



**2019 Annual Report**  
**IN SUPPORT OF OUR MOST**  
**VULNERABLE VETERANS**

# *Who We Are*

## **Northern Virginia Veterans Association**

**Non-profit coalition\* that provides direct and personal care and coordination of services for our most vulnerable veterans (at no cost)**

**We supports their most urgent needs and follow up to ensure wellness and improve their overall quality of life**



# *Our Veterans*



# Arthur



- Funds / Moving
- Food / Phone Minutes
- Phone / Coat
- VA Medical / Social Services
- Transportation x over 30
- Ongoing Needs 13 months +



In 2019 we supported 42 Veterans or 3.5 Veterans per Month  
Averaging 11+ hours per veteran  
**With 1 Part Time Service Support Staff**

**Our Support Process:**

(HIPAA Compliant / Privacy Protected / IT Security/ Data Collected/Tracked/Analyzed)

1. Perform Veteran comprehensive Intake
2. Assess for urgent and priority needs
3. Determine services based on Veteran's criteria
4. Coordinate Services for Veterans with multiple service partners
5. Track communications with Veterans and service partners
6. Continual and consistent follow up to ensure needs are met
7. Survey veterans to determine if needs were met by NOVA Veterans and partners
8. Follow up 90 days later to ensure veteran and family are well

# Support Services Veteran Challenges & Limits To Their Access to Services/Resources

- Costs - most are low income, no computer/wifi/phone/minutes
- Process - lack of technological capabilities, cannot figure it out
- Follow Through - confusion, anxiety, frustration, overwhelmed

## On Going Challenges Prevent Veterans from Receiving Support

**Physical:** hearing, seeing, mobility, injury, pain, low energy

**Mental:** confusion, depression, loneliness, hopelessness

**Language:** health literacy, VA literacy, diverse cultures

**NOVA Veterans is catching the veterans  
before they fall into the gap**

## NOVA Veteran's Quality of Life Cycle<sup>®</sup>

One point of entry for local services, resources, personal support, follow-up and care.



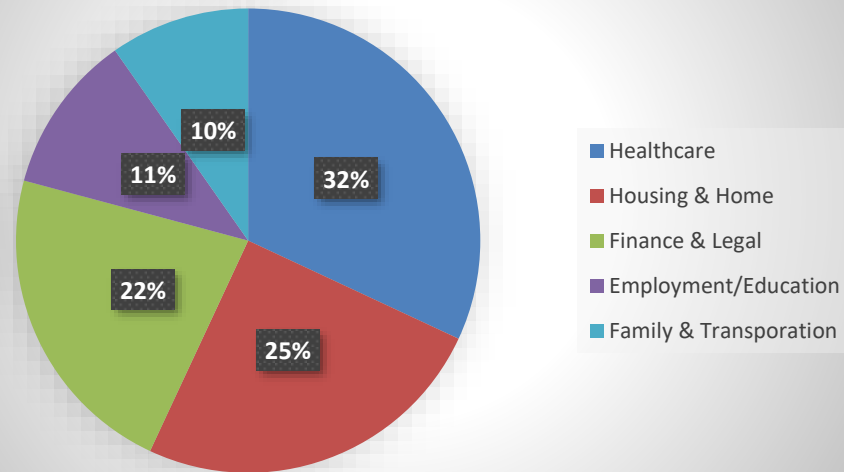
***Our Service Providers Must Meet  
Quality Assurance Standards***

