

SHEPHERD'S HERALD: Volume 6, Issue 2 — Spring 2020

SCMAFC Service Continues During Virus

The COVID-19 pandemic has altered the way our Shepherd's Center serves our clients. How?

We still **drive clients** to health-related appointments, though the cancelling of appointments by providers has reduced the number of requests. Many of our faithful volunteers are still willing to provide these critical rides, while following the CDC and county health department guidelines for staying safe.

Our Friendly Visitors are now **calling** rather than visiting, still keeping in touch with those who ask for periodic check-in phone calls. Let us know if you would like a call or would like to be a caller.

Those clients who rely on SCMAFC for their **grocery shopping** are being served by Board members and several volunteers who shop during early morning "senior" hours or go to food banks and deliver groceries to our clients.

We have had to suspend taking on new clients during the pandemic, because the home visits required for screening them are no longer possible. As soon as the stay-at-home restrictions are lifted, we will resume accepting new clients.

We continue to accept **new volunteers** and are providing training by Zoom. Many in our community have stepped forward to help and we are grateful for their willingness to join us.

Our community **fund-raising** provided by local restaurants has had to be largely suspended, with the closing of many.

Board and committee meetings are now held online using Zoom. This technology has been a wonderful learning experience!

Face Masks

SCMAFC has been given a supply of free, washable home-made **face masks** for volunteers and clients. Our special thanks go out to Karen Ready, an area school teacher who lives in Falls Church. She has been making several hundred masks each day and donating them to organizations like ours. Let us know if you would like one or if you would like to make and share some of your own for us to distribute.

SCMAFC remains committed to continuing our service to older adults in McLean, Falls Church, and Arlington. We welcome your support as we all live through these difficult times.

SCMAFC Ride Statistics

In the first quarter of 2020, SCMAFC volunteers provided 684 rides. Of these, 344 were for medical and dental appointments, 108 were for grocery shopping trips, 7 were Handy Helper visits, and 43 were Friendly Calls or Visits. During this time, 17 new riders were added and 10 new drivers. The volunteer drivers provided at least 574 hours of their time and drove at least 5,170 miles.

Since the Coronavirus pandemic began to affect our daily lives, the number and nature of ride requests has changed significantly. Starting just after the middle of March, many riders experienced cancellations of their scheduled appointments (either from personal choice or because medical offices were making the cancellations). During the first month of the second quarter the majority of ride requests have been for grocery shopping.

Grocery Shopping During COVID-19

Amandine Thomas At 26, Amadine is one of our youngest drivers. Despite having lost her job as a result of the virus she volunteered her services to the Shepherd's Center, especially to drive clients unable to do grocery shopping.



Robin Gold "During these extraordinary times, my heart goes out to those who have no way to get their basic food needs met without Shepherd's Center. These folks don't have the ability to stock up on weeks and weeks of food. I am happy to help those whose lives depend on us."



Jim Ellis Jim retired from the federal government in June 2019 and began driving with Shepherd's Center in October. He has been tireless in supporting both the grocery needs as well as medical appointments.

**President BARACK OBAMA and
Senator RICHARD LUGAR (R-Indiana)
Washington, 6 June 2005**

"When we think of the major threats to our national security, the first to come to mind are nuclear proliferation, rogue states and global terrorism. But another kind of threat lurks beyond our shores, one from nature, not humans - an avian flu pandemic. An outbreak could cause millions of deaths, destabilize Southeast Asia (its likely place of origin), and threaten the security of governments around the world."

Fundraiser Update

The Shepherd's Center always looks forward to its fundraisers as a way to meet people, enjoy some good food, and raise funds for its mission of providing services to seniors. Several planned events have been cancelled but others remain on the schedule. Please join us if you can.

Falls Church Panera: April 24 – CANCELLED

Falls Church Farmer's Market: April 18 – CANCELLED

May 23 – PLANNED

June 20 – PLANNED

McLean Day: May 16 – CANCELLED

Original Pancake House, Falls Church

May 28 – PLANNED

Pulcinella Italian Host, McLean: July 14 – PLANNED

Updates will be provided if there are any changes and invitations will be sent as reminders.



