



Spotlight

www.scov.org

Celebrating 21 Years of Service to the Community
Providing Services, Personal Enrichment, Volunteer Opportunities for Adults 50 and Over

February 2019

From the Executive Director



Dear Friends,

Moving forward into the New Year, we look to build upon the momentum and accomplishments achieved over the past twenty years by our community and so many individuals, faith-based organizations, volunteers and businesses that have embraced our mission.

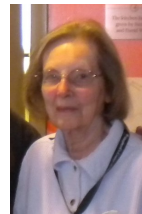
We held our annual Board Retreat in January which resulted in an increased commitment to our vision, *A World Without Loneliness*, by focusing our efforts in 2019 on obtaining, retaining and re-engaging volunteers. They are the very heart of all we do. We couldn't offer our programs and services, at no cost, to people in our community who need them the most without their support.

To do this, we need to increase awareness and build support on the issue of loneliness and isolation. That includes veterans, caregivers, the elderly and those living alone without support. It is my hope that we will collectively be able to continue our outreach with existing resources to bring in new supporters and increase meaningful partnerships through collaboration.

This newsletter has lots of opportunities for social engagement for your consideration. I hope that you will join us and have fun doing it. I look forward to continuing to meet all of you. Thank you again for making me feel so welcomed. Please feel free to ring the new doorbell and stop by our offices. We'd love to see you.

Warmly,

Susan



Volunteer Spotlight

Florence Andrews agrees with the SCOV goals of seniors staying active and helping others. She is truly the embodiment of Shepherd's Center mission. Florence has served as the Coordinator for all of our Friendly Callers and committee on Senior Socials. She was nominated for the Volunteer of the Year award for the Town of Vienna. We are truly blessed that Florence is one of our wonderful volunteers.

2019 SCOV Service/Program Contacts

SCOV volunteers graciously give of their time to provide these services and programs to the community

SERVICES

Friendly Caller/Visitor	Shirley Lucas
Handy Helper	Volunteer Community Mgr.
Declutter Advice	Nancy Scesney
Health Advocate	Casey Tarr

PROGRAMS

Adventures in Learning:	
<i>Coordinator</i>	K.Tugendhat/Mike Mulreany
<i>Tai Chi</i>	Joan Hood
<i>Contract Bridge</i>	Roger Holtorf
<i>Health Series</i>	Casey Tarr
Great Decisions Disc.Gp.	Joanna Walker/ Mike Mulreany
Lunch n' Life	
<i>Coordinator</i>	Irene Coyne
<i>Church liaison</i>	Doug/Sandy Smith, <i>Emmanuel Lutheran</i>
<i>Tzu Chi liaison</i>	Stephanie Ham
<i>Marshall HS food</i>	Becky McDermott
<i>Blood Pressure</i>	Casey Tarr/(Or volunteer)
Caregivers Support Gp.	Jack Tarr/Lynn Rafferty
Trips & Tours	Zeliha Buge Onal
CAC	Ed Lowry/Stan Ellis

Save the Date for these SCOV Events

- April 11, 2019 — AIL Open House
- May 4, 2019 — UUCF Yard Sale
- May 17, 2019 — Coffee House & Wine Bar
- June 4, 2019 — Driver's Breakfast Coffee Chat
- June 21, 2019 — Bingo & Ice Cream Social
- October 20, 2019 — SCOV's 2nd Annual Gala

**CALLING ALL MILITARY VETERANS!!
SHEPHERD'S CENTER OF OAKTON-VIENNA (SCOV)
WANTS YOU!**



We need your help to reduce isolation and loneliness among our veteran population. New this year, we are expanding our Friendly Callers and

Visitors program by tailoring it specifically for veteran volunteers and veteran clients. Let us know if you're interested in volunteering for this important initiative or if you know of a veteran who would be a good candidate as a recipient of this service. Veterans helping Veterans!

Friendly Callers and Visitors volunteers periodically call and visit homebound seniors to help counter feelings of isolation and depression and form friendships. SCOV's Board Member Tom Portman, an Air Force veteran, is working to tailor our existing program specifically for veteran volunteers and veteran clients. By countering isolation and depression, we hope to reduce the alarmingly high rate of suicide among our veteran population. We are working with Dr. Keita Franklin, National Director of Suicide Prevention at the Department of Veterans Affairs to understand how best to tailor our Friendly Callers and Visitors program specifically for veterans.

"Where we really need to go, I think, if we're really getting after this in a solid way, is we would [focus] upstream," Dr. Franklin said. "We have to get to a place where we're identifying risks like in the military side; they call it 'left of boom.' We have to move left of crisis. It could be divorce. It could be bankruptcy. Anything could be the boom. But we want to move way left of that."

