

## SHEPHERD'S HERALD: Volume 3, Issue 3—October 2017

### Message from our Chairman

*Dear Friends of SCMAFC*

*When I started to write this article I realized it will be my last one as the Chairman of the Board of our Shepherd's Center since I will be leaving the board in January. I planned to write about the special feeling of giving and getting a Thank You in general, but I want to take this opportunity to thank all of the wonderful people I have had the privilege to meet since I started working with this group. We started with little organization and now I think we are a pretty cohesive group who has learned so much from each other and those we help. The people on the board deserve a special Thank You, for you have become my friends and will always be close to me. I want to Thank the volunteers, who have enriched my life in many ways and added something to who I am. I also want to Thank the clients who have opened their lives to us and given us a chance to give help where we can. Do unto others as you would have them do unto you, is a wonderful and simple mantra to live by and one that serves me well. So, in this season of Thanksgiving I want to say THANK YOU to all of you that I have come to know, for enriching my life more every day. On a side note, please remember to support your local food banks especially during this holiday season. Thank You,*

*Austine Eversole*

**Chairman of the Board**



### Still in Compliance

Our Shepherd's Center has been advised that we are in compliance with Virginia's requirements for a Charitable Organization. A financial statement is available upon written request from the State of Virginia's Office of Charitable and Regulatory Programs.

People who wonder if the glass is half empty or half full are missing the point. The glass is refillable!!!

No one ever injured their eyesight by looking on the bright side of life.

### SCMAFC statistics

In our last newsletter we reported that we leveled off in the number of rides given in the past 12 months compared with the same 12 months of the year before. This trend has continued. We have served approximately the same number of clients with about the same number of volunteer drivers. It is hard to make an accurate assessment of the value to our clients of the services we offer, but one way to look at it is to calculate the amount of money it would take to use taxis to provide these rides. Using the Website Taxi-FareFinder.com we calculated the cost of providing taxis for the last 12 months services (2,364 rides & 14,315 miles). If the rides were all in Fairfax County the total would be more the \$39,000. It would be a little less in Arlington County (\$36,500). Although the money is significant, the human interaction and sense of helping others is what makes Shepherd's Center so special to us all.

### Helping Seniors Stay Fit

Want to learn about some easy and safe ways to stay in shape and keep strong?

**Go4Life** is an exercise and physical activity campaign from the National Institute on Aging (NIA) at NIH, designed to help you fit exercise and physical activity into your daily life. There are many FREE pamphlets available that make keeping fit easy. For example, *Workout TO GO* contains sample workout routines that you can do at home every day to build strength, balance and flexibility.

**Exercise and Physical Activity** is another resource chock full of helpful information for seniors, also from NIA. This guide shows you many types of exercise and physical activity. It also has lots of tips to help you be active in ways that suit your lifestyle, interests, health and budget, whether you're just starting out, getting back to exercising after a break, or fit enough to run a 3-mile race. It's for everyone – people who are healthy and those who live with an ongoing health problem or disability.

To access this material and for more exercises, motivational tips, real-life success stories, and other FREE materials, visit this website: [www.nia.nih.gov/Go4Life](http://www.nia.nih.gov/Go4Life).

## Meet one of our volunteers

McLean resident Stew Lingley says he knew when he attended St. Johns Military High School in Washington, D.C. that he wanted a career in the U.S. military. Stew says, "I've always wanted to serve." After he graduated the US Naval Academy in 1962, he spent his entire career in the US Navy.

Stew believes it's important to give back to the community. Since his retirement he has volunteered for a number of organizations, including SHARE's furniture program for which he helps recruit volunteers for Saturday morning pick-ups.



When a friend asked if he would be interested in driving for the Shepherd's Center, Stew says, "It was an easy decision. I understood the need. Both my mother and aunt who lived into their 90s lost their ability to drive." He hopes that when he needs it, these services will be there for him. He says, "I do this work because I can and, I'm paying it forward."

According to Stew, the issue of people who lose their ability to drive – particularly those living in suburbs like McLean – is "dealing with a culture so wedded to automobiles." Stew also points out that for most people losing the ability to drive means a loss of independence. "At the Shepherd's Center we solve that problem." Another important value of the Shepherd's Center, says Stew, "is the personal connection forged between drivers and riders."

