

SHEPHERD'S HERALD: Volume 9, Issue 1 – Winter 2023

VOLUNTEER BRUNCH

On January 10, Tom Callanen and his wife, Susan Snell, welcomed Shepherd's Center volunteers into their home for a recognition holiday brunch. There was a fire in the fireplace, warm spaces in which to gather, tasty brunch delights, and lively conversations everywhere!

The Center Board honored driver Connie Van Zandt with its 2022 Ed Schrock Volunteer of the Year Award. She was recognized for selflessly providing 39 of our clients with 193 rides during the year, driving over 3,300 miles and devoting over 300 hours of her time. Since joining the Center in the summer of 2021, she has been our most active driver. Inspired by her parents' selfless work helping others, Connie says "I have the time, a car, and a license — and I love it!" We published an article about Connie in our Fall 2021 newsletter and are pleased to note that she will be featured in a new video to be released by NVRides next month.



Connie Van Zandt receiving her Volunteer of the Year Award from Board Chair, Tom Callanen



Other very active drivers were also recognized — Jerry Welch (90 rides, 1,500 miles), Mary Highsmith (79 rides, 1,700 miles), Pat Raffaele (77 rides, 1,100 miles), and Mark Turco (75 rides, 1,400 miles). Pat also volunteered to be the photographer for this special occasion. We are very grateful for all our 102 volunteers who are dedicated to our mission of serving older adults in McLean, Arlington and Falls Church.

~ Carol Edelstein

Available Resources

The Center provides transportation for medical and therapy appointments, grocery, pharmacy, and general shopping trips. For other services, we recommend:

- **AARP Foundation Tax-Aide:** aarp.org/taxaide or 804-819-1923. Trained volunteer preparers can help you work through your taxes and find tax credits that apply to you.
- **Crisis and Support Hotline:** 988 or 800-273-TALK (8255). Connects you to behavioral health care and support 24 hours a day.
- **The Virginia Department of Social Services:** 211virginia.org/consite/index.php or 211 (800-230-6977). This referral program has a wide range of resources, including food, housing, clothing, and healthcare. Specialists are available 24/7, year round.

Ride Statistics for 2022

Last year, SCMAFC provided 2,362 rides for 102 clients. 2,229 rides were satisfied by 58 volunteer drivers and the remaining 133 by Center-funded taxis (5.6% of the total). These rides included 1,579 rides to medical/dental appointments, 431 rides for grocery shopping, 282 for therapy appointments, and 11 for handy helper visits to clients' homes. Volunteers spent at least 1,844 hours of their time and drove at least 19,000 miles in service to our clients. We added 41 new clients and 17 new drivers in 2022.

Clients and Drivers by Locality 2020-2022

	2020		2021		2022	
	Drivers	Clients	Drivers	Clients	Drivers	Clients
Arlington	31	27	17	18	18	24
Falls Church	20	42	17	42	18	45
McLean	29	33	18	28	19	33
TOTAL	86	102	54	88	58	102

While the number of clients rebounded from its pandemic low of 88 in 2021 back to 102 in 2022, the number of drivers dropped from 86 pre-pandemic to 54 in 2021 and only rose to 58 in 2022.

The Center is Most Grateful to the Following Individuals and Organizations for Their Generous Donations in 2022

