

Spotlight

www.scov.org

June, July, August 2020

From the Executive Director

Dear Friends,



I hope this newsletter finds you and your loved ones well. It's hard for me to believe that we are only halfway through this challenging year 2020. I'm sure many of you feel the same way. For me, this "physical distancing" period has given me a moment to pause and

listen. I hear what we as a nation are facing on so many levels. I hear the outrage, the despair and the injustice and pray that by listening and welcoming change, we will embrace our "new norm" as a new beginning.

COVID-19 arrived and forced the most vulnerable generation, seniors 60+, to stay safe at home cutting many off from family, friends, social activities, places of worship and daily routines. To combat this isolation Shepherd's Center increased our Friendly Caller program to include new volunteers from the community eager to help. These calls have reduced loneliness and reveal critical medical needs or food shortages. To answer this new challenge, SC implemented the Food Delivery Volunteer Drivers service. Drivers will grocery shop, pick up pre-ordered food, prescriptions, or supplies and deliver them to your front door. Through grants and generous donations, we also offer grocery shopping gift cards for those in need.

Another issue I think we need to address as a community is the disconnect between those with computers and the internet and those without. According to one source at Kaiser Permanente, their Tele-Medicine checkups rose from 17% in February to over 85% in May. Ordering food on-line, linking with family and friends on ZOOM, watching movies and sending emails...this ability to connect is taken for granted IF you have computer access. But what if you don't? I'm interested in hearing your thoughts on this.

I am reminded that since 1998, our Shepherd's Center, serving Oakton-Vienna-Reston-Herndon, has been dedicated to improving the quality of life as we age, through supportive programs and services. The concept of volunteering to help seniors age in place defines the spirit of SC.

Volunteers of all ages give their time and talents to provide vital services to at-risk seniors in the community, who often live alone and are in need of assistance. Our office is open M-F 10am – 4pm to address your needs. Call us and become a volunteer. 703.281.0538.

We welcome Erin O'Reilly our new Operations/Volunteer Manager on Monday, June 22nd. We are pleased to resume our Transportation Services on Monday, June 29th. We are taking every precaution possible to keep you and our volunteer drivers safe. Please review the new guidelines and regulations in this newsletter.

Our vision is creating "**A World Without Loneliness.**" Thank you for helping us make a difference in the lives of seniors, veterans, and their families in our communities. Until we meet again, stay well, stay connected and enjoy the summer.

Warmly,

Susan

Susan d. Garvey
Executive Director

SCOV RH Transportation is BACK!

The Board of Directors has announced that Medical and Companion Transportation Services will be offered beginning **Monday, June 29, 2020**. If you are a current client and you live in Oakton, Vienna, Reston or Herndon, we are here for you. Three business days' notice before your appointment is required. All arrangements for transportation are to be made through the Shepherd's Center.

Call: 703-281-0538 to make an appointment or to request a new client application.

New Guidelines: June 29, 2020

- Must be COVID-19 symptom-free, including no fever.
- Face masks and gloves are mandatory.
- Client must get into the car unassisted.
- Client sits in the back seat, passenger side.

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- Don't touch eyes, nose or mouth.
- Drivers will confirm ride with client the day of.
- Drivers will follow the instructions given and wait outside the facility until the appointment is complete for medical rides.
- Drivers will ensure the vehicle is well-ventilated, through open windows or air conditioning.
- Drivers must clean vehicle surfaces (door handles, doors, seatbelts, seats, etc.) before and after serving clients. Disinfectant must be 60% alcohol.




We're on the map! Check us out at <http://nvrider.org/map/>



"Thank you so much for bringing me my prescriptions. The Pharmacist was going to put them back on the shelf by the end of the day. I called the Shepherd's Center and within a few hours a Shepherd's Center Delivery Driver picked them up and dropped them at my front door! You are my very own Rosie the Riveter, saving the day for me." ...Ann, 80.



