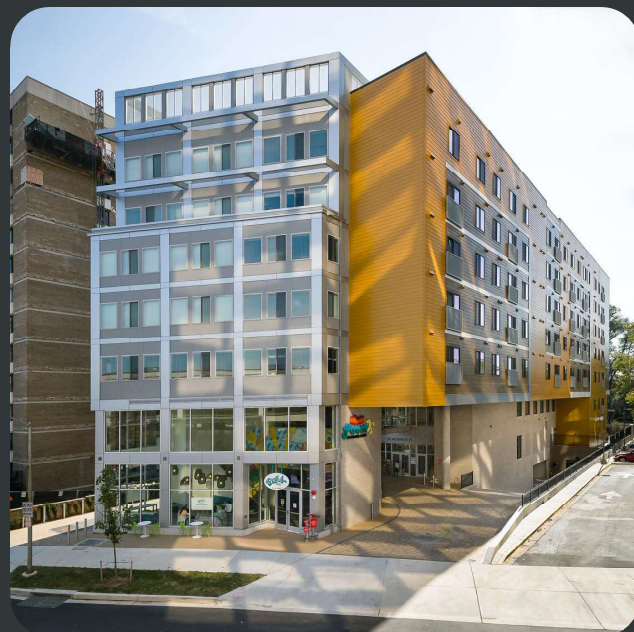


MAIN STREET CONNECT



Main Street's Model of Affordable, Inclusive Housing & Membership





**FOOD & BEVERAGE
SHOWCASE**
March 30-31, 2025
Hilton Rockville, Maryland

The MoCo Eats Food & Beverage Showcase is your front-row seat to a culinary journey from your favorite restaurants, breweries, and local makers. Discover new products, meet the creative minds behind them, and take home delicious finds.

[MOCOEATS.COM](https://moco eats.com)


3.31.2025

Maddie's Story



Picture this. Maddie is 34. After losing her mother—her primary caregiver—she was isolated, with little social interaction beyond her sisters. At her sister's urging, she reluctantly joined a Main Street program. She was quiet at first, unsure. **But she kept coming.**

A few months later, **Maddie is thriving.** She works out weekly, attends programs regularly—and just this week, she made plans to see a movie with a friend. **On her own. For the first time ever.**

Now, she's dreaming bigger: a book club, a movie group.

Moments like this are what Main Street is all about—empowering people to lead full, connected lives while enriching our community.



Today's Presentation



- About Us
- What is Main Street?
- Living & Cafe
- Membership & Programs
- Evaluation
- Volunteer Crew
- Inclusion Presentation
- Partnership Opportunities



Main Street's **Founders**



Main Street was founded in 2017 by **JILLIAN AND SCOTT COPELAND** who are parents of four sons including Nicol, a young adult with developmental disabilities.

Our building opened in **July 2020**.



Mission

To create dynamic opportunities through affordable, inclusive housing & community engagement so people of all abilities can live their best lives.

Main Street Connect Our Mission





Approach

Bring Your Own
Independence (BYOI)



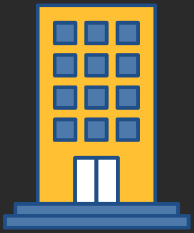
We *don't* provide services.

We *do* provide
accessibility & choice.

Main Street Connect Our Approach



Main Street is 3 Things



Accessible **LIVING** in Rockville, Maryland

- 70 rental apartment units
- 75% of units are affordable
- 25% of units are for those with special needs



Membership-based **COMMUNITY** open to all

- 10,000 sq. ft. community space
- 265+ members (residents and non-residents)



MOVEMENT of inclusion



Main Street Apartment Living

- Safety and accessibility features
- Studio, 1, 2 & 3-bedroom units
- Priority & discounts for first responders, healthcare & government employees



Main Street Residents



We have residents
**with and without
disabilities.**



The Soulfull Cafe



- Provides competitive employment for people of all abilities
- Where coffee meets inclusive community
- Sip. Connect. Belong.



