



Shepherd's center

serving Oakton-Vienna-Reston-Herndon

Spotlight
www.scov.org

Celebrating 22 Years of Service in the Oakton-Vienna-Reston-Herndon Creating A World Without Loneliness

A Year in Review—2020



Message from Interim Executive Director, Jayne Young

As we embark on this season of gratefulness, I am mindful of what's important and what gives us joy. At the Shepherd's Center (SC) the important thing is our vision of **creating a "World Without Loneliness"**. Our fabulous volunteers bring joy to our clients in all that they do, from the office volunteers that facilitate our services and programs, to the volunteer drivers, friendly callers and handy helpers that assist our clients. I am very proud of how both our staff and volunteers have adapted both our services and programs to continue assisting our clients. Many of our programs, Adventures in Learning, Great Decisions discussion group, Active Adult Exercise group and Caregivers Support Group are now on our virtual zoom format. We have created a safe caring COVID-free community for those that we serve.

Now more than ever, we are called upon to make a difference in the lives of our senior neighbors, by giving of both our time and talents and sharing our financial resources. The stories in this newsletter exemplify how the SC is helping to ease the sense of loneliness that often intensifies during the holiday season. Our Thanksgiving Dinner Delivery is a classic example of how the SC partners with local business and individuals to help seniors in our community. Thanks to the funding from Northrup Grumman and Susan Lorand, we were able to provide Thanksgiving meals with all the traditional side dishes to local isolated seniors. Thanks to Julie and Patrick Bazin of Bazin's on Church for preparing the meals and to members of the SC Board, Susan and Thom Garvey and Matt Humphry of United Bank for delivering the meals. The joy in our client's eyes and hearts was very moving. We made a difference in their lives!! And on a personal note, I wish each of you a safe and happy Thanksgiving followed by a joyous holiday season.

Career Opportunity

Executive Director for Shepherd's Center

The ED is our key management leader and spokesperson and should be able to help develop and steer the future course of the Shepherd's Center. Visit: <https://www.scov.org/Jobs>

Message from Incoming Chair Scott Schroth, BOD



It is a sincere pleasure to greet the entire SC family as the incoming Chair of the Board of Directors. I joined the SC as a driver and office volunteer in 2017. Since then, I have served on the board for 2 years, co-chaired the Volunteer and Policy Committees, and joined the Adventures in Learning Committee. The new slate of officers approved in November includes Jayne Young as our new Vice-Chair, as well as Michelle Kang and Leigh Banducci returning as Secretary and Treasurer respectively. Jayne is familiar to many of you from her long service as a member of the SC staff, a member of our Board, and, most recently, as our Interim Executive Director. Thank you Jayne for your unparalleled support of the SC mission. Michelle and Leigh bring several years of experience to their roles and round out a strong and committed leadership team. Please don't hesitate to contact us with ideas, questions, or concerns as we assume our roles in 2021.

At this time, we would like to express our profound gratitude to Bill Farrell and Patti Vaughn for their outstanding leadership of SC over the past five years, serving as the Chair and Vice Chair of the board. They have successfully carried SC through several transitions while building our reputation in the community and attracting new and innovative leaders to the Board. Both Bill and Patti will remain on the Board for at least one more year to assist with the transition to new leadership. We are thankful for their continued willingness to pursue our vision.

The COVID pandemic has presented many challenges to our clients and volunteers over the past year. This has also led to financial challenges, but the generosity of our corporate and individual donors along with our sponsoring congregations has allowed us to weather these uncertain times successfully to date. We optimistically look forward to emerging from the shadow of the pandemic in 2021 and returning to our full menu of services and programs as soon as possible.

NEWS FROM THE BOARD OF DIRECTORS



Message from Outgoing Chair, Bill Farrell

Now that my tenure as Chairman of our Shepherd's Center (SC) is over, I was asked to say a few words about my experience. I joined SC, as a driver, in 2006 and joined the Board of Directors in 2008 as it's Treasurer. Back then we had only two part-time people on staff and an annual budget of only \$85,000. Oh, how times have changed!

