



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MAY/JUNE 2018

SCAS Lunch N' Life Mardi Gras

Thursday, May 24th 11:30 am - 1:00 pm

United Baptist Church, 7100 Columbia Pike,
Annandale, VA 22003

Join us to hear Dixieland Express. The band plays the Dixieland traditional instruments of cornet, trombone, clarinet, tuba, drums and banjo.

Help us thank our volunteers too.

Open to the public—all are welcome!

Cost is \$10 for lunch and entertainment.

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, May 21st.

Send your check to the SCAS office. Our meals are catered so pre-payment is required.

Day Trip to The Cold War Museum

Thursday, June 21, 2018

Board the bus at 9:30 to Warrenton, VA to see and hear about rare artifacts not seen elsewhere from the Cold War.

A private tour of the museum is narrated by retired counter intelligence tour guides.

Lunch will be on your own at a local restaurant. Return around 3:30 pm.

Cost is \$35 for transportation and private tour. Call for details and to reserve your seat now! 703-941-1419.

Living with Alzheimer's Series

In the late stage of Alzheimer's, partners now become hands-on caregivers. Typically, caregiving involves new ways of connecting and interacting with the person with the disease. Join us for these late stage presentations, the last of our 3-part series. Hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care in the late stage of Alzheimer's.

Saturday, May 5: For caregivers and family or friends – late stage, # 1, 10:00 a.m. - 12 noon

Saturday, May 12: For caregivers and family or friends – late stage, #2, 10:00 a.m. - 12 noon

Jane Priest of the Alzheimer's association will be presenting these workshops which are co-sponsored by the Shepherd's Center of Annandale Springfield and Ravensworth Baptist Church.

There is no charge for the workshops; no registration required; just come.

Location: Ravensworth Baptist Church,
5100 Ravensworth Rd., Annandale, VA

For more information, please call
Ravensworth Baptist Church, 703-941-4113.

NOVA-Annandale Symphony Orchestra Spring Concert and Mariachi band

Friday, May 4th at 8:00 pm. Come hear the wonderful music with a Latin flare. Mariachi band in the lobby prior to the performance.

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.

Complimentary Shred-it Event

Saturday, May 12, 2018 11:00am - 2:00pm

Brightview Woodburn invites you to "Shred it and Forget it". Let Brightview Help You Clear the Way to a Clutter Free Spring!

Take advantage of a free, professional shredding service to protect your identity and clean out your files.

Complimentary Grilled Hot Dogs, Beverages, and Desserts will be Served by our Amazing Dining Services Team

Acceptable Shredding Items Include: Papers, Folders, File Folders, Paper clips, Staples.

Contact Joanna or Bonnie to RSVP 703-462-9998 or email JBANKS@BVSL.net or BBARRELLA@BVSL.net

15th Annual Hospital Bed Race

Saturday, May 19th 10 am to Noon

Looking for Teams of 5 for this whacky relay race that benefits community enhancing projects and Virginians with Intellectual Disabilities. Participate or bring the family to watch and cheer on local businesses.

Applications available at www.annandalechamber.com/hospital_bed_race.rhtml

Donations of Gift Cards

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

Need a Notary?

Notarial services are available from 8:30 a.m. to 4 p.m. in the Office of Mason District Supervisor Penny Gross, located in the Mason District Governmental Center, 6507 Columbia Pike in Annandale. **Please call 703-256-7717 in advance to ensure the notary is available to assist you when you arrive.**

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, Springfield, and sections Alexandria, Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Recent Event:

The March Irish Dance Presentation was a huge success thanks to the dancers of the *O'Neill James School of Irish Dance*. Visit the Shepherd Center's Facebook page to see the dancers in action.

Thank you Reverend Jeffrey Shankles for the use of the hall at St. Alban's Episcopal Church. Thanks to Fred and Teddy for setting up and cleaning up the hall.

Thanks goes out to the Barry Uhlig wonderful Irish lunch of Shepherd's Pie, salad, and rolls.

Thanks to Teddy, Nancy, and Margo 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 fun time. The door prize was a \$25 gift card to IHOP. So come to the next lunch, join the fun, and you may win a door prize.

AARP Medicare 101 Seminar May 7, 2018

Come to the seminar on **Monday, May 7**, from 7 to 8 p.m., at the Mason District Governmental Center, 6507 Columbia Pike, Annandale. AARP, in collaboration with Supervisor Gross, will host an hour-long session that will provide information about the different parts of Medicare, coverage and costs, and Medicare plan choices. This session is a good overview for anyone interested in Medicare and will provide resources and tools to learn more. RSVP to Christine.Delta@fairfaxcounty.gov, or by telephone at 703-333-5402

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

Do you need help?

- organizing your home to make your life easier and/or reduce clutter?
- shopping: finding stores specific to your needs and providing transportation if necessary?
- downsizing?
- gardening?
- sorting items for charity and/or getting them there?
- finding new activities to enhance your life?
- ideas for how to give your room (s) and home a "fresh" new look on a budget?
- new ideas to update your wardrobe on a budget?
- suggestions for easy healthy cooking and/or streamlining your kitchen?

If you live in Northern Virginia and are struggling with any of the above, please call Ann 703-379-1996. FREE (one-time) 2 hr. consultation. Hourly rates will vary depending on service.

Wonder Women Sixty: motivational speaking and consulting
www.wonderwomensixty.com

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. No title, no problem.

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



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First Presbyterian Church of Annandale Concert Series

May 6th organ concert, led by Ruth Eldredge at 4:00 PM

May 20th Krista Clouse Soprano

June 14th at 8:00 pm Mormon Choir of Washington DC

Free concerts! Come hear the music.

Quote of the month:

"What lies behind us and what lies ahead of us are tin matters compared to what lies within us."

Ralph Waldo Emerson



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Arden Courts
Memory Care Community

UPCOMING EVENTS

5/24/18 Lunch N' Life

6/21/18 Day Trip



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
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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

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Visit us on Facebook

Office hours 10-1 Mon-Fri

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