

## SHEPHERD'S HERALD: Volume 9, Issue 4 — Autumn 2023

### **The History of SCMAFC is now Available Online**

The Shepherd's Center of McLean-Arlington-Falls Church was founded in 2006 by Ed Schrock who believed that providing transportation service was the key to enabling senior citizens to remain in their home. This Center is one of only two in the area that remains all-volunteer.

Ed recruited clients and drivers and arranged for drivers to select requested rides. In 2012 he established a Board of Directors, incorporated the Center, and established its nonprofit status. Subsequent Board Chairs have established committees to recruit, screen, and train drivers and clients. Ride coordinators post ride requests electronically for drivers to select. There are currently about 70 active drivers and 110 active clients, with over 2,500 rides provided each year.

**For a detailed history of our organization, you can click on this link to our website:**  
<https://scmafc.org/about/>

### **Featured Volunteer- Kristen Jones**

Kristen Jones began driving for Shepherd's Center in March 2023 and immediately became an active driver for us accumulating 45 rides in her first eight months.

Born in Beirut, Lebanon, Kristen lived briefly in Jordan as well, as her father was in the U.S. Foreign Service. When Kristen was six years old, the family returned to the U.S. where Kristen spent the rest of her childhood in Vienna, Virginia. She graduated from Madison High School and University of Virginia and had a career as a computer programmer for contractors developing technology for the defense department.

Never married, Kristen took an early retirement allowing her to pursue her love of travel, visiting some of the most exotic locations in the world. She also participates in George Mason University's Osher Lifelong Learning Institute (OLLI) taking courses in a wide range of academic subjects.

In addition to driving for Shepherd's Center, Kristen has recently joined the SCMAFC Communication Committee where she will assist in various projects to help improve our email, marketing, and website communications and data maintenance.

Kristen says the clients are so interesting and friendly. Combined with the flexibility to drive only when she's available, her volunteering for SCMAFC has turned out to be an enjoyable experience during her retirement, allowing her to travel freely without obligations. Welcome Kristen! We appreciate your energy and willingness to take on new challenges at SCMAFC.



- Ed Groark

## Featured Client - Ted Helman

SCMAFC client Ted Helman is 90 years old and a longtime resident of Arlington.



Born in 1933 to middle-class Jewish parents in Vienna, Austria, Ted was five years old when his parents sent him away to England. He was one of the children evacuated from Nazi-controlled territory by means of *Kindertransport* (German for "children's transport"), an organized effort to rescue children (but not their parents) during the nine months prior to the outbreak of World War II.

In the *Kindertransport*, the United Kingdom took in nearly 10,000 children, most of them Jewish, from Germany, Austria, Czechoslovakia, Poland and the Free City of Danzig. The children were placed in British foster homes, hostels, schools, and farms. Often, they were the only members of their families who survived the Holocaust. Ted's own parents and almost all his relatives were murdered in the Holocaust.

Ted lived in London, and later the English countryside, with other *Kindertransport* children.

Ted celebrated his bar mitzvah in London after the war. Ted came to the United States in 1953 when he was 20 years, enlisted in the U.S. Army where he was trained in transportation. In 1968, he moved to Washington, D.C., where he began a career with the U.S. Department of Transportation (DOT).

Ted met his wife Beatrice, a Peruvian native, who worked at the World Health Organization, and later at the World Bank. Ted and Beatrice were married in 1972 and have lived in the same apartment in Arlington for their entire married lives. Ted never learned to drive, explaining that growing up in England he rode a bicycle everywhere. Here he always took a bus to and from his job with DOT.

SCMAFC drivers who have driven Ted describe him as pleasant and amiable as they take him back and forth for medical treatments, a service for which he and his wife Beatrice are very grateful.

- Mark Turco and Irv Auerbach

## 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

## Summer Quarter Ride Statistics

In July-September 2023 SCMAFC drivers completed 895 one-way rides compared to 660 rides in the January - March quarter of this year.

During this period, we added 17 new riders and 7 new drivers.

Our volunteers spent over 775 hours behind the wheel driving almost 7,500 miles.

These rides included:

62% for medical or dental appointments,  
21% for therapy sessions, and  
17% for grocery shopping

## New SCMAFC Volunteers since July 1

We're pleased to welcome seven new volunteers to our team in the three months since July 1.

Welcome aboard!

**Peter Boynton Steven Carrera Tammy Gikakis**  
**Liz Johnson Robert Matisoff**  
**Sharon Short Karen Strand**

Our Shepherd's Center is always seeking new volunteers to serve us as drivers and ride coordinators as well as helping with event planning, recruiting, marketing and other administrative tasks. We screen new volunteers, including a background check at no cost to the volunteer. Once accepted all volunteers receive training.

