



Shepherd's center

serving Oakton-Vienna-Reston-Herndon

Spotlight
www.scov.org

Celebrating 22 Years of Service to the Community

Providing Services, Personal Enrichment, Volunteer Opportunities for Adults 50 and Over

March.April.May2020

From the Executive Director



Dear Friends,

Thank you! Our 2019 Annual Appeal was a great success due to your generosity. We met our goal of \$20,000 which enables us to continue providing our medical and

companion transportation services at no charge, and offering supportive programs and services that alleviate isolation and loneliness for seniors, their caregivers, and adult children in Oakton-Vienna-Reston-Herndon.

This issue of *SC Spotlight* covers three of our busiest months. Grab your calendar to jot down the information for the events you want to attend.

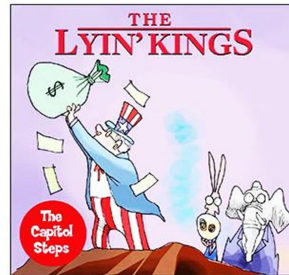
March is Women's History Month when we honor the women who came before us and fought for equality among races and gender. I loved hearing my great-grandmother's tales, who up until she passed away at 103, was a living testimony of how far women evolved during her lifetime. Our daughter Samantha was married this past December using her Great-Great-Grandmother's wedding band — now a wonderful daily reminder of the woman who was our family matriarch.

My favorite **April** celebration is all month when we honor volunteers nationally throughout our communities. I treasure our SC volunteers who help us create **A World Without Loneliness** every day. Join us by becoming a volunteer and making a difference in people's lives. It's an amazing feeling.

May is National Elder Law Month that supports the senior community with all their planning needs. Also, look in this issue for our new Programming Series beginning on March 18.

Hope to see you at an upcoming event.

Warmly,
Susan



The Capitol Steps Sunday, March 15

Fairfax High School
3502 Rebel Run
Fairfax, VA 22030

Dessert: 3:30 pm
Showtime: 4:30-6 pm

Buy Your Tickets Now

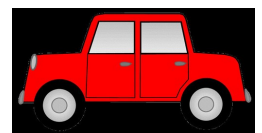
A Great Laugh-A-Minute SC Benefit Show

Adults: \$35 At the door: \$40. 10 or more: \$30
Students (18 and under): \$15 At the Door: \$20

- **By Phone:** 703-281-0606. Credit card only.
- **Online:** Pre-purchase tickets using PayPal at www.scov.org/capstepstickets. All tickets will be held at Will Call the day of the show.
- **At the Door:** If tickets are still available. Our shows often sell out! Credit cards and cash are accepted; checks are not.

Shepherd's Center (SC) Joins NV Rides

At the 2020 Annual Board Retreat, the Board of Directors approved a process that allows SC to join the NV Rides program, a regional umbrella organization that supports a network of volunteer driver programs making transportation for seniors possible in Northern Virginia. Partnering with Fairfax County and the Jewish Council for the Aging, SC becomes a partner of a thriving network of other volunteer driving programs. NV Rides also assists with marketing and recruitment of riders and volunteer drivers in our territory of Oakton-Vienna-Reston-Herndon. "We believe this will be a big boost to our largest service offering," said Co-Vice Chair Scott Schroth.



SC Announces a Free New Program Series

Real Talk: The Essentials of Aging With Confidence.

This new three-part series is jointly presented by Odin, Feldman & Pittleman (OFP) and Sandy Spring Bank. The series supports SC's vision of creating **A World Without Loneliness** by offering tools, strategies and resources that can make seniors' latter years more carefree.

Networking/Refreshments: 7:30 - 8:00 am
 Programs: 8:00 - 9:00 am
 Reservations Required: Call the SC hotline at: 703-281-0601

All sessions are held at the OFP offices:
 1772 Wiehle Ave., Suite 400, Reston, VA.

Wednesday, March 18

Part I: "Getting Your Estate in Order"

Learn how a well-designed estate plan and solid financial strategy form the building blocks of responsible aging.

Presenters: Catherine F. Schott Murray, Shareholder, (OFP); Christina H. James CFP®, VP and Private Client Advisor, Sandy Spring Private Client Group.

