



Celebrating 22 Years of Service in Oakton-Vienna-Reston-Herndon (SC)

Our Vision: *A World Without Loneliness*

2020 September, October, November



Dear Shepherd's Center Community,

After 21 months as Executive Director, I am leaving to pursue a new opportunity as the Director of Community Outreach for the Kensington Reston SL. I will continue to work with and on behalf of seniors. I am so grateful for what we have done together in a short amount of time and amid a world-wide pandemic. Some highlights include:

- Expansion into Reston and Herndon, a partnership with NV Rides, and a new CAC member, St. John Neumann Catholic Church
- Vision Statement; *"A World Without Loneliness"*
- Increased financial support from corporations, foundations and individuals
- Increased Friendly Caller Volunteers and a new service, Food Delivery Drivers

Erin, Jean, Irma and Linda: Honestly, I don't think things would have run as smoothly without your help and support. Thank you for all your hard work. I want to let you know that you are doing an outstanding service for others. Working collaboratively requires effort, listening and supporting each other. Your acts of kindness have an impact not only on our clients and volunteers, but in making our community a better place to live. It's been a pleasure. Thank you.

Volunteers: I really hope you know how appreciative everyone is for your volunteer work. By volunteering, you have given the most expensive and priceless gift anyone could have given. I've had an amazing time thanks to all of you. Thank you for the wonderful job you do. You bring positive light and inspire all of us to work even harder. God bless you.

I have loved getting to know our dear clients personally. I will continue to stay in touch with many of you and want to thank you for your friendship and wonderful stories you have shared with me. Stay well and safe.

To the Board of Directors and Emeritus Members: your generous contribution of time and energy is incredible. Every bit of your efforts has gone towards building the foundation of improving someone else's life. Thank you for your support, assistance, friendship and everything.

Starting August 25, our Board member and my good friend, Jayne Young, stepped in as Interim ED. Her knowledge, skills, and experience will make the transition seamless. Plus, she's fun to work with! So, let's stay connected. I would love to hear from you at Sgarvey@kensingtonsl.com or 703-997-9208.

In gratitude,
Susan

Greetings,

I want to commend and thank you, Susan, for all of your hard work, especially your leadership during this past spring. I have been asked to serve as Executive Director until we find a permanent replacement. As I was looking over a listing of our current volunteers, I realized that I have worked with many of you when I was on staff from 2010 - 2017. I look forward to reconnecting with old friends and meeting new ones. Actually, that is the best part of a job like this, meeting and getting to know new people.

For those of you that are newer to the SC, a short intro for me. I am a native Northern Virginian and have a great passion for the mission of the SC. I took care of my mother pretty much every day for 15 years, so I know firsthand how valuable all of our services and programs can be to both our clients and their adult children.

I look forward to working with all of you as we further the vision of the Shepherd's Center to create *A World Without Loneliness*. Please know that my door is always open (of course nowadays, we will be meeting with our masks on!!) My first official day was Tuesday, August 25th. I will be working in the office on Tuesday, Wednesday and Thursday and can be reached at jayneyoung@scov.org.

Jayne Young



NEWS FROM THE BOARD OF DIRECTORS

Thank You, Susan



As you know Susan d. Garvey resigned as the Executive Director of Shepherd's Center, serving Oakton-Vienna-Reston-Herndon (SC), to accept the position of Director of Community Outreach for The Kensington Reston Senior Living.

During her nearly two-year tenure, the SC has

expanded its services into Reston and Herndon, grew its programs, services, and volunteer offerings in Oakton and Vienna, and established a new vision **"A World Without Loneliness."**

Susan was instrumental in guiding SC through some stormy waters this year as we faced staff retirements, a pandemic, and unprecedented change. She effectively adjusted our programs and services to assure we stayed relevant and helpful to our volunteers and clients. Because of her efforts, we are in good stead as we cruise towards the end of 2020 and into 2021. We will certainly miss her energy, drive, and passion for this mission!

We thank Jayne Young, who is serving as our Interim Executive Director. She is well-versed in SC's operations due to her strong ties and involvement with SC for over 10 years. She previously served as the Director of Operations/Events for SC and has served on the Board of Directors since 2018. Jayne is currently active on the Executive Committee, co-chair of the Development and Volunteer committees, and a member of the HR and Nominating Committees. We look forward to working with you.