Shepherd Center Notes

The annual spring **Volunteer Appreciation Luncheon** has been postponed, and we are eager to get this back on the calendar so that we can say thank you to so many of our dedicated, faithful volunteers.

Social media has become more crucial in communicating during this pandemic. We are fortunate to have skilled Board members and volunteers to update and improve our Website and Facebook pages.

Jan Gordon, New Board Member

Jan has lived in Arlington since 1991, having moved from Boston with her husband and three young children. The family was planning to return to the Boston area after one year but loved the area so much, they stayed. A social worker for 40 years, Jan has worked with children, families, and older adults in public schools and non-profit organizations, including as the Client Services Director at Northern Virginia AIDS Ministry, Program Director of Chess Challenge in DC, and most recently as a Member Services Facilitator with Goodwin House at Home. Jan is interested in service to others in her community and enjoys time with family and friends. Additionally, she enjoys hiking, camping, reading and attending local theater.



Denise Augustenborg, Retiring Board Member

Denise began volunteering with SCMAFC in 2012. She was looking for a volunteer opportunity that would allow her to help others without having to commit to a permanent schedule. She says "SCMAFC was the answer to my prayers. I read about it in my church bulletin and started driving immediately." She met many wonderful seniors. In 2015 Denise joined the Board. She was originally in charge of interviewing seniors who wanted to use our services. Eventually the need was so great that she needed help and a committee was formed.



Denise then took over responsibility for contacts with our volunteers, such as organizing luncheon events in their honor. With great sadness Denise had to retire from the board in the fall of 2019 due to increased family responsibilities. She continues to serve as one of our Ride Coordinators and still drives occasionally.

Recent Client Comments

"I wish all of you well and to let you know that I am thinking of you, and care about you. Take care and be safe."

"I used to take taxi cabs but found them to be unreliable and the drivers often unknowledgeable of the area. By comparison, the Shepherd's Center people are terrific and wonderful. I just want to say that every time I get a ride from the Center."

Special Thanks to Drivers in April

April has been a particularly "high-risk" month. Ten drivers who provided 52 rides deserve special recognition.

Betty Douglass (4), James Ellis (18), Bernard Gill (2), Robin Gold (4), Dave Hagigh (2), Mary Highsmith (8), Janel Morris (4), Rachele Ostler (2), Christine Sheehy (2), and Amandine Thomas (6).

Donor Appreciation

SCMAFC is a 100% volunteer, non-profit organization that continues to be graciously supported by individuals and local organizations. Contributors enable SCMAFC to pay for business expenses and thereby continue to provide services to local seniors. Over the past 4 months, the following contributors have generously shared their support for our mission and we thank them all:

St. Katherine's Ladies Philoptochos Society

McLean Baptist Church (special thanks to Suellen

Skocki for printing the newsletter each quarter)

Lewinsville Presbyterian Church, McLean

Saint Luke's Catholic Church, McLean

Falls Church Endowment Fund, Inc.

30 SCMAFC clients

11 SCMAFC volunteers

8 SCMAFC Board members



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

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Thanks to the faith groups that support our services

Faith Lutheran Church, Arlington
Immanuel Presbyterian Church, McLean
Lewinsville Presbyterian Church, McLean
Lutheran Church of the Redeemer, McLean
McLean Baptist Church, McLean
Memorial Baptist Church, Arlington
Our Lady Queen of Peace Catholic Church, Arlington
Saint Agnes Catholic Church, Arlington
Saint Katherine Greek Orthodox Church, Falls Church
Saint Luke Roman Catholic Church, McLean
Saint Luke Serbian Eastern Orthodox Church, McLean
The Falls Church Episcopal, Falls Church
Trinity United Methodist Church, McLean
Women of Temple Rodef Shalom, Falls Church

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Sherry Joslin - New Client Assessment & Volunteer Event Co-Chair
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Shepherd's Center thanks the McLean Baptist Church for printing this Newsletter

Shepherd's Center of McLean-Arlington-Falls Church is a nonprofit 501c(3) licensed in Virginia. Donations may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22101. The Center can be contacted through its Website www.SCMAFC.org, by email to info@scmafc.org, on Facebook at SCMAFC, or by phone at 703-506-2199.