



Annual Report 2024

Dear Friends of the Shepherd's Center,

April 1, 2025

The Shepherd's Center of Northern Virginia is pleased to share the exciting accomplishments from our Board of Directors, staff, volunteers, supporters and sponsors. What an outstanding and talented group we have that has helped achieve such unprecedented growth. We thank all of you who have joined us in our mission to promote healthy and engaged living for older adults and actively create an inclusive community for people of all ages.

In 2024, we focused on developing programs to meet the increasing need for free, volunteer-led programs for older adults. Dr. Elbert Cole, pastor and founder of the first Shepherd Center in 1972, spoke of the vital role of volunteers as "no one better understands the needs of older adults than older adults themselves." Another concept was to "empower older adults to pursue their dreams, give back to the community, and continue to learn". These principles remain foundational to our mission today.

Shepherd Center volunteers are the heart of the Shepherd Center programs. Their dedication resulted in a record number of rides completed in 2024. We have many transportation volunteers to thank, including drivers, office coordinators, and data management volunteers. In addition to transportation, long-serving volunteers also provided the support needed for six social lunches throughout the year. In 2024, peer-to-peer friendly caller and visitor volunteers reached a record number of participants, promoting social engagement and wellness. Handy-helper volunteers continued their unwavering support, completing a wide range of projects that might not have otherwise been addressed. Volunteers also led and coordinated Tai Chi and Qigong classes, active wellness programs, and caregiver support groups. We thank you all for your dedication and generous donation of your time.

We also thank the many fiscal sponsors, grantors and individuals who were and remain critical mission partners. Your support enabled us to hire additional staff, expand our program reach to more people, and serve more participants, particularly in traditionally underserved areas of our community.

The success of our annual Pickleball Fundraiser is vital for the programs to succeed. The Development Committee kicked off early in the year and engaged supporting sponsors, donors of raffle prizes and auction items, recruited new players and welcomed returning players. Thank you for supporting the Shepherd's Center! We look forward to seeing you all again on September 16, 2025, at the Herndon Worldgate Athletic Club.

As you read the many accomplishments enclosed, we hope you will be inspired to join us. Look for our many in-person events on our website at www.scnova.org or call us directly at (703) 281-0538.

Handwritten signature of W. Scott Schroth in black ink.

W. Scott Schroth
Chair, Board of Directors

Handwritten signature of Jayne P. Young in black ink.

Jayne Young
Vice-Chair, BOD

Handwritten signature of Carolyn Pennington in black ink.

Carolyn Pennington
Executive Director

What is the Shepherd Center of Northern Virginia (SCNOVA)? We are a volunteer-based, non-denominational, non-profit organization dedicated to promoting and supporting purposeful, independent living for mature adults through free transportation assistance, support services, volunteer opportunities, and lifelong learning. Founded in Vienna-Oakton in 1998, we now serve the areas of Vienna, Oakton, Dunn Loring, Merrifield, Reston, Herndon, Great Falls and parts of Fairfax. We are one of 55 Shepherd's Centers, now Aging Forward, in the United States. Over 250 volunteers organize and administer the activities of the Shepherd's Center. To learn more about the Shepherd's Center of Northern Virginia, please view our website at www.scnova.org.

2024 Financial Statement

UNAUDITED

	<u>Without Donor Restrictions</u>	<u>Board Designated</u>	<u>Total</u>
Revenue and other support:			
Contributions			
Individuals	\$ 78,422	-	78,422
Faith groups	19,012	-	19,012
Corporate and other non-profits	5,480	-	5,480
Memorial	16,000	-	16,000
Grants	118,749	-	118,749
Major fundraising event	73,898	-	73,898
Special event - direct expenses	(588)	-	(588)
In-kind event donations	26,311	-	26,311
Other fundraisers and sponsorships	17,882	-	17,882
Program revenue	10,680	-	10,680
Other In-kind revenue	17,630	-	17,630
Investment income	7,560	-	7,560
Unrealized gain (loss) on investments	-	116,326	116,326
Realized gain (loss) on investments	-	478	478
Total revenue and other support	<u>\$ 391,036</u>	<u>116,804</u>	<u>507,840</u>
Expenses:			
Program services	\$ 195,452	-	195,452
Management and general	45,298	-	45,298
Fundraising	93,813	-	93,813
Total expenses	<u>334,563</u>	<u>-</u>	<u>334,563</u>
Change in net assets	<u>56,473</u>	<u>116,804</u>	<u>173,277</u>
Net assets, beginning of year	272,471	882,962	1,155,433
Board designated net assets, memorial gift	(16,000)	16,000	-
Transfer from board designated endowment to unrestricted funds	38,200	(38,200)	-
Net assets, end of year	<u>\$ 351,144</u>	<u>977,566</u>	<u>1,328,710</u>