Soulfull Fills Your Cup





Main Street Membership

Main Street is first & foremost a **COMMUNITY** built through **MEMBERSHIP** that is open to **ALL!**

- Highly Amenitized Fitness Room, Multi-Use Classroom, Teaching Kitchen, Multimedia Space, Patio
- Membership options:
 - **CORE**
 - **PLUS**
 - **PRO**





Main Street Programs





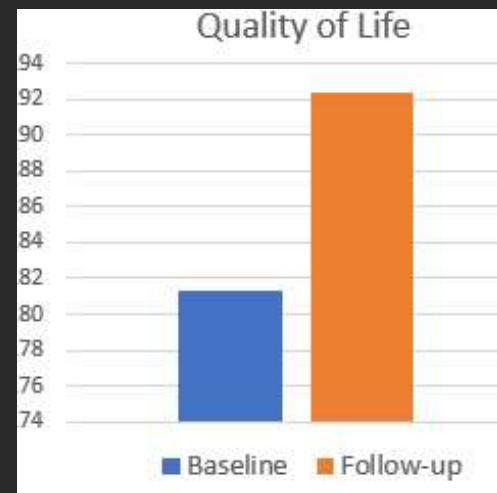
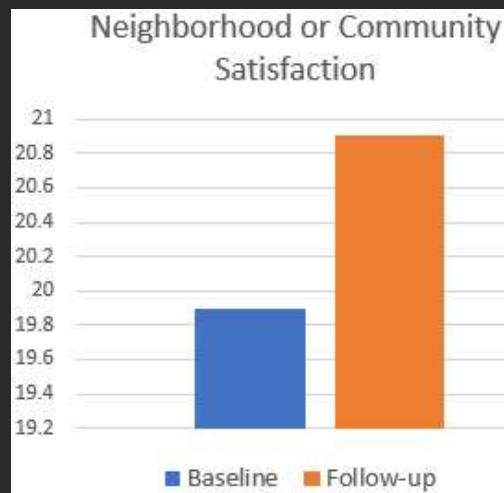
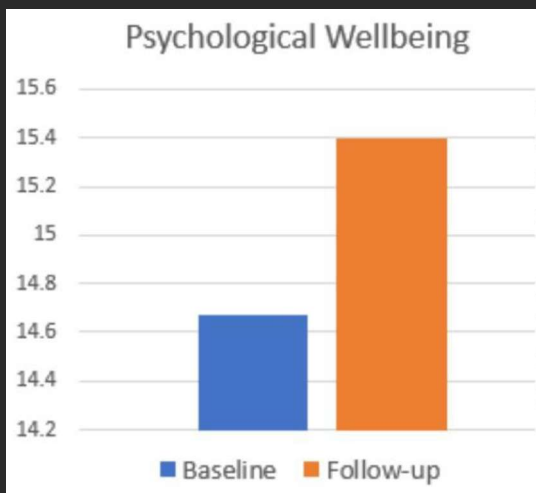
Space Rentals





Research with UMD: Quantitative Results

Surveys and interviews showed **statistically significant** improvement in:



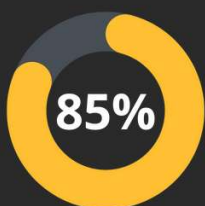


Evaluation: Annual Membership Survey

94% feel like they have
learned new things



85% feel
more independent



95% feel more
like they belong



94% reported that their
overall life has improved



MAIN STREET VOLUNTEER CREW



Our Volunteer Crew members:

- Provide support to staff for programs
- Engage with members of all abilities during Main Street programs
- Commit to consistent weekly or monthly programs
- Receive background checks, support and training

JOIN US!!



Inclusion Presentation: Empowering Inclusive & Accessible Communities



Presentation Topics

- What Makes Inclusion Work
- Understanding Accessibility
- Universal Design in Action
- Training & Teamwork



Key Takeaways

- ✓ Define inclusion
- ✓ Explain why it matters
- ✓ Apply simple, effective and actionable strategies to create inclusive, accessible spaces

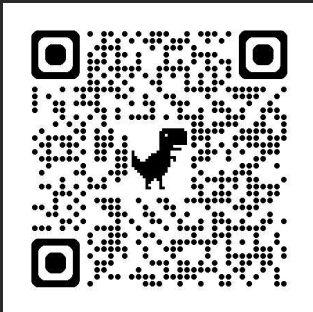


Ways to Partner!

- Food Demos, Cooking Classes or Tastings
- Endless Event Collaborations
- PRO Membership
- Inclusion Presentation
- Commercial Kitchen and Space Rentals
- Main Street Gives Back and Volunteer Opportunities



Main Street on NBC4 with Tommy McFly



<https://youtu.be/xJ0jQZ3Lq38>



Join the Main Street Movement!



"Yes, I love being at Main Street because I can be myself and do things as I choose."

- Main Street Resident

mainstreetconnect.org
info@mainstreetconnect.org

Scan this
code to sign up
to receive emails
from Main Street





Thank You!

