



Celebrating 23 Years of Service
Creating A World Without Loneliness

Summer 2021

Message from Interim Executive Director - Jayne Young



I find myself reflecting on the many lessons learned as we emerge from the pandemic tunnel. Our greatest take-away from being isolated over the past 15 months is that we **NEED** people. This need is especially crucial for seniors. The SC has truly been focused on doing our part to help **Create a World Without Loneliness** for both our clients and our volunteers. We have continued to provide free rides for our clients to both medical appointments and procedures and companion drives for food and prescription pickups. And, thanks to our Friendly Callers, we've not only provided socialization for both our senior clients and volunteer callers throughout the pandemic's uncertainties, but also have discovered food insecurities and medical needs among the seniors we support. Secondly, I have learned to "pivot" and do just about everything virtually. Most of us are now experts on Zoom! We are very fortunate to have the ability to meet virtually, but it really is not the same as meeting in person and shaking hands or sharing a hug with a friend or enjoying a cup of coffee with a colleague. I am proud to say that the SC office did not close during the pandemic. We have had at least one staff member in the office, and since last June, office volunteers physically have been working in the office. We've followed all of the CDC guidelines, both in the office and for our free transportation services. Having this presence in the office has helped to promote confidence in both our clients and our volunteers that the Shepherd's Center will be there for them when they need us. Navigating this brave new hybrid world will require creative thinking, compassion, and dedication. SCNOVA is pleased to have **Carolyn Pennington**, a longtime supporter of the SC, at the helm as our new ED starting in early July. As we have grown and changed over the past many years, so, too, have our goals and operational needs. We are excited to welcome Carolyn to her new role, though she is no stranger to the SC and our mission. (See page 3) There are several other exciting announcements in this newsletter, so please keep reading!! It has been an honor to serve as the Interim Executive Director for the past 10 months. The most fulfilling part has been reconnecting with SC volunteers who have been with us for a number of years and of course meeting all of our wonderful new volunteers. Our volunteers are truly the heart of our organization. Everything we do circles back to our interaction with people – our volunteers, our clients, and the communities we serve.

Message from Chair of the Board - Scott Scroth



As Hericlitus professed, "There is nothing permanent except change." While that is always true, the COVID pandemic has reinforced this precept with every passing day. Most recently, we are encouraged by the positive trends that include expanding immunization coverage and falling incidence rates. The BOD has begun a process for developing policies and procedures for resuming in-person services and programs over the coming months. We have developed an interim policy to guide small group gatherings, and we will continue our strict protocols in the Transportation Program. At all times, we will be guided by the essential need to protect our vulnerable clients and volunteers. On another topic, I am very pleased to announce that SCNOVA has been accepted into the Catalogue for Philanthropy. Successfully completing this highly competitive process positions our organization to be listed among the premiere small non-profit organizations in the region. It is a great benefit for our development and fundraising efforts. Finally, it is a great pleasure to welcome Joe Bock (see page 2) to our BOD. Joe works at one of our premiere community supporters, Navy Federal Credit Union, and we are most pleased to add his commitment and expertise to our already strong team.

SCNOVA NEWS



*Find just one thing...
“a bird, a baby’s laugh, a puppy’s kiss, a flower, a song, a memory”*



The Caregivers Support Group (CSG) sends an e-newsletter twice a month asking the reader **“What gives you joy?”** The group’s goal is to give and to receive support for caregivers, to learn strategies for dealing with the unique challenges of being a caregiver, and to be of service to others by sharing experiences.

“When we have a long, difficult task, we look to the light at the end of the tunnel as reassurance,” states Jack Tarr, SCNOVA volunteer and CSG lead co- facilitator for 15 years, “There is no light for a long-term caregiver.”

Lynn Rafferty, a SCNOVA volunteer and facilitator of 5 years, found CSG through her caregiver experience, having taken care of her mother for 9 years. Lynn says, “I came to the group to learn how others handle the challenges of caregiving, and for mutual support.” When her mother passed away last year, Lynn continued to find support both for her grief and for working “with the legalities that occur with death.” As facilitators, Jack and Lynn’s goal to help the group continue to be there for others, made them come to a decision in Aug 2020 to start the sessions via Zoom. with participants joining from as far as PA and WVA.

