



Navy Marine Coast Guard Residence Foundation

July 2024 Foundation Update

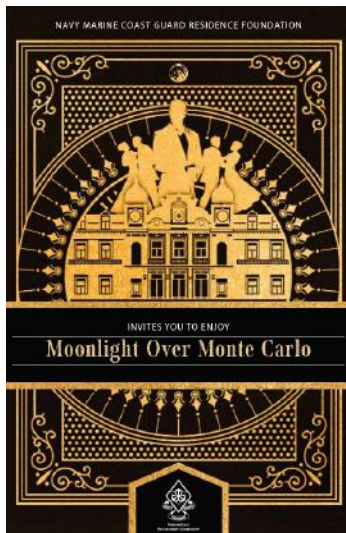
What Lies Ahead

With July, we are officially into the second half of the year (how is that possible?). We in the Foundation are excited about what we've been up to this month – and what lies ahead! First and foremost, we are deep into planning mode for our 28th Annual Gala fundraiser on October 5. Invitations went out just days ago for *Moonlight Over Monte Carlo*, and we hope many of you will be able to join us for an elegant evening on the French Riviera! Meanwhile, the Philanthropy & Engagement team has been busy this month with a variety of projects. We purchased a new piece of exercise equipment for VHRC's Fitness Center, a recumbent stepper that will allow all our residents, even those in wheelchairs, to stay active and fit. We celebrated the end of a wonderfully successful Coin & Stamp Drive by hosting a Coin Auction Watch Party a few weeks ago. And it was our pleasure to do a good turn for our neighbor, Chesterbrook Swim Club, by opening our Ballroom to their swim team families for their kids' end-of-season performance. As always, we are grateful to all of you for your support in helping us make Vinson Hall Retirement Community the special place that it is!

Moonlight Over Monte Carlo – Tickets Now on Sale for NMCGRF's Annual Gala!

The wait is over and the news is out! Last Saturday — night, after the James Bond movie *Never Say Never Again* was shown on campus, Debbie Blome, Philanthropy & Engagement Communications Specialist, and resident Sherm Eagan made the announcement that this year's Gala theme is *Moonlight Over Monte Carlo*! Invitations went out over the weekend for the October 5th event, and ticket sales opened on Monday, July 29. We are delighted to share that in just three days half the

tickets have already been sold!



The Gala starts in the Casino de Monte Carlo (Fred Johnson's Bistro), where guests can try their hand at blackjack tables, craps or the roulette wheel for a chance to win prizes or just enjoy the Monte Carlo Casino milieu, a favorite of European royalty. From there, guests make their way up to Monaco (Ballroom) for an elegant evening on the French Riviera with a three-course dinner, live music and dancing.

This is the Foundation's only major annual fundraiser, and proceeds from ticket sales go toward supporting the residents and staff of VHRC. For those who have already purchased tickets, we so appreciate your support and promise that you'll enjoy an evening of joie de vivre! If you are interested in attending and do not yet have a ticket, please contact Megan Kelly in the Philanthropy & Engagement office at mkelly@vinsonhall.org or 703-538-2970.

***Donate to NMCGRF
Today***

NMCGRF Provides Fitness Center with New Equipment Accessible to All

It is well known that as we age, exercise is not only key to longevity but also decreases the risk of falls. With this in mind, VHRC's Fitness Center has been equipped with stationary bicycles, treadmills and other strength-building equipment to help our residents remain active and strong. However, the gym



did not have any exercise equipment specifically designed for safe usage by those with mobility issues or rehabilitating from an injury.



Now it does. Through a grant from the Foundation's Innovation & Enhancement Fund, a new StepOne recumbent stepper was delivered to the Fitness Center this month. The new machine will allow all residents, including those who use wheelchairs, to partake in low-impact exercise for the entire body. The seat can slide off the machine, and a wheelchair can be maneuvered and secured into place. The recumbent's step range is similar to walking or climbing stairs. It can also be used for rehabilitating knees or hips; arms can be used to support the leg movements, aiding in recovery by

providing greater range of motion and better blood flow to the affected area.

"We are delighted to be able to offer this new equipment to allow all our residents, even those with mobility issues, to exercise safely," said Michelle Crone, Senior Director of Philanthropy & Engagement, of the Foundation's \$4,870 purchase. "Exercise is important to everyone's health and wellness."

Coin & Stamp Auction Raises Funds for NMCGRF

Earlier this spring, the Foundation launched a Coin & Stamp Drive on campus, the brainchild of resident Bill Clair, a lifelong stamp collector and Foundation donor. (Thank you, Bill!) We were overwhelmed



with gratitude for the enthusiastic response to this drive! Over the course of a month, more than 65 people donated coins, bills, stamps, postcards and other ephemera, which filled 40 boxes. In April, Emerald Ventures auction house picked up these donations to separate them into lots and then offer them for sale on their website.

Then on Saturday, July 6, we arranged a Coin Auction Watch Party on campus to follow the live action as the coin auction came to a close. Emerald Ventures' website was projected onto a screen, and people gathered in the Boardroom to watch the bidding and final sale of Foundation-donated items, which comprised 180 lots. The final auctions of our donated stamps were held on July 14 and July 21.

We are delighted to share with you the final results: The Coin & Stamp Drive netted \$13,865.84! We are truly thrilled and so thankful to all our donors for their generous contributions!

Foundation Steps in to Help Neighboring Swim Club

At NMCGRF, we are always looking for ways to make a difference in the broader community, and one way to fulfill our social responsibility as a non-profit organization is to offer our space at no charge to other local non-profits. This month, we had a wonderful opportunity to do just that.



Chesterbrook Swim Club across the street from our campus contacted us with a request. Every summer, the Club's swim team, comprised of 264 local children ages five to 18, celebrates the end of the season with a beloved tradition. The kids perform a show for their families with choreographed dances and lip synching. The party is usually held poolside, but last year when it was rained out, we were happy to open our doors and offer our space in the Ballroom. This year, the forecast again called for rain and extreme heat. So when the team leaders asked if we could host their party once again, we were delighted to be able to help!



On Friday, July 12, about 100 kids and their parents walked across the street to VHRC's Ballroom to watch their friends and family members perform and share a potluck dinner. "The party went so well and we're so thankful," said Jen Shen, one of the team's parent representatives. "It is such a great space and the kids loved

being on a real stage.”

At NMCGRF, we appreciate the support of the organizations, schools and community groups in our area, and are always happy to return the favor. Other groups we have shared our Ballroom with include Fairfax County Elections Board on election days, McLean Youth Orchestra for their recitals, Homestretch’s preschoolers, and the Coast Guard Retiree Council for their holiday parties. It is our pleasure to do a good turn for our neighbors in need!

Your Planned Gift Today Can Make a Difference Tomorrow

You can leave a legacy that will last for years to come by designating Navy Marine Coast Guard Residence Foundation in your will or by making a planned gift. Some types of planned gifts can support our community and provide you with a charitable income tax deduction, minimize capital gains taxes, reduce estate taxes or provide you or others with an annual income for life. To learn more about these types of gifts, please see our [website](#) or contact Michelle Crone at michellec@vinsonhall.org or 703-538-3068.

Learn More about Planned
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