



## Celebrating 22 Years of Service in Oakton-Vienna-Reston-Herndon -Great Falls

*Creating A World Without Loneliness* 2021, March, April, May



### Even Better Together: Introducing the Shepherd's Center of Northern Virginia *A letter from the Interim Executive Director*

The past year has taught us much about the importance of remaining a vibrant resource for the seniors and caregivers who rely on our services in the communities we serve. Certainly, the pandemic has challenged us to find new ways of tackling most anything you can think of. For our Shepherd's Center, that included taking a look at the way we meet our mission so we ensure that we continue delivering impactful services as efficiently as possible. Anything that we can do to serve as many of the area's seniors and make aging in place a bit easier makes good sense.

With this in mind, the Shepherd's Center serving Oakton, Vienna, Reston and Herndon and the Shepherd's Center of Great Falls are joining forces to continue assisting area seniors, supporting aging in place and creating a world without loneliness. The newly formed **Shepherd's Center of Northern Virginia (SCNOVA)** will continue its partnerships and outreach with the region's faith-based organizations, associations, and local governments to provide free transportation services, companionship, learning opportunities, and caregiver support across our expanded service area.

Several months ago, the two centers began exploring how together we might be able to give our clients and caregivers access to a richer network of services and volunteers as a broader and more efficient organization. Our newly named Shepherd's Center of Northern Virginia will give Great Falls seniors access to an enhanced set of services as well as social and educational programs and expands the corps of volunteers available to serve seniors across all of the communities that turn to us for assistance.

As an affiliate of the Shepherd's Centers of America, our mission, in part, is to support our sister organizations in the area. We're excited to welcome Great Falls' vibrant programs and dedicated volunteers to our Oakton, Vienna, Reston and Herndon Shepherd's Center. Transition is ongoing and expected to be completed by Feb. 28. During this time, we will continue to serve our seniors as we complete the work of merging our clients, volunteers and organizations. Free ride services for seniors in Great Falls will continue uninterrupted after the merger. In addition, Great Falls volunteers and clients will be transferred into SCNOVA, allowing for a seamless transition.

We are excited to begin 2021 with such good news! Working together, we hope to provide even better and more impactful services to seniors in Northern Virginia. Be sure to watch our website for the most up-to-date information on our progress, and, if you're on social media, be sure to follow us on Facebook and LinkedIn for the latest updates.

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Until Next Time, be well.

Jayne P. Young, Interim Executive Director

### Keep a Lookout!

Our new SCNOVA Banner will be on display March 22-March 29th over  
Maple Ave., Rte. 123 (by Patrick Henry Library), Vienna

# NEWS FROM THE BOARD OF DIRECTORS

## Shepherd's Center Merges with Great Falls Shepherd's Center



Pictured giving the thumbs up for our new logo is (l-r) Phil Pifer, Jayne Young, Scott Schroth, Tom Eversole

### Message from Scott Schroth, SCNOVA Board Chair

By now you have heard about our merger with the Shepherd's Center of Great Falls, combining our resources, volunteers, programs, and leadership to serve a larger swath of the Northern Virginia region. We are proud of and excited about this wonderful opportunity to establish a larger and more vibrant organization to carry on the important work of addressing the service, educational, and social needs of local seniors. We are particularly pleased that the outstanding leadership team of SCGF has joined with us hand-in-hand on this important mission.

The year ahead will be full of positive change as we work to emerge from the constraints of COVID, build out a new SCNOVA organization and website, and collaborate to expand programs and services.

### Message from SCGF's President, Philip Pifer

The Shepherd's Center of Great Falls (SCGF) was formed to deliver free rides to non-driving seniors in our town. Great Falls is an area of Fairfax County with no county transportation – neither bus service nor MetroAccess. Taxis and Ubers can be expensive given local driving distances, are at times unavailable or have long waits, and overall are unreliable and not something seniors can risk when going to important appointments.

SCGF affiliated with the Shepherd's Centers of America, raised funding, and started our ride service in 2018. We've now provided hundreds of rides to scores of needy seniors, who use our service as a "last resort" for appointments and errands that are too important to take a chance on missing. We operated continuously through COVID and have never missed a ride or turned down a ride request.  
(continued in next column)

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Continued...

Great Falls is a small community, and we realized that combining with another similar organization could reduce operating costs, offer our volunteers more rides, and further expand services to our seniors. The Shepherd's Center of Oakton, Vienna, Reston and Herndon 'fit the bill' perfectly, and they were enthusiastic from our earliest discussions with them. It became clear that we would be good partners, and that we would be able to do much more together than apart.

