

SHEPHERD'S HERALD: Volume 2, Issue 3 - October 2016

Message from our Chairman

Dear Friends of SCMAFC

Thanks Giving

Recently I talked to someone at the "Food for Others" group located on Prosperity Avenue in Fairfax. Their new Executive Director, Annie Turner, was so helpful that I decided to find out more about the organization. Food for Others is over 20 years old and serves thousands of families in the Northern Virginia area, most of it at their 15,000 sq. ft. warehouse operated by volunteers. They are starting a new program with a nutritionist on site once a month to counsel clients with special dietary needs. My favorite program is the "Power Pack" program that serves 26 elementary schools providing 2 days of food for the children for the weekend. They have provided over 80,000 packs in a year and the need is growing. With the holidays approaching I feel the greatest gift is to help someone to not be hungry.

There are many ways to help—food drives, donations, volunteering. Two of the many food groups in our area are:

Food for Others
2938 Prosperity Avenue Fairfax, Va. 22031
703-207-9175
Arlington Food Assistance Center AFAC
2708 S. Nelson Street, Arlington, Va. 22206
703-845-8486

Austine Eversole,

Chairman of the Board

Phone line changes

We have changed the phone service for SCMAFC. When you call our number (703-506-2199) you will be prompted with just two options, Press 1 to request a Ride, Handy Helper or General Information; press 2 to request Friendly Calls or Visits. The previous other two options (Handy Helper and General Information) are subsumed under the first option (Press 1).

Rides in 2016

While 2015 was a very busy year for rides (2,089) we have already provided 1,953 rides in 2016 and still have two months to go. Medical/dental appointments top our list again at 970 while trips for therapy appointments come in second at 529. We have completed 245 friendly calls/visits since we restarted the program with board member Laura Hicks heading up our Friendly Calls/Visitor program.

Due to a larger increase in clients than volunteers, we have been unable to provide drivers for 293 rides so far this year. That is an all-time high for us. We encourage all of our volunteers to be on the lookout for new volunteers to join our cause and let us know if there are any groups, large or small, where you think we could recruit new members.

We have 103 active clients this year and are very fortunate to have 73 very busy drivers filling the ride requests. One driver has provided 103 rides so far in 2016. To sum up, our volunteers have given over 1,281 hours of their time and driven 11,619 miles as of October 20. Our sincere thanks go out to all our volunteers for their work for the Shepherd's Center.

Talking Books

If you are unable to read standard printed materials due to visual impairment, the Fairfax County Public Library can help. The Library's Access Service offers a wide range of options for the blind, visually impaired and disabled, including Books by Mail, Talking Books, Home Delivery Service and Assistive Technology. Also offered are book discussion groups and Vision Support Groups. All are available to eligible residents, at no charge.



For further information, please contact Access Services, Fairfax County Public Library at [703-324-8380](tel:703-324-8380) or email access@fairfaxcounty.gov/library.

For Arlington County residents, the Public Library offers "Books by Mail" for those who are physically unable to visit the library. Call 703-228-5960 or visit them online at LIB-BooksbyMail@arlingtonva.us for further information.

Volunteer Appreciation Party



The thousands of rides, calls and visits that SCMAFC provides each year are only possible because of the many volunteers who donate countless hours and gasoline! The SCMAFC Board is honoring those volunteers this winter with a Holiday Party. Our Executive Director Ed Schrock and his wife Judy are again hosting the party at their home in McLean on December 7 from 10-12 noon. Email invitations will be sent to each volunteer, but you are asked to save this date for a gala occasion when we are able to say thank you for all you do! Beautiful Christmas decorations, special holiday refreshments, lovely gift bags, a few lottery prizes, and wonderful conversations will be available.

Volunteer

We invite you to enrich your life by volunteering with us. We have an array of opportunities and we need your skills and commitment to help us with our mission. Your level of involvement can be a five minute phone call from your own home or as much as you choose. Our RideScheduler system makes it easy for you to participate as a driver. We need:

- Medical Appointment Drivers
- Friendly Callers/Visitors
- Administrative Assistance
- Driver Coordinators/Schedulers
- Fundraising
- Grocery Shopping Companions/Drivers
- Handy Helpers
- Event Planning
- Marketing/Publicity
- Recruitment

If you are interested in volunteering, please fill out the [volunteer form](#) on our website SCMAFC.org. You can email us at info@scmafc.org or call us at 703-506-2199 and leave a message.

Expression of Appreciation

We received a nice note from the daughter of one of our clients. In it she said: "What a wonderful service you all provide and it meant so much to us. After Mom's last accident when she decided to give up driving, it was a relief to her to find a reliable, compassionate and free service. And what a relief to me as well since I live out of town and can't always be there to drive her. You are a blessing to the community. God bless you and keep up the good work." Comments like this give us real satisfaction and are part of the rewards for doing what we do.

Inova Fairfax Hospital Resource Center

Inova Fairfax Hospital is the flagship hospital in the Inova system and is the center of their many educational and outreach programs, including a Health Science Library, with a Geriatric Resource Center. This center showcases a consumer library collection and also features relevant publications, educational pamphlets and community resource information plus senior-friendly equipment such as large print keyboards. The librarians will answer one-on-one inquiries, whether in person, on the phone or by e-mail. They often will research on their own for answers to your questions. Library hours are M-F/8:00-8:00 and a visit is a satisfying experience. The general library number is 703-776-3234, and the reference staff can be reached at 703-776-3357. E-mail this staff at library@inova.org.