2024 Accomplishments

Services

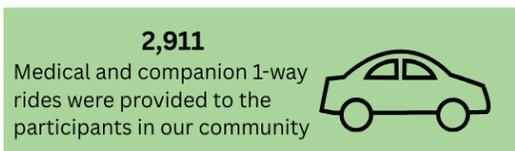
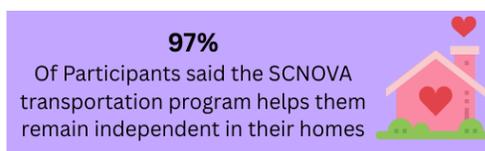
Medical & Companion Transportation: Drivers provided over 2,139 one way rides safely for medical, dental, physical therapy appointments, and picking up prescriptions. Volunteers provided 772 rides for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and the bank.

Friendly Callers: Volunteers and participants engaged in close to 300 regular calls in these peer-to-peer friendly conversations.

Friendly Visitors: Volunteers and participants connected in person during 170 visits throughout the year.

Handy Helpers: 41 Handy Helper visits were made for technology assistance, for minor home repairs and yard clean up.

Caregivers Support Group: Facilitated by SC volunteers, this group met twice a month virtually to provide support for family caregivers with a loved one with dementia from those who have traveled the road before with an exchange of ideas and resources.



Programs

Active Aging Exercise Class: Seven eight-week exercise sessions were held over Zoom to promote balance, wellness and care by an exercise physiologist, focusing on low impact aerobics, balance, coordination and stretching for seniors. Newcomers are always welcome!

Great Decisions Discussion Group: Facilitated by SC volunteers, participants met via Zoom during the year to discuss important global issues.

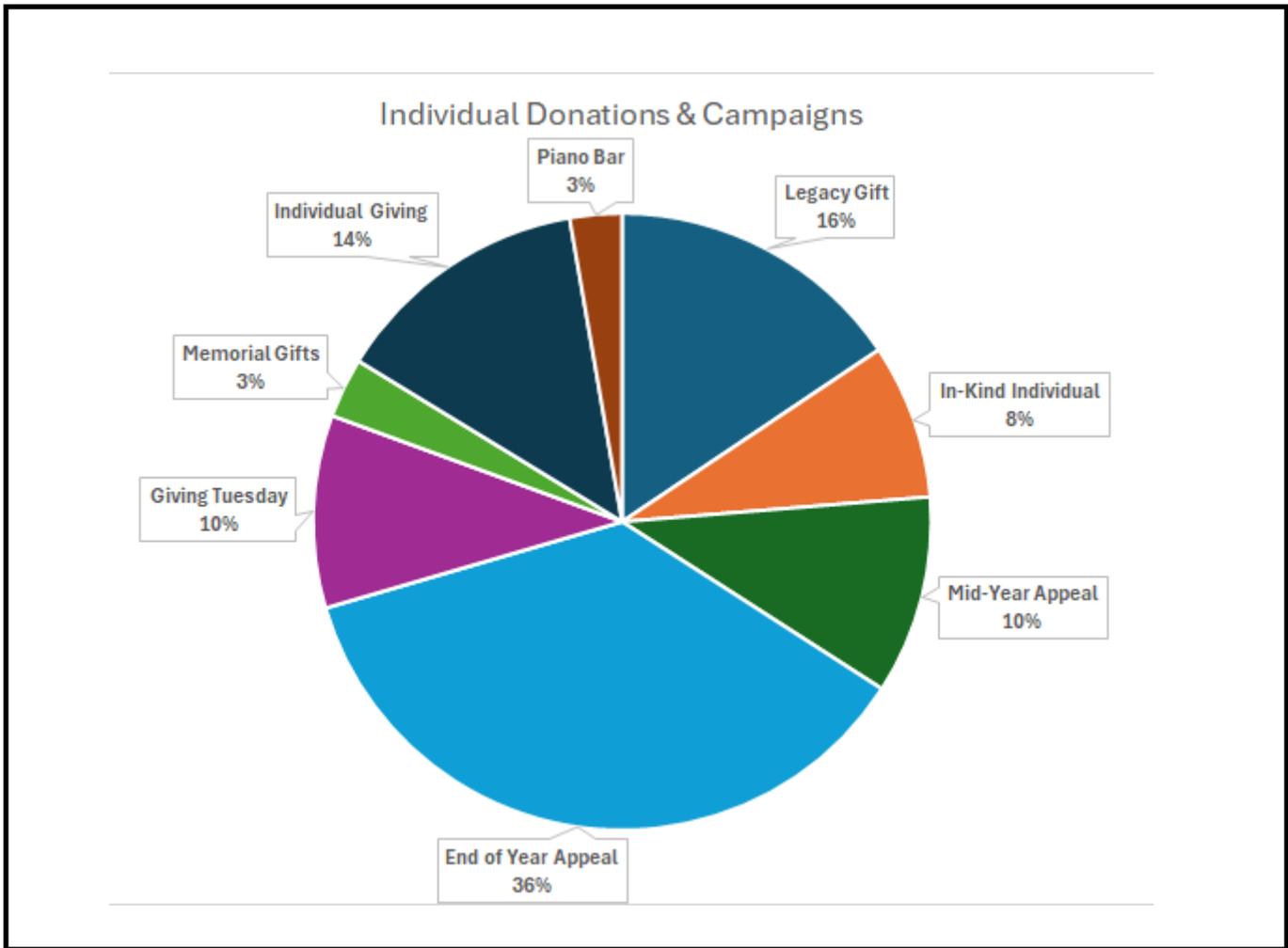
Volunteer Appreciation Luncheon: In April we recognized the contributions made by our wonderful volunteers who provided over 8,282 hours of support in 2023 at the annual volunteer appreciation lunch. We enjoyed wonderful food, had a fun time playing trivia with Hawk and Griffin owner, Thomas Kylo, and celebrated many accomplishments. We also celebrated four SCNOVA volunteers, Larry Gibson, Margaret Davenport, Marsha Komandt, and Peggy Coleman who were recognized by the Town of Vienna for their volunteer efforts.