Want to put a smile on your face while helping seniors in your community? It's easy and won't cost you a dime. Next time you go online to shop with Amazon... Stop!... Smile!.. Shop! through smile.amazon.com instead. Why? Because Amazon will donate 0.05% of your purchases to Shepherd's Center serving Oakton-Vienna-Reston-Herndon. You just helped us help seniors who need food, connect seniors to a friendly caller and help seniors avoid isolation, depression and loneliness every day by showing them someone cares! To Smile, here's what you need to do:

1. Type in smile.amazon.com in your browser.
2. Sign in to your Amazon account if you're not already logged in.
3. Enter Shepherd's Center serving Oakton-Vienna-Reston-Herndon as the charity you wish to support. If not found, enter Shepherd's Center of Oakton-Vienna.
4. You are in! Note:  will be on the top left side of your screen. Directly to the right of it, it will say Supporting: Shepherd's Center serving Oakton-Vienna-Reston-Herndon.
5. Remember to use the URL smile.amazon.com every time you shop. And, thank you.

Veterans Helping Veterans!

Join our Committee to help. Email Erin: office@scov.org



There are more than 82,000 Veterans in Northern Virginia* and the Shepherd's Center of Oakton-Vienna-Reston-Herndon (SC) is focused on offering a unique program and service to help reduce isolation and loneliness among this often over-looked segment of our population.

Our goal is to create "Veterans Clubs" within establishments that house a fairly large veteran population. We have a need and these veterans could answer that need through volunteering to become Friendly Callers/Friendly Visitors. The goal would be to match SC veteran clients and other veterans from senior living facilities with the American Legion members of Fairfax, Herndon, and Vienna to these veteran volunteers. Each volunteer veteran and veteran client will complete a questionnaire and in-person interview. This careful screening and matching process is designed to create the best chances for our volunteers and clients to develop an ongoing friendship. "There's a lot more we can do to help the veterans. They've given their lives to the country, the least we can do is give back and help them," said Steve Haraczak, SCOV Board Member and Veteran.

*UVA Weldon Cooper Center for Public Service

Volunteer Spotlight

Katie Dubay ~ SCOV RH Food Delivery Driver Extraordinaire



Katie can't say no and we love her for it. The need for food has risen to become the number one concern for our seniors these past three months. Shepherd's Center serving Oakton-Vienna-Reston-Herndon answered that need by establishing a new program, Food Delivery Drivers. These volunteers are willing to grocery shop and deliver food to our clients' front door. More often than not, they have applied the SC Food Gift Cards, provided by donations, to purchase food.

Katie is a Coast Guard spouse with four kids, ages 13, 12, 9 and 7. My kids finished the school year online from home. We have been a busy household. Previously, I worked as a nurse but have been a stay-at-home mom for 14 years as we move around the country. We have lived in Guam, Connecticut, California, Hawaii, Florida and Vienna, Virginia two times! I grew up in Cocoa Beach, FL where I met my husband. The Coast Guard is moving us to the Miami area this summer.

We will miss you Katie. Best of everything as you enhance another community with your generous spirit and skills.

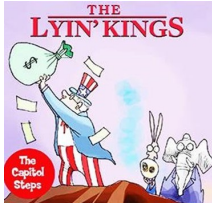
A Heartfelt Welcome to Our New Friendly Caller Volunteers Spring 2020

Valerie Arnakis	Sarah Bengtson	Paul Berry	Erika Bethmann
Mary Jane Blodgett	Faith Boettger	Kathleen Caggiano	John Capps
Mia Chand	Georgia Chirieleison	Marie Colturi	Alane K. Dashner
Caroline Diebler	Dixie Downing	Alex Dukes	Mary Farrell
Mallory Fields	Judy Fraser	Elizabeth Gay	Helen Heaton
Brandon Irby	Sherry King	Katherine Kline	Leo Lepez
Emily B. McPhie	Bobbie Montano	Anjna Nair	Lisa Namerow
Valerie Pansy	Mavee Park	Anne Peartree	Gary Reed
Bianca Ribeiro de Farias	Mark Richards	Laxana Rowe	Sophia Sahouri
Nina Savitz	Wolf Scherer	Patice Schramm	Emily Sheng
Neena Shenoy	Donna Sorek	Heather Stride	Jamieson Stride
Mary Williamson	Mario C. Winterstein	Alexandra Zeidman	

Neighbors Helping Neighbors

In response to the COVID-19 disruptions to restaurants and businesses, we want to show our support by highlighting what they are doing as they open up again. Check our website and Facebook pages for updates. Please support your Neighbors!

Contact Irma Gennaro at irmagennaro@scov.org to be included



Our thanks to each of you who donated the cost of your Capitol Steps tickets that we were forced to cancel due to COVID-10 safety precautions.

