



2020 Accomplishments

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Services

- Medical Transportation:** Drivers provided 645 round-trip rides safely for medical and physical therapy appointments and picking up prescriptions with CDC guidelines in place.
- Companion Transportation:** Volunteers provided 156 round-trip rides safely for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and bank with CDC guidelines in place.
- Friendly Callers:** At the height of the COVID-19 pandemic, 53 volunteers made regular contact by phone with individuals who had limited contact with others and who enjoy friendly conversation.
- Friendly Visitors:** Prior to the COVID-19 pandemic, volunteers visited individuals who felt isolated in their homes and desire companionship, conversation and contact with their community.
- Handy Helpers:** Minor outside home repairs were made in a contactless manner to help older adults keep their home and yard safe and livable.
- Health Care Advocacy:** A volunteer health advocate, along with the Health Team, provided individual health counseling, referral to community resources, and blood pressure readings.
- Caregivers Support Group:** Facilitated by SC volunteers, this group met twice a month virtually to provide support from family caregivers who have traveled the road before and to share ideas and resources.

In 2020, our volunteers contributed 5,323 hours, conservatively valued at \$155,112!!!

Programs

- Adventures in Learning (AIL):** Three eight-week sessions with some presented over Zoom offered a variety of classes such as tai chi, health education, arts and entertainment, travel, and world affairs.
- Active Aging Exercise Class:** Five eight-week exercise some sessions were held over Zoom to promote balance, wellness and care by an exercise physiologist, focusing on low impact aerobics, balance, coordination and stretching for seniors.
- Great Decisions Discussion Group:** Facilitated by SC volunteers, 21 participants met 8 times over Zoom during the year to discuss important global issues.
- Lunch n' Life:** Luncheon program provided a presentation by Vienna-Falls Daytimers singers on March 9th.
- Senior Social:** Partnered with the Vienna Community Center to sponsor a Valentine Party for local older adults. We also hosted 2 "Dining with Dorothy" lunches at local restaurants.
- Just Breathe:** A series of three FREE webinars, via ZOOM. Seniors, their adult children and friends attended to learn how to get started with the next chapter in life, or in the life of their loved one. Each session had presentations by professionals.
- Intergenerational Activities:** Greeting cards were created by both the 5th grade Girl Scout troop at Wolf Trap Elementary and the students at The Newtown School. Snack bags were compiled by the K-6th graders at Emmaus Children's Ministry for the holiday meals deliveries. This is a wonderful example of everyone of all ages in the community helping each other.
- Volunteer Appreciation Luncheon:** Held on Zoom format on August 5th, we recognized the contributions made by our wonderful volunteers along with a drive-thru box lunch pick up.
- Clergy Breakfast:** On August 26th we hosted a Zoom breakfast that enabled local ministers and their Congregational Advisory Council (CAC) representatives to discuss the importance of the connection with SC staff and Board Members to alleviate loneliness.
- Fundraising Events:** All events were virtual and a great success. We held 2 wine tastings, a cooking class, 2 Kendra Scott jewelry trunk shows, Facebook Live event with Reston Community Players, and a Chipotle restaurant fundraiser. The events were well attended and enjoyed by participants.
- Holiday Food Delivery:** Volunteer drivers delivered Thanksgiving and Christmas meals from local restaurants which included goodies bags and caring cards to cumulatively over 80 isolated seniors for both holidays to bring cheer and connection during the pandemic.