



Winter 2017

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Presidents Message

I hope your New Year has gotten off to a great start! I do enjoy the beginning of the year. I have always looked at it as a way to review what worked for me in the previous year and what didn't. The New Year brings a clean slate, a blank canvas that is ours to paint the picture of what we want the year 2017 to look like! I am very excited to set my goals and make a difference in the New Year.

We have many areas we want to improve and one of the most common is to build more relationships and develop more business. How will we find these opportunities to meet new people and strengthen our business?

GMBA will be providing opportunities for our members to grow their businesses through our Special Events, Luncheons and Mixers.

Encouraging members to join a committee will also improve relationship building. The strongest relationships are built while working together especially if done on a consistent basis!

Abundant opportunities absolutely exist within the growing community of Merrifield. The Board of GMBA is motivated and focused to provide our Members a strong and healthy organization that is able to provide the

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Dues

Existing and New:

Keep an eye out for information regarding your dues. With our new website, payment can be made online.

"bridge" between the Businesses and Community of Merrifield. The growth in Merrifield is in the infancy stages. The next few years will continue to see more businesses and developing communities.

Now is the time for GMBA and members to establish and build in front of the Momentum to come!

The Arc of Northern Virginia - A Community Resource for Your Employees

The Arc of Northern Virginia is a 54-year old local nonprofit that represents and serves individuals with intellectual and developmental disabilities (ID/DD)-such as autism, Down syndrome, cerebral palsy, epilepsy, and rare chromosomal disorders-and their families throughout Northern Virginia. Our programs, services, and advocacy provide critical support throughout the entire lifespan of an individual, from diagnosis and early intervention services to aging with a disability.

The core of our mission is to educate families about the resources, practices, and strategies that are available to help meet the needs of their family member with a disability. With the current rate of children born with autism at 1 in 64, plus other intellectual and developmental disabilities, we know that the large companies in our region have a great number of employees who care for loved ones with ID/DD and struggle in navigating their changing needs.

We are pleased to launch a new effort to bring our educational offerings to companies throughout Northern Virginia to assist your employees as they plan for their loved one with ID/DD-at no cost to your company or employees.

Format Options

A staff member from The Arc of Northern Virginia can come to your company and provide essential disability information in a number of formats:

- **a traditional workshop in a single location**
- **a workshop in one location with webinar access to allow employees in other office locations to participate as well from their own sites**
- **a small-group lunch session to discuss specific employee needs and concerns**

Choice of Topics

All presentations would include an overview of the programs and services of The Arc of Northern Virginia, as well as several specific topics selected from:

- Special Needs Trusts and Futures Planning
- Guardianship and other Alternatives
- Medicaid Waivers and Social Security Benefits
- Local and State Advocacy Efforts
- Advocating for Your Child's Educational Needs
- Transitioning from the School System
- Housing Options
- Employment Opportunities
- Presentations feature information on Northern Virginia; for companies that have additional sites in DC or MD, selected details can also be included about those regions.

Informing Your Employees

The Arc of Northern Virginia can work with the appropriate person at your company to organize and publicize an onsite workshop that will assist your employees with a loved one with a disability. Even if you are not ready at this time to hold a workshop, we can provide you with pre-written sample texts that can be easily included in your communications to employees, such as company newsletters and human resources information. Your employees will benefit to know that The Arc of Northern Virginia is available to them as a community resource.

For More Information

If The Arc of Northern Virginia can help you in meeting the needs of your employees, please contact Lucy Beadnell, Director of Advocacy, at lbeadnell@thearcofnova.org or 703-208-1119 x116.

New Member Spotlight

Welcome to all our new members. If you are interested in submitting your company's information for a new member spotlight please contact Maggie Massaro at maggiemassaro@gmail.com



Choolaah Indian BBQ, a fast-casual Indian restaurant, officially opened in Mosaic District last month. Choolaah elevates fresh casual dining with a menu featuring customizable made-to-order dishes rooted in authentic and traditional Indian flavors and served in a modern way.

The name "Choolaah" is a play on the term "sanjha chulha." In ancient Northern India, people would meet and gather around a neighborhood sanjha chulha, a community oven, to bake fresh bread and exchange stories—a tradition that strengthened personal bonds. Choolaah is a fresh take on this timeless experience of sitting with others, sharing stories, and savoring good company and good food every day.

While Choolaah has its roots in Ohio, the idea has always been to expand to new locations around the globe. Choolaah's newest location, situated in the heart of Mosaic District, is the perfect fit for this people-centric restaurant. The Choolaah team was immediately drawn to the diversity and strong sense of community found at Mosaic District. Choolaah looks forward to becoming a gathering place for all and to being actively involved in this great community.

Authenticity, customization and modern influences form the cornerstone of the Choolaah experience, with an emphasis on convenience, affordability, transparency and freshness. The restaurant prides itself on its all-natural, GMO-free ingredients and scratch kitchen where the food is prepared in front of the customer. Choolaah's customizable and accessible menu emphasizes traditional Indian flavors, techniques and spices while opening diners' minds to new possibilities. Using only premium ingredients that are hormone-, antibiotic- and GMO-free, the melt-in-your-mouth BBQ is deeply marinated with the best imported Indian spices, creating a truly unique experience. Choolaah caters to all dietary preferences, and vegetarian, vegan and dairy-free, gluten-free and egg-free options are available.

The restaurant is designed to immerse diners in the culture of India in a fresh and bright modern setting that surpasses the typical casual dining experience. The open design of the kitchen allows guests to see their meal being cooked in custom-built tandoor clay ovens, which cook meats and cheeses at very high temperatures, sealing in the juices and producing a uniquely succulent tandoori taste. Modern influences of dark and light colored woods, exposed drop lighting and raw metal are playfully set off by bold accents of orange.

Choolaah Indian BBQ, located at 2911 District Avenue in Fairfax, Virginia, next to the Angelika Film Center, is open daily for lunch and dinner. Catering is also available. To view the menu, please visit <http://www.choolaah.com/our-food>. Stay connected with @choolaahmosaic on [Facebook](#), [Twitter](#) and [Instagram](#).

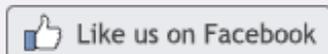
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Full Page	\$ 300.00
Half Page	\$ 150.00
Quarter Page	\$ 75.00
Business Card	\$ 40.00

Provide us with your art work and we will share your business with our distribution list of 800 and growing!



Thank You for your continued support!



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