

**SHEPHERD'S HERALD: Volume 5, Issue 1 — Spring 2019**

**Message from the Chair**

You've often heard it said that it takes a village to raise a child. Shepherd's Center chapters all over the country are based on the belief that it also takes a village to grow old. At least to grow old well.

As we age we all need a community surrounding us to provide support and happiness. Yet in modern day America many older adults live in isolation. Some of us have never married; some of our spouses and many of our friends have died; some either have no children at all, or they live in Dallas or Tokyo.

If you are a client who feels alone, let us know! We have lovely volunteers who are eager to visit or call you on a regular basis—to be a new friend.

If you are a volunteer and discover someone who you think would benefit from our Friendly Visitor/Caller program, let our Ride Coordinators know, and they can help connect this client with a volunteer who can visit or call.

It's not healthy to live in isolation without social contacts and the community of others. Help us be a village!

Betty Douglass

Chairman of the Board



Wrinkles should merely indicate where the smiles have been. (Mark Twain)

**SCMAFC Ride Statistics**

In 2018, SCMAFC provided 2,232 one-way rides for 117 clients by 71 volunteers. During this period, we took on 69 new clients and gained 16 new volunteers. We fulfilled 90% of our clients' ride requests in 2018. Of the fulfilled requests, 45% were for medical/dental appointments; 31% for therapy; 11% for grocery and other shopping, 8% for outreach efforts including friendly visitor, friendly caller and handy helper and 5% for miscellaneous purposes. Our volunteers drove almost 15,200 miles and spent almost 1,600 hours tending to the needs of our clients in 2018.

**Holiday Party**

A festive gathering was held on December 14 at the home of Ed Schrock, SCMAFC Executive Director Emeritus.

Ed's home was warm and welcoming with beautiful holiday decorations. Shepherd's Center Volunteers were treated to a table full of delicious treats, coffee & tea in appreciation for their many hours



of service to the seniors in McLean, Arlington and Falls Church. We had a great time socializing and, of course, eating. Tom Eversole, Executive Director, thanked everyone for their dedication to the organization and wished everyone a happy holiday.

## Free Tax Preparation and Filing During Tax Season

Help in tax preparation is provided, **free of charge**, by volunteer organizations. These groups prepare your tax return. You provide needed information (**see What to bring>>**). Services are provided for the elderly (60 yrs+) and/or low income (up to \$54,000) clients, with the focus noted for each tax preparation site:

Site	Client Focus	Dates & Hours Available/Access in 2019
Sun Trust Bank 515 Maple Ave 3rd floor Vienna, VA 22180 703 713-8521	Elderly	Feb 1 thru April 16 M-F 10AM-2PM First come, first served
Arlington Central Library 1015 N. Quincy St. Arlington, VA 22201	Elderly	Feb 1 thru April 15 Tues 10-7PM Thurs 10-4PM First come, first served or For appointments, call 703 829-6192
Thomas Jefferson High School 7415 Arlington Blvd Falls Church, VA 22042	Low Income	February 3 thru April 13 Saturday 2:30 to 5:30PM First come, first served
Homestretch, Inc. 303 S. Maple Ave. Falls Church, VA 22046 703 237-2035	Low Income	January 27 thru April 13 Saturdays, 10AM to 1PM First come, first served

### Note From A Client

Dear Shepherd's Center Board and Drivers:  
I can't thank each of you with a note to explain how you have changed my life. You have no idea what light and colors you have brought to it. You are awe inspiring with your compassion and sensitivity to all you serve. Some of you have become friends and opened up experiences I never dreamed would happen, so I want to thank you and may you be blessed and graced. As I have told you in the past, my gratitude is endless. Please take care of yourselves. Follow the way of love.  
Fondly, Liz McRaney

## What to bring with you

Proof of identification (photo ID), such as drivers license, your address & contact information  
Social Security cards for you, your spouse and dependents  
An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number  
Proof of foreign status, if applying for an ITIN  
Birth dates for you, your spouse and dependents on the tax return  
Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers .  
Interest and dividend statements from banks (Forms 1099)  
A copy of last year's federal and state returns, if available  
Proof of bank account routing and account numbers for direct deposit such as a blank check  
To file taxes electronically on a married-filing-joint tax return, **both spouses must be present** to sign the required forms  
Total paid for daycare provider and the daycare provider's tax identifying number Forms 1095-A, B or C  
Affordable Health Care Statements  
Health Insurance Exemption Certificate, if received  
Copies of income transcripts from IRS and state, if applicable  
Forms 1095-A, B or C, Affordable Health Care Statements

## Retirement of Mimi Coogan From the Shepherd's Center Board of Directors

Mimi Coogan joined the Board of Directors soon after it was formed in 2013. She served as Secretary for two years then became the Community Outreach Co-Chair. Mimi was responsible for securing booths for venues such as McLean Day and Falls Church Day and represented SCMAFC at various council and Chamber of Commerce meetings. She made herself available to give support wherever it was needed. Mimi retired from the Board at the end of 2018 but remains an active volunteer in many ways. We thank you for your time and service to our organization, Mimi.



