

SHEPHERD'S HERALD: Volume 6, Issue 3 — Summer 2020

SCMAFC is Busy as the Coronavirus Lingers

Although we hoped in the springtime that the pandemic lockdown would be behind us by summertime, all of us are still coping with this new, unwanted lifestyle. Shepherd's Center services, thankfully, have been able to continue. We are so grateful for our dedicated drivers, shoppers, and callers!

- 38 volunteers have continued to provide services to 51 clients during the pandemic (from mid-March to mid-July), providing almost 500 rides or visits.
- Even after health care providers began scheduling in-office appointments, our drivers were able to fill almost 100% of the ride requests.
- About a dozen clients who do not feel safe leaving their homes are having groceries brought to them by volunteers.
- We have had 8 new volunteers enroll during the past 4 months, and they are already busy providing services.
- About 14 volunteers are calling clients and visiting with them by phone on a regular basis.
- We have connected almost a dozen clients with *Let's Connect*, a local company that is devoted to providing regular telephone check-ins with isolated older adults.

Staying Safe During the Pandemic

Volunteers and clients are reminded of the CDC and Health Department guidelines for keeping safe during the Coronavirus pandemic:

- Wear a mask when you leave home. SCMAFC has free cloth masks; call 703-506-2199 to request one.
- Wash your hands thoroughly whenever you touch anything outside your home and use hand sanitizers often.
- When riding in a car with a non-family member, the passenger should sit in the backseat on the right side to allow social distancing.
- Drivers are urged to sanitize the portion of the car where clients are sitting before and after a trip.
- When taking a client to a medical appointment the driver should stay in the car and return at the appointed time for pick-up, without going into the waiting room with the client.
- Practice social distancing (keeping 6 feet apart) when interacting with others.
- Minimize trips outside your home and always visit with others outdoors.
- If you are experiencing any symptoms of the virus, do not request a ride from SCMAFC.

Stew Lingley

The Ed Schrock Volunteer of the Year Award

The Shepherd's Center has selected Stew Lingley as the Center's 2019 Volunteer of Year. He joined the Center in 2013 as a volunteer driver, providing 68 rides last year. Stew has been a resident of Northern Virginia since the age of two, except for his time in the Navy and while away at school. He attended St. Johns College High School in Washington, DC, the U.S. Naval Academy, and the Massachusetts Institute of Technology. He is basically a naval engineer and was associated with the Navy one way or another most of his working life.



Stew has been a volunteer with the SHARE-of-McLean furniture program for many years. In January 2013, he expanded his volunteer efforts with SHARE and joined SCMAFC. His community

involvement also has included since 2008 service as a Fairfax County election official. Stew is married, has three daughters, and six grandchildren.

Arlington Food Assistance

The Cooperative for a Hunger Free Arlington is working to ensure that all residents who need food assistance have access to resources.

<https://www.arlingtonva.us/covid-19/food-assistance/>

View an interactive map that shows locations of food pantries and free meal pick-up for children and families.

<https://www.arcgis.com/apps/webappviewer/index.html?>

Ride Statistics for April-June 2020

Despite the pandemic, during the second quarter of 2020, SCMAFC volunteers provided 357 rides. Of these, 153 were for medical and dental appointments, 105 for grocery shopping, 14 for Handy Helper visits, and 75 were Friendly Calls. Volunteers provided at least 228 hours of their time and drove at least 2,036 miles.

During the quarter there were no rides for therapy appointments. Many psychotherapy appointments were conducted by telephone, and physical therapy offices tended to be closed because of the pandemic.

Coronavirus Impact

According to the Washington Post, as of 22 July at least 140,000 people in the United States had died from coronavirus and at least 3,942,000 cases had been reported.

