

FEATURED CLIENT

Sara Jane Knight

Sara Jane Knight was born in Shelbyville, Kentucky, and graduated from the College of William and Mary in 1955. She came to northern Virginia straight from college, teaching first at Williamsburg Junior High before transferring to Yorktown High School for the 1962-63 school year, where she remained for 30 years.

As a teacher, Sara Jane was very involved with the Close-Up Foundation, whose goal it was to introduce high school students to all three branches of government and to show them "up close" how our government works. The program involved students from all over the United States who spent a week on Capitol Hill attending lectures by congressmen and members of the military. Foreign policy was discussed along with domestic issues. With Sara Jane's encouragement, Yorktown sent more students than any other school.

In 1964, Sara Jane married Ermes Knight who was significantly older and had four teenaged children. Talk about a ready-made family! Sara Jane retired in 1992, but became active in the Arlington Education Association Retired (AEAR) as well as local politics and has done precinct work.



Sara Jane Knight with Mary Highsmith behind her

Some of her former students have told her that she taught them how to vote, using critical thinking skills. Her message to everyone is ... VOTE!

Sara Jane takes every opportunity to stay in touch with her former students. She often attends class reunions and Zooms with them. As a ride coordinator, I had heard her voice several times on our answering machine before I realized that she was the same person who had taught at Yorktown, my alma mater. A couple weeks ago we spent time pouring over my yearbook from 1965-66 and reminiscing about old times.

~ Mary Highsmith

Medicare Open Enrollment Period Ends 7 December

Every year from October 15th to December 7th, Medicare-eligible individuals can join, switch, or drop their Medicare and Prescription Drug Plans. This is the only opportunity during the year to add, switch, or remove a Medicare Advantage Plan or a Medicare drug plan 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 and 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

FEATURED VOLUNTEERS

Don Graves and Jeff Greenwald

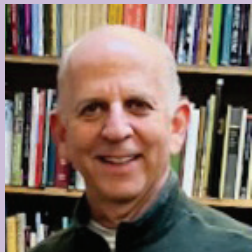
In this issue, we are recognizing a couple of volunteers that have become two of our most active drivers since they joined in the spring of 2022.

Don Graves joined Shepherd's Center in May after retiring from a 40-year career in real estate and information technology. He



was most recently working for the University of Phoenix as a Lead Reporting and Data analyst. He wanted to become involved in giving back to the community and chose the Center's transportation service to enable working directly with clients in a 1-on-1 setting. He has met many interesting people and really likes the flexible schedule offered by the service. Don has resided in Northern Virginia for over 40 years and currently lives in Great Falls with his wife, Nancy, and their dog, Nala. In his spare time, he enjoys hiking, camping, golfing and traveling.

Jeff Greenwald began driving with the Center in March after he was motivated to drive to "pay it forward." After giving rides to a few clients, it became a joy to meet interesting folks. He often tries to schedule rides with a particular client who is a big Dodgers' fan since this leads to lively discussions — Jeff was born in Brooklyn, NY, and is still a Yankees fan. He has a master's degree in Civil Engineering and has worked in the association/professional society field for over 20 years. He's been a lab director, foundation director, and then executive director for two associations. He now works at his own firm and enjoys consulting and learning about new industries and professions.



MEMORIAL

Bob Schulze, Volunteer

We are saddened by the recent death of Bob Schulze. He was a driver from 2013-2020, providing over 579 rides for 3800 miles. He was an original Board member at the invitation of Center founder Ed Schrock and was 2018's volunteer of the year.



Bob felt a great satisfaction at performing an important service to the community by providing these rides. He was very well-liked by our clients, some of whom kept in touch with him after he stopped driving because he had had such a positive impact on their lives.

David Smith, New Board Member

David joined the Board in September as Chair of the Client Assessment Committee. He replaced Michael Lerner, who served as committee chair since January and is now serving as a Board Member At-large. David's committee enrolls new clients, making sure that their needs match well with the Center's offerings. The committee also advocates for existing clients as their needs change. David joined the Center in early 2021 as a volunteer driver, a role he is continuing to perform.



Now is a great time to talk to your doctors about what vaccinations they recommend to stay healthy over the winter — flu, shingles, Covid-19 booster, etc.

FEATURED CLIENT/VOLUNTEER

Sandra Paige

Sandra (Sandi) Paige joined Shepherd's Center as a client in 2021 and recently has volunteered to serve on our client advocacy committee.



She grew up in Maine, earned a bachelor's degree in education from the University of Maine and a master's degree in public health from the University of Hawaii.

While working in Bar Harbor, Sandi met her future husband, Bostonian Bill Paige, who was a student at Tufts University and subsequently served a career as an Air Force officer and pilot. They raised a daughter, Monique, and son, Bill, during tours in Atlanta, France, Germany, the Philippines, and Hawaii before settling in Arlington.

During her husband's tour in the Philippines, Sandi volunteered with the Leveriza and Tondo communities — both poverty-stricken areas of Manila. She initiated and helped establish three preschools that were modeled after the United States Head Start program. After their arrival in Arlington, Sandi served for 20 years as the Director of the Air Force Family Support Program, coordinating the work of support centers in 85 Air Force bases worldwide. After retirement, she served for 12 years as a non-denominational volunteer chaplain at Inova Alexandria Hospital, communicating with patients, including by phone during the pandemic. After retiring from Inova earlier this year, Sandi has volunteered to assist the Center's committee that communicates with clients needing special attention.

~Tom Callanen

3rd Quarter 2022 Ride Statistics (July-September)

Total Number of Rides Provided	571
Medical	348
Dental	20
Grocery Shopping	122
Interviews	6
Other	4
Therapy	71

Estimated Volunteer Hrs	490
Estimated Miles Driven	4940

Number of individual drivers	41
Number of individual clients	64

COMMITTEE SPOTLIGHT

Volunteer Recruitment Committee Mission and Functions

The Volunteer Recruitment Committee is best described as a one-man-show in the form of Dave Hagigh. In the warmer months, Dave mans a table each month at the Falls Church City Farmer's Market, usually with other Board members and volunteers. Since Dave has been a driver since 2017 and a member of the Board since 2018, he well understands the process and is a great ambassador for the organization. He tells prospects about our Center and makes sure someone (usually himself) follows up. That officially starts the volunteer process.

Prospects are then well trained by Mary Highsmith or Mark Turco before officially being added as a new volunteer. The Center also has a booth each May at McLean Day. We've added several new volunteers to our merry gang each year. Both events have proven fruitful in getting new recruits, which of course is the lifeline of any volunteer organization.



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard
McLean, VA 22101-3109

SHEPHERD'S HERALD: Volume 8, Issue 4 — Fall 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 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/

SCMAFC Receives Taxi Subsidy Grant

We recently received a grant from the Metropolitan Washington Council of Governments and Fairfax County to cover 50% of the cost of each taxi ride for clients. While our goal is to have volunteer drivers to cover all client rides, this backup funding is very welcome since that is not always possible. In the first 9 months of 2022, the Center was unable to find drivers for 113 rides (6% of our total rides). Instead, we covered the cost of a taxi service for these clients.

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
 - David Smith — Client Assessment Chair
 - Carolyn Jeskey — Client Assessment Deputy Chair
 - Mark Turco — Audit Committee Chair
 - Michael Lerner — Member At-Large
- Laurie Clark (lclark@scmafc.org) — Newsletter Editor*

Ride Coordinators

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

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)). Interested in volunteering? Visit www.scmafc.org/volunteer.