## The Locker Room helps us out

In 2017, The Locker Room Sports Bar and Grill at 502 W. Broad St., Falls Church, rolled out a new program called FUNdraise Falls Church, featuring a different Falls Church non-profit each month. The Shepherd's Center was invited to be featured as the Non-Profit of the Month for July and July 12 as the date when they donate 15% of their proceeds to us. The Locker Room distributed an e-mail to their e-mail list promoting the event and included information about us on their website and Facebook page for all of July. The Shepherd's Center also promoted the July 12 event to our drivers, riders and supporters.

On that Wednesday, we set up a table at the restaurant with information about the Shepherd's Center and staffed it with a



Board Member for most of the day. At the end of the day we received a generous check. Thanks go out to The Locker Room and to all of our riders and drivers who enjoyed a meal

there to show their support for the cause! Ann Einsiedler, one of our riders, came out with a table-full of friends, shown here. This was much appreciated.

## Find new interests at a Senior Center

Residents of the area SCMAFC covers, who are 50 or older, all have access to one or more Senior Centers, depending on where they live. These centers offer a variety of activities ranging from exercises, social events, classes, discussion groups, games, crafts, music and more. Each center has its own menu of options. Typically they operate from 9 or 10 AM until 3 or 4 PM. Some may offer transportation or even meals for qualified residents. For more information for Fairfax County residents call 703-324-4600. Arlington County residents should call 703-228-4747 (option 3). If you live in the City of Falls Church, call 703-248-5020. Check them out. You can make new friends, explore new interests and have fun.



## Proposed Changes to HUD's Section 8 Housing Program

Many of our Shepherd Center clients participate in the U.S. Department of Housing and Urban Development's (HUD) Housing Choice Voucher (HCV) Program (often referred to as "Section 8"). This program provides subsidies for rent, enabling families and many older adults to afford the cost of housing in areas, such as ours, where rent costs are very high.

The Section 8 voucher recipients living in Falls Church and Fairfax County have recently been notified by the Fairfax County Department of Housing & Community Development that future federal budget reductions being proposed by the current administration are expected to have a large impact on many federally funded programs, including the Section 8 program. Arlington County residents will most likely also be affected, but we have been unable to find comparable information on their website. Whether these budget reductions will actually happen is unclear.

Beginning November 1, 2018 (next year) the percentage of a household's income that must go toward rent will increase from 30% to 32% of income for households and individuals who cannot work due to age or disability. For those who can or do have a working member, the increase is from 30% to 35%. There is also a strong possibility that utilities will no longer be covered by the vouchers.

If you are a recipient of the Section 8 housing voucher, you may find out more information at the Fairfax County Government website: [www.fairfaxcounty.gov/rha/hcvchanges.htm](http://www.fairfaxcounty.gov/rha/hcvchanges.htm), or call 703-270-7309.

You may also call your Congressional representative and ask to speak with the staff that handles constituent concerns. Share with that person the hardship that this reduction in housing subsidy will cause you:

- 8<sup>th</sup> district (Falls Church, Arlington, some parts of McLean): Donald Beyer, 703-658-5403 (Alexandria office)
- 10<sup>th</sup> district (some parts of McLean): Barbara Comstock, 703-404-6903 (Sterling office)

*By Betty Douglass & Patricia Matheson*

## Volunteers—Save the Date

The Board of Directors is planning another Holiday party for our wonderful volunteers to celebrate the season and to thank them for their services. We could not do what we do without them. The affair will again be held at the home of our Executive Director, Ed Schrock, from 10 AM to 12 noon. Light holiday refreshments will be served. Come and share your experiences with your fellow volunteers.