Number of Veterans	Categories of Support	M/F	County	Disability	Case Hours
1	HC, FIN, HOS, CL	M			0.50
1	HC, FIN	F	Fairfax		2.5
1	HOS	M	Prince William	yes	6.75
1	HC, EMP, HOS,	M			3.5
1	HC	M		yes	4
1	HOS	M	Prince William	Applying	76.5
1	HC	F			1
1	HC	M			2.25
1	HC	M	Prince William	no	4
1	HOS	M	Prince William	no	0
1		M			5.75
1	HC/EMP/TRANS	M	Prince William	no	51
1	HOS				7
1	FIN/HOS	F			0
1	FIN/HOS/HC	F	Prince Georges		11
1	Emp/HOS	M			2.25
1					0
1	HOS	M			1
1	VA Insurance Information	M			1.5
1	HOS/Counseling/HC	M	Fairfax	yes	18.25
1	HOS	M			2.5
1	TRANS	M	Manassas		6.75
1	ED VETSTD	M	Prince William	yes	19.75
1	HOS-Rr / HC-Cnsl / HMLS-Strs /EMP-Srch / EMP-Hr / FAM-Trans	M	homeless	no	26.75
1	EMP, HOS-Ym, HC-Cnsl (Strs PTSD Dep), FIN-Cnsl	M	Manassas	yes	73.5
1	FIN		Atlanta Georgia		2
1	LEG	M	Stafford	yes	3
1	FAM-TRANS	M	Prince William	yes	13
1	SUN/AI	M	Fauquier		3.25
1	HOS/Rep COM/HR HC/CNSL,Fam, STRS SUN/VA	M	Loudoun	no	45.75
1	HC, FAMTrans	M	Prince William	Applying	23
1		M			1
1	HC, LGL	F	Washington state		1.5
1	HC (Ins)	F	Loudoun		3
1	HC (Cnsl) (Fam) (Strs), HOS (Rr), LGL	F	Fairfax		2.5
1	HC (Fam) (Dep) (Strs)	M	Fairfax		1.25
1	LGL	F			1.5
1	HOS (Hr), EMP (Hr)	F	Arlington	no	5.75
1	HOS (Rr), EMP (Hr)	M	Prince William		3.25
1	SUN (VA)	M			1.5
1	LGL	F			2.25
1	FAM-TRANS	M	Prince William	no	14.75
<b>42 veterans</b>				<b>2019 Total</b>	<b>456.25</b>

# Support Services Veterans Supported

## 2019 totals

2019 Veterans Support Services





**NOVA Veterans serves 10 Counties and growing**  
**2017 US Census reports 199,049 veterans living in our 10-counties**

**Within these counties we have over 62,471 Vulnerable Veterans**

- 4,688 (2.4%) live in poverty
- 31,431 (15.8%) are disabled
- 26,352 (13.2%) are age 75+



**Not Including those under 75 and Family Members**  
**&**  
**Transitioning Active Duty Who are at Risk**

**Veterans 55 and older have the highest  
number of suicides  
And  
these numbers increase with age**  
(VA National Suicide Data Report 2005-2016)

**40% of Virginia's Veteran Population is over 65**  
(National Center for Veterans Analysis & Statistics, 2019)

**Nationally, almost 50% of veterans surveyed didn't know how  
to get the services/benefits they have earned**  
(Virginia DVS, 2013)

**Our Virginia Veterans are aging and with age  
comes decreased capabilities and increased needs**

# NOVA VETERAN TEAM - 95% All Volunteer

## **Board of Directors:**

**President:** MAJ Angela H. McConnell USA/USAFR (RET) Ph.D.

**Chairman:** MAJGEN David Bice, USMC (RET)

**Treasurer:** Ashleigh Hall, CPA

Kerry Kirk, USMC (Veteran)

MAJ Paula Eckard, USA (RET)

Rear Admiral Matthew Carter, USN (RET)

