

## SHEPHERD'S HERALD: Volume 3, Issue 1 - February 2017

### Message from our Chairman

*Dear Friends of SCMAFC*

#### A 45 MINUTE FRIEND

Loneliness is hard not only on your heart but also your health. It is something that can slowly creep up on you without you even knowing that it is happening. People with busy lives can find themselves lonely because it isn't how many people you speak to in a day that makes you less lonely, it is the connection you make while talking to them. One day I had to wait about 45 minutes in the mall to pick up my granddaughter, so I got a coffee and sat at a table with a complete stranger. We started



talking and before we knew it we both had to leave. I don't know her name, but even today I can remember how good I felt after we finished talking. We had made a connection, we had listened to each other and we had shared ourselves in some way. A stranger before and after, but a

feeling I still remember. When we are little we are told "don't talk to strangers" and we should always use our "danger" radar, but there are so many wonderful people out there. They are in front or back of you in the grocery line, sitting next to you at the doctor's office, or walking beside you as you go into church. Say hello, make a connection and brighten their day and yours. The first hello is the first step to not being lonely. And always remember to CALL an old friend or relative and say "Hi, I've been thinking of you." They might be lonely too.

*Austine Eversole,*

*Chairman of the Board*



### Tax Time Help

In order to establish the value of your donations at tax time, it is wise to check the IRS rules. These are provided in a clear and complete format in a booklet, "Determining the Value of Donated Property." You can find that document by going to Google and typing 561 into the search box.

### Year End Review 2016

While 2015 was a very busy year for rides (2,089), we surpassed it in 2016, providing 2,351 rides. Medical/dental appointments top our list again at 1,081 while trips for therapy appointments come in second at 636. We have completed 290 friendly calls/visits thanks to the monumental efforts of Laura Hicks heading up that program.

Due to a larger increase in clients than volunteers, we have been unable to provide drivers for 323 rides so far this year. That is too high a number 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 242 active clients this year and are very fortunate to have 111 very busy drivers filling the ride requests. One driver has provided 121 rides in 2016. To sum up, our volunteers have given over 1,500 hours of their time and driven more than 14,000 miles this past year. Our sincere thanks go out to all our volunteers for their work with the Shepherd's Center.

### Scams

If it sounds too good to be true, guess what. IT IS TOO GOOD TO BE TRUE. Scams are robbing people of all ages but seniors are especially vulnerable to the tune of billions of dollars each year. The tax season is a particularly good time for scammers as they prey on their victims to let them "help" you with your taxes. DO NOT give any stranger your Social Security Number, Medicare or Medicaid number, or your Bank information. Legitimate agencies will never ask for this information over the phone. If you have a question regarding the legitimacy of the caller ask them for a phone number and tell them you will call them back and then call the Non Emergency Police Line for Arlington County at 703-558-2222, for City of Falls Church at 703-241-5050 or for Fairfax County at 703-601-2131 to report the call. Be Smart, Be Safe.

### What our sponsors are saying

*We are proud of our support of your important work in our community and of our special relationship to your organization.*

## 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 honored those volunteers in December with a Holiday Party. Our Executive Director Ed Schrock and his wife Judy again hosted the party at their home in McLean.



These pictures show some of our revelers who enjoyed snacks and drinks while exchanging stories of their experiences.

We anticipate another opportunity for our volunteers to meet and greet some time this spring or summer. If you would like to join our merry band, we would love to have you.



## Help for Hearing Loss

The Virginia Department for the Deaf and the Hard of Hearing (VDDHH), located in Richmond, contracts with the Northern Virginia Resource Center for the Deaf and Hard of Hearing (NVRC) to be their resource center in Northern Virginia. The NVRC's mission is to empower deaf and hard of hearing individuals through education, advocacy and community involvement.

An example of their programs is the Assistance Technology Program (TAP), which highlights and displays the newest assistive devices in NVCC's Demonstration Room, open to all by appointment. You can investigate, with a staff member's aid, the various assistive devices and partake of the "Loan to Own" program (L2O), and can try a device for 30 days. If you wish, you can then make arrangements to own it. There is state financial help if certain guidelines are met; with aid or not, NVRC can help facilitate a purchase.

On April 22, NVRC is sponsoring a "Community Celebration" at Northern Virginia Community College, Annandale Campus, and the area's premier information fair for anyone interested in hearing problems. Check "2017 Celebrate Communications" for further information.

Debbie Jones, Technology Specialist, 703-352-9055, can answer inquiries, make appointments and update the information on the April exhibit. The NVRC address is 3951 Pender Drive, #130, Fairfax, VA 22030.

## What our clients are saying

*Thanks so much to Robyn and her charming son for helping me over the two-day doctors care for my cataract surgery. I am inspired.*

*I am so appreciative of what the Shepherd's Center has done for me. It took a long time but I finally won with the hearing aid company. Thank you.*

## Upcoming Events

Once the weather gets warmer SCMAFC is planning on an all out effort to recruit more volunteers. We hope to see you at some of the events listed below

### McLean Day—May 20

This full day festival has rides, events, food and booths where local organizations can show off what they do. SCMAFC will be there again this year from 9 :00 AM till 5:00 PM to let people know about our services and our need for volunteers to help us achieve our mission. Hopefully we will have better weather than last year. Come and look us up.