Lunch N' Life: Luncheon programs featured Holiday Tea & Sweets and The Appraisal Roadshow.

Senior Social: SCNOVA partnered with the Vienna Community Center to host community Mardi Gras and Thanksgiving luncheons. These well-attended events helped fill our mission to create meaningful opportunities for social connection and to reduce social isolation.

Pickleball Fundraiser: SCNOVA celebrated its third annual Pickleball Fundraiser in Herndon Virginia. This annual event grows in popularity every year. The Development Committee headed by Jayne Young, Board Vice-Chair, was instrumental in forging strategic partnerships, sponsors, players, auction and raffle items along with tasty treats. Thank you to our title sponsors, The Adler Foundation and Robin Portman.

Community Recognition: SCNOVA is proud to be recognized as a critical non-profit for 2024 by Spur Local (formerly known as Catalog for Philanthropy). SCNOVA also received the Top-rated Non-profits of 2024 Award from the Great Non-profits organization and a silver seal from Candid.



Thank You to our Supporters

The individual donors who support the Shepherd's Center of Northern Virginia are very generous and dedicated to creating a healthier community for people of all ages. When people with a like minded mission connect, there is more energy, there are more resources, and more opportunities to serve.

As a non-profit organization, your support throughout the year helps maintain the on-going operations and programs. That said, there are a number of important campaigns during the year in which timing is an important variable. These are the mid-year appeal, the end of year annual appeal, and Giving Tuesday.

"I don't know how I would get to all the medical services I need if it were not for the Shepherd's Center!"

- Pat B., 2024 survey participant

Qualified Charitable Distributions (QCDs) and IRA Distributions

Are you aware that IRA owners who are over 70 1/2 years old and are required to take a minimum distribution annually may make a contribution directly from a traditional IRA to a qualified charity? This is called a qualified charitable distribution (QCD). Here's the good news. SCNOVA is a qualified 501 (c)(3) charity. This is a wonderful way to support our work while also saving on your taxes.

Per IRS rules, you may donate up to \$100,000 without it being considered a taxable distribution, but we welcome any amount. Plus, the deduction lowers the donor's taxable adjustable gross income. Donors must follow the IRS QCD rules to avoid paying taxes on the donation and all donations must be received by December 31, to qualify. If you need information or wish to coordinate the receipt of a QCD donation, please contact us at 703-281-0538.

Organizational Financial Supporters 2024

We gratefully acknowledge the support and contributions of businesses and organizations in 2024.

