

SHEPHERD'S HERALD: Volume 9, Issue 2 — Spring 2023

Ed Schrock Reflects on the Early Days of SCMAFC

Ed Schrock is the founder and soul of SCMAFC. After a 24-year naval career as a public affairs officer he served as a Virginia Senator and US Congressman. Remembering how important his grandparents were to him as he grew up, Ed decided to do something to help senior citizens in his retirement.

In the summer of 2006, his conversations with Fairfax County staff led to a meeting with Carol Downs who then headed the Oakton-Vienna Shepherd's Center—one of three Shepherd's Centers operating in northern Virginia at the time. Carol suggested that Ed set up a Shepherd's Center for McLean, Arlington, and Falls Church. That fall Ed attended a Fairfax County senior event at which he recruited about 10 volunteers to serve as drivers. In that first group of volunteers Ed recruited were Tom and Austine Eversole who both became very active in the early years.

Ed described the mission of the new organization as “helping people to live as long and as safely as possible”. His first client needed help decluttering her apartment. Other clients have received similar assistance as well as yard cleanup and just a listening ear. Always, though, the chief assistance was giving rides. In the beginning, Ed was the primary person to interview prospective clients and drivers. On a daily basis, using his phone, he personally arranged all of the rides by matching drivers with clients.

Over the first several years, Ed reports that he visited 104 churches in the three communities to recruit both drivers and riders. Pastor Jim Sprouse at Trinity United Methodist on Dolley Madison Blvd. in McLean, one of the first churches he visited, offered office space with a telephone and file storage. After awhile he stopped using the office because he found it easier to work from home. Within four years Ed had recruited about 25 drivers and accepted 70 clients.

By 2011, responding to his family's complaints about the time he was spending on Shepherd's Center, Ed asked key volunteers to serve on a board. In early 2012 about a dozen volunteers answered the call to serve. The new board prepared Articles of Incorporation and by-laws and eventually obtained IRS non-profit status -- 501(c)(3). The board procured insurance to protect officers and drivers and began obtaining background checks for volunteer drivers at \$15 apiece. Ed converted his paper records to Ride Scheduler, the computerized scheduling system still in use today. SCMAFC was the first center in northern Virginia to use Ride Scheduler. It was later adopted by NV Rides and all the other centers in the area.

Ed stepped down as Chair of the board in 2015, when Austine Eversole volunteered to replace him. She was followed by Betty Douglass, another early volunteer. Ed remained involved as Publicity Chair, driver, yard helper, and myriad other roles. Ed had a recent health issue that has limited his activity but his heart is still with SCMAFC.





Katharine Carney, Featured Volunteer

Katharine Carney, a driver since December 2019, enjoys driving and says that it "gives her the joy of knowing that the simple task of driving enhances clients' lives by giving them peace of mind and freedom." With her characteristically positive attitude it's not surprising that she also volunteers for Doorways, where she is an advocate for victims of domestic violence and sexual assault, and with the National Kidney Donation Organization as a mentor for prospective kidney donors. She donated a kidney in 2016 to a stranger.

The daughter of a British father and Canadian mother, Katharine was born in London and lived in Riverside, California before attending junior and senior high school in Gaithersburg. She earned a Bachelor of Laws degree from the University of Exeter in the UK, completed her law studies at George Washington University and passed the DC bar exam. Most of her career was as a civilian attorney with the US Navy where she worked in the Washington area, except for a three-year stint in London, where she met and ultimately married Patrick Carney, an attorney in the Navy JAG Corps. They have a son, Ryan (age 30), and have lived in Arlington since 1989.

An Arlington newspaper article about Mark Turco's volunteer work made Katharine aware of the Shepherd's Center. Since she began driving, she has given 102 rides. Recently, she also joined the Outreach Committee and is enhancing the Shepherd's Center profile on various web sites that advertise volunteer opportunities.

Irv Auerbach

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New SCMAFC Volunteers since January 1

We're thrilled to report that twenty individuals have joined our team of volunteers since January 1. Many are already productive as new drivers, while others are currently still being processed. Welcome aboard!

Kafia Ahmed	Robin Friedson
Sarah Ghorbanian	Joseph Grispo
Makena Grispo	Ed Groark
Roberta Hamlin	Joan Hubbard
Paul Hubbard	Carolyn Jolly
Kristen Jones	Hamilton Loving
Weiye Ma	Vickie Marx
Maria Mihalik	Angelique Murillo
Marek Polonski	Mian Qadiruddin
Rachel Reynolds	Tracey Shover

SCMAFC is always seeking new volunteers as drivers and ride coordinators as well as helping with event planning, recruiting, marketing and other administrative tasks. SCMAFC screens new volunteers, including a background check at no cost to the volunteer. Once accepted all volunteers receive training.

