KEEN GREATER DC-BALTIMORE

Kids Enjoy Exercise Now

KEEN’s mission is to empower youth with disabilities by providing free, non-competitive, one-to-one programs of exercise, fitness and fun, led by volunteer coaches.

KEEN’s vision is to foster confidence, self-esteem and community inclusion for youth with disabilities; strengthen communities through education of volunteers; and provide families with respite and a supportive network.
The pandemic unexpectedly caused our KEEN world as we knew it to suddenly stop. We had to abruptly cancel all 38 of KEEN’s one-to-one programs for young people with disabilities (KEEN athletes), leaving us with the question “What now?”

We knew how important continuing some type of programming would be for our athletes and their families but were in uncharted territory. How could we engage our athletes in a meaningful way so that they could continue to exercise and socially interact with our volunteers and staff? Thinking first and foremost of our athletes with disabilities for whom KEEN plays such an important part in their lives, we quickly adapted to this new reality. We were the first organization in our community to start interactive online activities. KEEN LIVE at Home virtual programs started within a week of our in-person shutdown.

We began with virtual Fitness and Zumba sessions on Sundays and shortly thereafter expanded to more days of the week and more interactive virtual programs and activities, including Yoga, Music, Tae Kwon Do, Book Club, social sessions and games with friends, and dance parties.

To make sure that we keep KEEN’s entire community engaged, we brought back our volunteers from local high schools, universities, and corporate groups. They organize and run many of our virtual sessions and give everyone the opportunity to interact, learn, and have fun with KEEN athletes.

Our virtual programs contribute to feeling a sense of normalcy during these difficult times and lower emotional distress by motivating our athletes and volunteers to exercise and socially interact.

We are grateful to our sponsors and supporters who believe in KEEN and who join us in our perseverance! Thank you to every single one of you for helping us continue providing these very important programs to KEEN athletes entirely free of charge.

We are committed to fighting through these challenging times and not letting the pandemic infect our positive morale and dictate the future of our KEEN Programs!
ABOUT US
KEEN Greater DC-Baltimore started in 1992 with a very simple concept: Bring together volunteers from the community and young people with significant developmental and physical disabilities, pair them one to one, and let them discover how to explore their abilities and have fun. With this concept over the past 28 years, KEEN Greater DC-Baltimore has launched 38 free-of-charge in-person programs in the District of Columbia, Maryland and Virginia. Amid the pandemic, KEEN Greater DC-Baltimore launched 7 virtual programs, allowing athletes and volunteers to stay connected.
VIRTUAL PROGRAMS: KEEN LIVE AT HOME!

**March**
- 14 Suspends all in-person programs due to Covid-19.
- 22 Launches first virtual program: **Fitness, Story Time, and Zumba**.

**May**
- 03 Launches **Tae Kwon Do** program on select Sundays.
- 10 Launches **Music** program on select Sundays.
- 15 Holds **KEEN Club Prom**, run by Bullis HS student buddies.
- 26 Launches **Tuesday Game Nights** for KEEN Kids.
- 28 Launches **Thursday Game Nights** for KEEN Teens and Young adults.
- 29 Holds **KEEN Prom** for our Baltimore athletes.
- 31 Launches **Yoga** program on Sundays.

**June**
- 06 Holds **KEEN Prom** for our Virginia athletes.
- 12 Holds **KEEN Prom** for our Montgomery County teens and DC athletes.
- 19 Holds **KEEN Prom** for our Montgomery County young adult athletes.
- 05 Converts Tuesday/Thursday programs to **Wednesday Socials**.
- 09 Engages volunteer groups in running weekday sessions.
- 08 Launches **KEEN Book Club** program, run by JHU Neuroscience students.
- 15 Launches **KEEN Club** program, run by Bullis HS student buddies.
- 30 Holds **Fun Fall Festival**, run by JHU’s Phi Kappa Psi.
- 04 Holds **Winter Wonderland Party**.

**On Sundays:**
- **Fitness** with Aaron Anderson
- **Zumba** with Zuzu Kennedy
- **Yoga** with Polly Vail
- **Music** with Autumn McClintock
- **Tae Kwon Do** with Master Moon

**On Weekdays:**
- **Wednesday Socials** with volunteer groups. Activity themes: crafts, dancing, animals, tours to U.S. states and countries around the world
- **Thursday Book Club** with JHU Neuroscience students
- **Thursday KEEN Club** with Bullis HS student buddies
- **Friday Special Events** with KEEN Coaches
Volunteers are vital to the continuity and success of KEEN Greater DC-Baltimore. Some help occasionally at KEEN’s programs while others become regulars and may eventually evolve into leaders as part of our Coaches Committee. These volunteers not only train new volunteers and run the sessions but also plan and administer all of our 38 programs. They also play a vital role in our virtual programs. Thank you to all of our outstanding volunteers. Special thanks to our virtual volunteer groups:

Anastasia Liounakos
Bullis High School Students

Georgetown University
Alpha Phi Omega Fraternity

George Washington University Band

Howard University Medical College’s Physical Medicine and Rehabilitation Interest Group

Johns Hopkins University
Neuroscience Department

Johns Hopkins University
Phi Kappa Psi Fraternity

KEEN Coaches Committee Members

Marshall High School Students

Marymount University
Volleyball Team

University of Maryland
Student National Dental Association

COACHES COMMITTEE
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Timothy Holland
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Dustin Canter
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SOUND LIKE FUN?
If you would like to help us grow by being a part of KEEN Greater DC-Baltimore, visit: www.KEENGreaterDC.org for more information.
SPECIAL FUNDRAISING EVENTS

27TH ANNUAL GOLF CLASSIC

Nearly 100 golfers enjoyed a great day of golf, food and fundraising at a modified version of the KEEN Golf Classic at Woodmont Country Club in Rockville, Md. Special thanks to this year’s top sponsors: Contemporary Electrical Services, Capitol Drywall, Accenture, Boatman and Magnani, Inc. and Park Hotels & Resorts. Thank you to all of our golf sponsors and supporters and to our dedicated Golf Classic Committee for making the event a great success!

