

SHEPHERD'S HERALD: Volume 7, Issue 4 — Fall 2021

SCMAFC Covid-19 Protocol Modifications

SCMAFC adjusted to the pandemic in the winter of 2020 and has continued to serve our clients. We instituted new protocols requiring the wearing of masks by both drivers and clients, requiring clients to ride in the back seats of cars, and using alcohol wipes on surfaces touched by clients. We now believe it is time to add adjustments regarding vaccination status for both drivers and clients.

The Washington Post in mid-October reported that a substantial Northern Virginia increase in Covid-19 cases had begun in August although noted that this increase appeared to have plateaued by October. In recent days the paper has reported concern about the winter months given that some states in colder regions are already experiencing increases in cases. Given the current situation and because of concerns raised by some of our clients, we are modifying our ride protocols -- a client calling for a ride may now ask to be driven by a volunteer that has been fully vaccinated. We will place this client information in our computer system so that it will automatically appear for subsequent ride requests. We have asked all 50 current drivers -- those who have driven this calendar year -- whether they have been fully vaccinated. All but one told us that they are fully vaccinated.

Finally, out of concern for our drivers the Center will be asking clients for their vaccination status. This will be accomplished as drivers and Ride Coordinators call clients in response to their ride requests. Client vaccination status information will be placed in our computer system where drivers can see it.

We are asking everyone to adhere to the CDC guidelines; if you have a fever or have had a positive Covid-19 test and you are quarantining, please refrain from riding.

We are not asking for proof of vaccinations from anyone, we are relying on the good faith and trust of both our clients and volunteers. Thank you for supporting this Covid-19 safety initiative. We are adopting these changes for the safety of all of us.

Michael Lerner, Acting Board Chair

A Message to our Volunteers

Our thanks to all SCMAFC volunteers who have provided transportation so often for our many clients. As you know our continuing concern is to recruit, train, and maintain a sufficient number of drivers to satisfy our clients' needs. But, as the demand grows for our services we are in need of more volunteers to serve different roles within the organization. For example, we have a variety of committees that need additional members. We also need more ride coordinators -- those who match the daily requests with drivers. It is an interesting job that is automated, and only requires about one week every two months. The work is done from your home using your computer and at times that are convenient for you. Another need is for help with the recruitment of volunteers. We have done this at local Farmers' Markets, and through homeowners associations, social clubs, and churches. If you have an interest please get in touch.

Carol Edelstein, Board Secretary

Medicare Open Enrollment

Ends December 7th

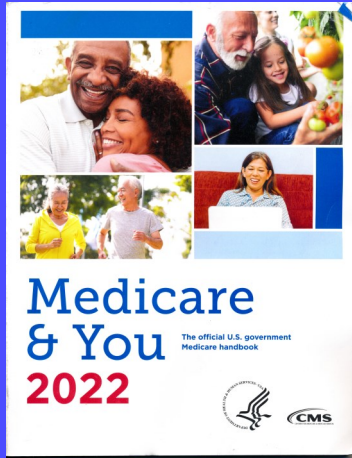
Each year beginning October 15th and ending December 7th Medicare offers current Medicare recipients an opportunity to change their Medicare and Prescription Drug Plans.

Annually, plans occasionally change such things as cost, coverage, providers, and pharmacies available in various networks.

Check your coverage.

Fairfax residents can contact the Virginia Insurance Counseling &

Assistance Program (VICAP). Arlington residents can call (703) 228-1725 or email Medicare-help@arlingtonva.us. Falls Church or McLean residents can call (703) 324-5851 for help.



Ride Statistics

July-September 2021

99% of rides requested were satisfied

41 volunteers provided 500 rides, driving 4000 miles in 420 hours

311 were for medical or dental appointments

58 were for physical therapy or psychotherapy

122 were for grocery shopping

4 were for handy helpers

Five volunteer drivers joined SCMAFC during the quarter as well as eight new clients

Scam Threat Continues

Scammers continue to prey on people of all ages, and especially seniors, through telephone calls and email. If it sounds too good to be true, it no doubt is. Tax season is a favorite for "helping" victims with their returns. NEVER give out your Social Security Number, Medicare or Medicare numbers, bank information, or any other personal information. Legitimate agencies will never ask for such information over the phone. Ask the caller for his/her number and then call the Non Emergency Police Line for Arlington 703-558-222, Falls Church 703-241-5050, or Fairfax County 703-601-2131.