## **Part Time Staff (Only Paid Staff):**

**Chief Executive Officer:** MAJ Angela McConnell, Ph.D.

**Services Director:** Melissa Dargis, MS (Veteran Spouse)

## **Advisory Council:**

**Veterans Affairs:** Col Rich Anderson, USAF (RET)

**Hispanic Advisor:** Diane Paguaga

**Community Outreach:** CSM Victor Angry, USA (RET)

**Marketing Advisor:** Amanda Baity (Veteran Spouse).

## **Our Extraordinary Team of Professionals.**

**Events Manager:** Marshall Keith, USA (Veteran);

**Chief Technical Officer:** Eric Vergne, USAF (Veteran)

**Volunteer Coordinator:** Fred Stuart, USA (Veteran)

**Chief Digital Officer:** Joey Rey, USA (RET)

**Community Liaison:** SMS Forrest Lingenfelter, USA (RET)

**Grant Writer:** Mark Dunlap, GPC

**Educator:** Renee Adams, RN (Navy Spouse)

**Caregiver & Family Support:** LT Col Scott Cox, USAF (RET)

**Statistician and Reports:** Elrad Prempeh, High School JROTC

**Volunteer/Events Support:** Carol Stuart (Veteran Spouse);

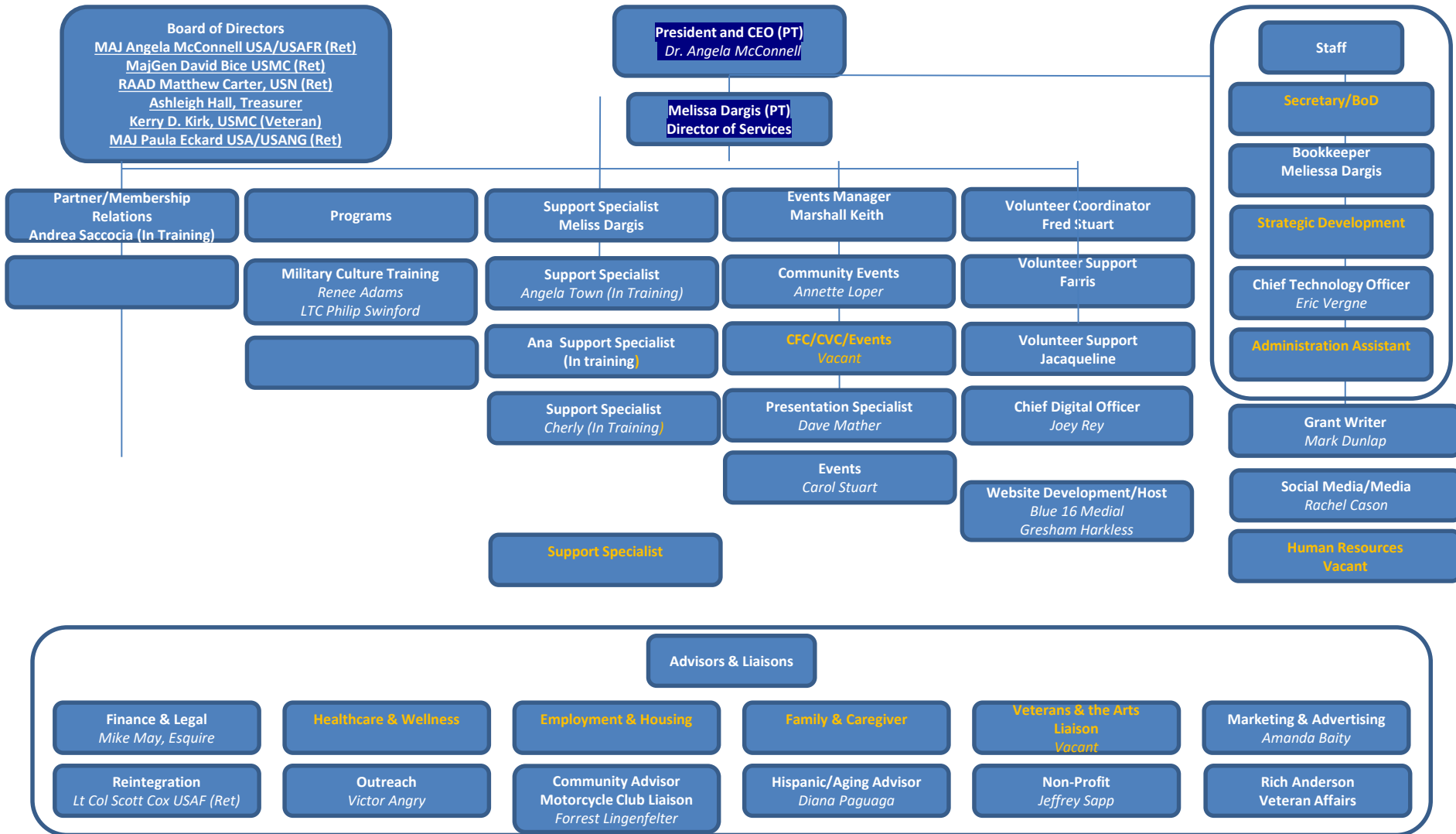
**Volunteer/Events Support:** Annette Loper, RN (Veteran Spouse);