Players Gather Courtside to Celebrate the 3rd Annual Pickleball Fundraiser



Pickleball Fundraiser Sponsors 2024

Visionary Partner (\$10,000)

The Adler Foundation*
Robin Portman*

Strategic Sponsor (\$5,000)

Navy Federal Credit Union*
Vienna Presbyterian Church*

Community Partner (\$2,500)

Blue Chip Sports Management
Family Cares LLC
Heavenly Paws Cremations*
Melinda & Jake O'Brien*
Money & King Funeral Home*
Rappaport Management
Dennis & Rebecca Pick*
United Bank Vienna*
Virginia University of Integrative
Medicine*
VLP Financial Advisors Inc*

Premier Sponsor (\$1000)

AARP Virginia
All American Painting
BrightStar Care*
Comfort Keepers Sterling*
Kensington Falls Church*
Kensington Reston*
Vienna Rexall Drug Center Inc*
Virginia Cancer Specialists*
Virginia Heart*
World Gate Athletic Club & Spa

Benefactor Sponsor (\$500)

Caring Considerations
JDA Homes*

Patron/Friend (\$250)

Ararity
Dr. James Covell, DDS*
Café Amouri*
Care With Love
Finn's Pool Care
Goodwin House
Rachel Helmich Cheng, Realtor*
Hopwood Financial*
Nolan & Mroz, Tom Appler*
Pazzo Pomodoro
Tall Oaks Assisted Living

** Multi-year Sponsors*

Please visit our website to support these sponsor who support the Shepherd's Center!



“Every level of increase in social connection corresponds with a risk reduction across many health conditions.” US Surgeon General’s Advisory on Loneliness 2023

Event Sponsors

Anthem HealthKeepers Plus
Brightview Senior Living
Greenspring Senior Living
Hunters Woods at Trails Edge
Purple Onion Catering Co.

Sunrise of Vienna
Foster's Grille of Vienna
Great Falls Memory Care by Artis
Maggiano’s Little Italy—Tysons

In-Kind Sponsors

Foster’s Grille of Vienna
Navy Federal Credit Union
Pickleball Auction Donors
Pickleball Raffle Basket Sponsors

2024 Volunteers

The Shepherd's Center is extremely grateful to our many volunteers who are the heart, hands, and soul of the Center. In many different capacities they share their time, talents and experience. Their extraordinary contributions to others are a tribute to older adults everywhere who bring new meaning to community service.

In 2024, 135 volunteers contributed 9,357 hours, conservatively valued at \$312,337.

500 Hours and Over

Wolf Scherer
Jean Bastien
Jayne Young

250-499 Hours

Douglas White
Anne Nelson
W. Scott Schroth
Frank Fico
Leigh Banducci

100-249 Hours

Patrick Tansey
Michael Mulreany
Alexandra Sullivan
Nancy Appler
John Roney
Larry Gibson
Marcia Baumgartner
Timothy Dodd
Casey Tarr
Robert Kirschman
Margaret Davis
Marsha Komandt
Sue Harpe
Sally Bryan-Prell
Michelle Shea
Peggy Coleman
Pauline Solomita
Jill Miller
Wanda Snuggs
Linda Puff
Ann Smith
Scott Honiberg

Up to 100 Hours

Darla Anderson
Kris Miller
Ann Streb
Jack Edelstein
Joanne Gryski
Robin Portman
Robert McCormick
Joseph Stone
Karen Holley
Jack Tarr
Sam Ghanaim
Lynn Murphy
Leigh Mallis
Mei Chou Donovan
Gary Petty
Robert Gehring
Margaret Davenport
Sue Sottile
Bob Brennan
Michael Bell
Monjed Barakat
Donald Graves
Philip Pifer
Bruce Schober
Mary Anne Taylor
Nancy Limprecht
Caren Backus
Linda Shearer
Kent Fielden
Elena Hamann
George Bergquist
Craig Bradley
Phyllis Haynor
Jeanette Sykes
Karen Hager
Marta Linares

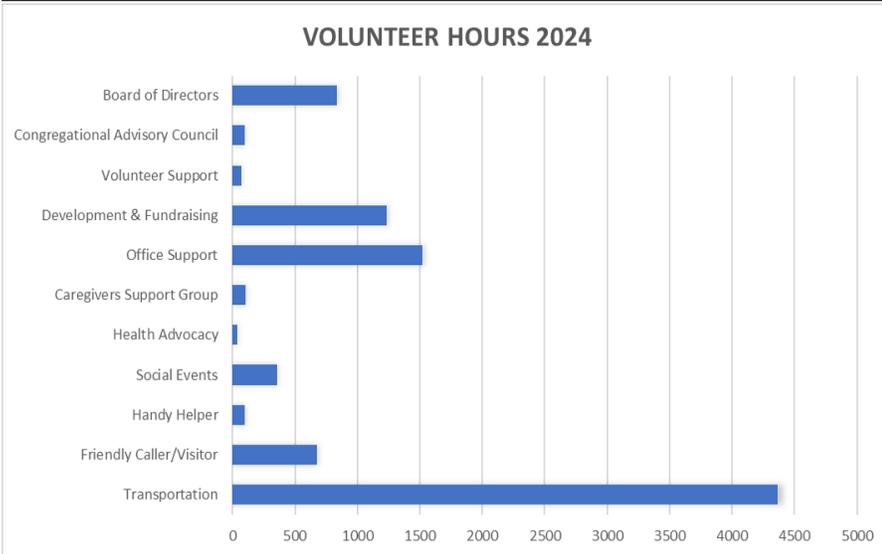
Up to 100 Hours cont.

