



Annual Report 2024

Main Street is...

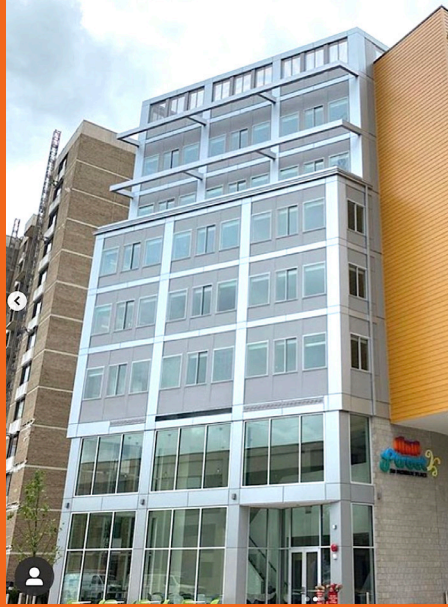


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Main Street is...

Dear Main Street Family,

As we reflect on the incredible journey of 2024, I feel an overwhelming sense of pride and gratitude to be part of such a vibrant community!

One of our cherished traditions is the **“two-word icebreaker,”** where we share feeling words that help us connect with each other. This simple yet powerful exercise allows us to reflect on our experiences and deepen our relationships.

In this community report, you’ll discover a tapestry of words our board, members and staff use to describe Main Street. Capturing the essence of “us” in one word is a challenge. We are a mosaic of emotions and virtues—joy, passion, kindness, equity, dignity—all intertwined. But if I had to choose **a single word, it would be Growth.**

We’ve evolved from a small startup with a big vision into a thriving community filled with connection and possibility! Our residents and members are achieving remarkable milestones—meaningful employment, new skills, deep friendships, and a sense of independence. It’s inspiring to witness our parents letting go, allowing their children to soar— and soar they certainly are!

Our staff has expanded **from one dedicated employee to nine passionate team members,** all working together to create meaningful connections. With 15 weekly offerings, we continue to innovate and engage! Our offerings include cardio parties, stretch & strength sessions, and a new cooking series. This year, we welcomed 85 new members, strengthening our connections and collaborating with more than 30 committed community partners.

We shared the Main Street love with many visitors during our 70 tours and launched our volunteer crew of 40, bringing our total number of volunteers to over 120 in 2024! We also welcomed four new ambassadors to Main Street, who work directly with staff to share **our passion of inclusion.**

The growth mindset evident in our community is truly inspiring, and I hope you feel it as you explore these pages. Let the pride and passion of the Main Street family resonate with you, as we continue to uplift lives, spread kindness, and celebrate the beauty of inclusion.

With immense gratitude and much love,

Jillian

growth.



“In this community report, you’ll discover a **tapestry of words that describe Main Street.** Capturing the essence of our community in just one or two words is a delightful challenge. If I had to choose a single word, it would be Growth.”



Main Street residents describe their home using words like “safe,” “comfortable,” and “a dream come true.” *A dream come true.* Our 70-unit affordable, accessible and inclusive apartment building houses 58 residents who identify as having a disability, out of approximately 100 residents.



The artwork on our walls tells a joyful story. “Spray Love” pops with color, while “Spray Hope” radiates positivity. This uplifting spirit is contagious! People smile, greet each other, and create a pleasant atmosphere that truly makes Main Street a happy place.

Research from the University of Maryland backs up these warm feelings, showing that living at Main Street significantly enhances the quality of life for our residents—both those with disabilities and those without, as well as their families.

Residents can pop downstairs for exciting programs in Poppy Boy’s Kitchen or meet friends in the lobby, stop into our Soulfull Café for a cup or stroll to dinner and a movie in Rockville Town Square. The Metro is just a few blocks away, making it easy to explore the area!

Main Street is...

home.

At Main Street we're lucky enough to have our own cafe, a cozy neighborhood gathering spot where you walk in and feel the love! People stop to chat. Inspirational quotes are framed on the tables: *You are enough.*

The **Soulfull Cafe** is a place where community truly matters, and this year we celebrated community with educational programs like Food for Thought, Mama Peace chats and Coffee with a Cop. So many people came out to learn, connect, enjoy a smoothie and say hello! Soulfull also embraces inclusivity by **hiring people of all abilities**, which is one of the things we love most about it.

And don't forget to email **Chef Ricky** to cater your next event!

Main Street is... a place for

gathering.



Did you know?

Main
Street
is...

belonging



MAIN STREET
MEMBERS FEEL...

94%
FEEL MORE **CONNECTED**
TO OTHERS

95%
FEEL LIKE THEY **BELONG**

85%
FEEL MORE **INDEPENDENT**

94%
FEEL THAT THEIR OVERALL
LIFE HAS IMPROVED

500K

YOUNG ADULTS
WITH AUTISM
WILL ENTER
ADULTHOOD IN
THE NEXT 10YRS.