Election Day November 8

Every four years the citizens of the United States get to elect their president and other members of government. November 8 is your chance to exercise your right to vote. Although we strongly advocate that everyone vote, Shepherd's Center of McLean-Arlington-Falls Church does not provide rides to election centers. However there are ways to get there.

If you live in Arlington County and need a ride to vote, you can call Arlington County Democratic Committee (703-528-8588) or Arlington County Republican Committee (703-685-2488). If you don't know your polling place you may call 703-228-3456.

In Fairfax County the Democratic Committee number to call is 703-573-6811. The Republican Committee number is 703-766-4467. You should call these people several days before the election so they can arrange a schedule for the rides. In Fairfax County if you do not know your polling place call 703-222-0776.

To vote in Virginia you must be registered to vote, appear at your proper polling place and bring a valid photo ID. Below is a list of valid photo IDs.

- Valid Virginia Driver's License or Identification Card
- Valid Virginia DMV issued Veteran's ID card
- Valid United States Passport
- Other government-issued photo identification cards (must be issued by US Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth)
- Valid college or university student photo identification card (must be from an institution of higher education located in Virginia)
- Valid student ID issued by a public school or private school in Virginia displaying a photo
- Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business.

Meet two Board Members

Betty Douglass



Betty Douglass was born and raised in Texas, moving to Northern Virginia when in high school. After receiving degrees from the College of William and Mary and Duke University, she lived in Connecticut, Switzerland, and North Carolina before moving back to this area in 1973. Her career focused on higher education—as the founding executive director of the Association for Gerontology in High Education and an administrator at the University of Mary-

land, Baltimore County and American University. She and her husband Bruce—who is a professor of Government at Georgetown University—live in Falls Church. They have two adult children and two grandchildren, all of whom live in Northern Virginia. Betty is an elder at Lewinsville Presbyterian Church in McLean and active in National Capital Presbytery. In retirement she enjoys gardening, reading for 3 book discussion groups, entertaining, volunteering for Shepherd's Center, and grandmothering.

Rob Stotz



Rob Stotz is one of the early volunteers with what is now this Shepherd's Center. He is the current Vice-Chairman of the organization, a Ride Coordinator and the publisher of the Newsletter. He is originally from outside Philadelphia, PA, a graduate of Cornell University and MIT. After spending three years as a naval officer on a large destroyer, he began his career designing and building computer equipment and graphical

display systems at MIT. As hardware moved to integrated circuits, he moved on to developing very early versions of email systems based on the ARPAnet, precursor to today's Internet, at the University of Southern California. He then moved to industry working on commercial email systems and eventually a variety of other computer based systems for British Telecom. He has enjoyed retirement since 2002. He now spends his time volunteering with Shepherd's Center, Habitat for Humanity and Rebuilding Together, as well as playing Senior Softball, Wally-Ball, and working with copper, and stained and fused glass. He has been married to his lovely wife, Peg for 51 years and has three children and four grandchildren.

A message to our Volunteers

As our demand for services grows we are actively seeking more and more volunteers for different roles within our organization. Our primary concern of course is with recruiting drivers and visitors but we can also use other help. We are becoming more entwined with both Arlington and Fairfax county groups that help the seniors in our area and would love to have someone as an advisor or representative to these counties. We would love to have a couple more ride coordinators join our group. It is an interesting job and one you only have to do one week every 2 months. It does take a few hours each day but it is all done from your computer/lap top or whatever at times of your choosing. One of our coordinators has done hers all over the country as she travels. Our biggest need is in finding places and ways to contact groups where we can go and acquaint them with our organization and that is where you come in. If you belong to a group, HOA, club, church, that you can put us in touch with and supply us with a name and phone number, we will take it from there. Thank you for all you do already and we hope to see you at the holiday coffee.

Plan Ahead If You Need Rehabilitation

Surgery is a daunting event, but you need to be aware that often the patient will need to enter rehab. Be sure to talk to your doctor before the surgery about whether rehab will be necessary and then check with the hospital for help in finding a facility that will fit your needs. There are many wonderful rehab facilities in the D.C. metro area so you have scores of possibilities for a center that best fits your needs. Do it sooner rather than later to avoid making decisions at the last minute that might not be your best option for a lengthy rehab stay.

Greetings

...from the White House. Send your request several months before the date, and Voila!—a pleasant surprise for your loved one. Generally, cards will be sent to U.S. citizens for birthdays over 80, new births, retirements, wedding anniversaries over 50, and current weddings. Send the name and home address of the honoree, exact date of the occasion, age (for birthdays) or number of years of marriage, plus your own name and phone number. Send to: The White House, Attn: Greetings Office, Washington, DC 20502-0039.

Sure to elicit a laugh and a thanks!!!



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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
Trinity United Methodist Church, McLean
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

SCMAFC Organization

Executive Director—Ed Schrock

Board of Directors

Austine Eversole—Chairman

Rob Stotz—Vice Chairman

Mimi Coogan—Secretary

Tom Eversole—Treasurer

Denise Augustenborg

Betty Douglass

Laura Hicks

Michael Lerner

Sandy Eyerly

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.