



# Spotlight

www.scov.org

## Celebrating 21 Years of Service to the Community

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

May 2019



### From the Executive Director

Dear Friends,

Last month we celebrated National Volunteer Month by recognizing all our SCOV Volunteers who unselfishly give their time, talent and passion to transform the lives of others. They take to heart our

#### Vision

Statement, *A World Without Loneliness*, every time they pick up the phone and make a connection or stop by for a friendly visit. Our drivers help and befriend someone needing a ride to a medical appointment or to the grocery store. SCOV is able to offer social and learning engagement opportunities due to the enthusiastic efforts of volunteers who plan and execute these events. Our faith-based organizations, through the CAC Reps, are volunteers who make sure our news is in their weekly news going out to their members. Our volunteer Board of Directors is our governing body responsible for overseeing SCOV's activities. Together we are making a difference!

Did you know, roughly 63 million Americans currently volunteer about eight billion hours of their time and talent representing an estimated value of approximately \$203.4 billion to nonprofit organizations of all types, according to Independent Sector. Thank you for all you do.

Over the next three months we have a calendar filled with social events and opportunities for fellowship and engagement and summertime enjoyment. I hope you'll join us and introduce your friends and family to SCOV.

I'd like to see more "adult children" connect with SCOV so we can help and support them as they care for their loved ones. Please help spread the word and send them to me!

I look forward to continuing to meet you and your family, and friends at an upcoming SCOV event. Until then, wishing you a very healthy and happy summer.

Susan

Contact: Susan d. Garvey, ED - [susangarvey@scov.org](mailto:susangarvey@scov.org) - 703-281-0588



### More Than Ever, Americans Age Alone

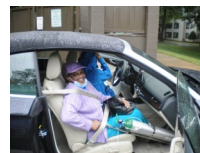
**WSJ** ... *Wall Street Journal* December, 2018  
Baby boomers are aging alone more than any generation in U.S. history, and the resulting loneliness is a looming public health threat. Census figures and other research show about one in 11 Americans age 50 and older lacks a spouse, partner or living child. That amounts to about eight million people in the U.S. without close kin, the main source of companionship in old age. And, this share of the population is projected to grow.

Researchers have found that loneliness takes a physical toll, and is as closely linked to early mortality as smoking up to 15 cigarettes a day or consuming more than six alcoholic drinks a day. Loneliness is even worse for longevity than being obese or physically inactive.

The lack of social contacts among older adults costs Medicare \$6.7 billion a year, mostly from spending on nursing facilities and hospitalization for those who have less of a network to help out, according to a study last year by Stanford University and AARP.

"The effect of isolation is extraordinarily powerful," says Donald Berwick, former administrator of the Centers of Medicare and Medicaid Services. "If we want to achieve health for our population, especially vulnerable people, we have to address loneliness."

### We're Growing & Need Your Help Wanted: Drivers! Drivers! Drivers!



One of the most rewarding volunteer opportunities is driving older adults to a doctor's appointment, grocery store or drug store. Most appointments are local in the Fairfax, Vienna, Oakton and Reston areas.

A quick application, a background check and you are ready to start giving back to your community...one grateful senior at a time. Call 703-281-0538.



### 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 to 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. 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. Contact Tom Portman, Chair [tjp22181@me.com](mailto:tjp22181@me.com)

### Special Events Highlights



#### The 18th Annual Mayor's Volunteer Reception honoring outstanding volunteers

Pictured (l-r): Council Member Linda J. Colbert, SCOV Executive Director, Susan d. Garvey, Rich Duesterhaus, SCOV Founders Barbara & John Tate, Mary Ann & Julius & Hankin, Jayne Young, Council Member Carey J. Sienicki, Mayor Laurie DiRocco. Not pictured, Tom Portman.



#### Volunteer Appreciation Luncheon

Volunteers are the lifeblood of SCOV and we love nothing more than to celebrate their service. Thank you from the bottom of our hearts for all that you do. (More Photos on page 4). Thank you to our sponsors BrightView/Great Falls, Maggiano's Little Italy, Purple Onion Catering and Ayr Hill Garden Club; Our Lady of Good Counsel Catholic Church, McCabes's Printing Group and Tom Portman for his music.

2019 SCOV Pin Recipients

We are delighted to introduce our new volunteers at the Shepherd's Center. In accordance with our SCOV Mission statement, we are dedicated to improving quality of life as we age, through supportive programs and services, personal enrichment and volunteer engagement. Our volunteers are the backbone to our Mission and we appreciate everything they do for us!

