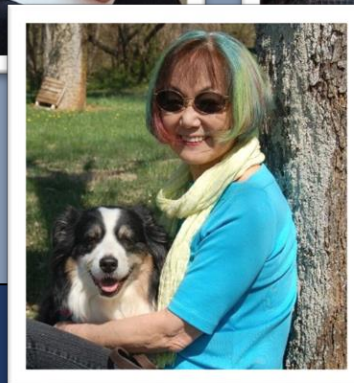
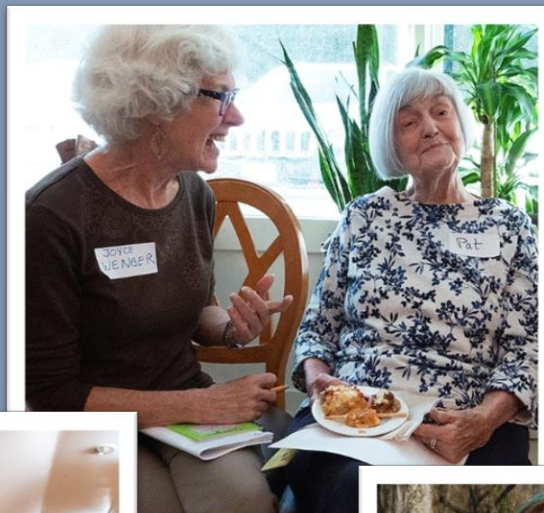
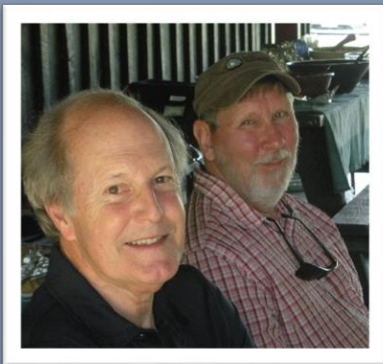




rapp at home

BUILDING A STRONGER, MORE RESILIENT  
OLDER COMMUNITY IN  
RAPPAHANNOCK COUNTY



ANNUAL REPORT 2019

# Letter from the President



As I look back over the four years since we began this grand experiment called Rapp at Home, I am struck by two things: we were incredibly fortunate in all the people who worked on this project along the way; and to try to list all the significant milestones would require much more space than this letter will allow.

I will content myself with the briefest recognition of some of the major players and events that have led us to where we are today – a thriving, successful organization that is making Rappahannock a better place for seniors.

In April of 2015, more than 90 concerned Rappahannock residents listened to a presentation on the concept of a “senior village” by the Capital Village of DC. These “villages” exist almost entirely in urban areas, so we began working through the difficulties of adapting the model to our own rural community. Many have helped along the way, but I would like to give a special shout-out to those who served with me on the original steering committee: Sandra Cartright-Brown, Dick Manual, Bill Jarrett, Jane Coon, Danny Wilson, Emery Lazar, Sallie Morgan, Ed Eager, Bob Clements, Hal Hunter, Peter Hornbostel, Patty Hardee, Bill Freitag, Ross O'Donoghue, Eve Brooks, and Bill Dietel. Working with them was a pleasure, and laid the foundation for our organization.

Following the excellent advice of Bill Dietel, we hired staff, and were fortunate to find Ken Gray, our first Executive Director, and Lindsay Sonnet, our Volunteer Coordinator. We were also fortunate to have dedicated and experienced professionals as volunteers, including Eve Brooks who wrote our first planning grant in 2015 to secure the financial backing of the PATH Foundation. The support of the PATH Foundation ever since has been critical to the growth and success of Rapp at Home, along with very generous donations from our own Rappahannock Community every step of the way – individual contributions ranging from \$10 to more than \$5,000.

With a lot of time and hard work, we were up and running within 6 months, and each year since has seen significant growth; we've built services, and grown our membership from about 40 in 2016, to almost 180 as we enter December, 2019 – with a retention rate of better than 90%. 2020 should see some new and exciting endeavors, including transition to improved software data management, and establishing a home-sharing program, to name a few.