50K

YOUNG ADULTS
WITH DISABILITIES
GRADUATE FROM
HIGH SCHOOL
EACH YEAR.

75% of Main Street's apartment units are affordable. Main Street features **10,000 square feet of community space** including a fitness center, our very own multi-media room, also known as "Poppy Boy's Kitchen," an adjacent patio and a light-filled classroom, "Mattie's Peace Room."



ONLY **21.3%**
OF PEOPLE WITH A
DISABILITY WERE EMPLOYED
IN 2022 ACCORDING TO
THE U.S. BUREAU OF LABOR
STATISTICS. THE SOULFULL
CAFE WAS MADE TO
CHANGE THIS.

<1 in 4
ADULTS WITH DISABILITIES
LIVE INDEPENDENTLY.

75%
OF INDIVIDUALS WITH
DEVELOPMENTAL
DISABILITIES LIVE WITH
A FAMILY MEMBER.

OVER **20%**
OF THOSE CAREGIVERS
ARE OVER THE AGE OF 60.



Main
Street
is...

community

287

ACTIVE MEMBERS

13%

INCREASE IN
MEMBERSHIP IN 2024

460

EVENTS LAST YEAR
WITH 6500 ATTENDEES

15

WEEKLY EVENTS

**SOMETHING FOR EVERYONE...
INCLUDING YOU!**

Residents, Main Street members, and our wider community all agree: We are the place to be! From energizing stretch and strength classes to creative art workshops and inspiring conversations with bestselling authors, there's never a dull moment at Main Street.

With **three membership options** (Core, Plus, Professional) and 287 active members, we offer a treasure trove of social, cultural, educational, and wellness programs. From weekly favorites like Food for Thought and Friday Vibes to standout events like Summerfest and a lively Happy Hour with Tim Shriver, there's truly something for everyone. And remember, you don't have to live here to experience that Main Street feeling—our doors are open to all!

About **18% of our members call Main Street home**, while many others come for our fantastic programming and events. This year, we celebrated a **13% increase in membership!** People love feeling like part of something special, and that's what happens at Main Street: We come together to learn, thrive, and most importantly, have a blast!



About 18% of our members call Main Street home, while many others just come for our fantastic programming and events.



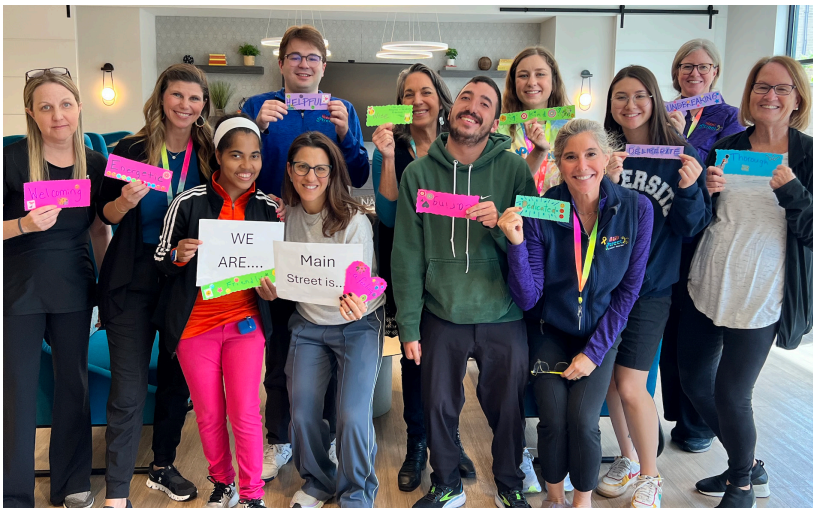
& togetherness

Main Street is...

magical &

People often talk about “that Main Street magic.” It’s a special feeling that hits you as soon as you walk through the doors. You feel different. Better. More inspired. Our staff gets to experience that every day, and we consider ourselves incredibly lucky!

We’re excited to be here, planning fun programs and events for our members, and we can’t wait to show you what’s in store—more author events, artist workshops, another fantastic Summerfest? We’re thrilled to welcome **Tara Owens** as our new **Executive Director** and look forward to an amazing 2025 with her leading the way!





Ambassadors:

We also introduced our ambassador program, a volunteer initiative where active Main Street members join us for presentations throughout our community and welcome newcomers and show them around. If you're new to Main Street or you're out at an event, you can count on being greeted by a friendly ambassador in a red T-shirt!

We couldn't do it without our volunteers, the **tireless cheerleaders** who make all feel welcome! From dining out with us and joining our Commanders watch party to singing karaoke at Sunday Socials, our **40 volunteers** do a little bit of everything—and they always do it with a smile because they're having so much fun!

