

SHEPHERD'S HERALD: Volume 10, Issue 1 — Winter 2024

VOLUNTEER APPRECIATION LUNCHEON

The group of 35 who gathered on January 23 included some very new volunteers and some very seasoned ones. Ideas were discussed, encouragement was shared, and lots of laughter was heard as everyone enjoyed a delicious buffet lunch in the spacious Fellowship Hall of the Lewinsville Presbyterian Church.

Carrie Le, our new Board Chair, and Carolyn Jeskey, her Vice Chair, welcomed the group and shared their appreciation and their vision, welcoming feedback, questions, and ideas from our volunteers.

Carrie presented awards to some of the most active drivers in 2023, including some who are new to us in 2023: **Katharine Carney, Steven Carrera (new), Kim Chapman, Jan Gordon, Mary Highsmith, Paul & Joan Hubbard (new), Carolyn Jeskey, Kristen Jones (new), Vickie Marx (new), Eileen Place, Pat Raffaele, Rachel Reynolds (new), Sharon Short, Mark Turco, and Connie Van Zandt.**

Tom Callanen was honored as the 2023 Volunteer of the Year.

Our special guest speaker was **Marybeth Connelly** who serves on the Falls Church City Council. She expressed sincere appreciation for the work our volunteers do every day to improve the quality of life of older adults and to help build community.

Throughout the event there was a feeling of camaraderie and a sense of sincere pride in being part of the Shepherd's Center of McLean, Arlington, and Falls Church.

--Carol Edelstein



WHEN TO SCHEDULE YOUR RIDE REQUESTS

SCMAFC has a policy that you must make your ride requests no later than **FIVE CALENDAR DAYS** before you need the ride. This allows our Ride Coordinators and drivers to match your ride request with a driver.

But you can request a ride as early as **TWO MONTHS** before you need it. Requesting your ride earlier improves our chances of matching your need to a driver.

SCMAFC Ride Coordinators

Mary Highsmith, Chair
 Jan Auerbach Irv Auerbach
 Beth Caldwell Kim Chapman
 Jan Gordon Michael Lerner
 Mark Turco

Remembering David Lee Brown

Sadly, one of our long-term clients, David Brown, passed away in October. Sixteen of our volunteers drove David over a 2-year period and all were charmed by his stories and good sense of humor.

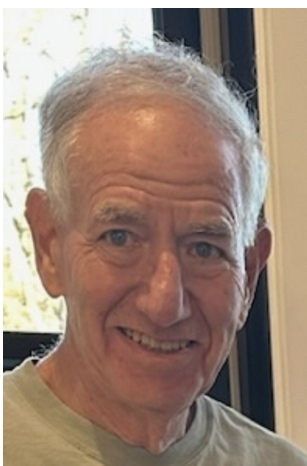
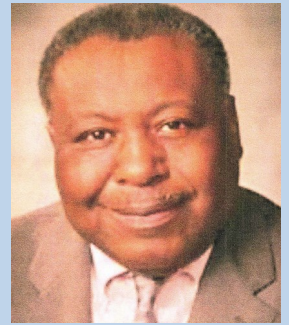
As recounted by his wife Marjorie, he was born in Athens, Alabama, one of four children who were all under the age of nine when their mother passed away. The children attended a one-room schoolhouse where David's teacher showed particular interest in him because of his love for history and language. The teacher took David home at lunch times, where he was most impressed with her library. She informally adopted David at age 9.

He loved writing about the Civil War and baseball, both of which became lifelong passions. He was a diehard Dodgers fan after the husband of his teacher fulfilled one of his dreams by taking him to see his favorite player and team, Jackie Robinson in a Dodgers game.

Following high school graduation, David for a period attended HBCU Rust College in Holly Springs, Mississippi and then joined the Army. During his military service he piloted UH-47 Chinook helicopters retrieving wounded soldiers from the battlefield. After the war, he returned to college earning a bachelor's degree in political science from HBCU Clark Atlanta University and then a law degree from North Carolina Central College in Durham. This led to employment with several federal agencies ending with the US Department of Housing and Urban Development in Washington, DC.

Marjorie reported that David was most appreciative of the rides he received from Shepherd's Center and loved having conversations with his drivers.

--Tom Callanen



Clem Larson - Driver Profile

Clem Larson recently joined Shepherd's Center as a volunteer driver in early November and has become a frequent driver having logged 27 rides since he started.

Clem grew up in Pikesville MD and studied engineering at Case Western Reserve University in Cleveland and earned an MBA from George Washington University to prepare himself for his desired career in management in the aerospace industry. There he managed a great variety of projects for commercial and government clients both domestic and international. Living in California and Massachusetts before resettling back in the DC area, he and his wife now live close to their two children and three grandchildren. Having traveled extensively around the globe for work, he continues to enjoy travel for leisure in his retirement.

Clem enjoys volunteering to help seniors. Before relocating back to this area, he volunteered in Massachusetts in a Veterans Administration hospital providing conversation to patients, and then volunteered where he prepared tax returns for seniors and also led trail walks and trails maintenance in his mostly-senior community.

He learned about Shepherd's Center in the local McLean Patch newsletter, and he says he enjoys the flexibility to schedule rides at his convenience and enjoys meeting the clients and learning about their fascinating personal histories. We appreciate the energy Clem has put into driving and we welcome him into our Shepherd's Center community.