By providing opportunities to volunteer in service to others, getting involved in community engagement and fellowship, the SCOV provides a great environment to counter isolation and depression in this area that Dr. Franklin describes as "upstream" or "left of boom."

We will go through a careful process of matching up a veteran volunteer with a veteran client through a questionnaire and in-person interviews. This careful screening and matching process is designed to create the best chances for our veteran volunteers and clients to develop an ongoing friendship that will reduce isolation and depression. For the first half of 2019 we are doing a pilot program at the Shepherd's Center to get the program up and running and to determine best practices for running it. During this pilot we hope to recruit approximately 50 veteran volunteers and match at least 10 of them with veteran clients.

The veterans initiative will also provide opportunities for the SCOV to collaborate with other local organizations such as the American Legion (and other veteran service organizations), Vienna Presbyterian Church (and our other supporting congregations), and Capital Caring, among others.

If you know of any veterans who may be interested in participating either as a volunteer or as a client please contact Tom Portman at tjp22181@me.com.



Special Events Highlights

We were so happy to see the large turnout for Michelle's going away party. We wish Michelle much success on this next journey in her life.



**John & Barbara Tate
Retire From SCOV
Board**

John and Barbara's most endearing quality is the role they've played as SCOV's "**Respected Elders.**" John & Barbara have a passion for the good work of the Shepherd's Centers of America as well as our SCOV Center. They have the energy and connections to make a difference. They are the founding members of SCOV and served on the board of directors for its first 20 years.

John & Barbara retired from the board in 2018 but they will not leave us altogether. They will serve on the SCOV Advisory Committee. We thank them for their service. They have been a terrific team...Bill Farrell,

2019 Board of Directors & Committees

- William Farrell, Chair
- Executive Committee Co-Chair
- Patti Vaughn, Vice-Chair
- Executive Committee Co-Chair
- Nominating, HR Committee
- Tom Portman, Secretary
- Gala 2019 Co-Chair, Veterans Initiative Chair
- Stephanie Arnall, Treasurer, Finance Chair, HR Comm.
- Richard Duesterhaus, Advisory Co-Chair
- Steve Haracznak, Development Co-Chair
- Scott Honiberg, Grants, Chair
- Michelle Kang, IT Chair, HR Committee
- Ed Lowry, CAC Co-Chair
- Ellen Nichols, Adventures in Learning, Chair, HR Committee
- Bob Rogers, Nominating Committee
- Scott Schroth, Volunteers Co-Chair
- Jayne Young, Volunteers Co-Chair, Gala 2019 Co-Chair

Hello Volunteers,

We are happy to announce the formation of the new Volunteer Committee. It will be co-chaired by board members Scott Schroth and Jayne Young. We look forward to working with both current and future SCOV volunteers to make their Shepherd's Center experience the best. Please feel free to contact us should you have any questions or concerns.
Scott Schroth - wschroth@gwu.edu
Jayne Young - jayneyoung069@gmail.com

CALENDAR OF EVENTS

Caregivers Support Group

This is an opportunity to reach out to others and to receive support from those who have traveled the road of care giving. Free meetings are held on the 1st and 3rd Thursday of each month. Newcomers are always welcome at this warm and loving support group.

Unitarian Universalist Church, 2709 Hunter Mill Rd, Oakton VA—Meets from 10-am-11:30 am
 March 7 & 21 April 4 & 18 May 2 & 16
 Facilitator Jack Tarr, jtarr5@verizon.net

Social Engagement: Lunch n' Life Luncheons are a wonderful way to connect with friends and social engagement. It includes lunch, guest speakers / performers.

Dates are: March 11th, May 20th and Sept.16th.

March 11, 2019 Noon—2:00 PM, \$15.00 per person. Emmanuel Lutheran, 2589 Chain Bridge Rd, Vienna. RSVP: 703.281.0538.

Trips

SCOV's local and out-of-town excursions provide opportunities for friendship and learning. A river cruise, theater excursions, and tours of the Library of Congress and Annapolis are some of the outings our participants have enjoyed.

March 8, 2019 Turkish Experience Trip to Turkish House of DC Cultural Center includes a presentation about the Republic of Turkey: culture history and arts. Including a a demonstration of the art of paper marbling (Ebru). Followed by a short bus ride to Leziz Café & Restaurant for a delightful 7 course Turkish meal.



\$50pp. Tour, lunch, RT transportation included. Limited seating. Reserve by March 4th.

AARP Smart Drivers Classes

A refresher course for drivers age 50+. Presenting the Certificate of Completion to your insurance agent may mean a discount for you. April 5 & 8, 2019 9:00AM – 1:00PM Oakton United Methodist Church, 2951 Chain Bridge Rd., Oakton, VA 22124 \$15 AARP members/\$20 for non-members. Call instructor, David Young, to register 703-591-1847

Adventures in Learning

Classes, workshops, seminars, and discussion groups provide educational experiences covering a wide range of interests. Three 8 wk. semesters per year.