Now that our two organizations are joining forces to form the Shepherd's Center of Northern Virginia, I couldn't be more excited about taking this step to continue our work together to improve quality of life for our seniors.

## Shepherd's Center of Northern Virginia Welcomes Two New Board Members

### Tom Eversole



Tom has served on the Board of Directors for Shepherd's Center Great Falls; Annandale-Springfield and McClean-Arlington-Falls Church. Tom was instrumental in helping organize NV Rides (a coalition of transportation providers) and serves on the NV Rides advisory council.

He is a retired Naval Officer where he served 23 years in the military. After his retirement from the Navy, he began a second career in industry and established an aviation consulting business and is the Founder and Executive Director of the American Helicopter Services and Aerial Firefighting Association.



### Phil Pifer

As both a founder and the President of Shepherd's Center of Great Falls, Phil brings a proven commitment to improving the lives of aging seniors. Phil joined McKinsey & Co. as a management consultant and eventually partner. He has held senior executive positions at PepsiCo/Frito-Lay, Goldman Sachs, Trex, and two startups. Phil comments, "I'm delighted to have the opportunity to join SCNOVA and to contribute to furthering their demonstrated success and enduring impact in improving the quality of life for our seniors".

## BOARD NEWS



Tom Portman is stepping down from our Board of Directors. He joined our board November 2013 after volunteering as both a driver and working on our grants committee. Tom most recently served as our Board Secretary. He also served on the Shepherd's Center of America board of directors. He is credited with creating our Veterans Initiative and served as the Co-Chair of both our 2018 and 2019 galas. We will miss both his wisdom and wit.

### Development Committee



Even during a pandemic, we want to thank our business partners. We appreciate our partnership with the Vienna Branch of United Bank.

Pictured is Jayne Young, Interim ED and Akram Aleahmad, Branch manager,

### Recurring Donations

Did you know you can sign up to make a monthly or yearly donation to help Shepherd's Center continue our mission of making life a little less lonely for our seniors? It's so easy. Call our office at 703-281-0538 or visit <https://www.scnova.org/donation>

Once on our site, click the Recurring Donation icon. You will be taken to the PayPal website where you will be asked to set up an account to initiate the recurring donation. Your credit card will be automatically charged via PayPal until you cancel this donation. That's it! So easy. THANK YOU!

DONATE

### Have a COVID Vaccine Shot Appointment? Call SCNOVA for transportation!

Remember, we are here to help you if you need a ride for your Covid shot. Give us a call 703-281-0538.

## VOLUNTEER NEWS

### Volunteer Extraordinaire



Alison Walisko has been a Shepherd Center (SC) volunteer for over 5 years, having found us through friendship with SC's previous Executive Director, Michelle Scott. Alison is what SC calls a "Shadow Volunteer," someone that provides SC a great service behind the scenes. Alison is a virtual volunteer. She works part-time as a recruiter for a staffing firm, but also volunteers for SC from home in her spare time. Her monthly hours are vital to SC's marketing strategy and assists Irma Gennaro, our Marketing and Communications Manager, in a constantly changing media world. The information she posts online reaches the wider community so more seniors and their family members know how we can help them.

"The idea that I am helping people, especially during COVID," she says, is what she enjoys most about the volunteer role. "It has to be so lonely for our elderly community," she continues, "The zooms make such a difference for me, personally, and for people being by themselves, it is crucial." Volunteering is not new to Alison, as she has also given her time to the Women's Center, which is a local counseling office helping individuals gain meaningful employment.

She finds volunteering worthwhile and states, "feeling like I'm contributing and connecting to the community and knowing at some point I may be on the other end and need these services. It's great to know what SC can do to help others." If you are interested in learning more about virtual volunteer roles, contact Erin O'Reilly at 703-281-0538 or [office@scnova.org](mailto:office@scnova.org).



### Welcome New Volunteers

Maureen Doyle  
Ilene Feirman  
Bonnie Kotapish  
Jesus M. Sedano Raymondi  
Linda-Lee Slesinger  
Laura Tollin

# VOLUNTEER PAGE

Can you spare 3 hours a week to take a senior to a medical appointment?



One of the most rewarding volunteer experiences is driving Seniors to medical appointments, grocery stores, food bank, drug store or the hair dresser. Most drives are weekdays between the hours of 9am-4 pm. Schedule and time commitments are flexible; you drive only when and as often as your schedule will allow. A virtual orientation will be provided.

