

Volunteer Appreciation Luncheon – 17 May 2022

In May, we were delighted to *finally* get together *in person* for this year's **Volunteer Appreciation Luncheon** after a two-year hiatus due to the pandemic. The luncheon was held to honor our dedicated volunteers and provide a much-needed opportunity to socialize and get to know one another better. Guests in attendance were treated to delicious Turkish food by Kazan Restaurant in McLean. Our Board Chair, Tom Callanen, gave remarks and thanked the volunteers for their dedication of service to older adults in our community. Then he presented the "2021 Ed Schrock Volunteer of the Year" award to our former Board Chair and high driver Betty Douglass, who gave 82 rides and drove over 432 miles in 2021.

Special recognition was given to Laurie Clark for her design & editing skills in revamping and updating the SCMAFC brochure that describes the Center's missions and functions. At the conclusion of the event, as a special thank you gift attendees were given a car trunk organizer. It was inspiring to meet so many of our most active drivers, several of whom provide multiple rides each week — that is true service in action. Special thanks were also made to Board member Carol Edelstein for organizing and coordinating such a wonderful event. We extend a heartfelt thank you to all of the Center's volunteers for your continuing devotion that enables the organization to fulfill its mission.

~ Carrie Le



National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, you can get help by calling:

833-FRAUD-11 (833-372-8311) Monday-Friday, 10:00 a.m.-6:00 p.m. EDT

English/Español/Other languages available

For more information, visit <https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope>

New SCMAFC Volunteers in 2022

Nine individuals joined our volunteer driver ranks in the first half of 2022. Several others are currently being processed. Most learned about the Center through our website or by meeting us in person at McLean Day in May. We are most grateful to them for stepping up to help their fellow neighbors.

- Vick Fisher (Arlington)
- Jeff Greenwald (Falls Church)

- Don Graves (Great Falls)
- Judy Henry (McLean)
- Jason Lewis (McLean)
- Karen Jarzynka-Hernandez (Arlington)
- Dave Nicholson (Arlington)
- Amanda Sandridge (Arlington)
- Marjorie Wayne (McLean)

If you know anyone who might be interested in volunteering, please share our website with them (scmafc.org/volunteer). We are always seeking new drivers as well as volunteers to help with event planning, recruiting, administrative tasks, and marketing. Volunteers are screened by SCMAFC, including a background check at no cost to the volunteer. Once accepted, drivers and administrative volunteers receive training from SCMAFC. ~ *Dave Hagigh*

FEATURED VOLUNTEER

Patrick Raffaele, Jr

Pat Raffaele joined the Shepherd's Center two years ago and has become one of our most active drivers despite the pandemic. He particularly enjoys interacting with his fellow volunteers and getting to know our many interesting clients. He is effusive about spreading the word about the Center's mission every chance he gets. Originally from Gibsonia, Pennsylvania, Pat has lived in Falls Church since 1990. He graduated from The Art Institute of Pittsburgh in 1981 with a Multi-Media/Photography/Television Production Degree. He has worked on video production for presidential campaigns, commercials, with Discovery Network and National Geographic, and has edited documentaries and movies. He also worked with the NFL doing instant replay for the (then) Redskins and other sports teams. Although he retired in 2017, he continues to remain involved with photo and video work. Prior to joining the Center Pat volunteered in a variety of capacities for *Fairfax County Volunteer Solutions*. ~ *Mary Highsmith*



Laurie Clark, Newsletter Editor

SCMAFC is very pleased to welcome Laurie Clark as its new newsletter editor. She initially volunteered last year by helping Carol Edelstein and Carrie Le redesign the Center's brochure. Laurie has worked as a desktop publisher since the mid-1990s and in 2006 established her own freelance business. As a long-term resident of Falls Church she has volunteered with the City of Falls Church PTAs and Athletic Boosters, FC Education Foundation, and Village Preservation and Improvement Society. Laurie and her husband Steve have two adult sons. She is a graduate of Virginia Tech and this newsletter issue is her first as editor. ~ *Tom Callanen*



