

SHEPHERD'S HERALD: Volume 6, Issue 4 — Fall 2020

**COVID-19: According to the
Center for Disease Control**

People at high-risk for severe illness:

- 65 years and older
- those in nursing homes or long-term care facilities

All ages with underlying medical conditions, particularly if not well controlled, including people:

- with chronic lung disease or moderate to severe asthma
- who have serious heart conditions
- who are immunocompromised
 - ◊ Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- with severe obesity
- with diabetes
- with chronic kidney disease undergoing dialysis
- with liver disease



Wear masks with two or more layers over your nose and mouth and secure under your chin.



**Here's What You Can do to
Help Protect Yourself**

- Stay home if possible.
- Wash your hands often.
- Avoid close contact and stay at least 6 feet from other people.
- Clean and disinfect frequently touched surfaces.
- Cover your mouth and nose with a cloth face cover when around others.
- Cover coughs and sneezes.
- Call your healthcare provider if you are sick.

For more information visit CDC's webpage

<https://www.cdc.gov/coronavirus>

Call Betty Douglass on 703-241-3793 if you are in need of cloth masks, disposable masks, hand sanitizers, disinfectant wipes, and gloves.

Ron Krieger, SCMAFC Volunteer

Ron Krieger served as a Center volunteer driver providing over 100 rides during his five years. We thank him for this faithful service to the organization and its clients. Last month Ron informed us that due to his health concerns he no longer would be able to continue. He indicated that he is still able to drive himself but was reluctant to put Center passengers at risk due to his health.

Ron began his association with the Center initially as a client following cataract surgery, which eventually led him to begin volunteering as a driver. He indicated that driving clients was a most rewarding experience and that he was sorry to no longer be able to do this.

Ron sends his kind regards and best wishes for the Center's continuing important work in which he was proud to participate.

Ride Statistics for July-September 2020

During the third quarter of 2020, SCMAFC volunteers provided nearly 450 rides, a 20% increase over the number provided during the second quarter. Of these, 225 were to medical/dental appointments, 120 to grocery stores, 90 for friendly calls or visits, four to carry out Handy Helper requests, and three for physical therapy appointments. In carrying out these rides our volunteers donated at least 317 hours of their time and drove at least 2,516 miles.

Recognition for Carrie Le & Alex Paine

A special thank you to volunteer Communications Vice Chair Carrie Le for helping to keep the SCMAFC website updated and to Alex Paine of Websight Design Inc., for refreshing the entire site earlier this year. Websight Design, Inc. offers clients a range of website development services, including website programming, responsive website design, website hosting, and digital marketing. Alex started this company in 1995. It is based and headquartered in the San Francisco Bay Area serving a variety of clients, including artists, nonprofits, and small businesses. Their website identifies a list of clients including nonprofits. SCMAFC's hotlink is on the nonprofit list.

<https://www.websightdesign.com/clients/primarylist>

Medicare Open Enrollment Period

Ends 7 December

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 recipients can make plan 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.

If you 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

Coronavirus Impact to the Area

Deaths/Cases*

	<u>22 Jul</u>	<u>25 Oct</u>
Fairfax (including McLean)	510/15,078	606/23,351
Arlington	135/2,763	154/4,537
Falls Church	6/54	7/75
Virginia	1,022/69,204	3,579/173,371
U.S.	140,000/3,942,000	224,000/8,601,000

*Washington Post, 25 October 2020

Marjorie Long, Featured Client

Marjorie Long is a new SCMAFC client. She is a long-time resident of the Washington, DC area and has lived in Arlington most of her life. Following her graduation with a degree in English from Penn State University in State College, she sought employment in Washington as a teacher. While waiting for a first opportunity to take the DC teachers' certification exam she worked for one year in the Public Affairs Section of the Soviet Embassy. Once certified she began a one-year teaching assignment in the John Philip Sousa Intermediate School and then transferred to Eastern High School where she spent an entire career teaching English, retiring after 35 years. But her work was not completed, as the Yorktown High School near her home in Arlington called upon her for substitute teaching, an activity that she continued for another 10 years.

Marjorie is married to David Brown, a Vietnam War veteran and another new SCMAFC client. The two met about a dozen years ago at church when David inadvertently picked up Marjorie's raincoat, thinking it was his. Nature took its course and they now live in the Bailey's Crossroads area of Falls Church. They are most appreciative of the support SCMAFC is providing. By the way, one of Marjorie's brothers is also a veteran having served in World War II, the Korean War, and in Vietnam.

Arlington, Fairfax & Falls Church Food Assistance Programs

Arlington

arlingtonva.us/covid-19/food-assistance/

or call [703-845-8486](tel:703-845-8486)

Fairfax

fairfaxcounty.gov/results?q=food%20distribution/

or call [703-324-4600](tel:703-324-4600)

Falls Church

fallschurchva.gov/681/Housing-Human-Services

or call [703-248-5005](tel:703-248-5005)

In Memory of Laura Hicks, SCMAFC Volunteer

We are saddened by the recent death of Laura Hicks, a volunteer for the Shepherd's Center of McLean-Arlington-Falls Church since 2015. She had a passion for helping older adults and enthusiastically served as a driver, a Ride Coordinator, the New Client Assessment Committee Chair, and a Board member. From the beginning, Laura had a vision for creating a way to reach out to seniors who were lonely. She founded the Center's Friendly Visitor program and dedicated herself to connecting and enriching the lives of clients and volunteer visitors. When the COVID-19 pandemic hit, Laura worked tirelessly to manage the program, which transitioned to a Friendly Caller program since visits were no longer safe. The requests for these calls grew at a tremendous rate and Laura dedicated herself to finding available callers, including herself, for all who needed them. She continued her work despite her failing health.

On October 16, Laura lost her fight and we lost a compassionate, caring, devoted member of our organization. Laura's positive attitude, her kind heart, and her commitment to giving back have affected everyone who knew her and worked with her. Her contributions were many and she will be missed by us all.



Laura as we remember her.



Shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard
McLean, VA 22101-3109

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The Shepherd's Center invites you to follow our Facebook page by "liking"

<https://www.facebook.com/SCMAFC> as well as visit our website <http://scmafc.org/>.



Make a difference by just driving your car? Be a volunteer driver for non-driving seniors. Drivers have a profound impact on the lives of seniors in the community when they provide rides to medical appointments and the grocery store. No long term volunteer time commitment is required, enjoy a flexible schedule.

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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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.