Foundations & Organizations

Ada and Albert Wibel Foundation

McLean Baptist Church

The Falls Church Endowment Fund, Inc

St. Katherine Ladies Philoptochos Society

Lewinsville Presbyterian Church

Saint Luke Catholic Church

Lutheran Church of the Redeemer

Women of Temple Rodef Shalom

Individuals

Janet Auerbach

Ghedey Ghebray

Sandra J Paige

Rajendra Swaroop Bhatnagar

Jeff Greenwald

Monica Parks

Thomas Callanen

Eileen Jackson

Sally Phillips

Jay Clevenson

Doris Hershberger

Victoria Rollins

Susan Cole

Sarah Jane Knight

Susy Rothschild

Sandra Crowley

Michael Lerner

Stanton Samenow

Betty Douglass

Teresita Lim

Robert Schulze

Peggy Eades

Marjorie Long

Christine Sheehy

Carol Edelstein

Carol Mabon

Mary Smith

Tor & Dorothy Eide

Patricia Matheson

Lanae Twite

Ute Ettinger-Mekhail

James Milton

Lee Wagner

Linda Falimy

Norma Noble

Paul Wasik

Paul Fermoile

Mary Owens

Kyong Yoo

Anita Freidenreich

IN MEMORIAM

Bruce Flatin, Client

Bruce Flatin passed away this past October at the age of 92. He and his wife, Kay, became Center clients in May 2021. The volunteers who drove them enjoyed listening to their reminiscences about traveling the world as a Foreign Service family with the State Department.



Bruce was born in Minneapolis in 1930. He graduated magna cum laude from the University of Minnesota in 1952 with a B.A. in

History. After Bruce joined the Foreign Service, his first assignment was to Afghanistan, followed by postings in Australia, Germany, and back to Afghanistan. While in Germany in the mid-1960s, one of his responsibilities was to

manage prisoner exchanges with East Germany at Glienicke Bridge (aka the "Bridge of Spies").

During his second posting to Kabul in the late 1970s, U.S. Ambassador Adolph Dubs was kidnapped and held hostage in a local hotel. As a senior Embassy officer, Bruce actively tried to negotiate his release, but Dubs was killed during a failed local police rescue attempt.

Later, he led the State Department's Narcotics Bureau, was Director of Refugee Resettlement, and was a member of the Board that interviewed Foreign Service candidates.

Bruce loved to share his appreciation of literature and history with his children, often reading to them and making sure they experienced the culture of each foreign posting to the fullest. His family will remember his legendary stories, as will all of the Center drivers that were privileged enough to know him.

Bruce is survived by his wife of 67 years, Kay, and their 4 children, 9 grandchildren, and 6 great-grandchildren. Kay now resides near Richmond.

~ Mary Highsmith

VOLUNTEER RECOGNITION

Michael Lerner

The SCMAFC nominated Board member Michael Lerner for the prestigious Shepherd's Center of America's (SCA) 2022 Donald Owen Smith National Volunteer Leadership Award. This is the only national annual award that recognizes volunteers in service to communities that help older adults age with dignity, meaning, and purpose. The SCA recognized Michael as one of six award finalists, noting his numerous volunteer roles with SCMAFC over the past 6 years, initially as a driver, then serving as a Ride Coordinator, assisting with new volunteer recruitment, editing the newsletter, and leading the Client Assessment Committee. In 2021, he served as Chair of the Board of Directors.

~ Tom Callanen

Reminders for Clients When Making Requests

Information Required:

- Name and phone number.
- Destination address, date and time of appointment, and whether request is for one-way or round-trip.
- Indication of needs for additional stops – e.g., banks, pharmacies, or post offices.

Reminders:

- Initial response to requests will be a call from the driver.
- Need to promptly return calls to drivers if they have left messages.
- Requests may be made up to one month in advance but at least 5 days before appointments.
- Encourage scheduling of appointments between hours of 9 and 3 on weekdays.
- Prompt notification should appointments be canceled or changed. ~ Carolyn Jeskey



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

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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 visiting our website at scmafc.org

Putting a Face with a Name

For those of you who have not had a chance to meet the SCMAFC Board Members, seven of them were at the brunch in January. They are Carolyn Jeskey, Jay Clevenson, Dave Hagigh, Chair Tom Callanen, Vice-Chair Carrie Le, Carol Edelstein, and Mark Turco.

Missing were Mary Highsmith and Michael Lerner.



Staying Healthy During Flu Season

- Avoid close contact with people who are sick.
- If you are sick, limit contact with others.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- Stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

Source: <https://www.cdc.gov/flu/prevent/prevention.htm>

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
 Carolyn Jeskey — Client Assessment 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.