Dave Hagigh

SCMAFC Ride Coordinators

Thanks go out to Mary Highsmith and her team of hard-working volunteer ride coordinators. They screen the incoming requests for rides on a daily basis, approving those that meet our criteria. They present every approved ride request to our drivers daily using our Ride Scheduler software until the request finds a driver. Through their efforts SCMAFC has been able to find drivers for over 95% of our ride requests in the last quarter.

Mary Highsmith, Chair

Irv Auerbach	Jan Auerbach
Beth Caldwell	Kim Chapman
Betty Douglass	Jan Gordon
Michael Lerner	Mark Turco

NV Rides Recognizes Two SCMAFC Drivers

On 23 March, Executive Director Emily Braley of NV Rides hosted a volunteer appreciation event for drivers from throughout Northern Virginia.

Two drivers from SCMAFC were recognized for their exceptional service in 2022:

Connie Van Zandt was identified as having provided the second most number of rides in all of Northern Virginia during the year with 297.

Karen Steele was recognized for her focus on providing grocery service, saluting her dedication of keeping neighbors fed and well-supplied.



**Connie Van Zandt (left)
with Emily Braley**

IN MEMORIAM

Remembering Mimi Coogan

Upon joining the SCMAFC Board in 2014, Mary (Mimi) Coogan quickly became an active member until 2020, serving as both Secretary and Chair of the Outreach Committee. Her enthusiasm for the center's mission and her extensive knowledge of the communities we serve, made Mimi a valued member of our organization.

Born in Torrington, CT, Mimi earned a Sociology degree from the College of New Rochelle in New York and then attended graduate school at Catholic University in Washington, D.C. During this period she met and married Dick Coogan. They raised four sons and two daughters as they moved from city to city, based on Dick's assignments with the Marine Corps. Their final assignment was in Washington, D.C. They decided to settle in northern Virginia upon Dick's retirement in 1978 and, for the next 30 years, Mimi and Dick worked as real estate agents. They made as successful a team in business as they did in parenting.

Mimi was a life-long learner and a voracious reader, had an enviable 'green thumb'. She was a fan of the Nats and loved hosting family "birthdays of the month" celebrations. Family was at the center of Mimi's life. She was adored as the maternal leader of her extended family, hosting most of the family gatherings at her home in McLean. Mimi loved to cook and bake so was always trying out new recipes on her family and friends.

We are thankful for her many contributions to the Shepherd's Center of McLean-Arlington-Falls Church.

Carol Edelstein



First Quarter 2023 Ride Statistics

In the first three months of 2023, SCMAFC provided 660 rides for 72 clients. Over 95% of these rides were satisfied by 51 volunteer drivers, and the remaining by Center-funded taxis.

Our volunteers spent at least 540 hours of their time and drove at least 5,400 miles in service to our clients.

These rides included:

- 347 rides to medical/dental appointments,
- 107 rides for grocery shopping,
- 159 rides to therapy appointments, and
- 5 visits to clients' homes to provide Handy Helper services.

Jan Auerbach, New Board Secretary

Jan Auerbach joined the board as secretary in March 2023. Her husband Irv has been a volunteer for the Center for about ten years, first as a driver and then as a ride scheduler.

Jan spent her career at the Environmental Protection Agency supervising issuance of regulations for motor vehicle emissions, pesticides and drinking water.



She has been very active with a number of local non-profits including the McLean Community Center, McLean Rotary Club, Safe Community Coalition, English Empowerment Center, Share, and the McLean Citizens Association Education Committee.

She and Irv have three children and one granddaughter who all live in the local area. Her hobbies include gardening, jigsaw puzzles, baking and reading.



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard
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 <http://scmafc.org/>

Recent Client Thank You Note

Vered Forrest: Thank you for all the good things you do for me. I appreciate more than words can say. I wish you, Shepherd's Center, today and every day a lot of love, peace, joy and healthy long life. I love you and miss all of you. Thank you for every-

SCMAFC Board of Directors

Tom Callanen *Chair*
Carrie Le *Vice Chair & Communications Chair*
Jan Auerbach *Secretary*
Jay Clevenson *Treasurer*
Mary Highsmith *Transportation Chair*
Dave Hagigh *Volunteer Recruitment Chair*
Carolyn Jeskey *Client Assessment & Advocacy Chair*
Mark Turco *Audit Committee Chair*
Carol Edelstein *Volunteer Appreciation Chair & Outreach Coordinator*
Michael Lerner *Member-At-Large*

Ed Groark — Newsletter Editor

Special thanks to **Suellen Skocki** of the McLean Baptist Church for formatting and printing the 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. Contact the Center by phone at 703-506-2199, through its Website www.SCMAFC.org, by email to info@scmafc.org, or Facebook at [facebook.com/SCMAFC](https://www.facebook.com/SCMAFC).