## Falls Church Tree Fest

This annual event featured 20 sparkling, festive and uniquely decorated holiday trees, which were on display at *Ireland's Four Provinces* in Falls Church on December 14. As visitors perused and bid on the 4' trees from 11-8, they were entertained by music and offered holiday treats. Each tree was decorated and donated by local organizations in Falls Church. The Shepherd's Center tree was festooned in white ornaments and ribbons to create a Winter Wonderland theme. We are pleased that our tree raised \$125.00 for the Shepherd's Center.



## Thanks to Our New Volunteers Who Joined in 2018!

Mark Turco	Brent Burriss
David Giroux	Brent Lederle
Hank Seiff	Charlie Mendenhall
Carolyn Jeskey	Joe Privitera
Brys Broughton	Rhea Sharma
Sowmya	Juan Tuason
Bhimanadhuni	William Wester
Sara Brenner	Tracy Yensen
Bob Clark	

## Locker Room Fundraiser

A successful – and delicious – fundraiser was held at *The Locker Room Sports Bar & Grill* in Falls Church on October 17, 2018. The event was from 5:00 – 10:00 PM so friends and supporters of the Shepherd's Center gathered for juicy burgers and other delights! \$209.00 was raised at this fun evening event.

## Upcoming Events

Volunteer lunch scheduled on June 6th  
McLean Day - May 18th from 11AM to 5PM

## Suellen Skocki – Special Volunteer for Us

You will not find Suellen on SCMAFC's list of volunteers. The help Suellen provides is of a different nature than, say, driving for our clients. Suellen serves as the Ministry Assistant at the McLean Baptist Church in "downtown" McLean. Suellen is the one who actually publishes this Newsletter for Shepherd's Center. We deliver an original version of the Newsletter to Suellen, then she gets it printed and folded so that we can mail it out to our clients. She frequently goes "the extra mile" to help us during this process.

Suellen was born in Ohio and is a graduate of Ohio State University. Her husband, Stan, also attended Ohio State but they met not at the university, but afterwards "by chance" in the dining room of a retirement village where Suellen was working. They have two boys, one now in college and the other still attending a local school.



She supports and coordinates a long list of activities at the Church. For example, the Church routinely provides food for needy children of a local elementary school to eat over the weekend. Suellen purchases the food and helps orchestrate the packaging of this food for the children.

Suellen has worked for the McLean Baptist Church for 17 years and still enjoys her work. She is a member of the Joyful Noise Handbell Choir at the Church and has enjoyed ringing the bells since she joined the Church. In addition to honoring Suellen by describing her work in this copy of our Newsletter, SCMAFC also extends our special thanks to the McLean Baptist Church for all the support they provide. In addition to making Suellen available to us to publish this Newsletter, the Church also pays for the stamps to mail the Newsletter to all our clients. Also, this year the McLean Baptist Church has a campaign to urge its members to volunteer to help Shepherd's Center clients by driving, calling or visiting clients, providing handy helper services and donating to our Center.

On the back of every Newsletter we acknowledge the help of this Church but we hereby extend a special thanks to the McLean Baptist Church for all their support to our Shepherd's Center, especially to Suellen Skocki.



**Shepherd's center**

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## **SHEPHERD'S HERALD — Spring 2019**

### **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  
Women of 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 Board of Directors**

Betty Douglass - Chairman  
Michael Lerner - Vice Chairman & Newsletter Editor  
Carol Edelstein - Secretary & Community Outreach Chair  
Bob Clark - Treasurer  
Tom Eversole- Executive Director (ex officio)  
Denise Augustenborg-Volunteer Event Co-Chair  
Dave Hagigh - Volunteer Recruitment Chair  
Laura Hicks - New Client Assessment Chair  
Mary Highsmith - Transportation Chair  
Sherry Joslin - Volunteer Event Co-Chair  
Nancy Murray - Marketing & Social Media Chair  
Christine Sheehy - Client Advocacy Chair

### **Shepherd's Center thanks the 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.