My 12 years of service on the board included a stint as Co-Chair of the Development Committee and, during the last 5 years, I served as our Chairman. When I look back on the experience, I recall the people I met and dealt with during that time that I wouldn't otherwise have known. As a simple SC volunteer, I was able to rub shoulders with mayors, congressman, state delegates, district supervisors, ministers and other people of position because of the wonderful reputation our Shepherd's Center has. And that is thanks to all of you, my fellow volunteers, because of what you have done for the community for over 20 years.

When I think of any accomplishments of note, I look back at how we were able to transition new leadership on our board of directors. As the saying goes, good organizations can survive a generation, great organizations can last for decades. And that's because great organizations can continue to attract good leadership over many years. When I took over the reins from Rich Duesterhaus, I knew I had big shoes to fill. First and foremost, I didn't want to mess up and somehow diminish the good will we built up through the programs and services we provided to the community over the years. And, again, thanks to the volunteers providing those programs and services, I didn't mess up.

Over the past 5 years, we were able to increase our volunteer base which allowed us to grow our programs and services. Our brand became more visible through our marketing efforts which included a new website, new "grip" cards, a new video and even a banner across Maple Ave! We expanded our reach into Reston and Herndon, established a new vision to create a "World Without Loneliness", introduced a Legacy Giving Program, dealt with a pandemic and attracted a new generation of leaders. I feel confident that this **great** organization can prosper for another 20 years!

In closing, I will miss the people I worked with in my Chairman capacity and some of the events I was able to participate in including the Volunteer Appreciation Lunches, the Ministers Breakfasts and our Galas. I will continue to volunteer with our Shepherd's Center as a board member and driver. I think we are in great hands with Scott Schroth taking over as Chair and Jayne Young taking over as Vice-Chair. I wish them the best of luck and offer them my full support. I ask you to do the same. Thanks again to all of you and for what you do for SC.

Copies of our 2019 Annual Report are now available on our website: www.scov.org.



Thank You for Your Service

Patti Vaughn joined our Board of Directors in 2010. During her 10 years of service on the board and 5 years as Vice-Chair, she has contributed in many and significant ways.

Patti agreed to co-chair the Development Committee and was instrumental in putting together a marketing plan that included a new marketing brochure, a newly designed "grip card", new website, a "Maple Avenue" banner and a Legacy Giving Program.

As the Vice-Chair of the Board of Directors, she provided excellent advice and counsel to the Chair and the entire board. She chaired the Nominating Committee and was responsible for finding and encouraging many of the new board members to join our team. She chaired one of our Capitol Steps fundraisers and helped with each of our Gala events. She very capably represented SC at the national Shepherd's Centers of America conferences. She also serves on our very important Finance and Audit Committees. And in her spare time, Patti still drives our clients to doctor's appointments and grocery runs. Patti's contribution to our SC's has been tremendous. Her competent and calm demeanor make her a very effective communicator and contributor at the board level and we will miss her as the Vice-Chair.

Luckily, we will still see Patti around. She will remain on the board and still be a driver and active volunteer. Thank you, Patti, for all that you do, but especially for what you accomplished as our Vice-Chair.



Long Term Board Member Stepping Down

We are sad to announce that Steve Haraczak is stepping down from our Board of Directors. He and his wife Nancy are considering a move to Pennsylvania to be closer to grandchildren. Steve has been an invaluable member of the Shepherd's Center since 2013. He has served as a volunteer driver, coordinator of our most recent Shepherd' Center video, managed our legacy program and has co-chaired our development committee. As a veteran, Steve is also involved in our newest program, the Veteran Friendly Caller/Visitor Initiative. His wise counsel and business acumen will be missed.



As part of our expanding reach into western Fairfax communities, the Shepherd's Center serving Oakton, Vienna, Reston, and Herndon, has

joined the Greater Reston Chamber of Commerce. We are excited to become a part of this active and engaging collective of organizations that contribute so much to the region's vibrancy.

VOLUNTEERS

2020 has been a year like no other and the Shepherd's Center has not been spared from its fury. Our **main mission** at SC has always been to help Seniors continue to age in place, providing transportation services to medical and companion rides to the grocery or post office and to give back through our volunteer service opportunities.