Chairman, Bill Farrell & Co-Vice Chairs Patti Vaughn & Scott Schroth



Make a Difference... Join the Board of Directors

The Shepherd's Center, serving Oakton-Vienna-Reston-Herndon, is looking to fill three Board positions in 2021 with diverse and energetic members from the communities we serve. As a Board member, you would support SC's mission, programs and services with financial support and participation. Here's your chance to give back to your community.

Contact Patti Vaughn, Vice-Chair at mpovaughn@aol.com to receive a detailed summary of Board expectations, opportunities, and responsibilities.



Career Opportunity

Executive Director for Shepherd's Center

Our search for a new Executive Director (ED) is underway. 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 in the communities of Oakton-Vienna-Reston-Herndon.

This individual will be responsible for implementing the strategic goals of the organization and have overall responsibility for SC's community outreach, management of staff, fundraising and operations. In addition to maintaining the financial health of the organization, the ED will work with the Board and staff to ensure that our mission is fulfilled through its programs and services. The ED is responsible for evaluating current strategies and introducing and implementing new programs and services that meet the changing needs of our community. Excellent development and fundraising skills are required.

This role is a great opportunity for someone who wants to make a positive difference in the quality of life of our areas' seniors. Refer to the SC's website @ www.scov.org for additional job requirements.

Please direct all employment inquiries to Jayne Young, Interim Executive Director at 703-281-5088, jayneyoung@scov.org,

Development Committee

The pandemic has created a shift in the focus of the Shepherd's Center's Development Committee. It has always been our goal to be a good partner with the businesses that support us financially. Now is the time for us to show our support and give back to them. To that end, we have contacted dozens of our partners and have been featuring them on both our website and social media platforms.

We have also extended our Friendly Caller service to now include local senior facilities. We currently have volunteers calling residents at the Gardens in Fairfax and Brightview Assisted Living in Great Falls. We are working with the Kensington in Falls Church to identify residents that would benefit from a friendly caller.

Our more traditional development activities have been very successful. The virtual trunk show with Kendra Scott was held on July 8-9th and our first Virtual Wine Tasting was August 20th, which was very well received. We look forward to more virtual activities in the coming months.

VOLUNTEER PAGE



Volunteer Extraordinaire

"I want to personally thank Jean Bastien for her more than 10,000 volunteer hours she has devoted to SC. They are valued at over \$250,000. Her database knowledge, website skills & thoughtful suggestions have kept

us all going. Thank you, Jean, for all you have accomplished," stated Susan d. Garvey.

Spotlight on Volunteers

Meet a dynamic and compassionate SC volunteer couple, Jamieson and Heather Stride, a military family from the U.K., who came on board as Friendly Callers (FC) at the start of the pandemic. Jamieson joined the Veteran-to-Veteran Caller initiative calling two veteran seniors. "Getting to know people from a different country is always fascinating," he said, "but making a positive difference in people's lives with just a phone call is great. Both seniors had so much to share, so much to tell - I enjoyed chatting with them."



Jamieson is an officer in the Royal Navy, specifically the Fleet Air Arm (the US Naval Air Force equivalent), and has served 30 years with Heather and their two grown children by his side. Heather worked within the U.K. HomeStart North Dorset charity, advancing to Manager. She finds being a FC "incredibly fulfilling" and believes in our mission so much that she became an Office Volunteer twice a week, as well. "The SC particularly appealed to me given their focus on lonely seniors and as an NPO of great reputation" she said. We're proud they are SC volunteers!

Stan Ellis Wins Inaugural Ed Lowry Volunteer Award

The Inaugural Ed Lowry Volunteer Award was presented to longtime SC volunteer, Stan Ellis, at the SC Volunteer Appreciation Luncheon on August 5. Stan has been a SC volunteer since 2015 and his contribution with Ed to the CAC are much appreciated.

We were honored to have the Lowry family attend the ceremony.



We need you.....

Can you spare just 3 hours/week to become a Medical/Companion Driver or a Food Delivery Driver?

