shepherd's center
OF NORTHERN VIRGINIA

Catching Up With SCNOVA

September 30, 2026

In this Issue: Heartfelt SCNOVA Stories, Elvis Has Left the Building, Intrigue for Lunch

Annual Fundraiser Recap: Friendship, Connection and Celebrating the People Who Really Care

Thank you to everyone who came out to shake, rattle and roll with us! We are especially grateful to the participants and volunteers - the heart of our mission - who shared their stories.

A free ride with SCNOVA can certainly connect someone from Point A to Point B, but the most meaningful miles are spent building a connection between drivers and participants.

We were grateful to hear many of these stories in person at Rock and Roll for Golden Souls, our Annual Fundraiser, on Sept. 20.

Letha Flippin shared her experience as a participant and how SCNOVA drivers do the kinds of things family members usually do. When she visits a large medical building with confusing hallways and turns, her driver walks her inside and guides her to the right place.

Letha’s very first Shepherd’s Center ride was to a medical appointment in 2024. One of the volunteers who drove her, Ann, discovered that they shared a love of exercise.

Ann suggested they exercise together, and because Letha is legally blind, she offered to pick Letha up a couple of times a week so they could work out together at the Vienna Community Center.

"We have conversations; we talk about our families. We talk about our hobbies. It's just like being with a friend," Letha told us.

SCNOVA's vision is to create a world without loneliness. Letha's story shows how that happens: one conversation, one ride, one connection at a time.

Nationally, one in five adults 65 and older don't drive. Without reliable transportation, getting to the doctor, the grocery store, or the gym becomes a real barrier to health, independence, and frankly, happiness.

Volunteer drivers close that gap, and many find that the relationships they build are the most rewarding part.

Ann and Letha's connection reaches far beyond the car. Ann and her husband have visited Letha's home, and Letha has visited theirs. In her words, the friendship has been "just a treasure."

Stories like hers are why 97% of our participants say they feel more connected to their community.

Want to be someone's connection? We're always looking for volunteer drivers who set their own schedules.

Apply to be a volunteer driver today!

Read Letha's full story on our blog

Making it personal matters

Dianne Rankin shared why the personal touch matters. Before finding SCNOVA, she relied on rideshare services for medical trips, logging over 900 medical miles in a single year. Once, she waited an hour and a half for a ride home. With SCNOVA, there's a real person on the other end who knows her and cares that she gets home safely.

Elvis has left the building!

Oh, what a night! SCNOVA's Rock and Roll for Golden Souls Annual Fundraiser rocked the house thanks to Jesse Garron and his band. The drinks were cold, the music was fabulous, and the company was even better. The evening would not have been possible without our generous sponsors, so special thanks to ALL of our supporting businesses and organizations!

It was also incredibly moving to have participants and volunteers share stories. Hearing real ways SCNOVA is helping create a community without loneliness in front of hundreds of friends and supporters left us grateful and humbled by their support and the continued relationships built through our organization.

See all the event photos here

A delicious whodunnit!
Murder Mystery Luncheon Oct. 15

Enjoy lunch with a side of intrigue as our friends at LSIN present "Dying for Chocolate: A Murder Mystery Lunch n Life Event" on Thursday, Oct. 15, 2026.

You'll enjoy a meal and interactive fun as you try to solve a delicious murder mystery!

Doors open at 11:30 a.m. The program is from 12:00-2:00 p.m. at the Floris United Methodist Church, 13600 Frying Pan Road in Herndon. Reserve your seat at the luncheon here or call (703) 281-0538.

1 in 4 adults aged 65 and older is socially isolated. Isolation is linked to higher risks of heart disease, dementia, and early death. A single ride can start a connection that changes that. *(Source: National Institute on Aging)*

Calendar of Events

October 3, 2026 - Vienna Oktoberfest, 11:00-7:00 p.m.
Visit us at Vienna's traditional Oktoberfest Festival, featuring local beer, wine, food, entertainment, craft vendors, and games and activities for kids and families. Admission is free. *131 Church St NE, Vienna, VA.*

October 7, 2026 - American Mahjong, 1:00-3:00 p.m.
Join SCNOVA for a five-week, instructor-led American Mahjong series. Both beginners and returning players are welcome. Suggested donation is $50 for the series and space is limited to 16 players. Click here to reserve your spot or call 703-281-0538 to register. *Wednesdays, Oct. 7 – Nov. 4, 1:00–3:00 p.m. Cocoa Vienna, 120 Church Street NE.*

October 15, 2026 - "Dying for Chocolate" Murder Mystery Lunch, 12:00-2:00 p.m.
Save the Date for our annual murder-mystery lunch-and-life! Enjoy delicious food and fellowship as you try to solve a live-action whodunnit. Special Thanks to our Sponsor LSIN (Loudon Senior Interest Network). $20. Register here. *Floris United Methodist Church, 13600 Frying Pan Rd, Herndon, VA 20171.*

SCNOVA Program Dates

***Active Aging Wellness -** Every Wednesday 10:45 am-11:45 am via Zoom. Next session begins 10/7/26. Contact Casey Tarr to register: **Meileentarr1@gmail.com**

***Caregiver Support Group -** 1st and 3rd Tuesdays, 10:00 am to 11:30 am via Zoom. Contact Jack Tarr to register: **Tarrjack5@gmail.com**

***Tai Chi Qi Gong -** Mondays at Emmanual Lutheran Church, 2589 Chain Bridge Rd, Vienna, VA 22181 and Thursdays at the Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Rd, Oakton, VA 22124 from 9:30 am - 10:15 am. Fill out **this sign-up form** if you are interested!

***Walking Club with Casey Tarr -** Every Tuesday at 2:00 pm. **Click here to register!**

If you have had a great experience with SCNOVA, please help others find us by leaving us a Google review here.

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