Your donations made it possible for us to purchase food for seniors with gift cards.

Update from the Congregational Advisory Committee (CAC)

The annual Clergy Breakfast hosted by the Shepherd's Center will be coming via ZOOM this year on Wednesday, August 26, 2020 from 8:30—10:00am. We look forward to this virtual fellowship.

Thank You to our Supporting Congregations. We hope your doors will be opening soon.

Andrew Chapel United Methodist Church
Antioch Christian Church
Bruen Chapel (UMC)
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. John Neumann Catholic Church
St. Mark Catholic Church
Unity of Fairfax
Unitarian Universalist Congregational of Fairfax
Vale United Methodist Church
Vienna Baptist Church
Vienna Presbyterian Church
Wesley United Methodist Church



Thank you to Mark Lowry for naming SC as the recipient of his Facebook birthday gifts this year in honor of his father and our dear friend, Ed Lowry.



Adventures in Learning Three cheers for Mike Mulreany!

Through the creative and heroic efforts of SCOVHR volunteer, Mike Mulreany, Co-Chair of the AIL Committee, along with his brother, volunteer Casey Tarr and others, we were able to move AIL into the 21st Century and offer virtual classes through the magic of Zoom.



Mike not only convinced most speakers to adapt to the new technology, but he offered wonderful training programs for AIL participants. The results speak for themselves. A full spring AIL program has been delivered with 65+ participants. The presentations have been educational, and AIL continues to provide first-class education to fill the sometimes empty hours of the stay-at-home days!

Fall Semester September 24-Nov 12, 2020

We want to hear from you. We are looking for speakers and ideas from you. Who can you recommend to the AIL group? Share your ideas. Please send to Mike at Mulreany@verizon.net.

Welcome New Operations/Volunteer Manager Erin O'Reilly



Erin was the Office Director with Shepherd's Center of Annandale-Springfield. While there, she realized that working with the volunteers was the role she was most passionate about.

She has worked as a civilian Human Resources Specialist within the US Army, a Data Analyst at US Embassy Tanzania and an e-Commerce and Marketing freelancer on Amazon Marketing Services platform.

She and her husband and two young sons reside in Annandale, Virginia.



Virtual Volunteer Appreciation Event

We Treasure Our Volunteers

The Volunteer Committee is happy to announce that the annual Volunteer Appreciation Luncheon, originally planned for April 2020, will be held in

August 2020 as a virtual celebration. We will be bestowing pins of gratitude to the 2019 Outstanding SC Volunteers. In addition, to honor the late Ed Lowry, an award will be given in his name to an individual for their exemplary service to the Shepherd's Center and our mission. Check our website in July for more details.

www.scov.org

Thank you to our sponsors



We recognize and thank all of our volunteers who donate hours of their time and talent to our mission and vision of creating, ***A World Without Loneliness***.

Administrative Office Assistants, Newsletter Mail Out Coordinators, the AIL Committee, the Kitchen Crew, Special Events Coordinators, Health Care, our technology wiz—Bill Grove, Caregiver's Support and Caregiver's Treat Coordinators. Thank you letter writers, Transportation Drivers, Handy Helpers, Friendly Callers and Visitors, Veteran's Initiative Committee, CAC Council, Dining with Dorothy, Grant writers, Development and Fundraising Committees, Policy & Volunteer Committees and our Board of Directors. Thank you for all you do to help us assist seniors in our communities. You are the best!



Thank you to our sponsors and their support of our mission and vision.

Adler Foundation
Chainbridge Technologies
Fairfax County Department of Neighborhood
& Community Services
Kaiser Permanente
Odin, Feldman Pittleman
Vienna Presbyterian Church
The Rotary Club of Vienna District 7610
Wardrobe Rescue
Dignity Memorial
Money and King
Navy Federal Credit Union
Druscilla French/Stephen Cumbie Foundation
United Bank
Vienna Business Association
Virginia Cancer Specialist
VLP Financial Advisors
Walmart
Whole Foods Market Vienna



To all our generous individual donors, congregations and foundations... Thank you!

Your financial support helps us provide programs, services and social engagement for seniors in our communities.

While the COVID-19 distancing rules remain in effect, we will not be getting together to do a snail-mail mailing. Our Spotlight newsletter is currently only available through email and our website at www.scov.org

Send your address, phone, and email changes to office@scov.org

**Call for Board Members Shepherd's Center
serving Oakton-Vienna-Reston-Herndon**

We are looking to fill two Board positions in the coming year with diverse and energetic members from the communities we serve, who are interested in a leadership role to foster our vision to create;

A World Without Loneliness.