Fairfax County, including McLean:

510 deaths 15,078 cases

Arlington: 135 deaths 2,763 cases

Falls Church City: 6 deaths 54 cases

Fairfax County is Monitoring the Covid-19

Residents are strongly encouraged to utilize the resources listed below:

Covid-19 updates from Supervisor Foust: <https://www.fairfaxcounty.gov/dranesville/coronavirus>

County Covid-19 website: www.fairfaxcounty.gov/covid19/

Sign up for text message alerts:- text FFXCOVID to 888777

Email the Fairfax County Health Department at ffxcovid@fairfaxcounty.gov (monitored 8:00 a.m. to 6:00 p.m. weekdays)

Featured Client, Doris McDiffett

Doris McDiffett celebrated her 104th birthday in July. Born with a twin sister in Fayette County, Pennsylvania, they had six other siblings, three of whom lived into their 80s and 90s. Doris reports that her older brother will celebrate his 107th in November. She jokingly has attributed her long life to “never having been married”.

Doris shared that she had long-lived ancestors. Her mother lived to be 97 and four of her mother’s sisters lived into their 80s and 90s.

Doris said she came to Washington in the early 1950s where she worked for the Department of Health, Education, and Welfare, and the Social Security Administration, retiring in 1981. She is a long-time member of Capitol Hill United Methodist Church. In retirement she has been a rabid Nationals fan. On her 100th birthday her nephew took her to a game where she was honored at home plate. She loved the championship season but said “the team made a huge mistake by letting Anthony Rendon slip away, just as it had earlier with Bryce Harper.”

Doris says she enjoys riding with SCMAFC volunteers, but adds she occasionally drives herself to grocery stores in her Chevy!

Featured Client, Tor Eide

Tor is a long-time client of SCMAFC and at 96 is one of our favorites. He hails originally from Norway before moving to Minneapolis in 1931. Tor lives with his wife Dorothy of 60 years in Falls Church. They have three grown daughters and 2 grandchildren.

As a 19-year-old in 1942, Tor answered the call of duty and enlisted in the Marines where he served two years in the Pacific with the 1st Marine Division. Following the war, he studied at Miami University in Ohio and Dartmouth College before finishing his undergraduate studies in 1948 at the University of Minnesota. He then received a certificate of language fluency from the School of Oriental Languages in Paris. He primarily studied French and Russian, becoming exceptionally fluent in both. For a few years, Tor lived in Paris within a community of Russian émigrés that had been lucky enough to escape Stalin's Soviet Union. All that effort was put to good use as he spent the next 30 years working various assignments abroad for the CIA. After his "retirement," Tor worked as a contractor for the CIA for another 10 years.

Tor loves sports, but in particular is an avid golfer. He watched in person players like Ben Hogan , Sam Snead, and other great golfers of yesterday. Tor shot his age twice during his best golfing days when he was in his 70s and 80s.

SCAMS Targeting Seniors

SCMAFC has become aware of some new scams aimed at seniors. One of our clients recently received a call from an unidentified caller requesting a mailing address — a “no-no” to avoid an unexpected visitor. Many calls target seniors with scam offers, trying to sell unwanted or unneeded merchandise or services. Review the FTC Consumer Information below for further the best defense.

<https://www.consumer.ftc.gov/blog/2019/09/self-defense-against-scams-0>

Women in the U.S. Congress

Barbara Mikulski became the longest-serving woman senator (and Congresswoman) in 2012; she retired in 2017 as still the longest-serving after serving for forty years.

Elise Marie Stefanik, then aged 30, upon her first House election in 2014 became the youngest woman ever elected to Congress at the time.

Tom Eversole, Retiring Board Member

Tom Eversole began serving with SCMAFC shortly after its establishment by Ed Schrock in 2006. Over the years Tom was recognized for his leadership and management skills and served as the Center's second Executive Director for his final seven years ending when he stepped down in 2019.