In the last year, so many of our dedicated volunteers have had to step away for different reasons, due to COVID. What we learned was that a large percentage of our volunteers were seniors themselves, selflessly giving their time to their peers. Our strategies in recruitment have changed, as in-person outreach is non-existent at this time. I recently spoke to five of our current volunteers to hear their point of view on volunteering during a pandemic. I hope their stories will give you hope in humanity, offer insight into what volunteers enjoy about service to others and possibly enlighten you to want to participate in our mission as a potential volunteer yourself. I'd also like to highlight and thank all of our volunteers, pre-COVID to present; you are invaluable and we wouldn't be the Shepherd's Center without you.

—Erin O'Reilly, Operations/ Volunteer Manager

We are thankful to the Girl Scout Troop 6084, Fifth Grade, Wolfrap Elementary School for creating hand-made Thanksgiving greeting cards to give some Thanksgiving cheer for our clients.



Pictured (l-r) Alison Gramann, Troop Leader & Jayne Young, SC's Interim ED.



Volunteer Driver— Max Carroll



You've been a Medical/ Companion Driver with Shepherd's Center (SC) for 3 months. What have you enjoyed most about volunteering as a driver with SC?

"I've really enjoyed knowing that I've made someone feel a little safer or made their lives easier, by helping them get the health care and supplies they need to live. I've shopped for groceries, taken people to medical checkups for their serious conditions, and even taken folks to notaries or to get flu shots! What may be a pretty routine thing for you and me can be a big challenge for some folks without transportation, I've not had many better feelings than knowing I'm taking a bit of the uncertainty out of someone's daily existence. They are always so grateful, too! "

What has been the biggest challenge to driving; especially during the COVID pandemic? Do you feel safe?

"I honestly feel that the biggest challenge has nothing to do with COVID; it's planning ahead and doing everything one can to be sure you're on time for appointments, including picking the client up on time. I've felt very safe, because the clients have had no issues at all with wearing masks and sanitizing, and it's no big issue to sanitize my car for them. But being on time and knowing where you are going can take more than just using your GPS; traffic and unforeseen delays can really alter your timeline. It's extra-rewarding when you see that the client realizes they can trust you because you are timely and take COVID seriously."

What would you tell a potential volunteer applicant considering transporting seniors, but feels a bit wary about taking the next step because of COVID?

"If you're wary of becoming a driver due to the COVID crisis, just know that our clients are extra-careful, because they are likely to be in the highest possible at-risk groups. The clients "get it" and they will appreciate your concern and the precautions that you take."

Handy Helper (HH) Volunteer



Bob Brennan has been a HH with the Shepherd's Center since 2016. He enjoys volunteering as "it doesn't matter what I do, big or small, the client is always appreciative, whether it is changing a light bulb or changing shutters." Bob believes HH is a "critical part of the whole program" at SC as it "reduces the frustration" of seniors. Most clients don't want to risk climbing a ladder. During times of COVID he has maintained his services, but elected to keep all projects outside to be safe. He likes volunteering because he "enjoys letting people feel accomplished and appreciated."

Friendly Caller (FC) Volunteer



Laxana Rowe is a FC and found us through our street banner in Vienna. She believes "willingness, compassion and dependability" are trademarks of a good volunteer. Her favorite aspect of volunteering is, "the simple saying, 'Thank you, please call again,' from her client as "it's enough to make (her) smile." She's "stopped saying the phrase 'the sure things' because uncertainty has run rampant." Laxana states "a volunteer will be rewarded with a good feeling" when serving seniors and "the recipient will feel that he/she is still relevant in our community."

Volunteers—Continued on next page

[DONATE](#)

VOLUNTEERS AND PAST EVENTS



Office Volunteer (OV)

Eileen Shaw has volunteered at the SC for 7 years as a Medical/ Companion driver and OV. She states, "I chose to volunteer at SC because it has such a wonderful mission of helping seniors." She's "continually amazed" at all the services SC is able to provide with "such a small staff." Her favorite volunteer memory was befriending a native

Jamaican woman. Her children lived in the area and moved their mother to Northern Virginia after their father's passing. Eileen says, "She loved my visits and after a while she referred to me as her good friend and didn't even realize I was visiting her as a SC volunteer." 2020 has been a challenge for all of our volunteers and as Eileen puts it, "When the office reopened in July, I returned because I felt the proper safety measures were put into place."