Non-profits grow through implementing new ideas, and SC welcomes fresh new perspectives to these leadership positions to ensure we continue to serve our senior communities in creative and new ways.

As a member of the Board, we would ask that you support SC's mission, programs and services with financial support, and participation. Serving on the SC Board is a wonderful way to give back to the community, make new friends, share ideas with colleagues and support an organization that makes a difference in the lives of seniors in our communities every day!

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If you or someone you know are interested, please contact Patti Vaughn, Vice-Chair (mpovaughn@aol.com) to request a detailed summary of Board expectations, opportunities and responsibilities.

Welcome Aboard!



We are delighted to introduce new Board of Directors member, Anna McDonald. Anna is currently the Assistant Vice President Commercial Services Officer with United Bank in Vienna, VA. Anna joined the United Bank team in 2017 after moving from First Bank located in Huntsville, AL.

Her contributions toward improving the quality of life are widely recognized and reflect her years of service and dedication. Anna represented United Bank at the Washington Business Journal Corporate Philanthropy Awards for "Outstanding Community Volunteerism" in the large category for both 2018 & 2019. Anna also led the Community Reinvestment Representative program with the Northern Virginia Transportation Authority Board of Directors. She was nominated, through the Huntsville/Madison Chamber of Commerce, as "Young Professional of the Year" in both 2016 and 2017. Anna received the "Unsung Hero" award at the Alabama Young Professionals Summit in 2015. Anna will be serving on the Development Committee and be lead on SCOVHR Social Media efforts.

Local Stores Support Shepherd's Center

Whole Foods Market



Thank you Whole Foods Market Vienna for your continued support of SC's mission.

Pictured (l-r) Laura Edwards, Assistant Store Manager, Whole Foods Market, Vienna and Jayne Young, SC Board of Directors and Development Committee Co-Chair

Walmart



"We are thrilled to support your work in our communities and share your desire to provide local impact." said Kabir Kumar, Sr. Director, Community Giving, Walmart Giving,

Pictured (l-r) are Frieda Errico, SC Development Committee Volunteer; Gliaza Balahadia, Walmart Assistant Manager and Irfan Younis, Walmart General Manager. Thank you Frieda Errico, SC Volunteer for securing this support.



**Tuesday July 7th from 12:00 AM
Until
Wednesday 8th 11:59 PM
Online Kendra Scott Jewelry Shopping Benefit
20% of your purchase will be donated to SC**

Kendra Scott, Designer, CEO & Philanthropist has selected Shepherd's Center to receive 20% of your purchase online. Be sure to visit the Kendra Scott website to view her outstanding collections of jewelry and fine gifts.

<https://www.kendrascott.com/> Since she began her company, Kendra has lived by three core values: Family, Fashion and Philanthropy. She created a brand and culture that authentically values giving back and making a positive difference in the community.

Please RSVP that you will be shopping on above dates by visiting:

<http://virtualgivebackeventshepherdscenter.splashthat.com>

Shoppers: At checkout (on your billing page), be sure to enter **GIVEBACK8110** for 20% of your purchase to be donated back to Shepherd's Center.

"I'm thrilled about this event and about Kendra Scott's beautiful jewelry. Just knowing that when we make a purchase, it's helping others in need. This is win-win for everyone!

...Kay DeMarco, SC Volunteer

Thank you Kay for pulling this event together for us. You are a real gem.

Calendar of Upcoming Events:

July 4	Independence Day
July 7 & 8	Kendra Scott Jewelry Sale
July 14	Bastille Day
August 21	Senior Citizens Day
August 2020	Volunteer Appreciation Lunch
August 26	Clergy Breakfast Zoom Event
September 10	Caregivers Treat, TBD
October 18	Westwood Country Club Dinner, Vienna, VA

Meals - Masks - Companionships



There's a lot of busy bees sewing masks for our volunteers and clients. We are so grateful for their kindness.

- Oakton Women's Club (OWC) donated 100+ masks.
- Mai, owner and seamstress at Connell's Valet, Vienna, VA has graciously made 200 masks.
- SC volunteer, Gerri Webb, has also been busy sewing masks. Gerri says, "sewing masks is something that I can do to support those that are able to go out and help local seniors."
- Ava Dowdy brought us a bag full of colorful and stylish hand-made masks.



