



shepherd's center  
OF NORTHERN VIRGINIA

Spring 2022

# Spotlight

www.scnova.org

## Celebrating 24 Years of Service

*Creating a World Without Loneliness*

### Spreading Cheer

On February 24th, SCNOVA teamed up with Social4Good to create and distribute “Cheer” bags to our senior friends in the community. Social4Good raised over \$2,500 to create logoed canvas bags and filled them with cookies from the [Davis Center](#), chocolates from [Cameron's Chocolates](#), blooming African violet plants, beautiful pottery donated by [Empty Bowls](#), activity books, crayons and pens. This became an intergenerational event when Mrs. Smith’s 3rd grade class at Olde Creek Elementary School and The Junior League Volunteers of Vienna made beautiful handmade cards for each of the Cheer Bags.



“The students were so excited to participate in this project,” said Mrs. Smith from Olde Creek Elementary. “So much thought, effort, and care went into each card. Many students have talked about extending this project at home to make cards for their grandparents or other people that might need a smile.”

The volunteers delivered cheer on a gloomy day. One recipient responded immediately, “I love puzzles so the Word Finds book will get a lot of use. And the coloring book is intriguing so I may take up a new pastime. The African Violet is a cheerful addition, and the sweets will soon be gone.” Another recipient shared, “Thank you all so much for thinking of me!! So many goodies in it!! Love my bowl-pitcher I collect pitchers!!” The “Cheer” was heartfelt all around.

Social4Good volunteer and Shepherd Center Board Member, Patti Vaughn, said “I am thrilled that I was able to introduce the tremendous mission of the Shepherd’s Center of Northern Virginia to the members of Social4Good. Creating the bags and knowing the positive impact they will have on our senior community was extremely rewarding.”

Thank you so much to our Social4Good team Patti Vaughn (Lead), Faith Boettger, Debra Comizio, Patti Cooksey, Marie Crizer, Lee Ellis, Margaret Herbold, Phyllis Lee, Mary Michelson, Leslie Pennington, Ann Smith, Victoria Stuppy, Beth Tecala and Donna Whitaker. Social4Good is an all-volunteer, grassroots organization that brings together engaged women who want to support the organizations that make the community stronger.



# SCNOVA NEWS & EVENTS

## Volunteering For A Decade



Pixie Biddle volunteers because she enjoys giving back and helping people. Retiring over a decade ago as an Owner's Assistant for a small business in Vienna, she continued supporting in an office role at the SCNOVA. "Everyone at the SCNOVA has

the same goal – to help those in need; we're able to help people be independent due to health or different circumstances," states Pixie.

Pixie's been in this role with the SCNOVA for a decade in March 2022, helping to schedule rides, managing RSVPs and speaking to the general public. She was honored as an Outstanding Town of Vienna volunteer in 2017. "I like the people here (at SCNOVA); I enjoy talking to people and just trying to do my small bit in the world." Through the years, Pixie's role has changed. Recently she's shifted to directly assisting the Operations & Volunteer Manager. She helps with credit card statements, volunteer reference checks, creating business. Pixie is the consummate volunteer!

## Shepherd's Center of Northern Virginia

Spring Event Calendar  
2022

### T'ai Chi

Mondays & Thursdays  
9:00am-9:45am  
Ongoing

### Caregivers Support Group

Tuesdays  
10:00am-11:30am  
1st & 3rd Tuesdays of the  
Month

### Adventures In Learning

Thursdays  
9:00am-2:00pm  
April 21-June 9

### Active Wellness Class

Wednesdays  
10:45am-11:45am  
March 16-April 4

### Great Decisions Book Club

Fridays  
9:30am-12:00pm  
3rd Friday of the Month  
February - November

### Volunteer Orientation

March 16  
April 13  
May 18

[www.schnova.org](http://www.schnova.org)

## Welcome New Volunteers

Dan Keating  
Jim Rummel  
Bob Gambarelli  
Susan Voss

Belinda King  
MaryAnn Weber  
Marianne Monek  
Theresa Tuohy



## Thank You To Our Sponsors

Len Adler,  
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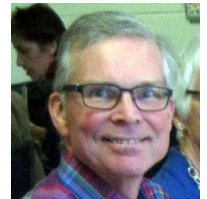
*Thank you to Saeed Abtahi, the owner of Café Renaissance, for the delicious donated meals at our recent Board of Directors Retreat.*

## Thank You To Our Congregational Advisory Council Members For Their Support

Andrew Chapel  
United Methodist Church  
Christ the King Lutheran  
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The Church of Jesus  
Christ of Latter-Day Saints  
Church of the Holy  
Comforter  
St Mark Catholic Church  
St. Francis Episcopal  
Church  
St. John Neumann Church  
Unity of Fairfax  
Vale United Methodist  
Church  
Vienna Baptist Church