New SCMAFC Clients/Riders

In the first five months of 2022, there were over 90 queries from individuals seeking the Center's services. We communicated with all of them and were able to accept 17. We weren't able to accept the others because they either lived outside of our service area, were too young (<50), lacked sufficient phone service to effectively communicate with us, needed more help than we can provide, or did not respond to our information requests. ~ Michael Lerner

Four Years of 2nd Quarter Ride Statistics Shows Impact of the Pandemic

	2019	2020	2021	2022
Second Quarter Ride Totals	666	351	484	604
Medical	247	145	257	416
Dental	8	4	28	14
Grocery Shopping	93	105	108	94
Interviews	8	2	8	4
Other	30	8	12	12
Handy Helper	42	14	5	1
Therapy	193	0	66	63
Friendly Call/Visit*	45	73	0	0
% Ride Requests covered	88%	97%	99%	98%
Estimated Volunteer Hrs	505	226	360	445
Estimated Miles Driven	4936	2026	3679	5063

*This service was discontinued at the end of 2020.

In the summer of 2020 SCMAFC began funding taxis to supplement its volunteer driver program. During the 2nd quarter of 2021 this amounted to less than 2% of the rides; in 2022 the number climbed to 10% as ride requests climbed — unfortunately the number of volunteers remained the same.

Client Thank You Note

"What a wonderful service you all provide and it meant so much to us. After Mom's last accident when she decided to give up driving, it was a relief to her to find a reliable, compassionate and free service. And what a relief to me as well since I live out of town and can't always be there to drive her.

You are a blessing to the community."

~ Daughter of a client

COMMITTEE SPOTLIGHT

Transportation Committee Mission and Functions

The SCMAFC Transportation Committee manages all client transportation requests for approved destinations. The Committee is comprised of seven Ride Coordinators, each of whom serves for one week on a rotating basis, recording incoming requests and sending out emails to notify volunteer drivers. As drivers receive these notifications, they select those that fit their schedules and call the clients to inform them that they will be their driver and schedule a pickup time.

Example: on Friday, Jane sends an email requesting a ride for a 2-hour doctor appt at Virginia Hospital Center the next Thursday. The Ride Coordinator puts the information into the database: home address, phone number, appointment address, date and time of appointment, and expected length of time of the appointment. When the email comes out Saturday morning, John sees the ride for Thursday, clicks Accept, and calls Jane to coordinate.

Each Coordinator monitors how successfully requests are being satisfied with a goal of filling all of them, but they are not expected to recruit drivers in response to requests or to communicate with clients about their requests unless they have specifically asked for this. ~ Mary Highsmith

Depression is not a normal part of aging, a sign of weakness, or a character flaw.

If you think you or a loved one might have depression, talk to a health care provider.





shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard
McLean, VA 22101-3109

SHEPHERD'S HERALD: Volume 8, Issue 3 – Summer 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 at scmafc.org

Election Day is Nov. 8, 2022

There are a number of federal and state candidates that will be on various ballots in November, so make sure your voice is heard. To apply for an absentee ballot, find hours for early voting, or get details about your polling place on Nov. 8th, visit:

vote.elections.virginia.gov/VoterInformation

Arlington County – vote.arlingtonva.us/Home

City of Falls Church – www.fallschurchva.gov/135/Voter-Registration-Elections

Fairfax County – www.fairfaxcounty.gov/elections/

Tips for Staying Cool

- Stay in air-conditioned buildings as much as you can. Air-conditioning is the number one way to protect yourself against heat-related illness and death. If your home is not air-conditioned ... spend time in public facilities that are air-conditioned ...
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Source: www.cdc.gov/nceh/features/extremeheat/

SCMAFC Board of Directors

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 Carrie Le – Vice-Chair & Communications Chair
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 Michael Lerner – Client Assessment Acting Chair
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Laurie Clark (lclark@scmafc.org) – Newsletter Editor

Ride Coordinators

- | | |
|-----------------------|----------------|
| Mary Highsmith, Chair | Betty Douglass |
| Irv Auerbach | Jan Gordon |
| Valerie Azores | Mark Turco |
| Beth Caldwell | |

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

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