Tom and his wife Austine assembled the legal and tax-related documents for establishment of the Center. He was instrumental in developing the Northern Virginia (NV) Rides program, including selecting the software used by all Northern Virginia Shepherd's Centers. He still serves on the NV Rides Advisory Council and as advisor to the National Shepherd's Center. Tom served many roles within SCMAFC including as a volunteer driver, Treasurer, preparing tax returns, coordinating the work of the transportation committee, and training both volunteers and Ride Coordinators. He also has been instrumental in bringing new volunteers into leadership positions and in helping them assume new responsibilities. He was always unfailingly generous with his time and expertise in helping expand and develop our leadership base. His volunteer work exemplified those who inspire us all to go about our tasks without recognition, while making a profound difference in so many lives.

Nancy Murray, Retiring Board Member

Nancy started volunteering with the Shepherd's Center in 2012 after retiring from Verizon. She was looking for a way to help in her community, particularly with senior citizens. She began by driving clients to their medical and grocery store appointments, enjoying the opportunity to meet new people and see some places in the community where she'd never been before. Nancy made new friends along the way and enjoyed talking with clients about a wide range of very interesting topics and hearing some fascinating stories about them and the past. One of the things Nancy really enjoys about this volunteer opportunity is the freedom to choose when, where, and how often to drive. The flexibility is definitely a benefit for drivers.

In 2017, Nancy joined the Board of Directors. She assumed responsibility for revamping and maintaining the Shepherd's Center website and various other marketing, communications, and client contact responsibilities. She retired from the Board in 2020 but continues to drive clients to their appointments as much as her schedule permits.



"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."

Martin Luther King, Jr. (1968)

2019 Individual SCMAFC Donors

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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.

2019 Organization SCMAFC Donors

Business/Organizations

Amazon Smiles
The Locker Room Sports Bar & Grille
The Original Pancake House

Churches & Synagogues

Immanuel Presbyterian Church
Lewinsville Presbyterian Church
Lutheran Church of the Redeemer
McLean Baptist Church
Our Lady Queen of Peace Church
Saint Luke Catholic Church
St. Luke Serbian Eastern Orthodox Church
St. Katherines Greek Orthodox Church
Women of Temple Rodef Shalom

Grant

Endowment Fund from The Falls Church

Medicare Open Enrollment Period Begins 15 October

Each year starting on October 15th and ending December 7th Medicare offers current Medicare recipients an opportunity to review and, if needed, change their Medicare and Prescription Drug Plans. Medicare health and drug plans can make changes each year—for example, cost, coverage, and identification of current providers and pharmacies in their networks - so it is important to review your coverage and make any changes during this period.

Need help reviewing and considering changes? Free help is available from the Virginia Insurance Counseling & Assistance Program (VICAP). Call the numbers below to speak with a certified Medicare counselor.

Arlington residents: (703)228-1725
Falls Church and McLean: residents (703)324-5851

Information for General and Special Elections of November 3, 2020

Transportation: SCMAFC does not provide rides to polls on election day but both political parties plan to do so, subject to possible limited availability due to Covid-19. In Fairfax County call the Democratic Committee at 703-573-6811 or the Republican Committee at 703-568-8070. In Arlington County call the Democratic Committee at 703-528-8588 ext. 5 or the Republican Committee at 703-568-8070, or view <https://vote.arlingtonva.us/polling-places/rides-polls/>. Call several days in advance to be sure arrangements for your ride can be made.

Registration: Be sure you are registered to vote at your current address. You can register, or verify and securely update your registration status, by visiting the Virginia Department of Elections website <https://www.elections.virginia.gov/registration/>. Virginia also now offers what in effect is automatic voter registration when a qualified citizen “interacts” with the state’s Department of Motor Vehicles (DMV). This includes obtaining a new driver’s license or state identification (ID) card, renewing an existing license or ID, or changing a mailing address. Information provided to DMV during these interactions will be provided for voter registration purposes unless the individual “opts out”.