Could you take a client to a medical appointment or pick up groceries and pharmaceuticals and deliver them to a client's door? Food Delivery Drives remain contactless. We follow COVID guidelines for everyone's safety, including masks, gloves, open windows, and physical distancing. Clients sit in the backseat. Contact Erin O'Reilly, Operations/Volunteer Manager, at 703-281-0538 or office@scov.org. Our volunteers are the backbone of our Mission and we appreciate all they do for us.

- We have added 92 Friendly Callers since the health crisis began this March. Thus, 92 additional local seniors have weekly conversations with their assigned caller.
- Since we restarted our transportation program on June 29, our Medical/Companion Drivers and Delivery Drivers have driven 106+ total hours and 537 miles to take food to clients' doorsteps and safely transport clients to medical appointments. All COVID protocols are in place.

Long time volunteer....

Gilbert Sheinbaum died peacefully at the age of 91 on August 22nd. Gil spearheaded our AIL world affairs classes for many years. He also organized fabulous trips to the State Department's diplomatic reception rooms and various embassies always followed by a special lunch at the DACOR HOUSE.

Bill Farrell Receives Hunter Mill District Community Champion Award

This award recognizes volunteers who improve Fairfax County by fulfilling or addressing a pressing community need. The award was presented via video by Supervisor Walter L. Acorn, Hunter Mill District, during the SC Volunteer Appreciation Luncheon on August 5.

Bill became involved with SC as a volunteer driver in 2006. He joined the Board as Treasurer in 2008 and has been Chairman for the last five years. He has served as co-chair of our Development Committee and is currently on the Executive Committee and Advisory Committee.

His dynamic and friendly leadership style has transformed SC into a leading local and regional charitable organization known for its outstanding community service.



Thank You!

PAST EVENTS

Annual Volunteer Appreciation Luncheon Went Virtual

The coronavirus slowed us down, but it couldn't stop Shepherd's Center from celebrating our wonderful volunteers! After COVID cancelled our first two dates in April and August, Jayne Young devised a brilliant plan for a "virtual" recognition event that would honor our volunteers while maintaining appropriate physical distancing.

Thanks to our wonderful sponsors, Vienna Chick-fil-A, Brightview Senior Living, and Elementals, on August 5th we were able to provide boxed lunches from a drive-thru served by SCOVHR Board of Directors at Vienna Baptist Church followed by a recognition party hosted on Zoom. After remarks from our sponsors, former Town of Vienna mayor Laurie DiRocco, and current mayor Linda Colbert, we honored Town of Vienna Volunteer Award winners Nancy Appler, Leigh Banducci, Michelle Kang, Marsha Komandt, Mike Mulreany, and Eileen Shaw. Then the 2019 Shepherd's Center "Pin" Award recipients Florence Andrews, Patrick Browne, Margaret Davenport, Kay DeMarco, Linda Puff, Linda Shearer and Dick "Sully" Sullivan were recognized. Finally, Stan Ellis was presented the inaugural Ed Lowry Volunteer Award. This new award honors Ed's many years of service to SC, and it was fitting that his long-time Co-Chair of the Congregational Advisory Council, Stan Ellis, was the first recipient.



Pictured (l-r) are Bill Farrell, Chair Board of Directors; Erin O'Reilly, Operations/Volunteer Manager for SC; Steve Haraczak, Board of Directors; Jayne Young, Interim Executive Director for SC and Board member; Patti Vaughn, Co-Vice Chair Board of Directors; Stephanie Arnall, Board of Directors and Scott Schroth, Co-Vice Chair Board of Directors .

First Zoom Clergy Breakfast

The 5th Annual Clergy Breakfast, was held on August 26 via Zoom. Co-Chairs Stan Ellis and Marsha Komandt welcomed members from the SC's 20 supporting congregations, Congregational Advisory Council, and BOD members. Attendees exchanged concerns regarding COVID, reopening their congregations, and how they stay connected to their members during this challenging time. Identifying and addressing loneliness issues, a vision of the Shepherd's Center, was discussed as well. The newly-installed Mayor of Vienna, Linda Colbert, shared her vision for the Town of Vienna and its long standing relationship with SC our congregations:

- 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
- Vienna Seventh-day Adventist Church

Thank You Kay DeMarco

We are grateful to SC volunteer, Kay DeMarco, who spearheaded the Kendra Scott Jewelry virtual event. We are constantly thrilled by the talents of our volunteers.



