

SHEPHERD'S HERALD: Volume 8, Issue 1— Winter 2022

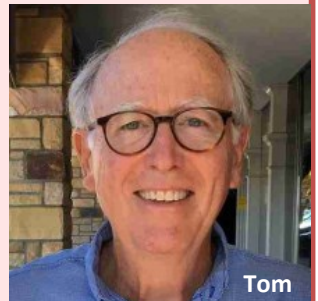
Changes to Board Membership

Each year there are changes to Board membership, usually as the result of volunteers adjusting the demands on their time from their families or other volunteer or church-related activities. This year is no exception.



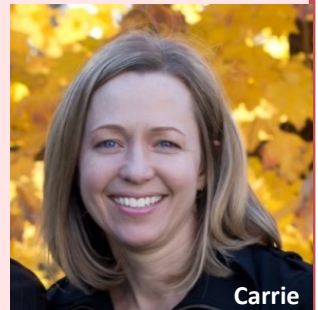
Michael

Michael Lerner served during the past two years as Vice Chair as well as serving double-duty in 2021 as the Acting Chair. These roles will now be filled by Tom Callanen, as Chair, and Carrie Le, as Vice Chair. Tom served for the past two years as the newsletter editor and Carrie as the Communications Committee chair, a role she will continue. Michael has agreed to remain on the Board — where he has served since 2016 in a variety of capacities — offering his experience to Tom and Carrie. He will now focus his attention on our clients, organizing the procedures for managing incoming clients as well as handling the needs of existing ones.



Tom

Other Board changes include the departure of Jan Gordon who served as the Chair of the Client Advocacy Committee – she will remain on the committee and continue as a Ride Coordinator and driver. Jan is being replaced by new Board member Carolyn Jeskey, one of our most active drivers. Another new member is Mark Turco. He will serve as Chair of the Audit Committee but will also continue as a Ride Coordinator. In addition to their Board duties almost all of the members are regular drivers for our clients, an activity they feel is essential for our community.



Carrie

Active SCMAFC Clients Include
 11 Centenarians
 52 Nonagenarians
 100 Octogenarians

FAIRFAX COUNTY VIRGINIA
HAVE QUESTIONS OR NOT SURE WHERE TO START?
WE'RE HERE TO HELP
<https://www.fairfaxcounty.gov/familyservices/older-adults>
CALL 703-324-7948, TTY 711
AGING, DISABILITY & CAREGIVER RESOURCES LINE
MONDAY-FRIDAY
8 A.M.—4:30 P.M.



SENIOR RESOURCE GUIDE

call 703-558-6859 for a copy



Mark Turco, New Board Member

Mark has driven for SCMAFC since 2018 and has served as a Ride Coordinator since 2020. A native of St. Louis, he attended college in NYC and moved to DC following graduation. After 5 years of what he calls “adventures and misadventures” here and abroad, Mark attended law school at night while working during the day. He subsequently practiced law for a DC firm until retiring in 2017. During his career he handled cases around the U.S. and enjoyed spending extended periods of time in locales like Little Rock, Houston, San Francisco, and Chicago. He has resided in McLean since 1987. His wife, Elisabeth, is a classically trained musician from Hungary, who serves as a music director at a Catholic church and is a private piano instructor. Mark would enjoy revisiting SE Asia with her and seeing the St. Louis Cardinals appear in another World Series or two during his lifetime.



Carolyn Jeskey, New Board Member

Carolyn has served as a SCMAFC volunteer driver since early 2019 and joins the Board to expand her service to older adults in the McLean-Arlington-Falls Church area. She has spent her career in service to ensuring older adults can live in their communities and their homes. Currently, she is an experienced design strategist at AARP and previously spent 20 years improving community mobility through her work at the Community Transportation Association of America. Carolyn and her husband Tim have two teenagers and have begun the college tour process for their older one. Carolyn is a graduate of Colgate University and Georgetown University, and considers herself an eager life-long learner.



Boulevard Consulting Volunteers Provide Assistance

In December, 10 volunteers from Boulevard Consulting did lawn work for three of our clients who have yards but not the ability to care for them anymore. This is the second year Boulevard has helped us. The weather was perfect, and each client was left with a leaf free lawn. We’re most grateful to these volunteers, especially since they have reached out to us, unsolicited. That’s true community spirit.