Deadlines

- ◆ Voter Registration Deadline: Tuesday, October 13
 - 5:00 p.m. for In-person registration;
 - 11:59 p.m. for online registration visit <https://vote.elections.virginia.gov/VoterInformation>;
 - Postmarked October 13 for by-mail applications.
- ◆ Absentee Ballot (Vote-by-Mail) Application Deadline: Friday, October 23
 - If mailed, absentee ballots must be postmarked by Tuesday, November 3 AND received no later than noon Friday, November 6 to be counted.
 - If not mailed or sent by commercial service, absentee ballots may be used by the voter at the polls during normal voting hours.

Early/No Excuse Absentee Voting

NEW: As of July 1, 2020, Virginia has "no-excuse absentee voting." In other words, no longer will a voter need a "valid" reason to vote absentee. Voters are now allowed to vote early/absentee just because they choose to do so.

- ◆ Voting By-Mail Absentee Ballot Applications
 - The easiest and best way to apply for a by-mail absentee ballot is to visit the Virginia Department of Elections website <https://www.elections.virginia.gov/casting-a-ballot/absentee-voting/>
 - In addition, Fairfax County, Arlington County, and Falls Church allow voters to pick up applications in person. See contact information for each jurisdiction below for instructions on how and where to pick up applications.
 - Voters are able to apply for an absentee ballots now and are encouraged to apply as soon as they decide to vote-by-mail.
 - Ballots for absentee voting by-mail will be mailed by the end of September 2020. If you have not received your ballot by early October 2020 and think you applied for one, promptly contact the appropriate election office.

◆ Voting Early In-Person

- In-Person early/absentee voting begins Friday, September 18, 2020. The last day to vote in-person absentee is Saturday, October 31.
- Vote in-person early/absentee during normal election office hours and on Saturday, October 24, and Saturday, October 31, from 9:00 a.m. to 5:00 p.m.
- Voting at the Polls: Voters must bring a valid Voter ID, which as of July 1, 2020 includes the Voter Information Notice (Voter Card) or a utility bill with the person's name and registered address on it. Valid Photo IDs, such as a Virginia Driver's License, a U.S. Passport, or Employment Badge are also accepted. All acceptable IDs are listed on Virginia's website:

<https://www.elections.virginia.gov/registration/photo-ids-required-to-vote/>

Curbside voting: On election day, curbside voting will be available for seniors and voters with disabilities. Upon arrival at polling locations, call the phone numbers posted there for assistance.

Ballots: The websites below provide many details including sample ballots. Formal ballots will be available by mid-September; they will include candidates for U.S. President and Vice President, U.S. Senate, U.S. House of Representatives, and Special Elections for Two Amendments to the Virginia Constitution.

Contact Information by Jurisdiction: Fairfax County (McLean)

Website: <https://www.fairfaxcounty.gov/elections/>

Email: voting@fairfaxcounty.gov

Address: 12000 Government Center Parkway Suite 323, Fairfax, VA 22035

Phone: 703-222-0776

Hours: Monday-Friday 8:00 a.m. - 4:30 p.m.

Arlington

Website: <https://vote.arlingtonva.us/elections/>

Email: absentee@arlingtonva.us (for absentee applications)

Address: Bozman Government Center, 2100 Clarendon Blvd, Ste 320, Arlington, VA 22201

Phone: 703-228-3456

Hours: Monday-Friday 8:30 a.m. - 4:30 p.m.

Falls Church

Website: <https://www.fallschurchva.gov/135/Voter-Registration-Elections>

Email: vote@fallschurchva.gov

Address: 300 Park Ave., Center Level, Suite 206, Falls Church, VA 22046

Phone: 703-248-5085 (TTY 711) Fax: 703-248-5204

Hours: Monday-Friday 8:00 a.m. – 5:00 p.m.

Commonwealth of Virginia

Website: <https://www.virginia.gov/agencies/department-of-elections/>

Email: info@elections.virginia.gov

Address: Department of Elections, 1100 Bank Street, 1st Floor, Richmond, VA 23219

Phone: (804) 864-8901 Fax: 800-552-9745



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

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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
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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.