If you are interested, call please Erin O'Reilly at 703-281-0538, M-F 10:00am - 4:00 pm or email [office@scnova.org](mailto:office@scnova.org).

CDC guidelines are in place to keep senior clients and volunteers safe and can be found at <https://www.scnova.org/coronavirus/>

## Upcoming Volunteer Appreciation Event

Please know that we both love and appreciate all of our volunteers. April is Volunteer Appreciation Month and we are busy planning a celebration for you, but are tentative about setting a date.

We see a faint light at the end of the COVID tunnel, but are unsure when it will be safe to move forward with any in-person events.

This year's luncheon honoring everything each of you has done may be a virtual event. Please know that we are both proud and appreciative of all that you have done for our clients during this pandemic.

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## Welcome to Great Falls Volunteers



We are highlighting two stellar Great Falls volunteers that will be joining us at the newly formed Shepherd's Center of Northern Virginia. **Carol and**

**Jack Edelstein** share a passion for assisting local seniors and enriching their lives. When Carol retired from her career with Sunrise Senior Living, she realized that she wanted to continue helping seniors to have the best life possible. Jack, a retired IT Project Manager with the Federal Government had the same desire to help local seniors.

Carol initially began her Shepherd's Center "career" as a driver for the McLean, Arlington and Falls Church SC. She brought her husband, Jack along with her and soon he was also a driver,

The "Edelstein" team became known for doing drives that were needed last minute or to further destinations. As they live in the Great Falls area they also volunteer and drive for the Reston Community Center rides program. Carol joined the Board of the Shepherd's Center of McLean, Arlington and Falls Church and currently serves as both the Secretary and the Chair of their Community Outreach Committee. In 2019 the Shepherd's Center of Great Falls was formed and Carol joined that Board. Jack has trained all of the Great Falls volunteers and continues to drive their clients. Jack says "he wants to give back and this is a good way to help those in need". Carol concurs and says she "enjoys helping local seniors stay in their community and thrive".

## Thanksgiving & Holiday Meals— Heart warming Thank You Notes

- "You are an amazing staff and volunteers whose efforts make a 'real difference! So appreciate your generous hearts and dedicated work on behalf of the seniors in our area."...Claire, 85
- "It was so nice that someone else thought of me besides family. Being alone is no fun!"...Betty, 76
- "Thank you for reaching out to all of us home sheltering to stay well. Just knowing you're there is helping."...Alice, 92
- "Stay safe and well – You are needed!"...John, 80

## Holiday Meals Delivery Made Possible by SCNOVA Volunteers



Hand-made holiday greeting cards were created by elementary students at The Newton School in Sterling. Pictured above are students Sam & Robbie

# PAST EVENTS & FUTURE EVENTS



## Cookie Delivery for Isolated Clients

Due to our recent snowy and icy roads, we have postponed our Valentine Day cookie delivery to early March. We have partnered with Merridith Tedtsen of Northrup Grumman and her group of 20+ volunteers to deliver a large cookie, single stem rose and cheer cards made by the senior high group at Unity Church. Thanks to Merridith for providing both volunteer delivery drivers and funding for this fun project.



Woodson HS Seniors (l-r) Audrey Fisher, Kate Herz, and Margaret Courtney created 40 caring cards.

## Taste of California Virtual Wine Event

Our 3<sup>rd</sup> Virtual Wine tasting with Victor Mendes of Vienna Vintner was held on Friday, February 26<sup>th</sup>. This time we featured Victor telling how he has developed and expanded his business. The featured wines were from his VIX brand cultivated vineyards in the Paso Robles region of California.

Thank you Victor, for another delightful and informative event.



## Culinaria Cooking Class

We held our 2<sup>nd</sup> cooking class on February 11th with Chef Pete and Chef Stephan of Culinaria.

We had a great menu that included chicken satay and pork tenderloin with apples and cider cream. It was delicious!

Thank you to those who joined us.



## Active Aging Wellness Class

Wednesdays

March 10—April 28, 2021

May 5—June 23, 2021

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. \$50 for 8 week session - payable to Sun Fitness LLC

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

## Calendar of Events

### 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](mailto:jtarr@verizon.net).

### March 7 through March 13, 2021

#### Dining for Dollars



We are partnering with Luciano Italian Restaurant and Pizzeria, 2946 Chain Bridge Rd., Oakton, VA 22124. (703) 281-1748 for a pizza kit extravaganza!!

