



LOWLINC

LIVING INDEPENDENTLY IN OUR COMMUNITY

Serving Older Adults
in Lake of the Woods, VA



2022 ANNUAL REPORT



From the President & Executive Director

LOWLINC's seventh year of operations was one of renewed growth following a return to normal operations after the COVID-19 pandemic of 2020–2021, despite a few periods of resurgence and heightened vigilance. This was a year of *GROWTH*, continued *SERVICE* to our members, and increasing *ADVOCACY* efforts for older adults in our community and the region.

LOWLINC's net membership grew 16%: from 114 members at the beginning of the year to 132 at the end of December, with 158 volunteers able to serve them. We realized growth in our organizational capacity too: hiring our first-ever Executive Director and adding an Administrative Services Coordinator to our existing staff position of Member Services Coordinator, all part-time. This aligns us with most other villages of our size and maturity and allows the LOWLINC Board of Directors to focus on policy and governance issues.

Our high level of service to our members continued in 2022, and our social activities and events expanded greatly. LOWLINC volunteers performed an average of 420 direct services each month during the year, including 941 transportation services while logging nearly 35,000 miles. We also provided more than 1,200 social engagements for our members!

Our partnerships with Rappahannock Rapidan Community Services (RRCS) and the Regional Transportation Collaborative (RTC) were especially beneficial, including acquisition of a 14-passenger minibus for LOWLINC use, grants for volunteer recognition and respite for caregivers, and financial support for our first annual community walk in September. Highlighting our advocacy efforts, an area transportation needs assessment focusing on older adults was conducted in the fall, funded by the Rappahannock Rapidan Regional Commission (RRRC) on behalf of LOWLINC and the RTC.

In closing, we want to thank all of our donors, volunteers, and of course, our members, for their support and confidence in LOWLINC in 2022.



Steve Hein

2023 President, Board of Directors



Jeanne Comeau

Executive Director



Meet Our Community

What We Do

LOWLINC, Living Independently in our Community, enables older adults to continue living independently in their homes at Lake of the Woods by delivering a wide array of services with LOWLINC volunteers. Membership in LOWLINC is fee-based, and members make one phone call for access to our services. Volunteer-provided services include transportation (e.g., rides to medical appointments, the grocery store, bank, and post office), help with errands, light home maintenance chores, technology assistance, friendly visits and calls, and service providers lists. Beyond these direct services, LOWLINC keeps older adults who may be living alone with family and friends at a distance connected to others in the community through engaging social activities, events, and other programs.

Our Members

Our members are adults 55+ in our community who want to age in place in their homes, and may need a little help to continue to do so safely and happily. Annual fees are just \$500 for a household and \$400 for an individual, with some reduced-fee memberships available.

Our Volunteers

LOWLINC volunteers are passionate about helping older adults in our community. While valued for their direct services to members, volunteers also provide critical “behind-the-scenes” work and leadership, serving on LOWLINC committees and leading programs, providing office support and management expertise, conducting member intake interviews, driving the minibus, and joining our members on social and other outings.

Our Partners

LOWLINC’s collaboration with our many partners in aging, listed on page 6, helps us provide additional programs and resources for our members, volunteers, and the community. Additionally, several of our partners supported the LOWLINC mission in 2022 by providing funding through grants, in kind donations, and logistical support. LOWLINC is a member of the Village to Village Network and the Washington Area Villages Exchange.



Being members gives us peace of mind; if we need any services, all we need to do is call.

A Year of GROWTH



LOWLINC saw a net increase in the total number of members we served during 2022: to 132 members from our beginning census of 114 members. With this growth in members, we also grew our base of volunteers to a total of 158 during the year.

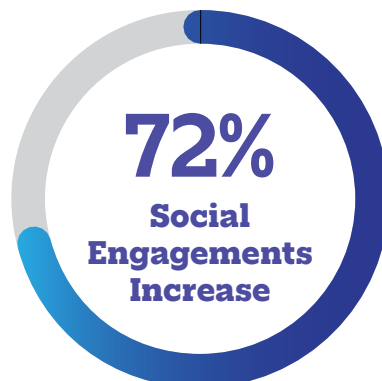
As pandemic restrictions eased, members became more active, doctors' offices resumed normal levels of appointment schedules, people were eager to get out with others, and requests for volunteer services increased accordingly as did the demand for, and

participation in, LOWLINC social activities and programs.