**New Drivers:** Stephen Dutton, Marcie Lee, Dick Banks, Patrick Cook

**New Office Volunteers:** Linda Kozero, Trish Phillips

**New Friendly Visitor/Caller/Events:** Patricia Schwartz, Linda Shields, Nancy Gaboury

#### Volunteer Spotlight: Mike Mulreany



Mike grew up in Scotch Plains, New Jersey. His family moved to McLean, Virginia in 1965 when he was 12. Mike is the oldest of nine siblings and has four brothers and four sisters. He attended the University of Virginia and graduated with a BA degree in Political Science in 1975. He retired from Northrop Grumman in 2017 after working for 13 years as a project manager in the Civil Division. In preparing for retirement, Mike knew he wanted to work as a volunteer where he could be helpful to others. He knew about the Shepherd's Center through his mother-in-law (Joan Rich) who has been an active member for 20 years. He started taking the AIL classes and was soon recruited to help out on the technology team. He also joined and now chairs the Great Decisions book club. He currently volunteers in the office as a Ride Scheduler, works as a driver, continues to work on the AIL technology team, is a co-facilitator of the Great Decisions Book Club discussions and is co-chair of the AIL Speaker committee.

Mike is a devoted volunteer at SCOV. We appreciate his support and his commitment to help with the success of our programs. "I enjoy supporting SCOV and the programs they provide to our senior community." ...Mike

#### Volunteers received SCOV & Congressional Record Recognition

The following volunteers received a SCOV Service Pin and a Certificate from U.S. Congressman Gerry Connolly's office: Bob Abbott, Jean Bastien, Jerry O'Shaughnessy, Marsha Komandt, Lynn Rhoads, Lynn Rafferty, Burt Sharp, Wanda Snuggs, Kathy Tugendhat, Pat Wood

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#### Hello Volunteers,

Did you know that SCOV now has a Volunteer Committee? Board members Scott Schroth and Jayne Young are dedicated to enhancing the volunteer experience. They will be coordinating with Rema Smith, our Volunteer Community Manager, to determine policies and procedures along with recruitment, recognition and retention events. We'd love to hear from you!

Scott Schroth [wschroth@gwu.edu](mailto:wschroth@gwu.edu)

Jayne Young [jayneyoung069@gmail.com](mailto: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

June 6 & 20, July 11, 18, August 1 & 15

Facilitator Jack Tarr, jtarr5@verizon.net

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### Drivers, We Need Your Help!

You are our front line volunteers working directly with our clients. So your impressions and opinions are invaluable. Join us and let us hear from you. New? Learn about becoming a driver.

#### June 4, 2019—Driver's Coffee Chat

10:00—11:30 am Vienna Baptist Church 541 Marshall Road, SW, Vienna, VA 22180

RSVP by May 29, 2019 703-281-0538

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### Social Engagement 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.

#### June 9, 2019 "Singing In The Rain"

2:00 PM show (meet at theatre 1:30 PM)

NextStop Theatre, 269 Sunset Park Drive, Herndon, VA 20170

Join us for this all time favorite musical. Tickets: Special group rate of \$40pp  
RSVP: 703-281-0538 \$40 tickets are limited. Order early. Prepayment due by June 6, 2019 @ 4:00 pm. Regular price \$55



We've arranged for a private back stage tour and meet and greet with the actors after the show! Join us for optional dinner at Carrabba's Italian Grill, 12192 Sunset Hills Rd., Reston, VA 20190 immediately following the meet & greet. You will be given 20% off dinner price. Travel and dinner are on your own. NextStop Theatre is a professional theatre company in Herndon, VA.



## CALENDAR OF EVENTS (CONT'D)

June 21, 2019 1:30-3:30pm

### White Elephant Bingo & Ice Cream Social

Vienna Community Center, 120 Cherry St. SE, Vienna, VA 22180 RSVP: SCOV 703-281-0538 Adults 50+ Please bring a white elephant item in good condition to donate to our prize table. Bingo cards are \$2 for 2 cards—Limit 2. Pay at the door.

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June 28, 2019

### SCOV Benefit Performance

#### Featuring the Fabulous Dialtones

Jammin Java, 227 Maple Avenue E, Vienna, VA 22180 Doors open: 6:30—show-time: 7:30pm

Tickets: \$20 pp—<https://www.jamminjava.com/event/1849198-shepherd-center-oakton-vienna-vienna/>



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August 21, 2019

### SCOV Clergy Networking Breakfast

8:30—10:30 am Vienna Baptist Church

541 Marshall Road, SW, Vienna, VA 22180 Please RSVP by 8/16/19 703-281-0538

All SCOV supporting religious institution clergy are invited to learning more about SCOV, as well as, other interested congregations. All faiths are welcome.

## Building New Partnerships

Members of Flint Hill High School Boys Varsity Basketball team and their parents formed a team of willing hands to help us pack up after the UUCF Yard Sale. The kids were a joy to work with and a huge help with the heavy loading. Also pictured (first row) SCOV's Scott Schroth & Bill Farrell. Thanks guys!