--Ed Groark

Fourth Quarter Ride Statistics

In the past three months of October, November and December 2023, Shepherd's Center drivers provided a total of 810 rides to clients. 24 rides were provided by SCMAFC-funded taxis when a driver could not be provided.

During this quarter, these rides were provided to 86 clients by 61 drivers. Almost 7,500 miles were driven in over 750 hours of driving time.

For all of 2023, 3,329 rides were provided to a total of 153 clients by 81 drivers.

In 2023, 62% were for medical and dental appointments, 20% were for physical therapy and 18% were for groceries.

Honoring Retiring Board Members Tom Callanen and Dave Hagigh



On December 13, 2023, a dinner was held at J. Gilbert's in McLean to honor outgoing Board members Tom Callanen and Dave Hagigh. It was a time to reflect on the many contributions and accomplishments of these two outstanding volunteers. Carrie Le, incoming Board Chair, shared comments about each, beginning with Dave.

Dave began as a volunteer driver in 2017 and then was invited to join the Board of Directors in 2018 where he served for 6 years. As a Board member, Dave headed up the Volunteer Recruitment Committee and was extremely successful by holding in-person meetings over a cup of coffee with prospective volunteers. He provided 175 rides, totaling 2000 miles. Previous Board Chair, Betty Douglass, commented "For 5 years Dave has been tirelessly working to recruit new volunteers and I have been amazed at his energy, dedication, and positive spirit."

Carrie went on to share some impressive facts about Tom. He became a volunteer driver in 2017 and during his 6.5 years has driven 209 rides totaling 4000 miles. Tom has held numerous positions for our center including Board Chair, Audit Chair, Ride Coordinator, Newsletter Editor, and member of the Executive Director Search Committee. He has single-handedly recruited dozens of volunteers with his personal approach, talking directly to each to effectively explain our mission while sharing his very contagious passion for this work. It's evidently very hard to say 'no' to Tom! Another quote from Betty, about Tom, "The stories of his recruitment of volunteers, his restructuring of committees, his enticing of volunteers to serve in leadership roles, and the sharing of his expertise, skills, and time have been impressive."

Our organization has clearly been strengthened by the commitment of Tom and Dave. Fortunately for us, both will continue as volunteer drivers.

--Carol Edelstein

Meet Carrie Le, our new Board Chair

Carrie Le began volunteering as a driver with SCMAFC in 2016 and soon after started supporting the organization's communications and technology efforts, joining the board in 2021 and moving into the Communications Chair role the same year.

In her "past life" she worked as an IT consultant for Deloitte and the National Institutes of Health before she found her true calling working for nonprofit organizations with a focus on IT and operations management, including as Operations Director for NetHope.

In her spare time, Carrie can be found doing yoga, gardening, chauffeuring her kids around, or planning the family's next travel adventure.

She looks forward to making more connections with SCMAFC's amazing volunteers and clients as she takes on this new role serving the senior community and supporting aging in place! Welcome Carrie!

TIPS FOR PREPARING FOR WINTER OUTINGS:

This winter is predicted to be snowier than in recent years.

If you plan to go out and have scheduled a ride with Shepherd's Center, here are a few tips to deal with the winter weather:

- Make sure the path from your front door to the car has been cleared.
- Dress in layers and wear non-slip shoes or boots.
- Even if you don't usually use one, taking along a cane or walker with rubber tips will help you avoid a fall on a slippery surface.
- When you return, put your snowy shoes on an absorbent mat to prevent puddling on the floor.



If you're kept inside for several days due to snow, here are a few tips:

- Be prepared for a power outage with flashlights and extra batteries and keep a supply of non-perishable food and drinks.
- Keep your electronic devices charged.
- Check in with a friend or relative at least once a day.

--Ed Groark



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

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The Shepherd's Center invites you to follow our Facebook page by "liking"
<https://www.facebook.com/SCMAFC> as well as visiting our website <http://scmafc.org/>

New Volunteers this Quarter

Carolyn Boswell (Arlington)
Josephine Dicdican (Arlington)
Tiarna Hamilton-Sanchez (Arlington)
Clem Larson (McLean)
Kathy Peroff (McLean)
Marie Vareilles (Arlington)

Ed Groark — Newsletter Editor

SCMAFC Board of Directors

Carrie Le *Chair & acting Communications Chair*
Carolyn Jeskey *Vice Chair & acting Client
Assessment & Advocacy Chair*
Jan Auerbach *Secretary*
Jay Clevenson *Treasurer*
Mary Highsmith *Transportation Chair*
Pat Raffaele *Volunteer Recruitment and Retention Chair*
Mark Turco *Audit Chair*
Vacant *Community Outreach Chair*
Carol Edelstein *Member-At-Large*
Michael Lerner *Member At-Large*

Special thanks to **Suellen Skocki** of the McLean Baptist Church for formatting and printing the newsletters.

Shepherd's Center of McLean-Arlington-Falls Church is a nonprofit 501c(3), licensed in Virginia. Donations may be mailed to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22101. Contact the Center by phone at 703-506-2199, through its Website <http://scmafc.org/>, by email to contact@scmafc.org, or Facebook at <https://www.facebook.com/SCMAFC>.