Eugene Francis Gallagher, Memorial Tribute

October 3, 1938-April 18, 2021

Gene Gallagher, a regular Shepherd's Center client for the past several years, passed away in April from Parkinson's Disease. He and his wife Judy of 60 years have been residents of Falls Church for over 50 years. They had two daughters, Karen and Susan. Gene was one of six children and grew up in Wilmington, Delaware. As a teenager he spent much of his time caddy-ing and playing golf, an activity that became one of his life-long passions. Gene graduated



from the University of Delaware with a degree in Business Administration. His friends there called him "Gentleman Gene," a nickname the Center's volunteers who drove him would agree with. Following graduation he joined the Army Reserves and subsequently gained civil service employment with the Navy in Philadelphia. In 1966 the Navy transferred him to the DC area to a position with more responsibility where he and Judy have lived since. He retired from the Navy in 1995 which provided more time for backyard gardening, duplicate bridge and, of course, golf. Finally, during these later years Gene gave generously of his time mentoring in the *Best Buddies Program* nearby and was always a champion of those less fortunate in our society.

Connie Van Zandt
Featured Volunteer Driver

Connie, a long-time resident of Falls Church, joined SCMAFC as a volunteer driver, an activity she clearly is enjoying given she has provided Center clients an average of over five rides each week since her arrival in late July. Connie graduated from Colgate University with a degree in mathematics and has lived in the DC area since the mid-1980s when her company transferred her from her hometown in Pittsford, New York, near Rochester. For much of her career Connie served a large communications company as an IT director with oversight of IT finance and budgets, as well as the acquisition of new equipment and contracts.



Connie has three siblings that live in Oakland, California; Naples, New York; and Paris, France. She was an accomplished skier for over 50 years, visiting slopes all over the United States and in the Swiss Alps. Now Connie

spends time swing dancing and indicates she has become an avid birder. Several times each year she joins others to count bird species, contributing the findings to a national database.

Willie Wheeler
Featured Client

The Shepherd's Center is pleased that we can recognize Willie Wheeler and her husband George's contributions to the country. Willie served as an Army civilian and George as an Army enlisted officer. She was born the youngest of 8 in Montgomery, Alabama, and following high school graduation studied instrumental music at Alabama State University, excelling as a pianist. She then moved to Columbus, Georgia where she met and married George in nearby Phenix City, Alabama. He subsequently was assigned to Vietnam for a 3½ year tour and they then were stationed in Washington, D.C. for five years, followed by three in Hawaii. In the early 90s they returned to Washington where both worked until they retired. During their marriage they had one daughter and two sons. George worked at Ft. Belvoir and later for the Post Office until his death in 1995, suffering from Vietnam disabilities. Willie worked in the Ft. Myers' Housing Directorate managing government property issued to Army personnel assigned to the base, particularly to General-level officers. She also performed this role for the Pentagon's response to 9/11. Willie is a great patriot for having offered her service to the country throughout her career.



Transportation Options

In addition to the free transportation SCMAFC provides, a number of low-cost options are available for seniors in the area. Metro offers van transport, and bus and rail discounts (202-637-7000). Arlington offers discounts through its STAR program (703-228-1900) and its Super Senior Taxi program (703-228-1700). Fairfax offers a similar program called Seniors-On-the-Go (703-877-5638). And, Medicaid will pay for non-emergency transportation (call 800-MEDICARE).



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

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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 visiting our website <http://scmafc.org/>

SCMAFC Ride Coordinators

Mary Highsmith, Chair
Irv Auerbach
Beth Caldwell
Betty Douglass
Jan Gordon
Christine Sheehy
Mark Turco

Note of Appreciation

Special thanks to Suellen Skocki of the
McLean Baptist Church for printing the
Center's newsletters.

SCMAFC Board of Directors

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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 Web-site www.SCMAFC.org, by email to info@scmafc.org, on Facebook at SCMAFC, or by phone at 703-506-2199.