Top Volunteer Drivers of 2021 Rides Provided

Connie Van Zandt	184
Mark Turco	160
Jerry Welch	158
David Smith	119
Carolyn Jeskey	115
Mary Highsmith	109
Betty Douglass	82
Robin Gold	76
Pat Rafaele	75
Sharon Kulesz	72
Kim Chapman	67
Jan Gordon	62
Katharine Carney	60
Funded Taxis	55

Ronnie Precup, Featured Volunteer

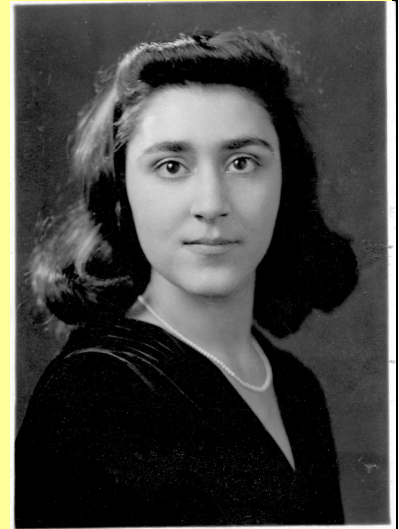
Ronnie has been volunteer driving with SCMAFC for over four years. A native New Yorker, Ronnie settled in Arlington after graduating in 1967 from George Washington University. After a year teaching high school and four years at Fort Lee during her husband's army service, she began her publishing career while raising their three children. She



worked on *BioScience* magazine, edited books for Smithsonian Press and the National Academy of Sciences, managed drug information publications for the U.S. Pharmacopeia, and ultimately retired as Editor-in-Chief for the Association of Clinical Research Professionals. After losing her husband to cancer, she married Robert Flannery, a retired physicist and computer support specialist. They regularly attend St. Thomas More Cathedral in Arlington, where Ronnie is a lector and choir member. She is a professional singer, has performed in several operas, and continues performing with area groups.

Rosalie Donnelly, Featured Client

Rosalie "Dolly" Degiovanni Donnelly has been a steady Shepherd's Center client for the past two years. She has lived in the area since the early 1960s shortly after she married her husband Edward. Both were born in Brooklyn, Dolly the daughter of parents that had immigrated from Italy and Edward the son of Irish parents. Dolly graduated two years early from Brooklyn's historic Erasmus Hall High School, founded in 1786, and then from Brooklyn College with a science degree. Following this she earned a PhD in Microbiology from Columbia University. In Washington Dolly taught at George Washington University and subsequently worked a full career for the Food and Drug Administration as a microbial geneticist. She raised two sons who are now clinical psychologists, one in California and the other in Michigan. Dolly has three grandchildren. Two are pursuing careers in psychology while the third is working toward a medical degree. Dolly always enjoys meeting and communicating with the Center's drivers. They feel the same about her.



SCMAFC 2021 Ride Statistics

In 2021 SCMAFC provided more than 2,000 rides for 88 clients by 56 volunteer drivers.

- 1,325 for medical or dental appointments
- 225 for medical-related therapy
- 456 for grocery shopping
- 18 for "Handy Helpers"
- 27 for other needs

Our volunteers drove more than 15,600 miles, devoting more than 1,600 hours to meet client needs. In 2021 we welcomed 40 new clients and 17 new drivers to our team.

Fall Prevention

According to the CDC, every second of every day an older adult (age 65+) suffers a fall in the U.S.—making falls the leading cause of injury and injury death in this age group. Prevention tips include:

- Review your medications with your doctor.
- Preserve bone mass with aerobic exercise, eating healthy, and getting Vitamin D and calcium.
- Get annual vision and hearing exams.
- Check for tripping hazards such as throw rugs, wires or cords, poor lighting on stairs, etc.
- Install toilet & shower grab bars.
- Keep kitchen items used often on lower shelves.
- Use night lights between bed and bathroom.
- Get out of bed slowly.
- Keep emergency numbers near each phone.



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH
1205 Dolley Madison Boulevard
McLean, VA 22101-3109

SHEPHERD'S HERALD: Volume 8, Issue 1 — Winter 2022

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/>

SOCIAL SECURITY ALERT

Scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. DO NOT BE FOOLED!

If you receive a suspicious call:

1. HANG UP!
2. DO NOT GIVE THEM MONEY OR PERSONAL INFORMATION!
3. REPORT THE SCAM AT OIG.SSA.GOV

Ride Coordinators

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

AARP Provides Free Tax Preparation for Seniors
https://www.aarp.org/money/taxes/aarp_taxaide/
or call 804-819-1923

The Virginia Department of Social Services offers a referral program for its citizens for a very wide range of resources, including food, housing, clothing, and healthcare. Contact specialists answer calls 24/7, year round. Phone **211 or 1-800-230-6977**, or you can visit their website online at www.211virginia.org/consite/index.php for a complete listing of resources. It Works!!!

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

SCMAFC Board of Directors

Tom Callanen - Chair
Carrie Le - Vice-Chair & Communications Chair
Carol Edelstein - Secretary & Community Outreach & Volunteer Appreciation Chair
Jay Clevenson - Treasurer & Finance Chair
Dave Hagigh - Volunteer Recruitment Chair
Mary Highsmith - Transportation Chair
Michael Lerner - Client Assessment & Advocacy, Acting Chair
Carolyn Jeskey - Client Assessment & Advocacy Deputy Chair
Mark Turco—Audit Committee Chair
Vacant — Newsletter Editor

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.