Open House/Registration Day

Thursday, April 11th -- 10:00 am – noon

Classes meet every Thursday April 18th– June 20th Program Building, UUCF, 2709 Hunter Mill Road, Oakton, VA

CALENDAR OF EVENTS (CONT'D)

UUCF Social Justice YARD SALE May 4th!

Clean out your closets and drop off dates: May 1 –3 Visit the UUCF website at www.uucf.org for restrictions and drop off hours. Volunteers needed. Call SCOV.

Then, come by on Saturday May 4th 7:00 am—1:00pm to fill up your closets again! Remember the early bird gets the best goodies. 703-281-0538

SCOV will receive a portion of the proceeds. Thank you for your support!

Trip the lights fantastic at our upcoming **Coffeehouse & Wine Bar Friend-raiser**



Music/Desserts/Wine/Beer/Coffee
 Featuring Tom Portman & Friends
 May 17, 2019, 6:30-9:30PM

Donation: \$20.00. Our Lady of Good Counsel Catholic Church Hall, 8601 Wolftrap Rd., SE, Vienna. Music

Around the Corner

50+ Expo: Over 50 & Looking for Employment? Tuesday April 30, 2019 10:00am to 2:00pm Fair Oaks Marriott, 11767 Lee Jackson Memorial Highway, Fairfax, VA.

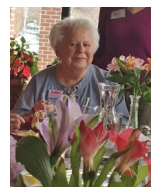
Recruiters from dozens of employers, including non-profits, government, healthcare, retail, technology and more! Seminars; Continuing Education; Resume Help; Education/Training.

Vienna Theatre Company presents *Ripcord*. "A sunny room on an upper floor is prime real estate in the Bristol Place Senior Living Facility, so when the cantankerous Abby is forced to share her quarters with new-arrival Marilyn, the fun begins".

8pm:4/19,20,26,27; 5/3,4. 2pm:4/28, 5/5. www.viennatheatrecompany.org/

Program Coordinator's Corner

"I am happy to be the coordinator (for these luncheon get togethers). Everyone seems to enjoy this opportunity to get out and meet people."...Dorothy Flood, Dining with Dorothy Coordinator



DINING WITH DOROTHY

An opportunity to meet new and old friends

- ◆ **March 20, PJ Skidoos, Fairfax**
- ◆ **April 24, Culinary Cooking School, Vienna \$30 pp in advance—Limited class size**
- ◆ **May 17, Anitas, Vienna**

To register: email Dorothy at dflood1706@gmail.com



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SCOV Spotlight—February 2019

Shepherd's Center of Oakton-Vienna (SCOV)

website: www.scov.org Facebook: www.facebook.com/scov.org

<i>STAFF</i>			
<i>Executive Director</i>	Susan d. Garvey	703-281-5088	susangarvey@scov.org
<i>Office Administrator</i>	Rema Smith	703-281-0538	office@scov.org
<i>Volunteer Comm. Coordinator</i>	TBA	703-281-0538	
<i>Mktg/Comm Manager</i>	Irma Gennaro	703-281-0538	development@scov.org
<i>Special Events Associate</i>	TBA	703-281-0538	

Congregational Advisory Committee (CAC) Representatives

Ed Lowry, Stan Ellis – Co-Chairs

- Andrew Chapel United Methodist Church – Phillip Isaacs
- Antioch Christian Church - Karen Curtis, Linda Puff
- Church of Jesus Christ of Latter-day Saints, Oakton Ward – Lindsey Sampson
- Church of the Good Shepherd United Methodist - Diane Helbing, Edith Lorah
- Church of the Holy Comforter Episcopal – Barbara Fitzsimmons
- Emmanuel Lutheran Church - Doug & Sandy Smith
- Emmaus United Church of Christ – Marsha Komandt
- First Baptist Church of Vienna, Jackie Brown
- Oakton United Methodist Church – Joan Rich, Lalita Hanshaw
- Our Lady of Good Counsel Catholic Church – Dorothy Flood, Jack Dousman
- St. Mark Catholic Church - Estelle McNeil, Mary Jane Altmiller
- Unity of Fairfax – Julius & Mary Ann Hankin
- Vale United Methodist Church - Ed Lowry, Stan Ellis, Susan Leigh
- Vienna Baptist Church – Claire Davis, Diana Amsbaugh
- Vienna Presbyterian Church - Harry Mason, Paula Reeves, Steve Haracznak
- Wesley United Methodist Church – Jean Feeney

SCOV thanks Navy
Federal
Credit Union for
printing
Our newsletter!