Wednesday, April 22

Part 2: "Aging in Place or Assisted Living?" "Which Option Works Best For Your Lifestyle?"

Help match where you'll spend your golden years with the financial resources you'll need.

Presenters: Catherine F. Schott Murray, Shareholder, (OFP); Christina H. James CFP®, VP and Private Client Advisor, Sandy Spring Private Client Group; Nancy Fagan, CMC, Executive Director, ElderTree Care Management.

Wednesday, May 13

Part 3: "The Essential Guide to Aging & Caregiving."

Explore a collection of services and resources to provide caregivers with critical assistance.

Presenters: Susan d. Garvey, Executive Director, Shepherd's Center, serving Oakton-Vienna-Reston-Herndon; Leslie Craver, LMSW; Reiki Master, grief and crisis counselor, Graceful transition.



Tom Portman Honored with Shepherd's Centers of America Annual Award

Tom Portman, SC Veteran's Initiative Chair and former 2019 Gala Co-Chair and SC Board Secretary, was awarded the 2019 Donald Owen Smith National Volunteer Leadership Award. The award recognizes excellence in volunteerism and leadership to the mission of Shepherd's Centers that empower older adults to live healthy and happy lives. Congratulations, Tom.

Thanks to our **2019 Gala sponsors** who support our mission and no-cost driving services. Please use/ shop their services.

- Title Sponsor:** The Adler Foundation
- Wine Sponsors:** Chainbridge Technologies; Kaiser Permanente; Odin, Feldman, Pittleman, LLC; VPC Missions; Vienna Presbyterian
- Entertainment Sponsor:** Wardrobe Rescue
- Photo Booth Sponsor:** Rotary Club of Vienna
- Platinum Sponsors:** Dignity; Druscilla French/Stephen Cumbie Charitable Fund; Money & King Funeral Home; VLP Financial Advisors
- Gold Sponsors:** Arbor Terrace, Capital Caring, Fairfax Rehab and Nursing Center; Harmony at Chantilly; Ortho Virginia; Ultimate CNG, LLC; The Kensington; Virginia Cancer Specialists
- Silver Sponsors:** Bright View; Coldwell Bankers; Doc Talker; Freeman & Sherburne, Inc.; Goodwin House; Mitchell & Morin Eye Institute; Northern Virginia Pulmonary and Critical Care Associates, P.C.; United Bank; Virginia Heart; Walmart; The Woodlands; Vienna Floors

Retirement Planning Changes

Eileen V. Shaw, CPA & SC volunteer, shared the news that on December 20, 2019, the President signed into law a new Retirement bill—The Secure Act—changing how you save for retirement starting in 2020. Two key provisions of the bill include:

Change to RMD age: The law raises to 72 from 70½ the age at which persons must begin taking Required Minimum Distributions (RMDs) from their retirement accounts. The new law only applies to people who turn 70½ *after* December 31, 2019. If a person turned 70½ in 2019, the law does not apply. That person must take an RMD in 2019, 2020 and beyond.

Contributions to IRAs after age 70½. The law ends the prohibition on contributing to an individual retirement account (IRA) after 70½. People may contribute to an IRA at any age, as long as they have earned income.



Lunch n' Life
Monday, March 9,
Noon - 2 pm

The Vienna-Falls Chorus of Sweet Adelines, an a cappella women's

barbershop group of about 22 women will sing. \$18/ person includes lunch and entertainment. RSVP required by March 3: 703-281-0601.

Emmanuel Lutheran, 2589 Chain Bridge Rd, Vienna. Watch for news about May 11 and September 14 performances.

Dining with Dorothy at Noon

"Dining with Dorothy"



Wednesday, April 8

Sweet Ginger, Vienna

Thursday, May 14

Olive Garden, Vienna

RSVP to Dorothy

dflood1706@gmail.com



SC Volunteer Appreciation Lunch
Wednesday April 15, 2020, Noon - 2:00 pm

All SC Volunteers are invited to this very special "We Treasure Our Volunteers" celebration. Awards will be presented to outstanding 2019 SC volunteers. Entertainment: Peter and Robin Brown, Jammin' Java performers.