What's it like to volunteer at Main Street? It lifts you up! That's what our volunteers tell us, and we know they mean it because they keep coming back. This year, Main Street launched a dedicated volunteer crew. Many volunteers join weekly, and love it! They're enriching our programs while learning about inclusive communities and how to spread the Main Street mission. "It is not just about giving back, it is about **being part of a movement** that is changing lives and making the world a better place for everyone," one volunteer says.

To learn more about joining our volunteer crew, email: membership@mainstreetconnect.org



...uplifting.

What's it like to
volunteer at **Main
Street?** It lifts
you up and it's
inspiring.

That's what our
volunteers tell us,
and we know they
mean it because they
keep coming back.



Main
Street
is...

fun!

Come be a part of Main Street!
We promise you will leave with
a happy heart and a smile.

2024 Fun

- Spirited Sam's Music City Workout
- Yoga with Bola
- Stretch and Strength
- Main Street Hang
- Sunday Socials
- Dinner with Friends
- Commanders Fan Club
- Game days
- Farmer's Market Strolls
- Friday Vibes
- Fabulous Fashion Show
- Collage-making
- Bookmaking
- Annual Art Exhibits
- The Huddle Sports Talk
- Belonging Member Art Show
- Food for Thought
- Bake with Sharon
- Sex and Relationship Series
- Mama Peace Meet Ups
- Nationals Games
- Sailing on the Bay
- Pool Parties
- Aqua Fit
- Cardio Dance Parties
- Staff vs. Member Annual Kickball Game
- Museum visits
- Somo Sound Bath
- Beer Tasting & Bread Baking

Main Street is...

creative &



Imagine a Thursday evening at Main Street, where Spirited Sam leads an exhilarating workout class for a room full of eager participants. “5, 4, 3, 2, 1—Main Street, everybody!” **The energy is electric!** Our Music City Workout is just one of the many programs designed to nourish both body and mind, alongside Yoga with Bola and Stretch and Strength with Tara. What’s our word for programming? Simple: it’s awesome!

This year has been a whirlwind of activity, with plenty of opportunities for **socializing and connecting**, from the Main Street Hang to Sunday Socials, Dinner with Friends, and our spirited Commanders Fan Club.

Creativity flows at Main Street! Our members teamed up with talented artists like Edward Ugo for a painting workshop and Khadija Jahmila for collage-making. Bookmaker Julie Garcia inspired us to bind our own books, giving us blank pages to fill with our stories. And who could resist the magic of Belonging 2024, our 4th Annual Member Art Exhibit? Come on by and see it if you have a chance.

Learning is also at the heart of what we do, with engaging sessions like Food for Thought, Bake with Sharon, Get Social, Sex and Relationships and Mama Peace Meet Up. We even hosted a thought-provoking discussion with foreign policy expert Michael O’Hanlon!

There’s always something going on at Main Street!



energizing.

Main Street is...

golfers



illuminating

Our golf outing

is said to be “the golf outing with personality,” and we couldn’t agree more! With incredible sponsors (thank you!), 224 enthusiastic golfers (we love you!), and 80 amazing volunteers (you all rock!), along with the support of Main Street members and staff filled with positive energy, we know how to throw a party. Of course, there’s some golf involved—putting, chipping, and plenty of friendly competition—but we also have great food, drinks, giveaways, prizes, and live music. It’s a golf experience of a lifetime!



welcoming

enthusiastic

hope



The Board

...& board belonging members.



Our Board:

Our board is dedicated, kind, and driven by a spirit of collaboration and innovation. With heart at the core, we strive to inspire and support our community every day.

acceptance compassionate

Main
Street
is...



a movement

“Imagine a place where you feel seen for who you are, your voice is heard and every person contributes to the vibrant tapestry of our community.”

Main Street is more than just a place and belonging—it’s a movement that embodies the spirit of community. We believe in a world where everyone, regardless of ability, feels valued and respected and every individual matters.

Imagine a place where you feel seen for who you are, your voice is heard, where differences are celebrated, and where every person contributes to the vibrant tapestry of our community. This is what we strive for at Main Street. Our movement of inclusion is not just changing lives; it’s transforming mindsets, fostering empathy, and building a future where everyone can thrive.

Join us on this vital journey toward a more inclusive future. We invite you to experience our inclusion presentation or certification program, designed to empower your organization, company, nonprofit, or circle of friends. Together, we can foster kind cultures and accessible environments so everyone feels they belong, and where each individual has the opportunity to shine.



of inclusion.



