

SHEPHERD'S HERALD: Volume 10, Issue 3 — Summer Edition — April-June 2024

Our Shepherd's Center

Our center serves McLean, Arlington, and Falls Church. There are five other Shepherd's Centers that cover most of the rest of Fairfax County. We are all affiliated and supported by a local organization called NVRides and belong to the national Shepherd's Center organization based in Kansas City, which just changed its name to Aging Forward.

While most other Centers have one or more paid staff, all our members—on the board, serving as Ride Coordinators, serving on a committee, and driving—are volunteers. We derive our income from donations and grants. Our expenses are insurance, taxi rides, volunteer appreciation events, IT systems and support, stationery and stamps.

If you know someone who needs rides and who lives outside of our McLean, Arlington and Falls Church area, perhaps they can be served by one of our local affiliates. If they can't find an organization offering rides in their area, we'd be glad to help them get connected with the right people.

VOLUNTEERS: If you would like to learn more about our Center or make suggestions about getting more deeply engaged, please participate in the **Feedback Poll** included in the electronic version of this newsletter.

-Jan Auerbach

Ride Statistics 2nd Quarter Apr - Jun 2024

- From April through June, rides were provided to 73 unique riders, a 25% increase in unique riders over this quarter last year. A total of 1,193 rides were provided, a 30% increase over last year. Taxis were used just 29 times, a lower percentage than they were used this quarter last year.
- Our volunteer drivers drove a total of 9,900 miles, a 41% increase over miles driven in last year's quarter.
- To meet this demand, 97 unique drivers provided rides, only a 6% increase in drivers compared to last year.
- 75% of the rides were for medical related visits, 16% for grocery shopping, and 9% for other purposes.

An abundant THANK YOU to the many drivers and ride coordinators who have done such a terrific job of cheerfully taking on a much greater demand for rides without a corresponding growth in the number of available drivers.

Shepherd's Center is proud to help so many neighbors needing rides and we have stepped up our efforts to recruit additional volunteers to increase the size of our driver pool.

If you know of anyone who may want to volunteer for us, please encourage them to sign up on our website!

Featured Driver - France Vareilles

France was born in Paris, moving to New York with her family at the age of ten. She went back and forth to France to continue attending French schools until she completed high school. She then transitioned to American schools, attending State University of New York in Purchase, NY, where she majored in math and environmental science. Seeking a wider scope in career, France followed her undergraduate degree by earning an MBA from Columbia University Graduate Business School.

She found interesting work doing market research for several corporations until she joined the Federal Prison Industries in the U.S. Department of Justice, where she stayed for the balance of her career. She managed and grew a program that then employed 5,500 inmates in 31 federal prisons producing many items including body armor, mattresses and military field uniforms for the Defense Department. Becoming increasingly competitive over the years as legislation allowed small businesses greater opportunity to bid, this program was able to maintain over \$200 million in sales a year, providing the inmates a structured work environment that helped them more successfully re-enter the work force after their release.

Now retired, France has been driving for Shepherd's Center since January. She finds satisfaction in helping seniors meet their needs with her rides in a way that meets her schedule. She and her husband are avid travelers – just came back from Azerbaijan, Georgia and Armenia. They also continue to return to France frequently to visit family members spread over many regions of the country, providing an opportunity to discover and explore new areas of France on every trip.



-Ed Groark

Remembering Eileen Mary Jackson

Eileen Jackson, a Shepherd's Center client, passed away peacefully this past May in McLean. Eileen was born into a British family in Mysore, Karnataka, India in 1937. She was reared primarily by her grandmother. According to her cousin, Chester Wapshire, the family ran a tea plantation of 18,000 acres which they had divided into 12 separate units. They lived in some splendor next to the Ootacamund Club which hosted the managers of the estates when they came into the town for recreation.

Having started her education in 'Ooty' she was sent to a boarding school in England for a formal education. After returning home she enjoyed the social life of the military establishment which had a lengthy presence in the area.

Eileen traveled around the world as a young adult. While visiting a friend in Washington, she was encouraged to take a job in the British Embassy, where she stayed and worked for several years. She then transferred to the International Monetary Fund where she worked for the rest of her career. She made good friends there including her life partner Richard May.

