



Shepherd's center
OF MCLEAN-ARLINGTON-FALLS CHURCH

SHEPHERD'S HERALD: Volume 1, Issue 2 - October 2015

Message from our Chairman

Dear Friends of SCMAFC

As soon as I turned 15 I got my driver's permit, my dad's car, my friend John, and I headed out the door to begin my 55 year love of driving. Independence, adventure, peace and excitement are just some of the words that I associate with the ability to drive. And, yet, I know there will come a day when my eyesight or reflexes, joint pain or confusion will mean I have to give up a big part of who I am and how I live.

That is something so many of our seniors in this area are facing every day. They are still able to live full active lives but cannot get around the way they need to. That is where you come in. We are always hearing "I'm just too busy", but I hope you can find just a little of your time to give a ride to one of our seniors. We have so many wonderful volunteers doing that now, but our need keeps growing. We don't ask for any specific commitment of time, but be assured that any time you give will greatly enrich the lives of both you and our clients.

If you aren't volunteering yet, call us. If you have a friend who can join you, let us know. Most of all, if you are already volunteering, we can't say THANK YOU enough.

Austine Eversole,

Chairman of the Board

The reason a dog has so many friends is that he wags his tail and not his mouth.

A bad attitude is like a flat tire. You can't go anywhere until you change it.

Progress in 2015

While 2014 was a banner year for rides (1,507) we have already provided 1,687 rides in 2015 and still have over two months to go. Rides to medical/dental appointments tops our list at 1,465 while trips for grocery shopping comes in second at 166. We have completed 16 friendly visits before we put that program on hold. Unfortunately, we have been unable to provide drivers for 183 rides so far.

We have 94 active riders this year and are very fortunate to have 64 very busy drivers filling the ride requests. One driver has provided 137 rides and is being closely chased by another driver with 115 rides. To sum up, our volunteers have given over 2,000 hours of their time and driven 11,950 miles as of October 19. Our sincere thanks go out to all our volunteers for their work for the Shepherd's Center.

Shepherd's Center Outreach

Your Shepherd's Center has improved its exposure by joining the Arlington Chamber of Commerce, the Falls Church Chamber of Commerce and the McLean Chamber of Commerce. In addition, we are trying to spread the word of our services and need for volunteers at events in the area. In October a presentation about the Shepherd's Center was given to the congregation of Memorial Baptist Church in Arlington during its Global Mission Celebration event .

Your Shepherd's Center participated in the Navy Federal Credit Union Benefits Fair on October 21 that exposed their employees to the Shepherd's Center and the things we do. We are finding that participation in such events helps advertise SCMAFC and bring people to volunteer. Ed Schrock attended several meetings in the area related to helping seniors stay in their homes and provided information about what SCMAFC does and how we do it.

Events in 2015

Volunteer Luncheon

On May 7, SCMAFC held its first Appreciation Luncheon for its volunteer drivers at the Kazan Restaurant in McLean. This was a special luncheon to honor those who make our organization what it is – service for seniors. There were 26 attendees including drivers, board members and guests. It gave an opportunity to trade stories among the drivers and board members on the experiences they have had, both humorous and sometimes not. Keller Williams Realty helped in sponsoring the very delicious luncheon.

Austine Eversole, Board Chairman, presided over the luncheon and Ed Schrock, Executive Director described the history of Shepherd's Center to the group. Kate Jones was named as our 2014 Volunteer of the Year and awarded a Safeway gift card. A good time was had by all.

New Volunteer Coffee Hours

SCMAFC has held two informal "coffee hours" for new volunteers, one in May and one in October. These provided a chance for the volunteers to meet each other and members of the Board, as well as to discuss their experiences driving clients to their appointments.



Expressions of Appreciation

Every day we get a "Thank You" from our grateful clients. Some have even gone to the trouble of writing us to express their appreciation. One of our clients wrote a thank you note for a Handy Helper visit in which she said "He did several things to help us that we were unable to do ourselves". This makes us feel good in that we know we are really making a difference to our seniors. As our client Liz McRaney says "What we do for ourselves goes with us, but what we do for others we leave behind."