Guided by our long-term strategic plan goals, the LOWLINC Board of Directors approved increasing the number of professional staff in 2022 to three part-time paid positions, together working a total of 60 hours per week. Increased giving by donors in 2022, along with building our cash reserve funds over the previous years to support continued and expected growth in the number of members we can serve, allowed LOWLINC to move forward

with this increase in staffing in 2022, ensuring our capacity to serve grows along with our membership. Giving in 2022 included a generous bequest from the Estate of Nora Simpson, a long-time LOWLINC member.

LOWLINC provided more than 1,200 individual instances of social engagement (through activities or events for our members), up from 700 in 2021. Partially due to the resumption of most such activities following restrictions necessitated by the COVID-19 pandemic, this jump in LOWLINC social activities was also spurred on by our volunteers eager to reestablish a high number and wide variety of social opportunities for our members. Acquisition of a 14-passenger minibus for LOWLINC use by our partners RRCS and RTC allowed for even more opportunities for socializing and organizing outings for members in 2022.



A Year of SERVICE

Member Services requests grew to their pre-pandemic level and, along with our membership growth in 2022, LOWLINC volunteers provided a LOWLINC-record number of services and volunteer hours during the year. Notably, 941 transportation services were provided by our volunteer drivers — an average of 78 rides every month. In 2022, our 158 volunteers provided 5,460 hours of direct services to members, and 4,849 hours of indirect service — a total of more than 10,300 volunteer hours!



The minibus added a unique social aspect to many LOWLINC outings with opportunities for members and volunteers to enjoy each other's company on the bus riding to and from events. Several LOWLINC volunteers stepped forward to drive the minibus, completing required training and certification through the Community Transportation Association of America's Passenger Assistance, Safety and Sensitivity (PASS) program.

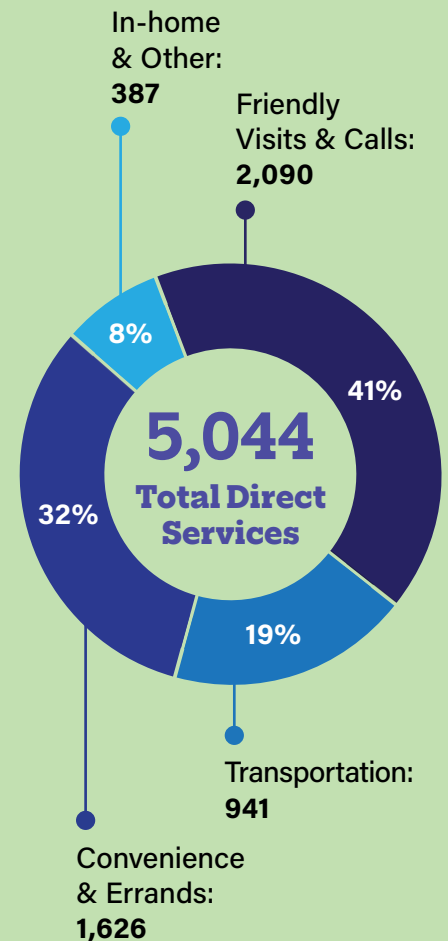
In addition to our volunteer-provided services to LOWLINC members, LOWLINC served the Lake of the Woods Community at large in 2022 with several programs and activities. LOWLINC partnered with Genoa Healthcare in October to host a drive-through vaccination clinic at Lake of the Woods. The clinic resulted in vaccinations for 85 Lake of the Woods residents. The LOWLINC Speaker Series presented programs on topics of interest to older adults monthly throughout the year which were open to all Lake of the Woods residents and publicized in the community newspaper, the Lake Currents. Speaker Series presentations in 2022 included a talk on elder law and estate planning, and a dementia information session.