Richard Duesterhaus
Joe Bock
Bill Fowkes
Melanie Marinaro
Diane LaHaie
Tina Cardenas
Victor Martinez Pietri
Megan Hilal
Robert Gambarelli
Jerry O'Shaughnessy
Kristen Williams
Kay DeMarco
Christopher Fitzgerald
Susan Voss
Mary Williamson
Bonnie Kotapish
Rita Perre-Davis
Steve Baker
Krishna Vijn
Irene Coyne
Michelle Fisher
Michelle Kang
Hyacinth Rodrigues
Justin Kim
Jeffrey Kroese
Christian Scheid
Lynn Latimer
Georgia Chirieleison
David Polak
Patty Donahue
Mary Ellen O'Connell
Moira Wait
Mark Richards
Reneta Atabong-
Nkeng
Barry Bielsker

Up to 100 Hours

Frieda Errico
Cherie Lejeune
Paula Hay
Patti Vaughn
Richard Walter
Cynthia Workosky
Joseph Young
Margaret Welsh
Jasmine Trannguyen
Jill Belsky
Debbi Osganian
Janice Wolf
Akram Aleahmad
Pixie Biddle
Helen Dolly Whelan
Annice Lee
Amy Neel
Nikita Chawla
Anjali Desai
Gailmarie Goldrick
Bobbi Goldsmith
Diane Kang
Rita Schoka
Susan Cervola
Shirley Detweiler
Melinda O'Brien
Najmah Kuddah
Heather Westfall
Dionna Bratcher
Jamieson Stride

"SCNOVA Volunteers are the BEST! They are Superstars!" - Grace L., 2024 survey participant



The founder of Shepherd's Centers, Dr. Elbert Cole, spoke of the vital role of volunteers as "no one better understands the needs of older adults than older adults themselves". Another concept was to "empower older adults to pursue their dreams, give back to the community, and continue to learn". This is what SCNOVA strives to incorporate through our volunteer programs.



Thank you to our Supporting Congregations in 2024

- Andrew Chapel United Methodist Church
- Antioch Christian Church
- Christ the King Lutheran Church
- Church of the Good Shepherd United Methodist
- Church of the Holy Comforter Episcopal*
- Emmanuel Lutheran Church*
- Emmaus United Church of Christ*
- Oakton United Methodist Church
- Our Lady of Good Counsel Catholic Church
- St. Francis Episcopal Church
- St. John Neumann Catholic Church*
- St. Mark Catholic Church*

- Unitarian Universalist Congregation of Fairfax*
- Unity Church of Fairfax
- Vale United Methodist Church
- Vienna Baptist Church*
- Vienna Presbyterian Church*
- Wesley United Methodist Church

* A special thank you to these congregations that have graciously donated meeting, event or other support space to SCNOVA!



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. *Transforming aging into an empowering experience to live a life of meaning*
Shepherd's Center of Northern Virginia serves Oakton, Vienna, Reston, Herndon, Great Falls, Merrifield & Dunn Loring

Annual Report 2024

Shepherd's Center of Northern Virginia

Staff

Executive Director, Carolyn Pennington
Operations/Volunteer Manager, Nikita Mutter Riverson
Marketing/Events Manager, Ambre Tomlinson

Contact

703-281-0538
office@scnova.org
www.scnova.org
facebook.com/scnova.org
instagram.com/shepherds_center_nova/
youtube.com/@scovorg

Board of Directors

Scott Schroth, Chair
Jayne Young, Vice-Chair
Leigh Banducci, Treasurer
Michelle Kang, Secretary
Akram Aleahmad
Tim Dodd

Richard Duesterhaus
Scott Honiberg
Anna Marie Mariani-Huehn
Robin Portman
Alexandra Sullivan
Marsha Komandt