Volunteer Driver—Ryan Madden

1) **You've been a Medical/ Companion Driver for 4 months & joined in the midst of a global pandemic to help Seniors. What have you enjoyed most as a driver with Shepherd's Center? Why?**



"I've felt fortunate to be in a position to help others. The seniors are so appreciative and I think my favorite part has been listening to their backgrounds of where they're from, and for many of them, how they made it to this area. Hearing them tell their stories as I drive them to their appointments or errands has given me perspective and it makes you think about what's truly important in life. From that respect, I think I'm getting a lot more out of it than I ever imagined."

2) **What has been the biggest challenge to driving during COVID? Do you feel safe?**

"I've felt very safe. They have all been very conscientious about wearing masks and social distancing, and I am sure to do the same. The biggest challenge has been reminding myself not to get too close to them to assist them getting in and out of the car. Everyone I've driven has not had a problem managing that fine by themselves anyway."

3) **What would you tell a potential volunteer considering driving, but feels wary due to COVID?**

"Remember that most of what you're doing is driving your own car with a mask on, as they sit in the back with their mask on. I think what's much more important is putting yourself in their shoes. These are some of the most vulnerable members of our community, at a heightened risk. I think we all want to be able to look back on this pandemic and know that we helped people in some small way, and this is a great way to do it."



SC's Thanksgiving dinner delivery initiative was welcomed by our clients. In addition to the fabulous meal from Bazin's, we also delivered SC goodie bags complete with masks, hand sanitizer, greeting cards created by the 5th grade Girl Scout troop at Wolf Trap Elementary and snack bags compiled by the K-6th graders at Emmaus Children's Ministry. This is a wonderful example of everyone of all ages in the community helping each other.



Pictured (l-r) Julie & Patrick Bazin and SC's Jayne Young

Our heartfelt thanks to our donors and sponsors for making this event possible.



Taste of Austria Virtual Wine Event

We've "traveled" to Austria this time with host, Victor Mendes, owner of Vienna Vintner and Sommelier, Kraus Wittauer. Thank you to all who attended this fun event.



Cheers to a fun wine tasting!



During the month of November, the Reston Community Players hosted free virtual performances every day. They were a wonderful treat to see. RCP partnered with Shepherd's Center for the first week of the month and any donations received would be split between us! When we all open up again, be sure to check out RCP.

EVENTS PAST AND UPCOMING



Caregivers Support Group

CAREGIVERS GROUP ZOOMS

The COVID shutdown kept caregivers from attending the popular twice-monthly support group meetings for 5 months. Modern technology has given us a new way to meet, even if we can't hug or shake hands. We changed our meeting date to the first and third Tuesdays of the month so as not to interfere with AIL which is on Thursdays. We still meet from 10:00 to 11:30 am.

Attendance has been high with more people than in-person ones. We have welcomed several new members also. At the first Zoom meeting, all 16 in attendance shared a collective sigh of relief for being together after 5 months with no meetings.

Our virtual meetings are not that different from in-person: no one is muted or has to ask permission to speak. The meetings still flow as well as before. Newcomers have been pleased that our format emphasizes individual feelings and frustrations, but not judgement. We tend to learn from each other in how situations and feelings are handled. Some members continue to attend even though their family member has passed away. They help us in learning their feelings on the other side of active caregiving.

The Shepherds Center caregivers support group is gently facilitated by three experienced people. We also send out an informal newsletter which is informative and fun to read. Please contact:

Jack Tarr: jtarr5@verizon.net;
Lynn Rafferty: radmom8992@gmail.com;
Meg Lay: margueriteannelay@gmail.com;

- ◆ December 1 & December 15
- ◆ January 5 & January 19
- ◆ February 2 & February 16
- ◆ March 2 & March 16

December 2020

We have been selected to benefit from the Giant Food's Community Bag Program for the month of December, 2020!