Social Engagements:
1,215



Volunteer miles driven:
34,869
(almost 1 ½ times around the world)



A Year of ADVOCACY

Virginia's New Plan for Aging Services

Along with 15 other Virginia Villages, LOWLINC was a signatory to a letter to the Virginia Department of Aging and Rehabilitative Services (DARS) that recommends recognition of Villages in the new Virginia State Plan for Aging Services and support for the formation of Villages in Virginia.

National Village Research Publication



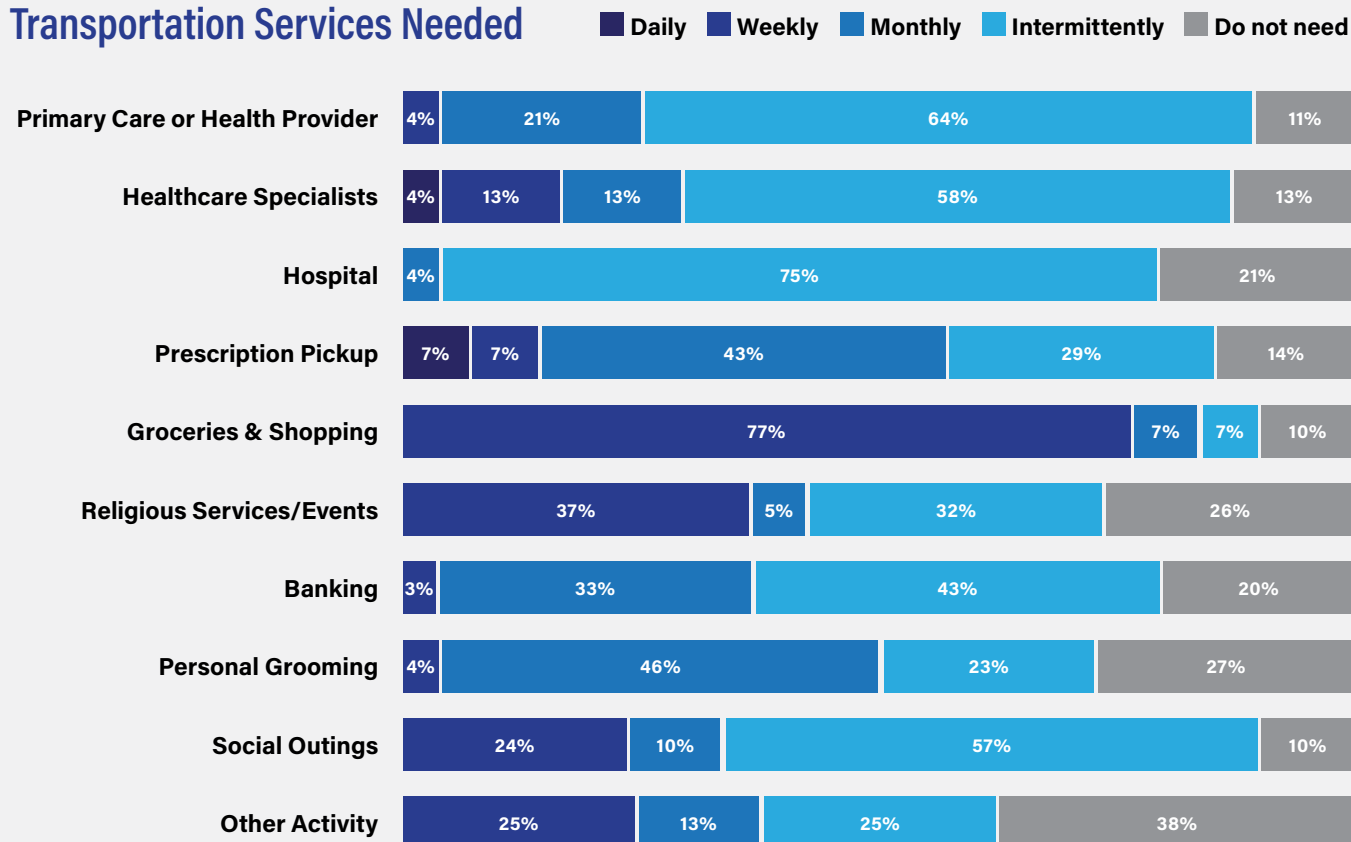
The national Village to Village Network featured LOWLINC in its 2022 publication, [Leveraging Resources Handbook: Collaborations between Villages and Area Agencies on Aging](#). In one of 10 case

studies, the handbook described LOWLINC's collaborations with Rappahannock Rapidan Community Services (RRCS) and the Regional Transportation Collaborative (RTC) to address the challenge of transportation for older adults.