Eileen and Richard moved to McLean in the 1980s where they lived together until Richard's death in 2020. Their favorite activity was taking long drives together in rural Virginia. Eileen was gregarious, extroverted, funny, opinionated, and loved to read spy thrillers and animal stories and is fondly remembered by many drivers at Shepherd's Center.

-Ed Groark

New Drivers in April-June 2024 Quarter

Debbie Shatz
Liz Anderson
Zoe Chan
Patti Brangman
Emma Lewin
Mhairi Anderson
Ronica Peraka
Curtis Schaeffer
Scott Adams
Sean Keane

SCMAFC Ride Coordinators

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

HOW TO BE KIND TO YOUR RIDE COORDINATOR

At Shepherd's Center, a Ride Coordinator is a volunteer who works hard to match your request with a driver. Currently, we have six Ride Coordinators who rotate responsibility on a weekly basis. During a duty week, the Ride Coordinator listens to all the incoming messages that clients leave on our answering machine and enters their ride requests into RideScheduler, the computer program we use to manage these requests.

This job can be challenging sometimes. We have lots of messages to listen to, and it is important for us to enter the details of ride requests in our system in a timely manner.

We would appreciate your help in the following areas:

Don't call more than once about the same issue. Your message is on the machine and will be dealt with as soon as the Ride Coordinator can get to it.

Please listen to messages we send you. We all work from home and use our own phones, so the Caller ID might say "Restricted", but it might be a Ride Coordinator calling from his/her private number.

Please provide all necessary details about your appointments when requesting a ride. Speak slowly and clearly. Spell the name of your doctor. Let us know if you need another copy of our Client Guidelines, which lists the details we need to know to enter your request in RideScheduler.

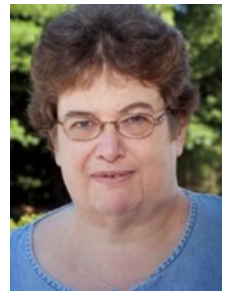
Please do not ask drivers directly for rides. All requests should be made by calling the Shepherd's Center number and leaving a message. Ride requests will be entered and circulated to all our drivers, so all drivers will be aware of your request and try to fit it into their schedules.

Please be aware that messages left on the answering machine after 6 PM may not be heard until the next day. It is asking too much for Ride Coordinators to have to work at night after working all day.

-Mary Highsmith

Remembering Beth Caldwell

Beth Caldwell was born in New Britain, Connecticut in 1957 where she grew up and graduated from St. Paul Catholic High School. She studied nursing and media, communications, and visual arts at Pace University in New York and computer programming at the Morse School of Business in Hartford, CT. She wanted to join the Navy but ended up serving as a military personnel clerk.



After moving to the Washington, DC area, Beth served her community in a variety of different ways. Volunteering at the National Cathedral for 12 years, she welcomed guests and gave tours. To serve underprivileged members of her community, she studied medical insurance billing and coding through Fairfax County's adult and community education program. From 2004 to 2008, she served as a medication aide through Fairfax-Falls Church Community Service Board, providing alternate funding for pharmaceuticals.

In 2001, Beth was baptized as a member of the Church of Jesus Christ of Latter-day Saints where she became an integral part of the Church's community in the Northern Virginia area. She was famous in her church community for helping others research their family history. She was like an aunt to the children in her congregation and the children of all her friends, watching them grow up, giving out candy and hugs at church, and gifting many of them their "first cars" (a toy or matchbox car).

And near the end of her life, she was a client of Shepherd's Center while simultaneously serving as a Ride Coordinator.

She was friendly, witty, and an enthusiastic conversationalist. She loved reading and watching YouTube videos of talking parrots. She had a sense of humor, teased strangers and friends alike, and had a gift for reaching out to others with handicaps and disabilities.

Despite significant health problems that limited her mobility, Beth remained independent and determined to contribute to her community until the last days of her life. She will be missed by all who knew her and remembered for saying, "I am blessed with the best friends, both those I have met face to face and those I have yet to meet."

-Ed Groark



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard
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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/>

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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, or Facebook at <https://www.facebook.com/SCMAFC>.