### Original Pancake House—May 25



This restaurant at 7395 Lee Highway, Falls Church, has generously offered to sponsor SCMAFC again on May 25. Last year was very successful. OPH will donate 15% of its receipts to our organiza-

tion. Come hungry and bring a friend. The food is excellent and you will be helping a good cause.

### Falls Church Memorial Day Parade & Festival—May 29

The parade ends at the City Hall grounds where there will be food and festivities. We will be telling the SCMAFC story and hopefully recruiting some new volunteers at a booth there from 9:00 AM till 5:00 PM. It will be a day full of fun and food. Come out and celebrate the holiday with us.

### The Locker Room—July 12

The Locker Room Sports Bar at 502 W. Broad St, Falls Church, will host a special Shepherd's Center day where they will donate to us 15% of all the proceeds for the day. Please put the date on your calendar and plan to visit them then and any time to let them know we appreciate their generosity.

### Volunteer Appreciation luncheon

Plans are not complete yet but we will host another event to thank our volunteers for all they do. Everyone enjoyed our Holiday Party and we plan to make this one even better. Come and meet your fellow volunteers and share your experiences.

## Meet two new Board Members

### Nancy Murray

Nancy is from Midland, Michigan. She graduated from Saint Mary's College of Notre Dame, Indiana. Her first job was with A.C Nielsen Co who assigned her to the Washington, DC area, which she has called home for 35 years. While working she completed her MBA at the Virginia Tech extension campus in evenings. She retired from Verizon after 25 years in Marketing and Advertising.



She has a therapy dog, Cameo, a collie huskie mix rescue dog that she takes to libraries to listen to children read and to assisted living homes.

She and her husband have one daughter who recently graduated from Purdue. After retiring, Nancy has pursued her quest to visit all 50 states with only 3 left to go in the Pacific Northwest. She is a Washington Nationals fan. We are so happy to have Nancy on our team.

### Carol Edelstein

Carol Edelstein is a long time resident of Virginia, currently residing in Great Falls. She was born in Washington, D.C., and lived in a suburb of Chicago for 12 years before returning to the area to attend the University of Maryland. She studied Education at UM and earned her BA from LaSalle University in Health Services Management. Carol taught preschool for 7 years, managed an Infant & Toddler Center for 3 years and was the head of school for Merritt Academy in Fairfax for 10 years.



Carol also worked for Sunrise Senior Living for 20 years in Operations, with a focus on developing programs for seniors with Alzheimer's Disease.

Carol retired in January 2016 and began to look for volunteer opportunities. She

has a passion for improving the quality of life for senior citizens and hoped to find a way to become involved with the local aging population. She is thrilled to be on the SCMAFC Board and looks forward to contributing to the amazing work the organization does.

Carol and her husband spend as much time as they can with their 3 grandchildren who live in Falls Church.

## Frequently Called Numbers in Arlington

Arlington has published a list of numbers for services for older residents. Below is an extraction from that list.

Adult Day Program .....	703-228-5340
Adult Protection Services.....	703-228-1700
Adult Social Services.....	703-228-1700
Affordable Housing Information Center. .	703-228-3765
Agency on Aging.....	703-228-1700
Crisis Link.....	703-527-4077
Dental Clinic.....	703-228-1135
Home Care: Community Living Program...	703-228-1700
Emergency Mental Health.....	703-509-8057
Legal Services of Northern Virginia.....	703-778-6800
Libraries—Books by Mail.....	703-228-5960
Long Term Care Ombudsman.....	703-324-5861
Meals on Wheels.....	703-522-0811
Medicare Counseling.....	703-228-1700
Money Management.....	703-276-2309
Police Non-Emergency.....	703-558-2222
Recreation Senior Adult Programs.....	703-228-4744
Rent Subsidy—Housing Grants.....	703-228-1350
Social Security Administration.....	1-800-772-1213
Tenant-Landlord Mediation Services.....	703-228-3797
Transportation	
Metro Access.....	301-562-5360
STAR.....	703-892-8747
Super Senior Taxi .....	703-228-1700
Senior Loops.....	703-892-8747

## New Volunteers in 2016

SCMAFC has grown significantly over the past year. We were blessed with a corp of new volunteers, without whom we could not have provided the number of rides we did.

Linda	Mizzi	Carol	Edelstein
Julie	Wilson	Amy	Newman
Carol	Perry	Jack	Edelstein
Evan	Chate	Robyn	Lighthammer
Jodi	Nicholson	George	Donnella
William	Frazer	Carrie	Le
Andie	Diaz	Kitty	Wright
Katherine	Novello	Angela	Decint
Pamela	Wejman	Anil	Joglekar
Julie	Collier	Oona	Schmid
Theresa	Twiford	Regina	Devlin
Colleen	O'Hara	Dave	Hagigh
Grant	Herzberg	Laura	Shepherd
Cynthia	Yablonski	Amy	Hutchison
Michael	Yablonski	Ed	Rothschild
Helen	Yablonski	Susy	Rothschild



# shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## SHEPHERD'S HERALD—February 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  
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  
St Luke's Serbian Eastern Orthodox Church, McLean

### SCMAFC Organization

Executive Director—Ed Schrock

#### Board of Directors

Austine Eversole—Chairman

Michael Lerner —Vice Chairman

Betty Douglass —Secretary

Tom Eversole—Treasurer

Denise Augustenborg

Laura Hicks

Sandy Eyerly

Rob Stotz

Mimi Coogan

Nancy Murray

Carol Edelstein

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.