

**SHEPHERD'S HERALD: Volume 10, Issue 2 — Spring 2024**

## SPRING VOLUNTEER APPRECIATION EVENT

The Lewinsville Presbyterian Church once again hosted our lively group of volunteers on Thursday afternoon, May 2! With chilled mocktails, Mediterranean charcuterie and mezze assortment, shrimp cocktail, deviled eggs and some scrumptious Italian cookies and cannoli, our group enjoyed time to learn and time to socialize.

Our speaker, **Emily Braley**, is the Volunteer Services Manager for **NV Rides**. She introduced us to **Elena Alergant**, the new NV Rides Manager. NV Rides serves as an umbrella for the 15 community-based volunteer driver programs located throughout Northern Virginia, including our Shepherd's Center, providing support to us in several very valuable ways: They provide support to us in recruiting and training volunteers, covering the cost of the ride coordinator software and the individual background checks required of new drivers, hosting partner meetings to share information and ideas, distributing and evaluating results of annual volunteer and rider surveys, and advocating for us with state and local officials.

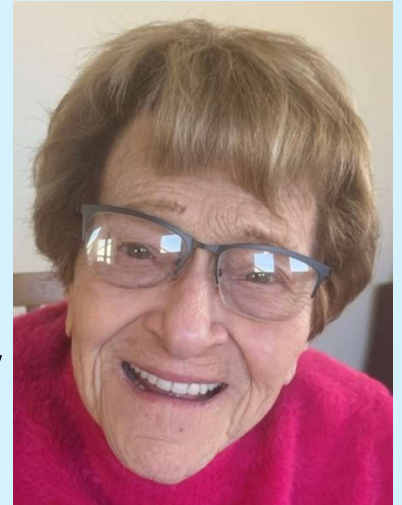
Throughout the afternoon, everyone enjoyed food and drinks and shared lots of new ideas for improving what we do, including better ways to appreciate volunteers and help them feel more connected to our organization. In conversations with volunteer attendees, I'm convinced that some of the best ideas will always come from the hands-on volunteers like our drivers, including those who aren't able to attend the in-person events.

If you have any suggestions at all, don't hesitate to contact me at [carol.edelstein@verizon.net](mailto:carol.edelstein@verizon.net). I'd love to hear from you! Hoping to see more of you the next time we get together - most likely over the winter holidays. Enjoy your summer.

--Carol Edelstein



## Jackie Wilson - Client Profile



Jackie Wilson often expresses her gratitude to the Shepherd's Center for giving her transportation to her critical doctors' appointments, banking needs and trips to grocery stores. Jackie's connection with Shepherd's Centers began in 1998 when she started volunteering to organize the first center in the Vienna/Oakton area. She now has an even greater appreciation of the Shepherd's Center as a recipient of the services.

Jackie was born near Cambridge, MA into what she describes as a Victorian family in 1928. Her father, an engineer, was detailed to work on the Manhattan Project. Her mother, an active volunteer, headed the Boston chapter of the Red Cross giving Jackie the opportunity to help with the program aiding homeless children and families after World War II. After attending high school and college in Boston, she decided to join two friends in moving to New York City where she worked for a Wall Street brokerage firm. Then came marriage, motherhood and life in Darien, CT.

Jackie was always restless to engage with the world and jump in where help was needed. She started many organizations in her busy life, most of them charitable, helping people in need. She loves being with people, getting involved, making a difference. "Every day counts!" she says. "It's all we have."

After a bad car accident last year, she stopped driving and lost some mobility. "Shepherd Center changed my life", giving her a way to get to her doctors and her shopping. Still living independently, she appreciates being taken out for lunch by friends, frequenting many of the restaurants in the area. She would love to resume spending afternoons with book clubs and bridge clubs when she can find one convenient enough to her.

A model of vitality at 96, Jackie's energy and generosity keep her going. She's grateful for all she's experienced in her busy life. Every day she strives to find something positive to enjoy.