**YOUR GENEROUS DONATIONS FROM NOVEMBER 1, 2023 – OCTOBER 31, 2024
HELP SUPPORT OUR MISSION OF INCLUSION.**

\$25,000–\$99,999

Ann & Robert Copeland
 Jillian & Scott Copeland
 Dragone Realty Investments
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\$10,000–\$24,999

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 Howard Wiener
 ZRS Management LLC

\$1,000–\$4,999

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 Tommy Gordon
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 Brett Hayes
 Susan & Steve Hull
 Larry Jacobs
 Leslie & Marty Janis
 Juggernaut Management LLC
 Susan Kay
 King Chiropractic PC
 Lynn & Mark Klaiman
 Graham Klebanoff

**Main
 Street
 is...**

grateful.

Mimi & Michael Kress
 Lerner Enterprises
 Judy & Jeff Leventhal
 Levitt Family
 Lord Aeck Sargent
 Planning & Design
 Meisel Holdings
 Melrod Family
 Charitable Foundation
 Melwood
 Miller & Long Co. Inc.
 Dr. Craig Miller
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 Timmons Group
 Tobar Construction Inc.
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 Jamie & Jerry Truman
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 Amy & Bob Vieth
 Ward Family
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 Bunny & Paul Weinstein
 Staci & Gary Weltmann |
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 Advisors
 Ellen & Bruce Winston
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UP TO \$999

Janet & Edward Aaronson
 Gail & Keith Allen
 Holly Andruscavage
 ANONYMOUS

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 Baked in Color
 Karen & Lyle Bakst
 Bob Barnett
 Bob Barnett, Mark Carrico,
 Curt Hall, Mark Higgins,
 Kurt Lubert, Kyle Morton
 & Brett O'Donnell
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 Certner Family
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 Cindi Clark
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 Renee & Eric Sklarew
 Jennifer Slater
 Beth & Leonard Sloan
 Katie Smeltz
 Mary Lou Snyder
 Sara Sonet
 Ceil & Russ Speake
 Delegate Ryan Spiegel
 Jen Stolbach Randazzo
 & Family
 Sonya & Joel Taubin
 Thompson Family

“We have a routine in our house where we share the highlight of our day each night. I’ll call this one early–hanging out with Sharon, Leo, and Mama Peace, and other new friends was certainly my highlight and I’m already looking forward to next time.”

Cara & Marc Tommer
 Anthony Trasatti
 Malik Tuma
 Libbie Rifkin & Doug Usher
 Valentino Family
 Villari Family
 Robert Weinstock
 Ilene & Stephen Weiss
 Wesel Family
 Weyrich Cronin & Sorra

IN-KIND DONATIONS

Bowen Films
 Raeann Carpenter
 Heights and Beyond |
 Aaron Anderson
 Gregorio’s Trattoria
 Knowles Printing
 Lone Oak Farm
 Brewing Company
 Sherri Holdridge
 Photography
 Timber Pizza

YOUR KINDNESS AND GENEROSITY IS DEEPLY APPRECIATED AND HIGHLY IMPACTFUL.



Wow, I hope you're reading this with a big smile! It's Jillian here again, can't shut me up!! , sharing a few final thoughts as here is what I want to leave you with....

As I reflect on all of our words and read and reread this report, I'm filled with joy, pride, and fulfillment and smiling from ear to ear. I think back to the vision my husband and I had, the task force that helped shape it, and the 75-80 adults with disabilities and their families who shared their hopes with me. Together, we turned that vision into a reality, and seeing the growth of this community is truly a gift.

I see independence—like one resident who **hosted his very first cocktail party**, planning everything from the food to the fun! I see relationships—parents telling me their child now has real friendships, dinner plans, and people to text.

I see joy—parents no longer worried, but **smiling as they drop off their kids**.

I see helpfulness—residents helping each other, families supporting one another, staff ensuring our members are thriving.

And most importantly, I see life—so many rising, so many living joyful lives, my very own son who recently shared **he “is living his best life”** and he/we are embracing a future filled with hope.

So guess what...I am changing my word(s)....and here it is...

Main Street is..... SO F-ING AWESOME!
(bet you don't see that in your usual annual report :) !).

**Main
Street
is...
so f-ing**

awesome.

LIFE CHANGING joyful
choices Amazing
Compassionate friends
STRENGTH embracing acceptance
Warmhearted comforting love
INCLUSIVE life-changing
FUN growth HOPE
Warm accepting happy
peaceful peaceful
Family IMPACT
support DIGNITY
HOME COURAGEOUS
Kind
life-changing IMPACTFUL

Come be a part of this incredible experience,
this beautiful family, the joy we call Main Street!

www.mainstreetconnect.org

RELIABILITY

BOLD

kindhearted
Commitment

Amazing

LOVE

peaceful

joyful

KINDHEARTED

friendship

Excellence

Collaborative

exciting

colorful

hope

COMMITMENT

accepting
inspiratio



CREATIVE

Dignity

Main Street
50 Monroe Place
Rockville, Maryland 20850
(301) 810-3199

FUN