Taste of Italy Virtual Wine Event

This fabulous event was hosted online by Victor Mendes, owner of Vienna Vintner, and Sommelier, Roberto D'Onofrio.

The attendees tasted and discussed (as seen here on one of our Zoom snap shot) three delicious Italian wines. Wine was either picked up or delivered prior to the event.

"What a wonderful evening 'traveling' Italy, if only virtually," said Board member, Stephanie Arnall.



FUTURE EVENTS

Calendar of Events

Veteran's Committee Zoom Call

Wednesday, September 23, 2020, 10:30 am

Join the SC Veteran's Committee Zoom meeting to discuss the Veteran's Initiative, the Veteran's Friendly Caller program, and plans for the future.

Call Erin O'Reilly for details: 703-281-0538.

Caregivers Support Group - JOIN US

1st and 3rd Tuesday of each month

10:00 am – 11:30 am

This is an opportunity to reach out to others and to receive support from those who have traveled the road of caregiving. Join us to share ideas and resources. New members are always welcome! Free via Zoom. For information, contact facilitator: Jack Tarr at 703-821-6838 or jtarr@verizon.net.

Just Breathe...We've Got You!

A series of three webinars FREE

Join us for a 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, October 13, 2020

9:45 am - Noon Session #1

Caring for your loved one at home.
Sally Hume—AARP Health
Education Team

Let's discuss Finances.
Navy Federal Credit Union

How are Senior Living facilities
addressing COVID-19 challenges.
Kensington Reston SL

Meditation Class - Learn to relax
Katie Courlander Yoga

Register by calling the SC Hotline 703.281.0601.
Reservations accepted until Friday October 9th 2020.
A ZOOM invitation will be emailed to you.

Additional webinars: 9:45am-Noon
November 10 & December 8, 2020.

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The Adventures in Learning (AIL) program classes will meet every Thursday from September 24—November, 2020.

Due to the pandemic, the SC is conducting all AIL classes for this semester via Zoom. Check the SC Website for the current schedule of AIL classes at: www.scov.org/ail.

Under the instructional leadership of SC Volunteer, Mike Mulreany, we were able to offer 2020 Spring AIL through Zoom.

Unfamiliar with Zoom? Demo classes will be available on either Tuesday, September 15, 2020 or September 22, 2020 from 10.30am - 12:00 pm. Contact Mike Mulreany to register for training at mulreany@verizon.net.

NOVEMBER 3, 2020 ELECTION DAY

SC will drive transportation clients to the Office of Elections for early voting or your polling place on Election Day.

- **September 18:** Early voting/ absentee in-person voting begins at the Office of Elections, 12000 Government Center Pkwy., Fairfax, VA.

- **October 13:** Voter Registration Deadline. In-person: 5:00 p.m., Online: 11:59 p.m.



SC Annual 2020 Gala Update

The 3rd Annual SC Gala scheduled for October 18, 2020 at Westwood Country Club has been cancelled. The Board of Directors felt that it was in the best interest of our guests and sponsors to postpone the event until **Sunday, October 17, 2021**. Mark your calendar. We look forward to celebrating with you in person at the event.

Active Aging Wellness Class We've Gone Virtual!

Wednesday, Sept. 9—Oct. 28 10:45am – 11:45am

Led by Timothy Sun, exercise physiologist. Focus on low impact aerobics, balance, coordination and stretching.

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

\$40 for 8 week session - payable to Sun Fitness LLC

Registration/Questions: Casey Tarr
eileentarr1@verizon.net or 703-821-6838



541 Marshall Road SW, Room 203
Vienna, VA 22180

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

SC Spotlight—September, October, November 2020

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/>



Staff

Executive Director (Interim)
Operations/Volunteer Manager
Marketing/Comm. Manager
Project Manager: SC Newsletter
Volunteer: Database Manager

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given
to support SC's Mission and
Vision.

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Virginia Cancer Specialists
VLP Financial Advisors
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Whole Foods Market, Vienna,
VA

2020 Board of Directors & Committees

William Farrell, Chair; Exec. Comm Co-Chair; Advisory Comm - William_farrell3@verizon.net
Patti Vaughn, Co-Vice Chair; Exec. Comm; Nominating Comm; Co-Chair HR/IT Comm - mpovaughn@aol.com
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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