NOT your average KEENFEST 2020

In lieu of our traditional annual fall gala, Volunteer Ambassadors hosted virtual events to celebrate our Not Your Average KEENFest week. Special thanks to our KEENFest corporate sponsors: Bernstein Management Group, Ferrari of Washington, Total Wine & More, Host Hotels & Resorts and Perry Bayliss Government Relations. KEENFest week events included:

A NIGHT WITH MASON HARRIS, THE CHUTZPAH GUY
Hosted by Rich and Hailey Blumenreich

WINE TASTING PRESENTED BY TOTAL WINE & MORE
Hosted by Fahimeh Bagheri and June Trone

TEACH GIVE INSPIRE FRIDAYS WITH GUEST SPEAKER AND KEEN CO-FOUNDER ESTEE PORTNOY
Hosted by Barbara Guterman

VINYASA FLOW YOGA WITH TANYA
Hosted by Tanya Bagheri

Thanks to our event leaders, sponsors and donors, as well as our tireless KEENFest Committees for making Not Your Average KEENFest a great success!
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- Fight for Children
- Dr. Irvin and Barbara Guterman
- Harry & Zoe Poole Foundation
- Host Hotels & Resorts
- Lloyd and Tracy Mustin
- Paccar Foundation
- Perry Bayliss Government Relations
- Ravens Foundation
- Robin Shaffert and Dean Brenner
- Thomas W. Bradley Foundation
- Venable LLP Foundation

### $15,000+

- Anonymous
- MAXIMUS Foundation
- Montgomery County Collaboration Council for Children, Youth and Families

### $10,000+

- Altria Companies Employee Community Fund
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SUPPORT US

Please donate through:
• www.KEENGreaterDC.org
• United Way #8065
• Combined Federal Campaign #75656

Please contact us at support@KEENGreaterDC.org
if there has been an oversight. Every effort has been made to correctly list 2020 major donors.
FINANCIALS

KEEN GREATER DC, LLC
STATEMENT OF ACTIVITIES

FOR THE YEAR ENDING 12/31/20 (UNAUDITED)

SUPPORT

<table>
<thead>
<tr>
<th>Support Type</th>
<th>Amount</th>
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<tr>
<td>Foundations/Organizations</td>
<td>150,200</td>
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<td>Corporations/Businesses</td>
<td>60,459</td>
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<td>United Way &amp; CFC</td>
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<td>Individual Donors</td>
<td>155,912</td>
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<td>Government Agencies</td>
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SPECIAL EVENT REVENUE

<table>
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<tr>
<th>Event Type</th>
<th>Amount</th>
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<tbody>
<tr>
<td>KEEN Golf Classic</td>
<td>97,575</td>
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<tr>
<td>KEENFest</td>
<td>96,043</td>
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<tr>
<td>Investment Income</td>
<td>4,736</td>
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TOTAL REVENUE AND SUPPORT $678,651

EXPENSES

Virtual Programs for Young People with Disabilities

<table>
<thead>
<tr>
<th>Program Type</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Sports/Fitness</td>
<td>242,481</td>
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<tr>
<td>Dance/Music</td>
<td>132,122</td>
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<tr>
<td>Tae Kwon Do</td>
<td>14,029</td>
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<tr>
<td>Yoga</td>
<td>25,350</td>
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<tr>
<td>Social</td>
<td>108,446</td>
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Total Program Services $522,427

Supporting Services

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<th>Service Type</th>
<th>Amount</th>
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<tr>
<td>Fundraising</td>
<td>94,443</td>
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<tr>
<td>Management &amp; Administration</td>
<td>32,315</td>
</tr>
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</table>

TOTAL EXPENSES $649,185

NET INCOME $29,466

Documents and information submitted to the State of Maryland under the Maryland Charitable Solicitations Act are available from the Office of the Secretary of State for the cost of copying and postage.

A copy of our current financial statement is available upon request by contacting KEEN Greater DC, LLC. Our EIN No. is 42-1657976. KEEN Greater DC LLC is a 501(c)3 nonprofit organization, donations to which are tax deductible to the fullest extent of the law. Please consult your tax advisor for further information.

Thanks for keeping the KEEN family together!
– KEEN Athlete
KEEN sessions provide familiar and friendly outreach and continuity—from pre-Covid throughout Covid isolation.

– KEEN Parent

Proud to have KEEN in my life. Thanks for keeping the KEEN family together!
– KEEN Athlete

The KEEN online programs have been amazing. It provides a community of friends who have shared experiences and sensitivity that fosters the children’s confidence and a feeling of comradery. We are so grateful for all that KEEN staffers have done and continue to do!!
– KEEN Parent

My son has been working on being appropriate in friendships and making friends in his programming at school. Obviously, this is hard to do with no access to new people, so [KEEN online] has given him a chance to work on that. He really wants to make friends so it has made him happy!
– KEEN Parent

KEEN online programs have improved my child’s mood and made him happy during this difficult, isolating time.
– KEEN Parent

So wonderful to feel connected to the entire KEEN community.
– KEEN Coach

Thanks for giving us an hour of structure to our Sunday.
– KEEN Parent

These contact engagements are so important—even if virtual—please keep up the good work.
– KEEN parent

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– KEEN parent
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EIN: 42-1657976 | CFC: 75656 | United Way: 8065

We'll Be Back!