“Although we miss the hugs and going out to lunch afterward, the Zoom meetings are a good alternative,” says Lynn. The dedication and love caregivers show, day after day, often for years, “is awe-inspiring” for Lynn. “Humility and examples of extreme courage and determination,” is what the group has taught Jack. **“Finding at least one thing today and every day: a bird, a baby’s laugh, a puppy’s kiss, a flower, a song, a memory,”** - to bring you joy.

CSG is a free service for all caregivers of adult family members, held every **1st and 3rd Tuesday of each month 10:00 am –11:30 am** For more information, go to:

<https://scnova.org/caregivers-support-group>

Joe Bock joined the SCNOVA Board...



in May 2021. Bringing over 25 years of brand and marketing expertise. He currently is VP of Brand & Product Marketing at Navy Federal Credit Union in Vienna., VA.

Having started out in the advertising world, he worked at global agencies in Chicago, Los Angeles and Minneapolis, then moved to Virginia. Joe has worked with a wide array of clients, from non-profits and associations to consumer goods and financial services. At Navy Federal Joe oversees branding, product marketing, sponsorships, and social media.

Joe earned his BA from Central College in Iowa and his MBA from the Thunderbird School of Global Management in Arizona. When he’s not working, he enjoys spending time with his wife, daughter and their puppy.

We have a Winner....

Mike Mulreany received one of the Educational & Literacy awards from Volunteer Fairfax.

Mike has impacted our community through his leadership of Adventures in Learning, which offers a series of three eight-week virtual sessions annually, with twenty-four speakers covering topics including health and wellness, arts and entertainment, and world affairs. Mike also leads the Great Decisions Program, a group that inspires learning about the world.



SCNOVA BY THE NUMBERS

SINCE MARCH 2020.....

1,315

local seniors recieved
free transportation from
our dedicated volunteer
drivers

**MEDICAL AND
COMPANION 1-
WAY RIDES**



**HOURS
SCHEDULING
SERVICES FOR
ADULTS**

1,931

local seniors scheduled
upcoming appointments
with assistance from
volunteers

20

local seniors received
their COVID-19 vaccines
through transportation
with SCNOVA

**COVID-19
VACCINE
APPOINTMENTS**



**CAREGIVERS
SUPPORT
GROUP
MEETINGS**

28

volunteers provided
outreach & support thru
Zoom & connections were
created for caregivers

SCNOVA NEWS

Just Breathe!...We've Got You!

A Webinar Series Hosted by



Well received by all that attended.

Anne Marie Ferdinando, Navy Federal's Regional Outreach Manager and terrific **Just Breathe** presenter not only did a fabulous job enlightening us about "Our Health and Our Money", she also was a participant. She was "truly inspired" by Suba Satay, AARP's expert on downsizing.

"I am grateful for his words of inspiration. ...lightening my load of possessions has given me a lovely sense of peace that I am enjoying."

It's threefold, first you have that light feeling of unburdening yourself with too much stuff in closets and drawers and shelves gathering dust. Then you have the wonderful feeling of giving, if you donate to those who are in need. ...the knowledge that you are not burdening your family with making these decisions and doing all of this work when you pass.

Thank You to both Navy Federal and AARP for



Our Members Are the Mission

**sponsoring our
Just Breathe
webinar series.**



Family Caregiving™

Have a COVID Vaccine Shot Appointment? Call SCNOVA for transportation.

Remember, we are here to help you if you need a ride for your Covid shot. Give us a call 703-281-0538.

Thank you to the following groups who have provided sponsorships to help sustain both our services and our enrichment programs during the pandemic:

VLP Financial
Money and King Funeral Home
Heavenly Paws
Morin Mitchell Eye Institute

2020 Annual Report for Shepherd's Center of Northern Virginia is now available online at:

www.scnova.org

If you prefer to receive a print copy, please call our offices at 703-281-0538

DONATE

Make a difference

Help us to continue to provide free services to seniors in the Oakton, Vienna, Reston, Herndon and Great Falls communities!!