## Message from Chair of the Board W. Scott Schroth



Every successful organization owes its future to many in the past who invested their energy and ingenuity in founding and growing the concept. SCNOVA is no exception. The Tates, Hankins, and Deusterhaus' (along with many others in lesser roles) first put the Shepherd's Center on the map in Fairfax County. A second generation of leaders has carried it forward over the past 10 years or so, none more important than Bill Farrell, a member of the board since 2008 and the chair from 2015 through 2020. After graciously extending his term on the board for one more year, we recently had to say goodbye to Bill when he stepped down at the end of 2021. He and his wife Mary will be relocating to a wonderful new home in the Charlottesville area (near a golf course you know!) later this year. So I've taken this opportunity to thank Bill for his many contributions to SCNOVA over the years. Those of you who know Bill or have heard one of his many talks as board chair know that he loves numbers. So here are a few numbers to summarize what he's meant to SCNOVA: 13 years on the board of directors (2,946 volunteer hours); 130 rides for SCNOVA clients (1,950 miles driven, the distance from Vienna to Las Vegas, NV!!); \$85,434 of in-kind volunteer service to the community. Even as he eases out of his role at SCNOVA, he continues to serve on an advisory committee to the Shepherd's Centers of America and works to close out a final project or two for our organization. We'll miss him a great deal, but he's put in place a legacy of service that will help us continue the great work that he has done.

## Mardi Gras Photos



### Message from Carolyn Pennington, Executive Director

The first signs of spring are emerging, and the temperature even reached 67 degrees outside recently. We could not have asked for better weather for our **Mardi Gras Luncheon** on February 17 with **Kathy Blevins and the Town of Vienna**.

**Irene C.**, and the Kitchen Crew – **Wanda S., Linda P., Linda S., Margaret W., Irma G., Estelle M., and John & Karen H.** worked their magic to host a fantastic party. The **Davis Center** served vegetarian Gumbo and Kings cakes cupcakes- as always, the group and food received raving reviews. The **Park Street Strutters** opened the entertainment to a rousing rendition of *When the Saints go Marching In*, the song *Darktown Strutters Ball* had us dancing in the isles, and the final and familiar tune of *Putting on the Ritz* had a standing ovation. We ate, we smiled, we danced, we put on our own glitz and had a great time. Thank you to all who helped make Mardi Gras so special.

Another spring opportunity will be the **SCNOVA Adventure In Learning** Spring semester. I was fortunate to attend a very interesting winter session presentation of *Fungus, Aphids and Stink Bugs- Oh No! A Range of Invasive Species in Northern Virginia and Environmental/ Economic Impact* given by Certified Naturalist and Board Chair, **Scott Schroth**. I was also able to sit in on the Speaker Committee planning meeting. Volunteer Chair, **Michael Mulraney**, along with members **Scott S., Marsha K., Dale L., Casey T.**, and new volunteer, **Mary Anne M.**, are combining their efforts to bring new and engaging speakers this spring. Please share this wonderful opportunity with your friends and neighbors as we anticipate registration to start the first week of April. Classes will commence **April 21, 2022**.

As a reminder, the **Caregivers Support Group** meets virtually on the 1st and 3rd Tuesday of every month from 10–11:30am. If you or someone you know is caring for a loved one, we encourage you to reach out.



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Dedicated to improving quality of life as we age, through supportive programs and services, personal enrichment and volunteer engagement.

Creating A World Without Loneliness

Shepherd's Center of Northern Virginia serves Oakton, Vienna, Reston, Herndon, Great Falls, Merrifield & Dunn Loring

## SCNOVA Spotlight - Spring 2022



Shepherd's Center thanks Navy Federal Credit Union for printing this newsletter!

### Staff

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### 2022 Board of Directors & Committees

**Scott Schroth**, Board Chair; Exec. Comm. Chair; Policy Comm, Co-Chair; Volunteer Comm, Co-Chair; AIL Comm.  
boardchair@scnova.org

**Jayne Young**, Vice-Chair; Exec. Comm, Co-Chair; Development & Volunteer Comm, HR/IT Comm, AIL Comm.

**Leigh Banducci**, Board Treasurer; Chair; Finance Comm, Exec. Comm.

**Michelle Kang**, Board Secretary; Exec. Comm, Chair; Audit Comm, Co-Chair; HR/IT Comm.

**Stephanie Arnall**, Co-Chair; Finance Comm. Audit Comm.

**Joe Bock**, Marketing/ Social Media Comm.

**Richard Duesterhaus**, Chair; Advisory Comm.

**Tom Eversole**, At Large

**Scott Honiberg**, Chair; Grants Comm.

**Anna McDonald**, Co-Chair Development Comm. Co-Chair; Marketing/ Social Media Comm.

**Philip Pifer**, CAC Board Liaison, IT Communications, Marketing/ Social Media Comm.

**Patti Vaughn**, Chair; Exec. Comm, Nominating Comm, Policy Comm.

**Tom Portman**, Veterans Comm.