



Shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/APRIL 2018

SCAS An Irish Dance Presentation

**Saturday, March 24th
4:00 pm - 5:30 pm**



St. Alban's Episcopal Church
6800 Columbia Pike, Annandale, VA 22003
Open to the public—all are welcome!

Join us for an early dinner and to see the lively student dancers from the O'Neill James School of Irish Dance.

Cost is \$15 for food, dance presentation, and fun.

Support **ACCA Food Bank** by bringing a non-perishable food. In a 2015 survey it was revealed that 67,190 Fairfax County residents were "food insecure". Let's help fill the food bank.

Please call the SCAS office at 703-941-1419 or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, March 19th. Send your check to the SCAS office. Our meals are catered so pre-payment is required.

SCAS Lunch N' Life



Thursday, April 26th 11:30 am - 1:00 pm

St. Barnabas' Episcopal Church,
4801 Ravensworth Rd., Annandale, VA 22003

Join us to see The Ollie Players perform the very funny play "These are The Daze of our Lives".

Open to the public—all are welcome!
Cost is \$10 for lunch and entertainment.

Please call the SCAS office at 703-941-1419 to reserve your seat by Monday, April 23rd.

Living with Alzheimer's Series

In the middle stage of the disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

April 2018, Living with Alzheimer's Series:

- Saturday, April 7 - For Caregivers - Middle Stage, # 1
- Saturday, April 14- For Caregivers - Middle Stage, #2
- Saturday, April 28 - For Caregivers - Middle Stage, #3

All workshops run from 10:00 a.m. to 12 noon at Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale, VA. Feel free to invite friends, neighbors, or family members.

Jane Priest of the Alzheimer's Association will be the presenter for these workshops at RBC. All workshops are free of charge; no registration required; just come. Coffee and light refreshments served prior to the program. For more information, please call the church office 03-941-4113, or email rbc@ravensworthbaptist.org.

NOVA-Annandale Symphony Orchestra Spring Concert

Friday, May 4th at 8:00 pm. Come hear the wonderful music with a Latin flare.

Ernst Community Cultural Center Theater, NOVA Annandale Community College Campus,
8333 Little River Turnpike, Annandale, VA
Free parking

Ticket prices: Adults, \$15.00. Get your tickets from SCAS. Call to reserve yours at 703-941-1419.

Day Trip to The Cold War Museum

March 16, 2018

Board the bus at 9:30 to Warrenton, VA to see and hear about rare artifacts from the Cold War. A one hour private tour of the museum is narrated by retired counter intelligence tour guides.

Lunch will be on your own from the Covert Café which can be taken to the Vint Hill Craft Winery to enjoy.

Then on to the Fauquier County Jail/Museum. Be back around 3:30 pm.

Cost is \$30 for transportation and tour. Call for details and to reserve your seat now!

Seniors' and special needs resources

Fairfax County Services for Older Adults: information and assistance call 703-324-7948.

Moving advice for seniors and people with disabilities <https://www.sparefoot.com>
<http://civilrights.findlaw.com/discrimination/rental-housing-rights-for-disabled-tenants>
[http://www.airfiltersdelivered.com/sensory processing disorder](http://www.airfiltersdelivered.com/sensory-processing-disorder)
[https://www.homecity.com/making the move to assisted living](https://www.homecity.com/making-the-move-to-assisted-living)
[https://online.arbor.edu/blog/guide finding credible medical information advice](https://online.arbor.edu/blog/guide-finding-credible-medical-information-advice)

Donations of Gift Cards

Do you have any gift cards don't want? Just send them to SCAS, we will gladly use them. You will receive a gift donation letter for your taxes.

Become an SCAS Member in 2018

Now is the time to show your support by beginning or renewing your SCAS membership in 2018. Your membership dues help support our transportation program, Lunch N' Life, Day Trips, Special Events and other programs.

The cost of an annual membership is only \$15. Just go on our web site and complete and return the [membership form](#) to the Shepherd's Center along with your check.

Thanks for your faithful support!

We could not do it without you!

The Shepherd's Center of Annandale Springfield (SCAS)

SCAS is a non-profit interfaith organization sponsored by area congregations and community groups to serve seniors 50 and older in the Annandale and Springfield areas of Northern Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Recent Event:

The January LNL was a huge success thanks to the Carol Papp. She gave us a lot of good information about how to keep our minds and bodies active. She gave lots of fun prizes to lucky winners in the audience. Thanks so much Carol.

Thank you Reverend Carmelo Santo for the use of the hall. Thanks to Diane, Teddy, and Patsy for setting up and cleaning up the hall. Thanks to Karen Hogaboom for assisting and keeping the coffee flowing.

Thanks goes out to the S. John Davis Career School for catering the wonderful lunch of Chicken Cordon Blue, rolls, salad, and the best carrot cake in the whole world. John Hines and the students did a wonderful job.

Thanks to Teddy for taking pictures for Facebook. Thanks to all the volunteers for helping. What a great job you all did!

If you missed this luncheon, you missed a good time. The door prize was a \$25 gift card to Bob Evans. You may win a door prize next time so join the fun.

Why Do Drivers Volunteer to Drive? Here's why:

"I will fondly remember my experiences with the Shepherd's Center, especially my conversations with those that I was able to help as I drove them to their various appointments. I will miss them and you!" from Dick M. who was moving out of state.

"For several reasons, Dianne and I are happy to drive folks to medical appointments. It's a need we can fill as retirees with flexible daytime schedules, an opportunity to serve others that suits us. We meet some interesting people, too, many with stories to tell, some who live alone and don't have much interaction with outsiders like us. It doesn't take much time, and the clients are usually most grateful for our assistance."