**Legal Liaison:** Attorney Mike May

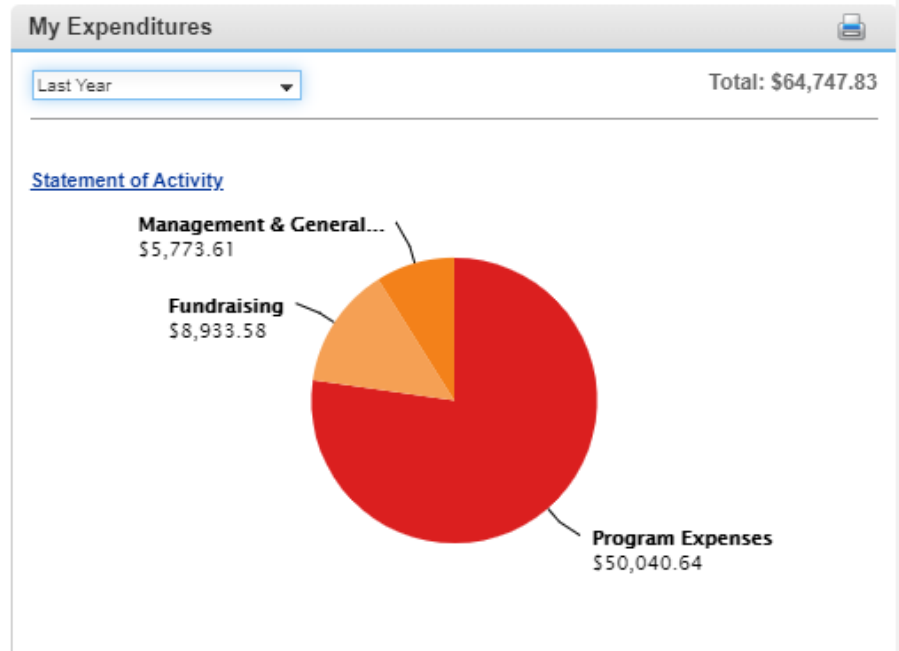
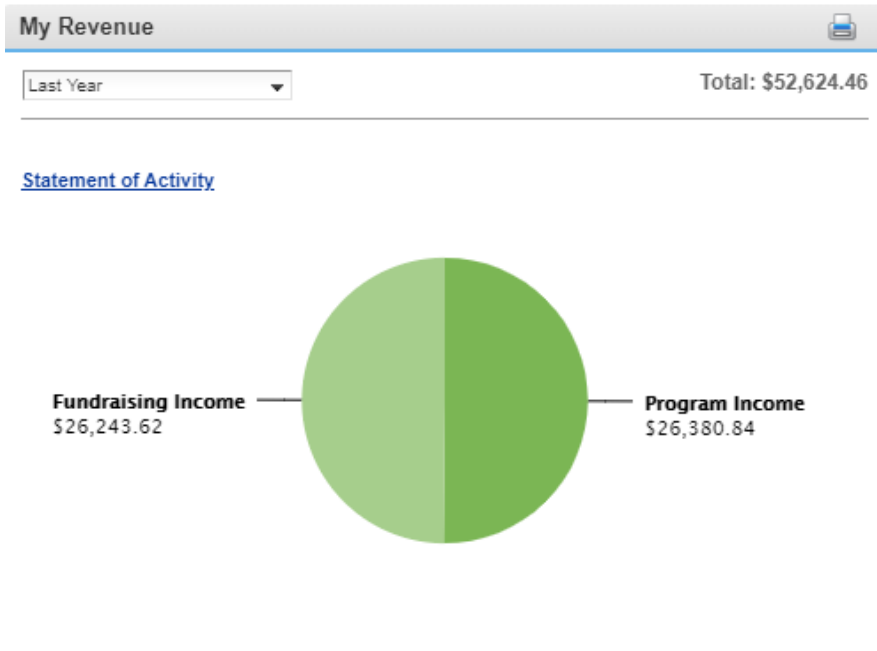
**Presentation Specialist:** Dave Mather

**Public Affairs/Media Specialist:** Rachel Cason, BS

# How much money does it take to run a business this size?



# 2019 Revenue & Expenses



## 2019 Revenue Breakdown

Program Revenue: (Grants = \$11,000 + Corp Sponsors & Membership \$15,380)  
Fundraising Event Revenue \$26,244 = **Total Revenue \$52,624**

## 2019 Expense Breakdown

Management & General: PT CEO Pay & Overhead = \$5,773  
Program Expenses: PT CEO, Director of Services & Contractor Pay = \$50,040  
Fundraising: Marketing, Outreach, Events = \$8,933 = **Total Expenses \$64,747**

**In 2019 we supported 42 Veterans  
Totaling over 456 hours averaging 11 hours per Veteran  
With 1 Part Time Service Support Staff**