Luciano's will donate a portion of sales for every pizza kit (14"), kids pizza kit (four 10" pizza fixings) or zesca from March 7 - 13. Online orders only at

<http://lucianosoakton.com>

For flyer: <https://www.scnova.org/announcements>

### March 14, 2021 Sunday

#### Beyond Green Beer for St. Patrick's Day



Join "local boy", actor and mixologist, Paul Masterson for a fun filled class as he creates 3 Saint Patrick's Day drinks to celebrate the day. These are much better than the typical green beer and Irish

Coffee. You have the option to provide your own "spirits" or we will have a liquor kit pick up drive-thru prior to the class. Fee \$35 for class only. Liquor kit - \$12 if pick up liquor.

Flyer: <https://www.scnova.org/cocktails>

# FUTURE EVENTS

## Calendar of Events - continued

**March 30, 2021, Noon-2:00pm**

### Lunch 'n LIFE



Join us for our 1st virtual Lunch n' Life, sponsored by **One Neighborhood Foundation**. Chef Patrick Bazin, owner of Bazin's on Church, will prepare a delicious lunch for drive-by pick up. Our speaker is Lydia Russo, co-founder of Vienna Foodies and founder of One Neighborhood Foundation.

Cost: \$20 pp

To register, call the SCNOVA hotline at 703 281-0601 or visit [www.scnova.org/announcements](http://www.scnova.org/announcements).

**April 8, 2021 Thursday 7:00 PM**

Virtual Beer Tasting with Caboose Brewing



Sign up and place your order by visiting the link:

**caboose**  
BREWING CO.

<https://gotab.io/loc/caboosebrewing/menu/shepherds-center>

Flight of four 16 oz. beers \$25.

Charcuterie/cheese/vegan trays also available

Order Pick up: Caboose Brewing—520 Mill Street NE, Vienna, VA 22180 or (Mosaic District) 2881 Eskridge Rd., Fairfax, VA 22031

A portion of the proceeds will benefit SCNOVA.

## Adventures in Learning April 22—June 10

The Adventures in Learning (AIL) program classes will meet every Thursday from April 22, 2021 through June 10, 2021. Check the SC Website for the current schedule of AIL classes at: <https://www.scnova.org/ail>

All Spring classes will be offered using the Zoom platform. AIL has successfully conducted all classes using the Zoom platform since March 2020.

**EXCITING NEWS** – Starting this Spring, we will be recording the AIL Classes, with the permission of the speakers. This will allow registered AIL Participants to view their favorite talks again at their convenience OR will allow AIL participants, who are unable to attend a talk due to a schedule conflict, to view the talk at their convenience. The recorded talks will be available, via a private link in YouTube, and will be sent out approximately one week after the talks by Mike Mulreany, AIL Speaker Coordinator. In order to account for this new feature, the AIL Tuition will be increased to \$55 per each 8 week session.

Anyone who is unfamiliar with using Zoom can contact Mike Mulreany at [mulreany@verizon.net](mailto:mulreany@verizon.net) to register for a Zoom training session on April 20th from 10:30 am – 12:00 pm.

## Coming Soon

May 2021 Kendra Scott Jewelry Truck Show  
June 2021 Dining for Dollars at Oakton Chipotle  
June 2021 NEW—Gardening class  
All About Container Planting

## Just Breathe!...We've Got You!



A Webinar Series Hosted by



Join us for another FREE, three-part webinar series as we continue to learn how you or your loved one can gracefully move into the next chapter in life.

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

**April 13, 2021 Tuesday**

9:45 am - Noon Session #1

*Common Myths About Credit & Credit Scores*

Anne Marie Ferdinando, Regional Outreach Mgr., Navy Federal Credit Union

*The Facts about Guardianship*

Sally Hume—AARP Health Education Team Hurme, who has long been one of the leaders of guardianship reform, will discuss what we know about current guardianship practices, why and how it should be avoided if possible, but why it should not be feared when necessary.

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Our Members Are the Mission



Family Caregiving™

Additional webinars: 9:45am-Noon  
May 11th & June 8th.

Register by calling the SC Reservations:  
703.281.0601.

Reservations accepted until the day before each webinar.

[Registration by ZOOM](#)

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## Fall Prevention

"Each year, millions of older people—those 65 and older—fall. In fact, more than one out of four older people

falls each year, but less than half tell their doctor. Falling once doubles your chances of falling again.

Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness.

Many falls do not cause injuries. But one out of five falls does cause a serious injury such as a broken bone or a head injury. These injuries can make it hard for a person to get around, do everyday activities, or live on their own.

What can you do to prevent falling? 1. Have your physician or pharmacist review your medications to make sure they do not make you dizzy or sleepy. 2. Have your vision checked once a year. **3. Do exercises that make your legs stronger and improve your balance."** <https://www.cdc.gov/falls/facts.html>

## 4 Shots For Seniors

Vaccinations aren't just for kids. Our immune systems tend to slow down and weaken with age. Here are the four vaccinations the Centers for Disease Control suggests for seniors.

- Flu - Every fall, before flu season begins.
- Shingles - Take this preventative step at any time.
- Pneumococcal - Protect yourself at any time.
- Pertussis: If you are in contact with infants and toddlers, ask your doctor about this vaccine. This vaccine may be included in the diphtheria and tetanus shots.

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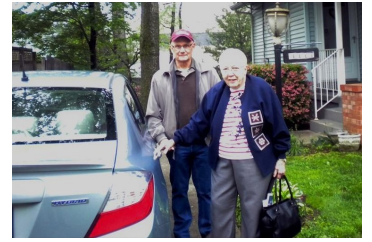
Also, make sure to keep up with your doctor appointments because missing a doctor's visit may cause a minor condition to escalate to something more serious.

Need help with transportation? SCNOVA can provide you with transportation to these appointments. Call us at 703-281-0538. Allow at least 4 business days prior to your exam.

## In Spite of COVID, We've Stayed Busy Helping our Seniors!

During the month of January, 2021...

- Our volunteer drivers traveled 414 miles!
- We've made 39 Medical rides and 28 Grocery store rides!
- We've added 5 new clients for a total of 257!



"A Flower blossoms for its own joy."  
....Oscar Wilde



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.

**Creating A World Without Loneliness**

**Shepherd's Center of Northern Virginia , serving Oakton-Vienna-Reston-Herndon-Great Falls**

## SC Spotlight—March, April, May 2021

**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. Mgr./Newsletter**  
**Volunteer: Database Manager**

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**Erin O'Reilly** 703-281-0538  
**Irma Gennaro** 703-281-0538  
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### 2021 Board of Directors & Committees

**Scott Schroth**, Board Chair; Exec. Comm.; Policy Comm., Chair; Co-Chair Volunteer Comm, Co-Chair; AIL Comm. - [wschroth@gwu.edu](mailto:wschroth@gwu.edu)

**Jayne Young**, Vice-Chair; Exec. Comm.; Co-Chair Development & Volunteer Com.; HR/IT Committee; AIL Comm. - [jayneyoung069@gmail.com](mailto:jayneyoung069@gmail.com)

**Stephanie Arnall**, Co-Chair Finance Committee; Audit Committee - [rarnall113@aol.com](mailto:rarnall113@aol.com)

**Leigh Banducci**, Board Treasurer; Exec. & Finance Committee, Chair - [mlband123@verizon.net](mailto:mlband123@verizon.net)

**Richard Duesterhaus**, Advisory Committee Chair - [rich@duesterhaus.net](mailto:rich@duesterhaus.net)

**Tom Eversole**, [teversole@verizon.net](mailto:teversole@verizon.net)

**William Farrell**, Advisory Comm. - [William\\_farrell3@verizon.net](mailto:William_farrell3@verizon.net)

**Kimberly L. Greer**, Marketing - [Kimberly.greer@ofplaw.com](mailto:Kimberly.greer@ofplaw.com)

**Scott Honiberg**, Chair, Grants Committee - [s.honiberg@phainc.com](mailto:s.honiberg@phainc.com)

**Michelle Kang**, Board Secretary; Exec. Comm; Chair Audit Comm; Co-Chair HR/IT Comm - [mkang714@hotmail.com](mailto:mkang714@hotmail.com)

**Anna McDonald**, Development Committee, Co-Chair, Marketing/Social Media, Co-Chair - [anna.mcdonald@bankwithunited.com](mailto:anna.mcdonald@bankwithunited.com)

**Phillip Pifer**, [phillippifer@mac.com](mailto:phillippifer@mac.com)

**Patti Vaughn**, Nominating Comm, Chair; - [mpovaughn@aol.com](mailto:mpovaughn@aol.com)

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and Vision.**

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