Photo Gallery—continued from Page 2



Volunteer  
Appreciation  
Lunch 2019



Volunteer Appreciation  
Lunch 2019



**ROLL OUT THOSE LAZY, HAZY, CRAZY DAYS OF SUMMER.....**

We came across this article that has some great ideas for enjoying your summer. Here are ten summer activities that are perfect for seniors. Take advantage of the sun while it's out! Not only does it feel good to get outside, but social engagement has been shown to improve mental and physical well-being and even prolong your life.

Whether you're happily aging, or you're a friend or relative of a senior, try these activities—no matter the level of mobility.

While this list includes options for people of all abilities, be mindful of your own capabilities. If you aren't confident that you'll be able to handle an activity, check in with your family doctor. After all, you'll have more fun if you're feeling good!

**Go for a walk, jog or roll...**Whether these legs still love to run or a wheelchair is the safest bet, just getting outside and moving around is a great way to keep the body and mind in shape.

**Soak up the sun at the beach or park...**Enjoying the sun doesn't just make us feel better—Vitamin D is necessary for bone and muscle function. Without enough sun, seniors are at a greater risk of fracture and other side effects of a Vitamin D deficiency. Wear sunscreen, and make sure you're able to easily access cool shade by wearing a hat, bringing an umbrella, or sitting beside a tree.

**Go swimming or wading...**If you have access to an outdoor (or even indoor) body of water (real or manmade), it's a great time to splash around! Because of the buoyancy, swimming is easier on the joints than many other forms of exercise, and can be relaxing as well.

**Have a picnic...**Bring snacks, drinks, a blanket, and maybe some music to the local park (or backyard). Enjoy a sandwich, and even lie back and watch the clouds.

**Create or tend to a garden...**If you don't have a garden, or don't have room to create a new one, many neighborhoods have community gardens. Getting a plot to grow flowers and veggies could make for a nice, ongoing outdoor pastime.

**Go to a farmer's market or fair...**Summer is the season for farmer's markets, craft fairs, flea markets and more. Walk around the booths, browse for deals, and go for lunch afterward.

**Watch an outdoor movie...**If you have a local park that hosts outdoor movies in the summer, take advantage! Don't forget to bring water and blankets to stay warm and hydrated.

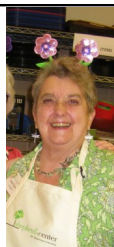
**Volunteer...**Keep your mind sharp and give back to the community by volunteering. Talk to your local Rotary club, or non-profits and charitable organizations that resonate with you. Volunteering with friends and family can also bring you closer together. Or, better yet, try volunteering with SCOV.

**Try Tai chi or yoga...**Join a Tai chi group for a low-impact, outdoor activity. Tai chi can help prevent falls in seniors and is a great way to improve and maintain mental agility.

**Pick berries...**If you live in the city you might need to drive for a while, but picking berries can be a fun outdoor activity (with plenty of water and sunscreen). And you can bake pies later.

**Program Coordinator's Corner**

"I enjoy getting everything organized for the Lunch 'n Life! All seem to enjoy the sharing of lunch and then the entertainment offered. A good time to meet new friends and enjoy the old ones!!"...Irene Coyne, Lunch 'n Life Coordinator

**Save the Date for these SCOV Events**

**Sept 5—Caregivers Treat**  
**Sept 6—Jammin' Java Friendraiser with the Bentwood Rockers-Bluegrass**  
**Sept 16—Lunch n' Life**  
**Sept 19, 2019 —AIL Open House**  
**October 20, 2019—SCOV's 2nd Annual Gala**

**Thank you to our UUCF  
 Social Justice Yard Sale Volunteers**

Many hands made light work!  
 A special thank you to UUCF organizer JoAnna Walker.

**Around the Corner**

Did you know our local libraries have a wealth of free classes from Memory Depot Orientation to AARP Tech Workshop: Intro to iPad and everything in between—Check it out!

<https://librarycalendar.fairfaxcounty.gov/>

**Congregational Advisory Committee (CAC)**

Andrew Chapel United Methodist Church; Antioch Christian Church; Church of Jesus Christ of Latter-day Saints; Oakton Ward; Church of the Good Shepherd United Methodist; Church of the Holy Comforter Episcopal; Emmanuel Lutheran Church; Emmaus United Church of Christ; First Baptist Church of Vienna; Oakton United Methodist Church; Our Lady of Good Counsel Catholic Church; St. Mark Catholic Church; Unity of Fairfax Vale United Methodist Church; Vienna Baptist Church; Vienna Presbyterian Church; Wesley United Methodist Church



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## SCOV Spotlight—May 2019

### Shepherd's Center of Oakton-Vienna (SCOV)

website: [www.scov.org](http://www.scov.org) Facebook: [www.facebook.com/scov.org](https://www.facebook.com/scov.org)

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Dir. of Mktg. & Comm. Events	Irma Gennaro	703-281-0538	<a href="mailto:irmagennaro@scov.org">irmagennaro@scov.org</a>
Special Events		703-281-5086	

#### 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 Haraczna, 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

