



Volunteer Appreciation Luncheon

On January 16, SCMAFC held a Volunteer Appreciation Luncheon at Wildfire Restaurant in the Tysons Galleria. The 33 volunteers who attended were treated to an elegant three course meal in a cozy and welcoming setting. The gathering included many Board members and Ride Coordinators who themselves are all volunteers and mostly drivers. Seated at tables for six provided a rare opportunity for drivers to meet fellow drivers. By sharing ideas and experiences they deepened their connection to our organization.

Drivers often comment that the best part of volunteering for Shepherd's Center is meeting the wonderful people they have the privilege of driving to their appointments. Events like this one let them see our other dimension: the wonderful people who are our other drivers.

Our incoming Board Chair, Jan Auerbach, presented the award for Volunteer of the Year to Carrie Le for her dedication in chairing both the Board and the Communications Committee for the past two years. The most active drivers were recognized as well, as Jan told each how far they could have driven if they counted their cumulative miles for their trips in 2025. Lee Ebert, who joined us 13 months ago, drove the most rides and could have driven to Seattle with the miles he drove his riders last year!

SCMAFC plans to have four events in 2026 to appreciate our volunteers: another luncheon and two drop-ins. If you are a volunteer and missed this one, we encourage you to attend one of the upcoming events to meet your peers and share your experiences.

—Ed Groark

MARY HIGHSMITH RECOGNIZED FOR HER SERVICE

On November 17, a retirement lunch was held at Godfrey's in Falls Church to celebrate and appreciate Mary Highsmith who is stepping down from chairing the Transportation Committee after twelve years of dedicated service to SCMAFC.

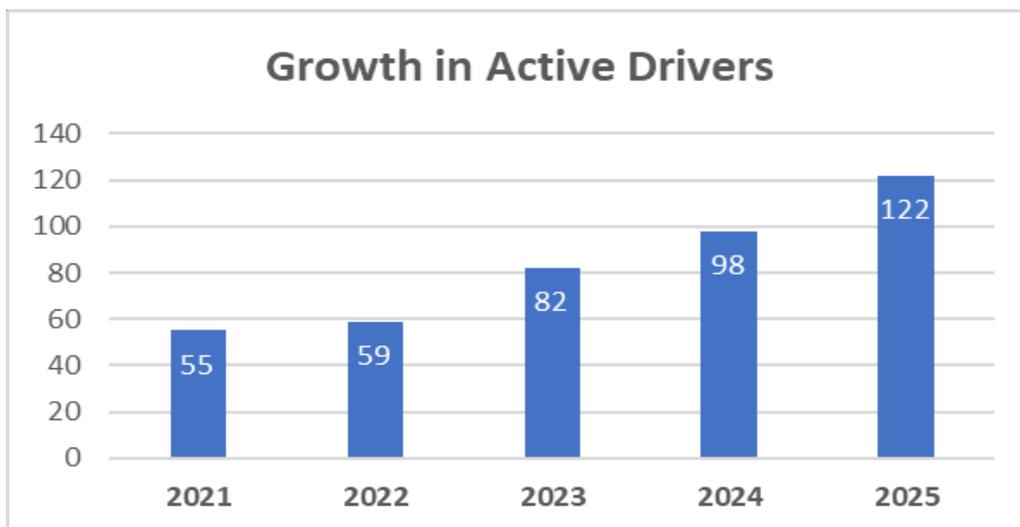
Mary started volunteering for SCMAFC in 2013 as a driver. In 2018, she became chair of our Transportation Committee and joined the Board of Directors. In her capacity as Chair of the Transportation Committee, Mary trained the Ride Coordinators and trained many drivers over the years. Mary supervised the Ride Coordinators and gave advice to them when there were issues or problems.

-Ed Groark



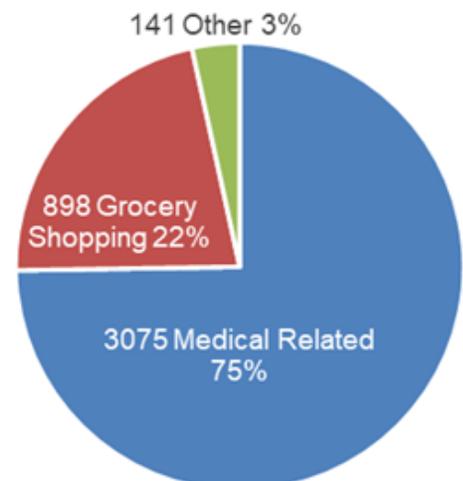
Ride Statistics

The number of drivers has been growing every year since 2021.



This year we provided 4114 rides.

2025 Rides by Category



New volunteers joining October - December

Katie O'Brien
Anne Kienlen
Margaret Taylor
Lisa McCormack
Daisy Hollifield

Ride Coordinators

Lisa Dickerson
Mary Highsmith
Jan Gordon
Jan Auerbach
Irv Auerbach
Mark Turco
Rob Osberg
Kathy Peroff
Judy Rudman
Dawn Massey



Our Riders Express Their Appreciation

“Shepherd’s Center has helped me significantly and takes a lot of stress away since I can depend totally on getting to my appointments on time.”

“The drivers go above and beyond to make sure I am safe.”

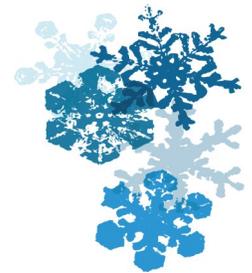
“It has reduced my loneliness knowing someone cares about me.”

“Everyone has always been so absolutely wonderful, giving, and so kind.”

“It gives me a sense of security knowing if I have a problem, there is someone to help me.”

Get ready for more snow this winter

This might be the snowiest winter in several years, so here are some reminders about being prepared if you plan to go out in this cold, snowy and icy weather.



Safe Footwear: Wear footwear with good traction on ice. Consider using ice grippers (like Yaktrax).

Use Walking Aids: Utilize a cane or walker if you have one for added stability on slippery surfaces.

Walk Safely: Take short, slow, shuffling steps for more stability.

Dress in Layers to Stay Warm: Wear loose, lightweight, warm layers, along with a hat and scarf.

Stay Hydrated: Drink plenty of fluids, even if you do not feel thirsty, as cold air is dry.

Avoid Shoveling: Shoveling is strenuous and can cause injury or heart attacks. Hire help or ask for assistance.

Rose Chu - Driver Profile

Rose Chu has been driving for SCMAFC since last May and has already driven enough miles for Shepherd’s Center to get herself all the way to Chicago. She likes the convenience of scheduling rides on her schedule and enjoys the company of the riders she is helping get to their appointments.

Rose came to the U.S. from Taiwan when she was two years old. Her father relocated the family here to be a diplomat in Washington. She attended public schools in DC and Maryland and earned bachelor’s and master’s degrees from University of Pennsylvania in Philadelphia. After a career as a health policy consultant, she recently retired from the federal government, working at HHS on health insurance policy.



Rose has generously given her time for 18 years in an AARP program helping people who need assistance doing their taxes. Now in her retirement, besides being a very active driver for Shepherd’s Center, Rose finds enjoyment playing bridge and doing Tai Chi at local senior centers.

-Ed Groark



shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH
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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/>

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

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