## VIRTUAL ACTIVITY CENTER FOR ACTIVE SENIOR ADULTS

Participate in live activities remotely using your computer, smartphone, tablet or telephone. A variety of activities such as fitness classes, lectures on variety of topics and interactive games are being offered. You may join in as many activities as you would like and share this information with friends!

You participate in live classes hosted virtually using Zoom.

Instructions for connecting and a complete schedule of activities is available on this website: <https://bit.ly/novaVCAA>

Participate in pre-recorded classes on your own schedule

In addition to participating in live classes at their appointed times, a range of classes are pre-recorded and available on-demand anytime that suits your schedule. You'll find gentle yoga, tai chi, SAIL (Stay Active and Independent for Life ) and more. You will also find arts and crafts and educational videos. These are available on YouTube and may be accessed with this link: <http://bit.ly/40oO2nC>

This activity center is sponsored by Arlington County, Fairfax County, Prince William County, and a non-profit called ServiceSource. - Ed Groark

### COVID Policy Update

As we transition into colder months with an increase in the number of cases of COVID, flu, and RSV the Center would like to outline its policy with regard to COVID.

#### **Vaccinations:**

For the health of all, we encourage everyone to receive, but do NOT require, the latest vaccinations, especially the COVID vaccine that has just become available to thwart newer subvariants.

#### **Symptoms or Exposure:**

We ask our clients and drivers NOT to request or accept rides if they are experiencing symptoms, OR in recent days tested positive for COVID OR been exposed to individuals known to have COVID.

#### **Masks and Separation:**

This year most drivers report their clients have been riding without masks and in the front passenger seat. Should drivers or clients be concerned, we encourage once again wearing masks and clients riding in the rear seats.

### NEW SCMAFC POLICY SUPPORTS CLIENT SAFETY & WELL BEING

Our volunteer drivers are the eyes and ears of awareness when it comes to how our clients are doing, and there may be times when a driver notices something of concern. Maybe a client seems malnourished or dehydrated, or there are signs of unsanitary or unsafe conditions in the residence. Perhaps a client is wearing inadequate or excessively soiled clothing. Perhaps a client explains that burns or welts resulted from taking food out of the oven or mishandling a hot pot on the stove.

SCMAFC policy states that if a volunteer sees something that raises concerns, the driver should proactively inform the current Ride Coordinator on duty. Our volunteers are not social workers and are not expected to manage or care for any issues they notice. It is not our drivers' responsibility to do anything other than report what they find. SCMAFC organizational leadership will follow up on the issue and determine whether it warrants a report to the Virginia Department of Adult Protective Services. Our ultimate goal is to ensure the safety and well being of our clients and volunteers, collectively.

- Jan Auerbach



# shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## SHEPHERD'S HERALD: Volume 9, Issue 4 — Autumn 2023

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/>

### SCMAFC Volunteer Appreciation Gathering – 23 January 2024

Shepherd's Center Volunteers -- please join your colleagues to say hello to one another and celebrate our accomplishments over the past year. The Volunteer of the Year for 2022 will be awarded along with others that have made outstanding contributions.

Tuesday 23 January 2024 -- 11am-1pm

Lewinsville Presbyterian Church

1724 Chain Bridge Rd, McLean, VA 22101

### SCMAFC Ride Coordinators

Thanks go out to Mary Highsmith and her team of hard-working volunteer ride coordinators.

**Mary Highsmith, Chair**

**Jan Auerbach**

**Irv Auerbach**

**Beth Caldwell**

**Kim Chapman**

**Betty Douglass**

**Jan Gordon**

**Michael Lerner**

**Mark Turco**

### Recent Client Thank You Note

To all the Shepherd's Center Volunteers:

In each of you I see a glimpse of all that is good and kind and generous. You ease in each of us our difficulties with transportation and allow us to see our physicians and caretakers that mean so much to our well-being. I thank you so much from my heart and may you be blessed always.

*Liz McRaney*

### 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 & Appreciation Chair*

**Carolyn Jeskey** *Client Assessment & Advocacy Chair*

**Mark Turco** *Audit Committee Chair*

**Carol Edelstein** *Member-At-Large*

**Michael Lerner** *Member-At-Large*

**VACANT** *Volunteer Outreach Coordinator*

*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 <http://scmafc.org/>, by email to [contact@scmafc.org](mailto:contact@scmafc.org), or Facebook at <https://www.facebook.com/SCMAFC>.