



Annual Report 2022



President's Message

According to a 2021 AARP survey, 84% of older Americans want care at home if they need long-term help with daily activities and 79% want to stay in their community as long as possible. And that is why our mission to inform and educate Reston's older adults about how to age in place is so important.

In only our first year as a nonprofit organization, we've made great strides and we are planning a number of new initiatives for 2023 that will do more to help our neighbors stay independent as they age.

- **Our website continues to anchor our educational efforts.** With over 3,000 unique visitors and 6,000 page views in 2022, most of our users say they have used it more than once to find the resources they need and praised its ease of use and the richness of its content.

"Your labor of love website is fantastic. I've added it my favorites."

-- Anne W., Reston

- **Our newsletter is meeting reader needs.** Most of our 800 *News for Neighbors* readers have followed links to articles or sites that helped them or someone else find the help they need.

"Have referred several friends to your newsletter for resources. Thank you for what you do for so many."

--Tammi P., Reston

- **We partnered with organizations that provide services that help with aging in place.** Through community outreach, we continue to enlist nonprofit organizations in that provide services to older adults such as affordable housing, free rides and help with chores or home maintenance.
- **We are kicking off a Webinar series in 2023.** In 2022, we sponsored a webinar entitled *Women Wise* and over 100 people attended with a lively Q & A. The series will feature well known leaders in the aging field talking about long term care, aging well and caregiving.

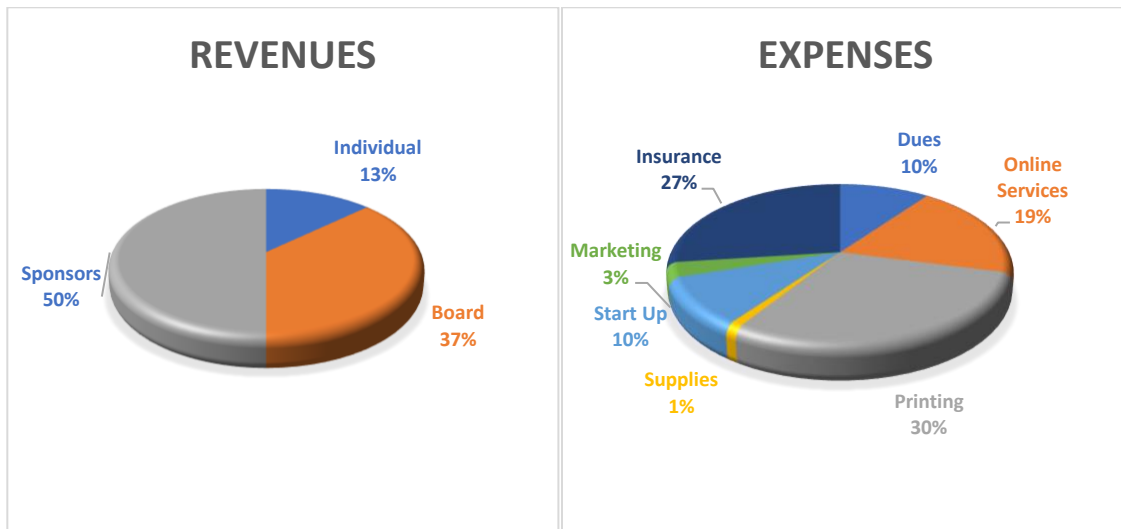
- **Our speakers educate the community about aging in place.** As part of our Neighbors Helping Neighbors program, we presented at the Waterview Cluster Association and other venues in 2022. In 2023, we began a series of interactive presentations at area faith-based organizations.

All of this would not have been possible without the support of the very first organizations to become what we call community partners including Assisting Hands, Anthem Health Keepers Plus and My Dr’s Pharmacy. We also are grateful for the individual donors and our working board of directors who, along with our sponsors, have made it possible for us to fulfill our important mission.

Sharon Canner
President

Our Budget

In 2022, RFL incorporated in Virginia and became a 501c3 organization. Most of our revenue is from individual donations and sponsors. Our startup expenses included licensing and other fees associated with gaining nonprofit status. Beyond insurance, our single largest expense was printing of items that we use in fundraising and community outreach.



Board of Directors



(Left to Right)
Sharon Blacketer, Secretary
Bakoly Randrianarivelo (seated)
Scott Parkin, Vice President & Treasurer
Phyllis Miller Palombi
Sharon Canner, President(seated)
Richard Hillburn, MD
Eileen Roehr

Vision

Reston will be a community where residents can live as independently as possible for a lifetime.

Mission

To educate and inform Reston residents on how to age in place and enable neighbors to help older neighbors remain independent as long as possible.

Community Partners

Reston for a Lifetime is a 501c3 organization that not only looks for financial support from sponsoring organizations and individual donors that share our vision, we also join with partners who help us to fulfill our mission.

Sponsors

Anthem Health Keepers Plus
Assisting Hands
My Dr's Pharmacy

Donors

Stephanie Abbott
Sharon Blacketer
Sharon & Steven Canner
Mary Chiciarelli
Betsy Deering
Krista Eaton
Sandra Fields
Richard Hillburn, MD
Marie Leyko
Phyllis Miller Palombi
Scott Parkin
Bakoly Randrianarivelo
Eileen Roehr
Ronald Reid

Partners

Fellowship Square Foundation
Positive Aging Community
Reston Useful Services Exchanges
Shepherd's Center of Northern Virginia
Village to Village Network
Washington Area Villages Exchange



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