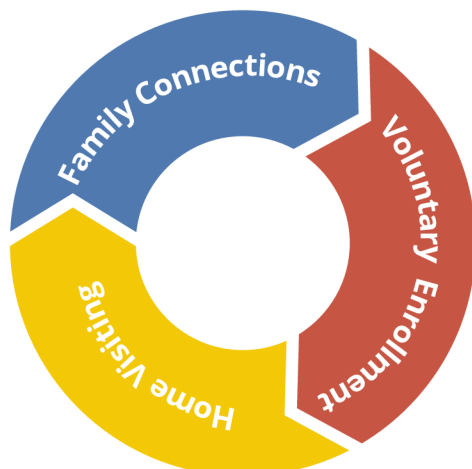
“ — PARENTAL PERSPECTIVE

I was alone and had no friends. The worker was so kind and caring. She's not just a worker to us; she's a family member who witnessed our struggles and watched my child grow. My child loves her so much and gets so excited when she hears that she's coming to visit.

Testimonial from a mother enrolled in our Healthy Families Prince William program

THE HEALTHY FAMILIES APPROACH

Relationship-based | Culturally respectful | Family-centered



- Promotes healthy child development
- Strengthens parent-child relationships
- Enhances family wellbeing

VOLUNTEER SPOTLIGHT



PROGRAM

Early Childhood Education:
Head Start Center

VOLUNTEER

Susan Tramosch pictured with NVFS
Head Start teacher Mr. Julian

WHY VOLUNTEERING MATTERS

Head Start volunteers like Susan play a pivotal role by providing additional support to teachers. From working on fine motor skills to sweeping up Cheerios after snack time, volunteers and teachers are working together as a team to do it all. Susan's contributions, and those of our Head Start volunteers, greatly enhance the educational experience for our Head Start students.

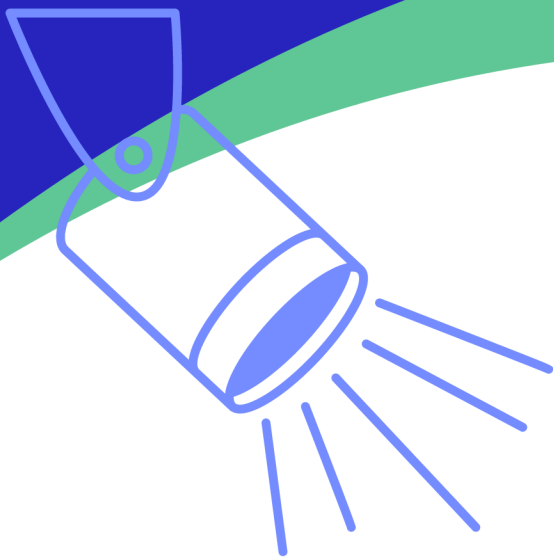


You can recommend a monthly gift be made from your donor-advised fund.

PAVING A NEW WAY FORWARD FOR DIEGO

After working as an engineer in Europe and Asia for over a decade, Diego and his family moved to the U.S. only to face the harsh reality of starting over. Finding work in his field as a recent immigrant proved to be difficult. To make ends meet, he took any job he could, sometimes juggling multiple jobs to provide for his family. When he finally landed his first U.S.-based engineering position, it felt like a breakthrough- until issues with his work permit cost him the job.

Determined to rebuild, Diego turned to NVFS and our Training Futures program. **Because of the support of donors like you, he had the opportunity to refine his computer skills, master business communication, and regain confidence.** Soon after completing the program, he secured a job as a building maintenance engineer — a role that allows him to provide for his family and contribute to his community in a field he knows and loves.



SERVICE SPOTLIGHT

PROGRAM

Community Health:
Fruit and Veggie Rx Program

PARTNERS

George Mason University offers hands-on healthcare service learning for nursing and allied health students through the Mason and Partners (MAP) Clinic.

HOW ITS DONE

Located at NVFS' Hunger Resource Center at the SERVE Campus in Manassas, families can pick up nourishing food while getting their health screenings and referrals done, all in one location.



WHY IT MATTERS

This program provides free fruits and vegetables and nutrition education. By focusing on preventative care and health education, the program aims to build healthy lifestyle habits and reduce risks related to ongoing illnesses and chronic diseases.



Donate longer-term appreciated non-cash assets instead of cash.



GOALS FOR GOOD SUCCESS

We had one more reason to cheer on the Washington Capitals this season (not that we needed it)! Thanks to Burke & Herbert Bank's Goals for Good campaign, more than \$28,000 was raised to help local families thrive. This proves that teamwork really does make the dream work. Let's hear it for goals that go the extra mile!



LET'S GO CAPS!



Consider a qualified charitable distribution (QCD) from your IRA to reduce your taxable income. A QCD can satisfy all or part of your annual RMD.

BIG SMILES THANKS TO YOU



Mateo was enrolled in one of our Head Start classrooms. Over time, his teacher noticed him falling asleep in class and losing weight at an unhealthy rate. During meal times, he refused to eat because his mouth hurt. He needed major dental work (think \$8,000+) and his parents didn't have the resources or information to take care of his significant needs. **Thanks to you and our community health partners**, Mateo received the dental work he needed at a fraction of the cost. He is growing, smiling, and enjoying his favorite snacks again. We know that he has a bright future in front of him thanks to supporters like you.

The Power of Partners Like You

We are happy to be able to donate to the NVFS food bank. It's good to be in a position to help others in need. While we've never needed to ask for assistance, we have been between jobs and had to pinch the pennies very tightly a couple of times. We hope to alleviate someone else's stress by helping to provide access to food.



Shelly Reagan
NVFS Monthly Donor

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