Each time you purchase a \$2.50 reusable Community Bag at the Giant Food store located on 359 Maple Avenue East, Vienna, we will receive a \$1.00 donation.

Thank You Giant Foods!



Due to technical difficulties, Shepherd's Center will be hosting this event on Zoom. We have rescheduled our cooking class event for:

Wednesday, December 9, 2020

6:00—7:30 pm

Reservation deadline: Friday, December 4, 2020

We are kicking off the holiday season in Culinaria's ZOOM kitchen where you will enjoy watching a fabulous holiday meal prepared by the amazing chefs; Stephen Sands and Pete Snaith.

Curried Butternut Squash Soup with Parmesan Toasts
Chicken Marsala
Apple, Pear & Cranberry Crumble

Cost: \$40 (A portion of the cost will be donated to Shepherd's Center)

Register by calling the SC Hotline at 703-281-0601

Payment by mailing a check to:

Shepherd's Center, 541 Marshall Rd SW, Vienna, VA 22180

or call 703.281.0601 to pay by credit card.

A ZOOM invite will be emailed to you from your host, Shepherd's Center, along with full recipes and a shopping list prior to class.

DONATE

Active Aging Wellness Class!

January 6 – February 24, 2021 Wednesdays

Sponsored by Shepherd's Center

10:45 am - 11:45 am

Virtual exercise class for older adults focusing on low impact aerobics, balance, coordination and stretching. Class meets for 1 hour, once a week, for eight weeks.

Cost: \$40 for 8 week session - payable to Sun Fitness LLC. To register or for more info, contact Casey Tarr at 703-821-6838

or eileentarr1@verizon.net. After registering you will be contacted with payment instructions and will be provided with an invitation link to connect to the Zoom virtual class.



SCOVHR—A Year in Review 2020



Our Clients



ALL ion ZOOM



Brad Frison, SC Driver and Mary Lippitz, Client



Whole Foods Market donation. (l-r) Laura Edwards, Assoc. Team Leader & SC's



Just Breathe! October 13, 2020 Webinar



Mask donation from Oakton Womens Club. (l-r) Sheila Dunheimer & Patti Vaughn, SC Board member



Volunteer, Ann Dowdy, delivers her had-made masks to SC



A Taste of Italy Wine Tasting August 20, 2020



Clergy "Breakfast" August 26, 2020



SCOVHR—A Year in Review 2020

Valentine Senior Social—February 11, 2020



Volunteer Appreciation Boxed Lunch & Ceremony on ZOOM—August 5, 2020



UPCOMING EVENTS

DECEMBER 1, 2020



GIVING TUESDAY



SC's Giving Tuesday appeal will be on **Tuesday December 1st** for one day only! We'll be emailing you as we get closer. Please join us with your support!. Visit the Giving Tuesday page at <https://www.givelocaltogether.org/team/shepherdscenter> to make your donation. Thank you.

A great community Neighbor!

Chipotle will donate a whopping 33% of the proceeds of your order at their Oakton, VA location to Shepherd's Center on December 2nd!



Place your order online or by phone on December 2, 2020 between 4:00 pm—8:00 pm.

Be sure to tell them you are joining the fundraiser for Shepherd's Center or we won't receive credit for your purchase. Thank you.

December 2, 2020 4:00 pm—8:00 pm (571) 328-5279

Chipotle Mexican Grill, 2946 Chain Bridge Road, Ste. 1, Oakton, VA



Kendra Gives Back Benefit for SC—Saturday & Sunday, December 5 & 6, 2020

20% of your purchase will be donated to SC
Shop online at www.kendrascott.com and enter this code at checkout: GIVEBACK0GNS or, **visit their showrooms** at:
Mosaic District, 2920 District Avenue, Suite 125 Fairfax, VA 22031
Reston Town Center, 11924 Market Street, Reston, VA 20190

Just Breathe...We've Got You!

A series of three webinars FREE

Join us for the last of our three-part webinar series to learn how to get started for your next chapter in life, or for your loved one.

Each session is hosted by a professional and will allow time for Q & A.