Transportation Needs Assessment

LOWLINC conducted a survey of residents of the "Route 3 corridor" in eastern Orange County to assess the current and future transportation needs of older adults and adults with mobility challenges. As seen in the chart below, the [Transportation Needs Assessment](#) showed gaps in awareness of available transportation services and revealed the need for local transport services to area businesses.

Needs Assessment Results: Transportation Services Needed





First Annual Walk

In September, we held our First Annual Awareness Walk ("Walk and Roll") in the community to raise awareness of LOWLINC and the village movement in general and to promote health and wellness with a walk along the trail in our beautiful Sweetbriar Park. It was a beautiful afternoon, and we enjoyed live music, food from the grill, friendship, and fun, and raised nearly \$9,000 for LOWLINC programs.

Mentoring Start-up Villages

To encourage the expansion of the village movement in other regions in Virginia, LOWLINC provides mentoring services to community leaders who are exploring the development of a village in their own areas. In 2022, LOWLINC mentored two developing Virginia villages.



Statement of Financial Activity

January 1, 2022 – December 31, 2022

INCOME

Membership Dues	38,633
Social Events ("pay as you go")	5,182
Donations (including bequest)	131,132
Grants Received	3,764
Corporate Contributions	1,120
Fundraisers	8,589
Other	202

TOTAL INCOME **\$188,622**

EXPENSES

Paid Staff	67,949
Office and Organization Expenses	7,791
Member Services, Programs & Events	24,823
Volunteer Expenses and Training	3,701
Marketing and Communications	1,106
Fundraising	2,939

TOTAL EXPENSES **\$108,309**

Net Income **\$80,313**

ASSETS

Cash Equivalents	212,013
Certificate of Deposit	42,046

TOTAL ASSETS **\$254,059**

Board & Staff

2022 Officers and Directors

- John Beisheim, *President*
- Steve Hein, *Vice President & Secretary*
- Jean McLallen, *Treasurer*
- Dave Davies, *Director*
- Reggie Gavett, *Director*
- Mary Jane Oldham, *Director*
- Carol Simpson, *Director (through March)*
- Emily Slunt, *Director*

Staff

- Jeanne Comeau, *Executive Director*
- Carolyn Rourke, *Acting Executive Director (Jan-Apr)*
- Jane Capone, *Member Services Coordinator*
- Angie Jones, *Administrative Services Coordinator (Nov-Dec)*

Advisory Council

- Mary-Jane Atwater
- Walter Diercks
- John Licata
- J. Bryan Nicol

Community Partners

AARP • Aging Together • Charlottesville Area Community Foundation • Lake of the Woods Association • LOW Church • LOW Lions • LOW Volunteer Fire & Rescue • Mary Washington Health Care • Rappahannock Rapidan Community Services • Regional Transportation Collaborative • TRIAD/SALT Council • University of Mary Washington • Village to Village Network • Washington Area Villages Exchange (WAVE)

Corporate Sponsors

- Rappahannock Rapidan Community Services
- Walter Diercks, *Attorney at Law*
- The Licata Group
- CSE Identity Design
- The Car Doctor
- Lacy's Florist and Flower Cottage
- Dollar General
- JK Carpets



LOWLINC is a nonprofit 501(c)(3) volunteer service organization dedicated to enabling older adults to continue living independently in their homes on their own terms with community connections that bring purpose and joy. We believe that having choice, control and connections to others transforms the lives of older adults. Our dedicated volunteers, board, and staff make Lake of the Woods a great place to age in place.



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