"While making my daily friendly call to my assigned senior (Joe), he told me that he was running out of food and needed two prescriptions to be picked up at the local supermarket. Joe, who is 77, lives alone with his cat in a two-story walkup apartment. His nearest relative is in Dallas, Texas. I called the SC office and offered to help. They asked me to stop by to pick up some supermarket gift cards to shop with and a hand-made mask. I left the groceries at Joe's door and, in a matter of minutes, Joe called me in tears to say thank you and God Bless SC and the volunteers who care." ... SC Volunteer Food Delivery Driver.

Update From Jayne Young & Steve Haraczak, Co-Chairs Development Committee

The coronavirus has completely changed the development agenda for 2020. We have gone VIRTUAL until it is safe to gather. Our committee met in late April to brainstorm our options.

Welcome new members to the Development Committee; Cherie LeJeune, Bobbie Montano, Anna McDonald, Gerri Webb and Melinda O'Brien ~ each of them came with innovative ideas to move our vision of **A World Without Loneliness** forward. Cherie hopes to help us with a grant to move our clients into the cyber world, with an Alexa -type devise to promote family meetings and verbal interaction, Bobbie Montano introduced us to Navy Federal's corporate giving division, Anna McDonald, United Bank and a new board member, will take the lead with social media and Melinda O'Brien shared a variety of fundraising options with Facebook, GoFundMe and PlumFund.

A shout-out to committee member, Frieda Errico, for obtaining a community grant from Walmart, and we received a community service grant from Whole Foods for \$2000. Committee Co-chair, Steve Haraczak is working on our Legacy Program with Irma Gennaro. Don't forget! You can support us through Facebook and Amazon Smiles!

We believe in partnerships! On our website we are featuring local business partners who have re-opened with outdoor seating. Through our Friendly Caller Volunteer program, we have offered our volunteer's support to over a dozen local senior care facilities. Watch for our two Virtual Events happening this summer. A virtual wine tasting Victor Mendes of Vienna Vintner and a virtual trunk show on July 8-9, with the fabulous jewelry of Kendra Scott. (See details in this publication)

We look forward to a time when we are able to meet face to face, but in the meantime, we will continue to move forward. Please stay well.

Through generous donors, and a successful *Giving Tuesday Now!* fundraiser on May 5th we have secured supermarket gift cards for those unable to pay for groceries.

YOU MADE A DIFFERENCE!



As we see the needs continue to grow, we are grateful to YOU for helping
us exceed our goal in meeting those needs.

Supermarket gift certificates for those unable to pay and medicines delivered
directly to their door bring peace of mind to our home-bound seniors.

Thanks to YOU for making our Give Tuesday Now! campaign so impactful.



Meals – Masks – Companionships





541 Marshall Road SW, Room 203
Vienna, VA 22180

SC Spotlight—June, July, August 2020

Shepherd's Center serving Oakton-Vienna-Reston-Herndon

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

Executive Director	Susan d. Garvey	STAFF	
Operations/Volunteer Manager	Erin O'Reilly	703-281-5088	susangarvey@scov.org
Mktg/Comm Manager	Irma Gennaro	703-281-0538	erinoreilly@scov.org, office@scov.org
Project Manager	Linda Bayer	703-281-0538	irmagennaro@scov.org
SC Reservation Hotline Number		703-281-0601	lindabayer@scov.org

2020 Board of Directors & Committees

Bill Farrell, Chair, Executive Committee
william_farrell3@verizon.net

Patti Vaughn, Co-Vice Chair, Executive Committee
mpovaughn@aol.com

Scott Schroth, Co-Vice Chair, Executive Committee,
Co-Chair Volunteer Committee
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Michelle Kang, Secretary, Executive Committee
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Richard Duesterhaus, Chair, Advisory Committee
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2020 Board of Directors & Committees

Anna McDonald, Development & Social Media
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Tom Portman, Executive Committee
tjp22181@me.com

Jayne Young, Executive Committee, Co-Chair
Volunteer Committee, Co-Chair Development
Committee
Jayneyoung069@gmail.com

Susan d. Garvey, Executive Director
Susangarvey@scov.org



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

Our Vision
A World Without Loneliness