



SHEPHERD'S HERALD: Volume 1, Issue 1 APRIL 2015

Message from the Director

Dear Friends,

This is the first of what we plan will be a regular newsletter, describing our achievements, honoring our volunteers and updating you on our plans. As I look back on the 2014 I am struck by how much we have accomplished, but I am also aware of how much more there is to do to make a better life for our elderly citizens. In these pages you will see that the number of rides given, the number of clients served and the number of volunteers providing those rides have increased dramatically over the previous year. And these numbers are still on the rise.

We are all proud of these accomplishments, but it has come with a significant increase in the load on our core set of volunteers, our Board of Directors. These hearty folks have taken on new responsibilities, including necessary fund-raising efforts, raising the awareness in our community of our services, recruiting new volunteers, developing new programs to serve our clients and even putting out this newsletter. We hope that as you read these pages you will be motivated to help us in one way or another to expand our horizons to serve the elderly community of McLean, Arlington and Falls Church.

Thank you for your support.

Ed Schrock

Executive Director

Shepherd's Herald

Welcome to the first newsletter from your Shepherd's Center, with information designed especially for you.

So who are we?

The Shepherd's Center for McLean-Arlington-Falls Church (SCMAFC) is an all-volunteer organization dedicated to providing services and opportunities to enable those 50 and older to maintain a more independent life-style. It was organized in 2006 and is one of nearly 65 Shepherd's Centers in North America. SCMAFC is a 501[C](3) non-profit organization. It is supported by congregations, businesses, individuals and community organizations. A Board of Directors guides the operation of the organization.

What do we do?

In our local area one of the biggest problems for elderly living in their own homes is transportation. Many seniors are not able to drive. Public transportation is difficult to manage. Taxis are expensive. Many will forgo needed medical visits rather than deal with the expense and hassle of finding a way to get there. With this in mind, SCMAFC has focused its primary efforts on providing transportation for seniors who have limited means to get to their important appointments and services. We provide rides at no cost to medical appointments, trips to grocery stores, pharmacies, the bank, post office, and similar activities. We also provide "friendly visits" to clients desiring some social interaction on a weekly basis. Normally our volunteers pick up the clients at their home, stay with them until they are done, and return them home again. For long appointments, we break the trip into drop-off and then pickup.

Shepherd's Center of McLean – Arlington - Falls Church is a nonprofit 501c(3) licensed in the state of Virginia. Donations may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22101. We can be contacted through our Website SCMAFC.org, by email to info@scmafc.org, on Facebook or by phone at 703-506-2199.

Volunteer of the Year—Kate Jones

Kate Jones, who began volunteering with the Shepherd's Center on November 19, 2013, is the Shepherd's Center of McLean-Arlington-Falls Church 2014 Volunteer of the Year. During that period she



provided 108 medical rides for our seniors showing the true spirit of serving people unable to get to and from their medical appointments.

Kate, a native of Englewood, New Jersey, a retired pediatric nurse, has lived in McLean for 34 years. She was a stay-at-home mom when her children were young and then worked 14 years in school clinics for the Fairfax County Health Department, the majority of that time serving at Langley High School in McLean. She retired from that position in 2005. When she is not volunteering for the Shepherd's Center, she loves to swim, bake and spend time with her family. Kate and her husband, Gordon, have three children, Sarah, Dylan and Ethan. She also has two grandsons, Caleb and Adam.

Upcoming Events

- **May 7** we will be having our Volunteer Appreciation Luncheon to be held at Kazan's Restaurant, 6813 Redmond Dr. McLean (Giant Food Shopping Center), sponsored by Keller Williams Realty. If you are one of our wonderful volunteers, please come and meet the other fantastic people who make our organization so successful. We want to hear from you about what works and what is not so good about our operation. We hope you will share some of your stories; we all have them. RSVP to bdouglass@scmafrc.org by May 5th.

- **May 16** is McLean Day at Lewinsville Park. This year there will be a Shepherd's Center of McLean-Arlington-Falls Church booth. If you plan to come to the festivities, stop by our booth and say "Hello". We will have literature describing what we do.

- **June 18** we plan to have another Bingo Social for our clients and volunteers. We will need extra help from our drivers to transport the clients who wish to come, so look for a later announcement with details of time and place.

2014 was a Big Ride

In calendar year 2014 SCMAFC provided 1,507 rides (rides to an appointment and return rides are considered two different rides). Of these 1,276 were for medical or dental appointments. Twenty were Friendly Visits, where a volunteer spent typically an hour visiting with the client in their home. There were an additional 201 one-way ride requests (12%) that we were not able to fulfill because we did not have drivers for them. Although we have over 200 clients in our database, these rides were given to just 82 of them. Our most active rider took 184 rides. The second most rider had 134, another required 130. During the year we added 58 new clients.