Volunteers Needed

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
- Calling on clients who want a Friendly Visit
- 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 and volunteers
- Technical assistance for Web and Facebook design and maintenance

Upcoming Events

Coffee Hour

On December 10 SCMAFC will be hosting a coffee hour for all our volunteers and potential new volunteers. This will be held from 10:30 to 12:00 at the home of our Executive Director, Ed Schrock. There will be goody bags for all, door prizes and tasty treats. If you are interested in becoming a volunteer call us at 703-506-2199 and please join us at our coffee hour.

Fundraising

During the last week in November we will be mailing out our annual solicitation letter to all our volunteers, clients, participating faith groups and friends, summarizing our year's activities and requesting their continued support during 2016.

Original Pancake House

We are planning on an "Eat Out" event at the Original Pancake House in Falls Church on May 26, 2016. Pancake House will contribute 10% of the price of the food ordered that day to the Shepherd's Center. So mark your calendars and come hungry.

New Friendly Visitor Service

We have been very successful in driving our seniors to their appointments but we feel there is another great need. Many seniors are without family and friends and find themselves isolated. Under the leadership of a new volunteer, Laura Hicks, we will soon be launching our new program to serve those who will benefit from the friendly visit, friendly caller program. We will be reaching out through the churches in the area for both those in need and those who will help. We will try to match a volunteer with a client for visits or calls. If this appeals to you, please contact us by phone or email. Just a call once a week will mean so much to so many.

Meet two of our Board Members

Ed Merson

As a native Oklahoman, Ed came to the Washington area in 1967 from active duty in the Air Force. Shortly thereafter, he married a girl from Toronto, and they had three children all born at Sibley Hospital. They now have seven grandchildren. Before retirement, Ed practiced law with various agencies of the federal government. He has been an active member of Immanuel Presbyterian Church in McLean for 20 years, and he serves as a volunteer to several charities. His hobbies include hiking and traveling.

Denise Augustenborg

Denise became a board member of Shepherd's Center for McLean - Arlington - Falls Church in 2013. She retired from the US Foreign Service in 2011 after serving in eight foreign countries covering four continents. In every country, Denise participated in countless charitable efforts, such as fund raising for earthquake victims in Turkey and care visits at local foreign orphanages. Denise currently lives in Falls Church with her husband of 37 years and has four adult children and three grandchildren. Her ability to speak Spanish has helped in our communication with many of our clients.

Sad news

Lois Gordon, one of our very first clients, passed away in September. Our sympathies go out to her many friends and family.

Meet one of our Clients

John Vignali is our featured client. Born on November 1, 1923 in New York City, he has lived in McLean from 1962 until he moved to Chesterbrook Residences in Falls Church in 1999. As a youth, John tinkered with electronics, a hobby he continues to this day. This led to a 26 year career as an electronic engineer at the Naval Research Labs in Washington, D.C. where he worked with microwave and millimeter waves. He was also a private consultant with Hughes Aircraft.



John, a bachelor, attended NYU, Lehigh University, Penn and the University of Rhode Island. He also has a theology and philosophy degree from Mount St. Mary's University. He served with the U.S. Army's Signal Corps in WWII and was on his way to the Pacific for the invasion of Japan just days before the atomic bombs were dropped on that country.

John became a client of the Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC) in 2006. The Shepherd's Center salutes John Vignali for his service to our country in the Army and at NRL.

Helpful Tips

Trying to find a mailbox? The days of a mailbox on every corner has passed us by—but we still have a need for them and the following directions will help you find one in your zip code.

- Google “blue mailbox locations”.
- Click the site “MailboxMap— Find and locate blue USPS collection ...”.
- A US map appears, with a box in upper left corner identified as “MailBoxMap”.
- Enter your ZIP code in this box and hit CR (Enter).
- Your zip code map appears with mailbox icons.
- Click on the icon for address and hours for pick-up.

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



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OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

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Thanks to the many organizations that support our services

Faith Groups

Immanuel Presbyterian Church, McLean
Lewinsville Presbyterian Church, McLean
Lutheran Church of the Redeemer, McLean
St. Luke Catholic Church, McLean
Temple Rodef Shalom, Falls Church
Trinity United Methodist Church, McLean
Saint Agnes Church, Arlington
Faith Lutheran Church, Arlington
Memorial Baptist Church, Arlington
McLean Baptist Church, McLean

Businesses & Organizations

Kazan Restaurant, McLean
Keller Williams Realty, McLean
Rotary Club of Tysons Corner, McLean
SHARE of McLean, McLean
Sweet Leaf Restaurant, McLean

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

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.