Drug Prices

With drug price going up it's a good idea to compare. Here are three websites to shop prices and get coupons.

wellrx.com
lowestmed.com
goodrx.com

AARP Volunteers Provide Free Tax Preparation Assistance

AARP volunteers will be at the Mason District Governmental Center, 6507 Columbia Pike in Annandale. Assistance is available **now through Tuesday, April 17, 2018 for federal tax returns.** File Virginia taxes before the deadline on **Tuesday, May 1st.**

Walk-in services on:
Mondays and Thursdays from 1 to 8 p.m.;
Tuesdays, Wednesdays, and Fridays from 9:30 a.m. until 1 p.m.;
Saturdays from 9 a.m. until 1 p.m.

All returns are filed electronically. Bring last year's tax return, a photo ID, and all Social Security cards.

Residents with illnesses or infirmities, which confine them to their homes, may schedule appointments with AARP for tax preparation services by calling 571-766-6268. For more information about AARP Tax-Aide, visit www.aarp.org/taxaide, or

Cars for SCAS!

Do you have a vehicle you no longer use or just want to get rid of? Vehicles include autos, boats, RV's, motorcycles, or trucks. You may donate your vehicle whether it is running or not.

Donate your vehicle to SCAS by calling 1-855-500-RIDE (7433).




Pat Sawhney
703.395.9214

Certified Residential Specialist, Graduate Realtor's Institute, Senior Real Estate Specialist, Associate Broker

See my video:
www.GetMovingWithPat.com

Serving the needs and interests of Northern Virginia clients since 1975

"Your Interests Are My Interests"

Like me on 

5501 Backlick Road
Springfield, VA 22151
www.facebook.com/PatSawhney
patsawhney42@gmail.com



**OUTSTANDING AGENTS.
OUTSTANDING RESULTS.®**

Email:
patsawhney42@gmail.com
"Greenspring Village Preferred Realtor"

Newsletter by Email!

Please send us your **email address** so we can save paper, printing, and mailing costs. Get the news faster and in color by email.

If you do not wish to receive this newsletter, please let us know.

First Presbyterian Church of Annandale Concert Series

March 4th at 4:00 pm in the sanctuary.
Music by Ron Freeman.

First Presbyterian Church of Annandale,
7610 Newcastle Blvd, Annandale, VA

Admission is free; donations are welcome.

Quote of the month:

"Whenever you do a thing, act as if all the world were watching."

President Thomas Jefferson



Jeff Shearer
(703) 615-6997

Certified Real Estate Pricing Specialist®
Accredited Staging Professional®
Master Certified Negotiation Expert®

Jeff@ShearerVAHomes.com
Fax: (703) 924-4203

Samson Properties
6408 Grovedale Dr #204
Alexandria, VA 22310



FREE BROCHURE

45 PAGES that add up to a remarkable retirement

Call **1-800-788-0811** to request your **FREE** Guide to Retirement Living at Greenspring.



7410 Spring Village Drive, Springfield, VA

888.478.2410

Annandale • Fair Oaks • Kensington
Silver Spring • Potomac
arden-courts.com

Arden Courts 
Memory Care Community

UPCOMING EVENTS

3/14/18 Day Trip

3/24/18 Lunch N' Life

4/26/18 Lunch N' Life



Real Possibilities

Our thanks to Greenspring Village for printing this newsletter.



Proud member of the Annandale Chamber of Commerce



SCAS supports the transportation initiatives of Fairfax County's 50+ Community Action Plan. Find out more at fairfaxcounty.gov/OlderAdults.



7610 Newcastle Drive
Annandale, VA 22003

SUPPORTING ORGANIZATIONS

AARP
ACCA
Annandale Women's Club
Ar Rahman Foundation
Arden Courts Memory Care Community
Brightview Woodburn Assisted Living
Fairfax Agency on Aging
Greenspring
Hearing Solutions of Fairfax
Home Instead
Leewood Healthcare Center
Lifematters
Serving Together
Silver Dragon Studio
Shepherd's Center of Fairfax Burke
Shepherd's Center of Oakton Vienna
Shepherd's Center of McLean Arlington FC
Shepherd's Center of Western Fairfax
Shepherd's Center of America

BOARD OF DIRECTORS

Dick Stewart, Chair
Fred Chatelain, Treasurer
Gail Fewell, Assistant Treasurer
Martha Lowe, Vice Chair
Dolores Vestrich
Nellie Al-Saigh
Nancy DeVera

SUPPORTING CHURCHES

Annandale United Methodist Church
Capital Baptist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
Hope Lutheran Church
John Calvin Presbyterian Church
Mount Pleasant Baptist Church
Ravensworth Baptist Church
Parkwood Baptist Church
St. Alban's Episcopal Church
St. Barnabas Episcopal Church
St. Mark's Lutheran Church
St. Matthews United Methodist Church
Sleepy Hollow United Methodist Church
United Baptist Church

OFFICE STAFF

Barbara Gatorian, Office Director
Tony Wonkovich
Marge Miller
Patsy Vandiver
Diane Levesque
Margo Bendary

Email Address:

shepherdscas@vacoxmail.com

Website:

www.shepherdscas-annandale.org



Telephone: 703-941-1419

Visit us on Facebook

Office hours 10-1 Mon-Fri

ADDRESS SERVICE REQUESTED

Non-Profit Org
US Postage Paid
Permit No. 7264
Annandale, VA

A NON-PROFIT INTERFAITH ORGANIZATION TO SUPPORT AND ENRICH THE LIVES OF ADULTS 50 and OLDER. SEE OUR WEB SITE FOR OUR ANNUAL REPORT.