Our Lady of Good Counsel Catholic Church, DeSales Hall, 8601 Wolftrap Road, Vienna, VA
 RSVP by April 1, 2019 to 703-281-0601 or
 Email: office@scov.org

Adventures in Learning (AIL)
Open House/Registration Day
Thursday, April 16 at 10:00 am – Noon
 With light refreshments' reception sponsored by Clear Captions.

Classes, workshops, seminars, and discussion groups provide educational experiences that cover a wide range of interests. **Classes meet: Thursdays, April 23 – June 11** at the UUCF Program Building, 2709 Hunter Mill Road, Oakton, VA

AARP™ Safe Driving Class

Friday, April 24 & Monday, April 27
9:00 am - 1:00 pm

Especially for drivers age 50+.
 Call to Register: 703-591-1845.

Oakton United Methodist Church
 2951 Chain Bridge Road
 Oakton, VA 22124



SC Needs Your Help

Roll up your sleeves and help us on April 29, April 30, May 1, and May 2 for the **UUCF Social Justice Yard Sale on Saturday, May 2, 2020**. We're looking for 50 volunteers to help make the event a success.

SC receives funds based on its volunteer count and total hours the volunteers work. Also, shop the sale on the Saturday, 7:00 am - 1:00 pm!

Call SCOV: 703-281-0601 to volunteer.

Unitarian Universalist Church,
 2709 Hunter Mill Road, Oakton, VA

May 10

For all the special moms in our lives.



Sunday, May 8 - Daylight Savings Time Begins
Saturday, May 16 - Armed Forces Day
Monday, May 25—Memorial Day

Town of Vienna Adult Wellness & Safety Expo
Sunday, May 17—1:00 - 4:00 pm
Vienna Community Center

This free event sponsored by Vienna Parks and Recreation and the Town of Vienna Police will educate, increase awareness and build a sense of community for adults over the age of 55.

Mark Your Calendar:

3rd Annual Shepherd's Center Gala
Sunday, October 18, 2020



2020 Board of Directors & Committees

- Bill Farrell, Chair, Executive Committee
william_farrell3@verizon.net
- Patti Vaughn, Co-Vice Chair, Executive Committee
mpov Vaughn@aol.com
- Scott Schroth, Co-Vice Chair, Executive Committee
w Schroth@gwu.edu
- Michelle Kang, Secretary, Executive Committee
mkang714@hotmail.com
- Leigh Banducci, Treasurer, Executive Committee
lband123@verizon.net
- Stephanie Arnall, Co-Chair Finance Committee
rarnall113@aol.com
- Richard Duesterhaus, Chair, Advisory Committee
rich@duesterhaus.net
- Kimberly L. Greer, Chair, Marketing Committee
Kim.greer@ofplaw.com
- Steve Haracznak, Co-Chair, Development Committee
steveh5pit@aol.com
- Scott Honiberg, Chair, Grants Committee
s.honiberg@phainc.com
- Tom Portman, Executive Committee
tjp22181@me.com
- Jayne Young, Executive Committee
Jayneyoung069@gmail.com
- Susan d. Garvey, Executive Director
Susangarvey@scov.org

Thank You Congregational Advisory Council (CAC) Members for Your Support

- 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**

Health News

Oranges Ward Off Macular Degeneration

An orange a day might keep macular degeneration away, according to a study of more than 2,000 adults aged 49 and older. The Westmead Medical Institute for Research in Australia, the study, which conducted the study, found that people who ate an orange daily reduced their risk of this age-related visual impairment by up to 60 percent! In addition to vitamin C, oranges contain flavonoids, which might explain the effect. These compounds prevent oxidative stress and reduce inflammation in the body.



New Blood Test for Melanoma

Melanoma is the most lethal skin cancer, responsible for more than 7,200 deaths each year. Researchers have now developed a blood test to detect melanoma in its early stages. In a study of 245 people, the new test identified those with melanoma with 79% accuracy and those without the cancer with 84% accuracy. If and when the test is approved for use, it would be one of the first and eliminate the need for a dermatologist visit to diagnose the disease.