I wish to extend special thanks to Emery Lazar and Eve Brooks, two of our founding Board members, who, with me, are retiring this year and turning over the reins to a fresh crew. I am thrilled to welcome Joyce Wenger as our extremely capable new President and current Board member, and new Board members Christy Ludlow, Ruth Welch and Ralph Bates. My gratitude and admiration go to the others who are continuing to serve on the Board into 2020: Ed Eagar, Dennis Barry, Kathy Eggers, and Pat Curry, who give so much time and dedication to the organization. To them; to our past Board members (Danny Wilson, Heidi Lesinski and Patty Hardee); to our amazing staff who make it all work, Mary Katherine Ishee our Executive Director and Kathryn Treanor our Member/Volunteer Coordinator; to all our incredible and invaluable volunteers who drive, visit, plan activities and so much more; and to you, my fellow Rapp at Home members, I can only say thank you from the bottom of my heart. It has been an honor serving with you.

It's been an amazing ride and I can't wait to see what comes next!!

***Sharon Pierce, President***

## Programs and Initiatives

### Social and Fitness Activities

Social isolation can be a predictor of many undesirable outcomes for seniors, including greater mental and physical health problems, increased onset of cognitive decline and even elder abuse. Rapp at Home offers diverse social and fitness activities to keep us active, healthy and engaged in our community. These include hikes, speakers on varied topics, discussion groups, dances, happy hours as well as participation in community events like the holiday parade and Fourth of July fireworks.

### Transportation

Our rural County and lack of public transportation can make access to services and social opportunities challenging for seniors with limited ability to drive. Our screened volunteers provide free rides to medical and other appointments, social activities, etc.

### In-Home and Individual Services

Rapp at home's trained volunteers help you live safely and comfortably in your own home by assisting with prescription or grocery pickup, installation of medical alert devices, home safety reviews, or simply helping you to move a heavy dresser or figure out that darned TV remote control. If our volunteers cannot assist you, we will help you find an organization or professional vendor who can.

## Growth in Membership of Rapp at Home 2016 - 2019



## 2019 Rapp at Home Budget

Actual as of December 10, 2019

### Income

Grants	\$66,000
General Contributions	\$34,075*
Membership Dues	\$27,175**
<b>Total Income</b>	<b>\$127,250</b>

\*Includes 2019 EOY donations as of 12/10/2019

\*\*includes value of financially supported memberships

### Expenses

Payroll	\$69,920
Rent	\$10,280
Equipment and Software	\$3,605
Communications	\$2,605
Insurance	\$2,900
Administrative Program	\$5,210
	\$4,860
<b>Total Expenses</b>	<b>\$99,380</b>
<b>Net Income</b>	<b>\$27,870</b>

## In 2019...

- Our staff and volunteers helped with over 300 individual service requests
- We provided over 100 rides to medical and other appointments
- Our volunteers clocked over 10,000 donated miles
- Rapp at Home volunteers donated nearly 2500 hours helping seniors
- We held an average of 10 or more social and fitness activities each month, for more than 120 events during 2019





## Committees

### Services

*Chair: Transitioning*  
*Plans and develops services for members, including rides, and individual and in-home services.*

### Transportation Subcommittee

*Chair: Mike Wenger*  
*Plans and develops transportation-specific services to members.*

### Activities

*Chair: Kathy Eggers*  
*Plans and executes social and fitness activities.*

### Volunteer

*Co-Chairs: Ruth Welch, Dot Lessard, Ken Reid*  
*Plans and oversees volunteer needs, activities and recruitment; organizes training and sets volunteer standards.*

### Communications

*Chair: Transitioning*  
*Plans and develops communication, outreach and marketing strategies and materials.*

### Membership Engagement

*Co-Chairs: Christy Ludlow, Eve Brooks*  
*Develops and implements strategies for attracting new members and keeping members engaged*

### Fundraising

*Chair: Joyce Wenger*  
*Develops and implements fundraising for Rapp at Home.*

### Finance

*Chair: Ed Eagar*  
*Develops the budget and oversees Rapp at Homes financial management.*

## Board of Directors

Joyce Wenger	President
Dennis Barry	Vice President
Ed Eagar	Treasurer
Kathy Eggers	Secretary
Ralph Bates	
Pat Curry	
Christy Ludlow	
Ruth Welch	

### *Retiring:*

**Sharon Pierce** *(Founding President and Board member)*

**Eve Brooks** *(Founding Board member and Secretary)*

**Emery Lazar** *(Founding Board member and Secretary)*

Executive Director: Mary Katherine Ishee

Member/Volunteer Coordinator: Kathryn Treanor



*"I am so very grateful for all you do at Rapp at Home. Activities, committees, parties – all of these brighten my life beyond measure. Whoever is in the office is helpful at need, and willing to share a few moments of my stress or joy, however busy you may be. Thank you!"*

*-Sue G.*