### Alternate Transportation

Being an all volunteer organization, we unfortunately can not guarantee that we will be able to fill all the ride requests that we receive. Our records show that we miss somewhere between 10 and 15 per cent. We call to let our clients know we don't have a driver at least one working day before the ride is due. For those situations it is useful to know what alternate forms of transportation are available for seniors. Here is a list that we are aware of:

- **MetroAccess**— Door-to-door serving entire Metro region. Must complete an application & certification interview. Fees up to \$7.00 per trip are charged. Must make reservations at least 24 hours in advance. Call 202-962-2700 for application. Call 301-562-5360 for reservations..
- **Metro Discount**—SmarTrip cards sold at Commuter Stores for persons 65 or older. Provides discounted fares on Metrobus or Metrorail. Call 202-637-7000 for information and location of stores.
- **STAR (Arlington)** - Alternative to MetroAccess for Arlington residents. Call 703-892-8747 for information, application and how to make reservations.
- **Super Senior Taxi (Arlington)** - For Arlington residents 70 or older. Purchase 50% discount coupons good for Red Top or Yellow cabs. Call 703-228-1700 for information and application.
- **Seniors On-the-Go (Fairfax)** - This is Fairfax County's equivalent to Super Senior Taxi for residents 65 or older with income less than \$40,000 (\$50,000 for married couples). \$33 worth of coupons cost \$20. Call 703-222-9764 for information and application.
- **Medicaid Transportation**—Non-emergency for Medicaid recipients travel to nearest Medicaid provider for Medicaid services. Reserve 48 hours in advance. Call 1-866-386-8331 for information.

## Don't Get Scammed

The October Golden Gazette features an article on Fairfax County's Silver Shield Anti-Scam campaign. It describes what the county is doing to help people avoid scams. The County requires contractors to be licensed and can provide guidance for consumers, but it ultimately falls on each individual to be vigilant to avoid being duped. Following these five steps will help protect yourself from door-to-door scammers.

1. **Be Aware.** Solicitors are strangers. If you talk with them, do not allow them in your home.
2. **Verify Credentials.** a) Call the County Regulation and Licensing Branch at 703-324-5966 to check solicitor licenses; b) Call the Department of Professional and Occupational Regulation at 804-367-8511 to check the contractor licenses.
3. **Take Your Time.** Review options and seek a second opinion.
4. **Review Agreements.** Request a complete copy of scope of work with cost estimate. Review any agreement thoroughly before you sign.
5. **Ask Questions.** Always ask questions, check references and seek advice when needed.

Telephone scams are increasingly frequent. If someone calls asking for money or personal information—hang up. If you think the caller may be telling the truth, call back to a number that you know is real. Do not pay in advance. Scammers will often threaten to take action against you if you do not pay. Check it out first. Never send payment to unknown people. If someone offers something free or a prize that you never registered to win, it is most likely a scam.

You can verify a caller at the following numbers.

- ◆ **Warrants**—Fairfax County Police Warrant Desk 703-246-4231
- ◆ **Sherriff's Office**—703-246-3227
- ◆ **Jury Duty**—Fairfax County Circuit Court—703-246-7816 (press 0)
- ◆ **Taxes**—Internal Revenue Service—1-800-366-4484

### Check out our new Web Site

Thanks to a long and arduous effort led by Nancy Murray, SCMAFC has a new, dynamic web site. Please go to [SCMAFC.org](http://SCMAFC.org) and enjoy reading about our history, the services we offer, client stories, coming events and even past copies of our Shepherd's Herald Newsletters. It also stresses our need for volunteers and has the form to fill out to become a volunteer.



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## SHEPHERD'S HERALD—October 2017

### Thanks to the faith groups that support our services

Immanuel Presbyterian Church, McLean  
Lewinsville Presbyterian Church, McLean  
Lutheran Church of the Redeemer, McLean  
St. Luke Catholic Church, McLean  
Temple Rodef Shalom, Falls Church  
Saint Agnes Catholic Church, Arlington  
Faith Lutheran Church, Arlington  
Memorial Baptist Church, Arlington  
McLean Baptist Church, McLean  
Our Lady Queen of Peace Catholic Church, Arlington  
St Luke's Serbian Eastern Orthodox Church, McLean  
Trinity United Methodist Church, McLean

### SCMAFC Organization

Executive Director—Ed Schrock

#### Board of Directors

Austine Eversole—Chairman

Michael Lerner—Vice Chairman

Betty Douglass—Secretary

Bob Clark—Treasurer

Denise Augustenborg

Laura Hicks

Sandy Eyerly

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Nancy Murray

Carol Edelstein

Tom Eversole

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](http://SCMAFC.org), by email to [info@scmafc.org](mailto:info@scmafc.org), on Facebook at SCMAFC or by phone at 703-506-2199.