Tuesday, December 8, 2020

9:45 am - Noon Session #3

- Checklist for Family Caregivers Sally Hume, Author, AARP Health Education Team
- What Life Experience Taught us About Money—Anne Ferdinando, Navy Federal Credit Union
- Music Therapy, Jessica Channel Kensington Reston SL
- Breath & Meditation- Learn to relax—Katie Courlander Yoga

Sponsored by



Our Members Are the Mission



DONATE



AIL—Winter Semester

January 21—March 11, 2021

The Adventures in Learning (AIL) program classes will meet every Thursday from January 21—March 11th 2021

Check the SC Website for the current schedule of AIL classes at: www.scov.org/ail.

Since 2020 Spring and under the instructional leadership of SC Volunteer, Mike Mulreany, we are able to offer AIL through Zoom.

Unfamiliar with Zoom? Demo classes will be available on either 1/12/21 or 1/19/21 from 10.30am - 12:00 pm, by request. Contact Mike Mulreany to register for training at mulreany@verizon.net.



One of the true joys of this holiday season is to turn our thoughts to those who have supported us throughout the years. It is in this spirit that we offer our best wishes that many happy moments find their way to you this holiday season and into the New Year.

*From the Board of Directors,
Staff and Volunteers of*



Our offices will be closed for the holidays from
December 24 through January 3, 2021
In case of emergency only, call 703-281-5088.
We will be checking messages daily.



shepherd'scenter

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SC Spotlight— A Year in Review 2020

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

Shepherd's Center, serving Oakton-Vienna-Reston-Herndon
website: www.scov.org Facebook: www.facebook.com/scov.org

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

<https://www.navyfederal.org/>



Our sponsors are the greatest
Thank you for all you have given
to support SC's Mission and Vision.

	Staff		
Executive Director (Interim)	Jayne Young	703-281-5088	jayneyoung@scov.org
Operations/Volunteer Manager	Erin O'Reilly	703-281-0538	office@scov.org
Marketing/Comm. Manager	Irma Gennaro	703-281-0538	irmagennaro@scov.org
Volunteer: Database Manager	Jean Bastien	703-281-0538	support@scov.org

AARP
Adler Foundation
Chainbridge Technologies
Navy Federal Credit Union
Northrop Grumman
Fairfax County Dept. of Neighborhood & Community Services
Kaiser Permanente
Vienna Presbyterian Church
The Rotary Club of Vienna District 7610
Wardrobe Rescue
Dignity Memorial
Money & King Funeral Home
Druscilla French/Stephen Cumbie Foundation
United Bank
Vienna Business Association
Virginia Cancer Specialists
VLP Financial Advisors
Walmart
Whole Foods Market, Vienna, VA

2020 Board of Directors & Committees

William Farrell, Chair; Exec. Comm Chair; Advisory Comm Vice-President - William_farrell3@verizon.net
Patti Vaughn, Co-Vice Chair; Exec. Comm; Nominating Comm; Co-Chair HR/IT Comm - mpovaughn@aol.com
Scott Schroth, Co-Vice Chair; Exec. Comm; Policy Comte Chair; Co-Chair Volunteer Comm - wshroth@gwu.edu
Leigh Banducci, Board Treasurer; Exec. Comm; Co-Chair Finance Committee - mlband123@verizon.net
Michelle Kang, Board Secretary; Exec. Comm; Chair Audit Comm; Co-Chair HR/IT Comm - mkang714@hotmail.com
Tom Portman, Exec. Comm; Veterans Initiative Chair; Nominating Comm - tjp22181@me.com
Jayne Young, Exec. Comm; Co-Chair Development & Volunteer Comm; HR/IT Committee - jayneyoung069@gmail.com
Stephanie Arnall, Co-Chair Finance Committee; Audit Committee - rarnall113@aol.com
Richard Duesterhaus, Advisory Committee Chair - rich@duesterhaus.net
Kimberly L. Greer, Marketing - Kimberly.greer@ofplaw.com
Steve Haraczak, Chair CAC Comm; Co-Chair Development Committee - steve5pit@aol.com
Scott Honiberg, Chair, Grants Committee - s.honiberg@phainc.com
Anna McDonald, Development Committee, Marketing/Social Media - anna.mcdonald@bankwithunited.com