--Ed Groark

## Have You Tried Sitting Yoga Classes?

As we age, it's important to keep moving and stretching even if you have limited mobility.

One way to keep joints flexible is doing light exercise in a sitting position. Try Sitting Yoga designed for seniors

An instructor you might enjoy is Krista Oakes, a certified yoga instructor specializing in leading seniors. Although she lives in Daytona, FL, you can enjoy her classes on-line. She offers several dozen pre-recorded classes of various lengths for free. They are available to you on her YouTube channel at this link: [https://](https://www.youtube.com@DaytonaYogawithKrista)

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--Ed Groark

## Ride Statistics January – March 2024

In this quarter, 52 drivers gave rides to 86 clients.

Altogether, 866 rides were provided by our volunteer drivers, while 34 were supplied by SCMAFC funded taxi drivers, amounting to 7,920 miles driven by volunteers and 34 miles by taxi drivers.

Our volunteers drove for 784 hours. In 58 cases an extra stop was requested by the client and in 27 cases an extra passenger was included in the ride.

61% of the rides were for medical or dental purposes, 20% for grocery shopping, 12% for physical therapy, with the remaining 7% for miscellaneous needs.

--Connie Van Zandt

## Steve Carrera – Driver profile

Steve Carrera is a relatively new driver for SCMAFC and has provided 174 one-way rides since he began in July 2023. He loves meeting our clients and loves the opportunity to provide a service to seniors that was never available when his parents needed rides in their senior years and when he lived too far away to help them himself.

Steve Carrera was born in New York City. His family moved to Wilmington NC when he was a small boy. It's where he grew up and stayed to attend college at the University of North Carolina Wilmington. Out of college he was offered a job in DC at Interpol. This led him into a career at DOJ's Inspector General's office, where he lived in Washington and New York with his wife and two sons. When Steve retired, his wife took a job at Hershey's and the family moved to Hershey, PA.

With their sons in college, he and his wife moved to North Arlington so they can be close to Washington, a city they love for its beauty, culture, and convenience.

They have owned a weekend property in Bedford PA for several decades that provides a peaceful getaway. It is where they still spend a lot of their time now, heeding the call of a lawn to be mowed and gardens to be tended to.

The Shepherd's Center welcomes Steve as a active driver and appreciates the enthusiasm he puts into his volunteer work.



--Ed Groark

## NEW: Friendly Caller Service Now Available

Our friends at the nearby Shepherd's Center of Northern Virginia (SCNOVA) have a Friendly Caller Program where volunteers regularly telephone clients to connect and communicate through a friendly conversation. SCNOVA has generously offered to open their Friendly Caller Program to seniors living in the Shepherd's Center of McLean, Arlington, and Falls Church (SCMAFC) service area.

SCNOVA Friendly Caller volunteers typically call clients about once per week. The volunteer and client might talk about light subjects such as their daily activities and hobbies, or more serious matters, such as their family lives and deep concerns. These friendly calls can lead to long term friendships between a caller and a client.

If you are interested in establishing a new human connection, please contact SCNOVA at **(703) 281-0538**. You will need to register with SCNOVA for their Friendly Caller Program.

**Please note:** You will continue to request and receive your medical and grocery rides the same as always from SCMAFC and its volunteer drivers.

## SCMAFC Ride Coordinators

Mary Highsmith, Chair  
Jan Auerbach  
Irv Auerbach  
Kim Chapman  
Jan Gordon  
Michael Lerner  
Mark Turco

## New volunteer drivers in January – March 2024 Quarter

Kathleen Peroff  
France Vareilles  
Carolyn Boswell  
Josephine Dicdican  
Xuchen Liu  
Beth Harkaway  
Tracy Mustin  
Lloyd Mustin

--Kristen Jones



# shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## **SHEPHERD'S HERALD: Volume 10, Issue 1 — Spring 2024**

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 Board of Directors**

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