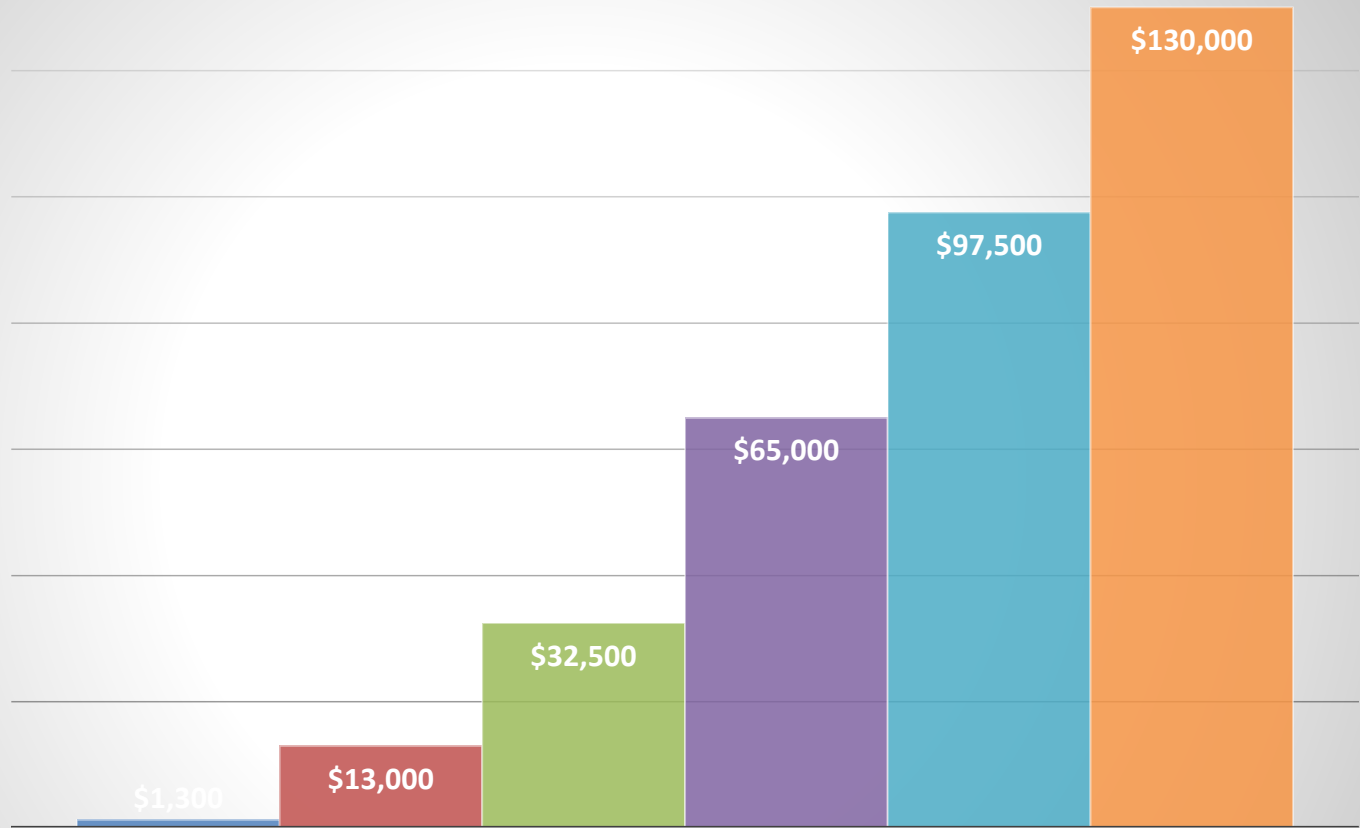
**62,471 Vulnerable Veterans  
Minus 42 we supported = 62,429**

**Potentially 62,429 Veterans  
Still Need our Help**

**Consider a Sponsorship to Fund Support Services**

# \$1300 to Support 1 Veteran Comprehensively

■ 1 Veteran   ■ 10 Veterans   ■ 25 Veterans   ■ 50 Veterans   ■ 75 Veterans   ■ 100 Veterans



■ 1 Veteran	\$1,300
■ 10 Veterans	\$13,000
■ 25 Veterans	\$32,500
■ 50 Veterans	\$65,000
■ 75 Veterans	\$97,500
■ 100 Veterans	\$130,000

# Military Culture, Conditions & Healthcare Resources Training

The Northern Virginia Veterans Association provides training to healthcare providers and staff to increase understanding and awareness of military culture and related health issues.

This question should always be asked of patients:  
“are you a former or current military service member?”

Without knowing your patient’s military history, it can be challenging to connect the dots of symptoms and disease potentially related to service time, deployments, and/or training environments.



## Objectives of Training:

- Explain military structure & culture
- Illustrate life on and off the battlefield
- Delineate common potential health related issues (PTSD, mTBI, insomnia, depression, hyper-vigilance, substance abuse, presumptive conditions)
- Describe approaches to care, support, and when to refer to the VA
- Provide federal, state and local resources for providers to support their veterans/families patient population

To request training, go to:

<https://novavets.org/nova-veterans-military-culture-and-healthcare-training-resources/>



# *Thank You Community Sponsors!*



**Charitable Foundation**



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Healthcare

**THANK YOU FOR LEARNING ABOUT  
THE NORTHERN VIRGINIA VETERANS ASSOCIATION**

*Now You Know Us*

*We Have Sound Business Model & Proven Support Protocol*

*We Absolutely Have a Critical Veteran Mission*

*Join Us and Be Part of the Solution*

*Email: [Info@NOVAVETS.ORG](mailto:Info@NOVAVETS.ORG) or*

*Call: 703-659-2690*