Active Aging Wellness Class

Wednesdays

6/30/21 thru 8/18/21

8/25/21 thru 10/13/21

10:45am – 11:45am

Timothy Sun leads these wellness classes and is an exercise physiologist who focuses on low impact aerobics, balance, coordination and stretching.

\$50 for 8 week session payable to **Sun Fitness LLC**

After registering you will be contacted with payment instructions and be provided with an invitation link to connect to the Zoom virtual class. To register or for questions contact Casey Tarr, caseytarr1@verizon.net or 703-821-6838

Coming soon

September 23rd



Volunteer Appreciation Lunch
Sponsored by Brightview Senior Living, Fair Oaks and Eldermentals



Great Honor received

"We are extremely honored to receive this acknowledgment – it's like the Good Housekeeping Seal of Approval for non-profits" says Jayne Young, Interim Director at SCNOVA.

The Catalogue believes in the power of small nonprofits to spark big change. And they believe in SCNOVA to continue to further that positive change, working each day to lift up, strengthen, and enrich our local community. (click logo to see full report)



Introducing our new Executive Director starting in July

Carolyn Pennington considers herself a Vienna, Virginia native having moved with her family from Massachusetts in the early 1970's. She has long made Northern Virginia

her home and resides in Reston with her husband and daughter.

Carolyn comes to us having served older adults for many years with options pertaining to senior living. During this period, she found great satisfaction in expanding her knowledge areas to further aid those with cognitive decline and dementia. She has contributed and supported various senior serving organizations including Dementia Friendly Herndon; the local chapter of the Alzheimer's Association; as well as local community and professional networks that support older adults. The Shepherd Center of Northern Virginia has long been an admired community partner and Carolyn is thrilled to be able to join their efforts to serve the expanding communities of Reston, Herndon and Great Falls in addition to Vienna and Oakton.

Carolyn is a faith filled Christian. She and her family enjoy travel both in the United States and abroad. Some favorite locations are the Outer Banks, North Carolina; Aix-en-Provence, France; and Rome, Italy. She and her family enjoy golfing, skiing, boating and biking – basically anything outdoors and being together.



541 Marshall Road SW, Room 203
Vienna, VA 22180



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 - serving Oakton-Vienna-Reston-Herndon-Great Falls

SC Spotlight - Summer 2021



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

Staff

Executive Director (Interim)
Operations/Volunteer Manager
Marketing/Comm. Mgr./Newsletter
Database Manager - Volunteer

Jayne Young
Erin O'Reilly
Heather Stride
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2021 Board of Directors & Committees

Scott Schroth, Board Chair; Exec. Comm. Chair; Policy Comm. Co-Chair; Volunteer Comm. Co-Chair; AIL Comm. - wschroth@gwu.edu
Jayne Young, Vice-Chair; Exec. Comm. Co-Chair; Development & Volunteer Comm. HR/IT Comm. AIL Comm. - jayneyoung069@gmail.com
Leigh Banducci, Board Treasurer; Chair; Finance Comm. Exec. Comm. - mlband123@verizon.net
Michelle Kang, Board Secretary; Exec. Comm. Chair; Audit Comm. Co-Chair; HR/IT Comm. - michekang@outlook.com
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Joe Bock, bockjm@yahoo.com
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Tom Eversole, teversole@verizon.net
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Phillip Pifer, CAC Board Liason. philippifer@mac.com
Patti Vaughn, Chair; Nominating Comm. - mpov Vaughn@aol.com

Thank you to all our previous sponsors who have given to support SC's Mission and Vision.

AARP
Adler Foundation
Chainbridge Technologies
BrightView Senior Living
Navy Federal Credit Union
Northrop Grumman
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Dignity Memorial
Money & King Funeral Home
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