Fifty-seven different drivers were involved in providing all this transportation. Our most prolific driver, Kate Jones, provided 108 one-way drives. Four others furnished over 70 rides. Our system records miles driven based on distance between the client's home and the place of the appointment, plus any additional mileage that the driver records for getting to and from their home to the client. The latter is often not entered by the driver so the best we can say is our volunteers drove over 8,677 miles to meet the needs of our clients in 2014.

Volunteer Opportunities

Shepherd's Center of McLean-Arlington-Falls Church depends entirely on volunteers to provide its services. There are opportunities to help in the following areas.

- Driving our clients to medical and other appointments
- Community outreach to visit churches and community organizations to share information about us
- Fundraising to support and improve our services
- Handy Helper to provide minor repairs for clients
- Publicity to spread the word through news media, public bulletin boards and our own newsletter
- Working on luncheons and special events for clients
- Technical assistance for Web and Facebook design and maintenance

If you can help, please contact us at 703-506-2199.

2014 Donors

We very much appreciate the individuals, religious organizations, and businesses that supported us financially and through in-kind services in 2014.

Individuals

Rashida Alam	Richard Fabro	Ed Merson
Margaret Artley	Nancy Finkin	Donna Pastore
Paul Auerbach	Teresa Gallo	Peake Family
Erica Augustenborg	Gerald Greenwald	Robert Philipp
Denise Augustenborg	Doris Hershberger	Christopher Phillips
Lourdes Cabading	Margaret Heyn	Julie Porter
Cecelia Carvajal	Elizabeth A. Hodge	Delia Rinehart
Mike Celia	John Hughes	Roger Rooney
Martha & Tom Collins	Rachael Hyatt	Trudy Santoro
Betty Douglass	Betty Johnston	Ed & Judy Schrock
Peggy Eades	Pat Jordan	Bob Schulze
Beth Echols	Barbara Kane	P.J. Skare
Tor Eide	Stanley Kettering	Rob Stotz
Rosemary English	Raymond Lajeunesse	Lily Vamvaketis
Delores Erickson	Stanley Levin	Elena Vargas
Tom & Austine Eversole	Sharon & Moe Levy	Kimiyo Watanabe
Cecilia Fabbro	Marge Lubeley	John White
Adriana Fabro	Luz Mariano	Jo Williamson
Al & Vilma Fabro	Patricia Matheson	Jayne Young

Faith Groups

Immanuel Presbyterian Church, McLean
Lewinsville Presbyterian Church, McLean
Lutheran Church of the Redeemer, McLean
St. Luke Catholic Church, McLean
Temple Rodef Shalom, McLean
Trinity United Methodist Church, McLean

Businesses and Organizations

Famous Dave's BBQ
Kazan Restaurant
Keller Williams Realty
Peking Pavilion
Rotary Club of Tysons Corner
SHARE of McLean
Sweet Leaf Restaurant

Shepherd's Center thanks McLean Baptist Church for printing this newsletter.

Donations may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22101 or through our Website SCMAFC.org.



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

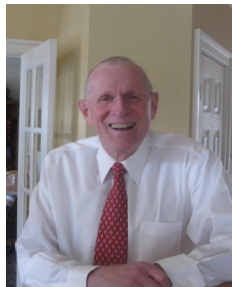
SHEPHERD'S HERALD—April 2015

Meet our Director: Edward L. Schrock

Ed Schrock, Executive Director of the Shepherd's Center of McLean-Arlington-Falls Church, grew up in Middletown, Ohio. After graduation from college, he was commissioned an Ensign in the United States Navy and retired with the rank of Captain.

Following his career in the Navy, he became an investment broker with a national investment firm. He resigned that position to serve in the Virginia Senate. Following that he was elected to the US House of Representatives representing the Second Congressional District of Virginia.

Upon retirement he created the Shepherd's Center of McLean-Arlington-Falls Church in late 2006 and has served as the Center's Executive Director ever since. Ed and his wife, Judy, an elementary school teacher, live in McLean and have one son, Randy (a Lieutenant Commander in the Navy Reserves), and three very young grandchildren.



Meet the Board of Directors



Bottom row L to R: Rob Stotz, Denise Augustenborg, Betty Douglass, Mimi Coogan

Top row: Ed Merson, Austine Eversole (Chairperson), Tom Eversole, Sharon Levy, Ed Schrock (Director)

Not shown: Irv Auerbach, Martha Collins, Bob Schulze

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