**In Memoriam: Edward Diller Lowry
January 7, 1944—December 7, 2019**



Ed joined the SCOV Board of Directors in 2015 and was co-chair of the Congregational Advisory Committee (CAC). He was instrumental in establishing the annual Clergy Breakfast, which brings together more than two dozen religious leaders to share common interests and concerns. Ed was known for his quick wit and gift of gab, and strived to teach the importance of hard work, the value of faith and the meaning of family. He is missed.

All We Need is Two Hours Per Week

April, National Volunteers Month, is the perfect time to become a SC driver to help our seniors and veterans get to their appointments, or errands. Please make an impact. Discover more about how you can help in our community of Oakton-Vienna-Reston-Herndon. Send an email to Office@scov.org



Marketing

Conceives and designs marketing materials (ads, flyers, social media, etc.) and assists the Executive Director and staff with publicizing SC programs and services.

Your help will be welcomed on any of these relevant SC committees. Contact Scott Schroth, Co-Vice Chair, SC Board of Directors, at wscroth@gwu.edu or his cell at 703-582-1195.

Newly Retired? Become a Vital Part of an SC Committee

Much of the behinds-the-scenes work of the SC is carried out by committees of the Board of Directors. Each committee has a chair or liaison from the Board and is staffed by other SC volunteers. Please join us to share your talents.

Adventures in Learning (AIL)

Manages all three semesters of the AIL program; organizes the schedule; recruits speakers and attendees.

Grant Committee

Seeks grant support for SC from local and regional organizations and philanthropic groups.

Volunteer Committee

Manages the recruitment, retention, and recognition of volunteers for all SC service and educational programs and organizes the annual Volunteer Appreciation Luncheon.

Development Committee

Helps organize Friend-raisers which bring awareness to the SC mission, socialization for the community, and funding for SC programs and services.

Special Events Committee

Organize SC luncheons with entertainment; senior socials, Capitol Steps, and the SC Gala.

IT Technology

Assists the Executive Director and staff with selecting and maintaining software used for SC administration and programs.

(continued on next column)

Rogers and Nichols Resign from SC Board

A fond farewell and thank you to our retired Board members, Bob Rogers and Ellen Nichols. Thank you for serving the community.

Rema Smith, SC Office Manager and Volunteer Coordinator, has accepted a new position. We will miss her and wish her much success in her new job.

AIL Tai Chi: Up Close with Joan Hood



“In my 23 years of teaching Tai Chi for SC, it gives me great pleasure to see new students join our long-term members. Tai Chi improves our body and our balance. It’s like a moving meditation, helping us gain confidence in basic tasks such as walking without fear. Rob Gehring is a personal tutor to new students and Christina Olson often leads our warm-up.”
Join us at UUCF, Thursdays at 9:00 am.

Merriment at our Valentine’s Luncheon

Many thanks to our wonderful entertainment duo, Jody Marshall and Jim Queen, as well as our always diligent kitchen staff volunteers. Captured “in apron” Linda Schearer. Also thanks to the Vienna Community Center.





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SC Spotlight—March, April, May 2020

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

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

		STAFF	
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<i>Operations/Volunteer Manager</i>	TBA	703-281-0538	office@scov.org
<i>Mktg/Comm Manager</i>	Irma Gennaro	703-281-0538	irmagennaro@scov.org
<i>Contributing Newsletter Editor</i>	Linda Bayer		linda.bayer@scov.org
<i>SC Reservation Hotline Number</i>		703-281-0601	

Shepherd's Center serving Oakton-Vienna-Reston-Herndon
Operations/Volunteer Manager 2020

We have an immediate opening for someone who wants to make a difference in the lives of others by joining our staff as the **Operations/Volunteer Manager**. You will be helping us create **"A World without Loneliness"** for seniors, their families, their children and Veterans in Oakton-Vienna-Reston-Herndon communities. If you consider yourself a "People Person" who can successfully manage a fast-paced environment, this job is for you. We are a small but mighty staff, with a dedicated Board of Directors, and over 250+ volunteers that help us get the job done! Our focus is on alleviating isolation and loneliness by making connections, free medical and companion transportation, socialization with events, educational programs and fun!

Go to www.scov.org/aboutus/jobopportunities for a complete job description.

Send your address, phone,
email changes to:
Office@scov.org



www.navyfederal.org

SC thanks
Navy Federal
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newsletter!