



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/APRIL 2019

SCAS Irish Dance Presentation

**Saturday, March 30th
12 Noon to 2:30 pm**



Let's keep the St. Patrick's Day celebration going a little bit longer.

Join us to see The Shannon Dunne Dancers perform Irish step dancing.

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

Open to the public—all are welcome!

Cost is \$20 for lunch and presentation. Or bring a friend and each pays only \$15.

Support **ACCA Food Bank** by bringing a non-perishable food.

Please call the SCAS office at 703-941-1419 or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, March 25th. Send your check to the SCAS office. Our meals are catered so pre-payment is required.

Living with Alzheimer's

The on-going **caregivers support group**, meets the 2nd Tuesday of each month at 7:00 p.m. Join the group on March 12th and April 9th.

The meetings are conducted by trained facilitators at Ravensworth Baptist Church
5100 Ravensworth Rd. Annandale, VA 22003
in the annex building. Call for details 703-941-4113.

- Develop a support system
- Share feelings
- Talk through issues
- Exchange practical information
- Learn about community resources

SCAS Lunch N' Life

Thursday, April 25, 2019
11:30 am– 1:00 pm



Join us to hear John Cook Board of Supervisors - Braddock District which includes Burke, Annandale, Springfield, and Fairfax. At a church hall to be determined.

Day Trip to Lincoln's Cottage

Wednesday, April 17th

Board the bus at 10:00 am to go to Lincoln's Cottage in Washington, DC. Bus pick up is at United Baptist Church 7100 Columbia Pike, Annandale, VA 22003

Start the day with a self-guided tour in the Visitor's Center, then take a 1 hour tour through the cottage. See where the Lincoln's lived and where he drafted the Emancipation Proclamation. Lunch will be on your own at a local restaurant. Return around 3:30 pm.

Cost is \$35 for transportation and tour. Call to reserve your seat now!

Open to the public—all are welcome!

Cost is \$10 for lunch and presentation. Please call the SCAS office at 703-941-1419 or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, April 22nd. Send your check to the SCAS office. Our meals are catered so pre-payment is required.

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. 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).

Northern Virginia Senior Olympics

When: May 10-18

Registration is open until April 15th.

The Northern Virginia Senior Olympics Program is **open to all residents ages 50 years and older**. NVSO promotes **Living Healthy Longer**. While making the public aware of the capabilities existing in the senior population, they also promote awareness among the adults of the available recreation facilities in Northern Virginia.

Registration is online only. Registration questions? Email vsg@vrps.com or call (804) 730-9447 (Mon-

Donating IRA Funds to a charity in 2019

If you are 70 1/2 and above and are required to take your RMD you can rollover IRA funds as a donation. Retirees can give up to \$100,000 to charity tax-free from an IRA anytime during the year and have it count as their required minimum distribution for the year. The money isn't included in your adjusted gross income.

Ask your IRA administrator and the charity (**such as SCAS**) about making a direct transfer, or you can have the IRA administrator send a check from your account to the charity.

Northern Virginia Positive Aging and Wellness Fair

The Northern Virginia Positive Aging and Wellness Fair offers tools and information to educate and inspire adults to achieve a fulfilling and healthy lifestyle as they age. The fair will feature 60+ local exhibitors. **Fairfax County Government Center.**

Monday, April 8, 8:45 am-4 pm

Keynote Speaker is Pat Collins, reporter for News4 10 am-11 am

Choose between 21 different Workshops 11:30 am – 4:00 pm.

Lunch break 12 pm—1:30 pm. You may bring your lunch, or pre-purchase a lunch for \$10 by March 31 during registration.

Go to <https://positiveagingfair.com/register/> to register.

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 LNL of January 24th was a big success thanks to Peggy Newhall who played piano at St. Alban's Episcopal Church. Everyone loved the music Peggy played. She had a variety of songs from old to new. What a lovely way to spend our lunchtime.

Visit the Shepherd Center's Facebook page to see the crowd and hear a song. Thanks to Teddy for taking video for our Facebook page.

Thank you Reverend Jeffrey Shankles for the use of the hall at St. Alban's. Thanks to Barbara Chatelain for taking such good care of the coffee service. Thanks for all the helpers for setting up and cleaning up.

Thanks goes out to the S. John Davis Culinary School for the lunch of Chicken Chili, corn bread, salad, and cookies.

If you missed this luncheon, you missed a fun time. We also gave away a \$25 gift card to a local restaurant. So come to the next lunch, join the fun, and you may win a door prize.

50+ Expo: Over 50 & Looking for Employment?

Tuesday April 30, 2019 10:00am to 2:00pm

Fair Oaks Marriott, 11767 Lee Jackson Memorial Highway, Fairfax, VA. Free parking.

Recruiters from dozens of employers, including non-profits, government, healthcare, retail, technology and more!

Free Seminars; Continuing Education; Resume Help; Education/Training.

Keynote speaker is Hillary Howard, afternoon anchor at WTOP.

UBC B-thrifty Donation Box

In the spirit of your decluttering resolutions, you might find the Shoe and Clothing Collection Bin located in the United Baptist Church parking lot helpful. You and your friends/family may generously insert gently used clothing, shoes and non-breakable household items that will fit inside.

Not only will you meet your goal of making space, but these items fill the needs of people across our region and around the world.

The box provider distributes items regularly and UBC receives a small financial donation!

Quote of the month: The best preparation for tomorrow is doing your best today. H. Jackson Brown

Caregiver Bootcamp Classes for Caregivers

Saturday, March 30, 9:30 am to 3:30 pm

Join Insight Memory Care Center for a special day-long training event covering many essential caregiving topics!

It can be hard as a busy caregiver to find all the information you need to best care for your loved one with dementia.

Insight offers the Caregiver Bootcamp to help you learn more about essential caregiving topics. Learn from experts in their fields and gain knowledge on the basics you need to know as a caregiver.

A continental breakfast and lunch will be provided free of charge!

3953 Pender Drive, Suite 100,
Fairfax, VA 22030

Register online, <https://www.insightmcc.org/> or contact Lindsey Vajpeyi at 703-204-4664 or lindsey.vajpeyi@insightmcc.org.



Pat Sawhney

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RMS/NOVA Concert



Buy your tickets from SCAS to hear The NOVA-Annandale Symphony Orchestra concert on 8:00 pm, Friday, April 26th in the Richard J. Ernst Community Cultural Center located on NOVA-Annandale campus, 8333 Little River Turnpike, Annandale, VA.

Tickets are \$15.00, adults; \$10.00, students w/ID; NOVA students and children free. Call us on 703-941-1419.



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Disposal of Unused/Expired Medications Available Year-Round

The Fairfax County Police Department has NEW Prescription Medication Drug Take Back Boxes at its eight district stations throughout Fairfax County, adding to the 12 other sites currently available in the county. Look for the big green box in the stations' lobbies. Guidance for the safe disposal of medicines is available at the Health Department's web-site www.fairfaxcounty.gov/health/drug-disposal. Questions? Contact the Department's Property and Evidence Section, Monday - Friday, 8 a.m. to 4 p.m., at 703-246-2786 or <https://knowrx.org/>.

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7410 Spring Village Drive, Springfield, VA

UPCOMING EVENTS

3/30/19 Irish Dance Presentation

4/17/19 Day Trip

4/25/19 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
Assisting Hands Home Care
Brightview Woodburn Assisted Living
Fairfax Agency on Aging
Greenspring Village
Hearing Solutions of Fairfax
Home Instead
Leewood Healthcare Center
NV Rides
Serving Together
Silver Dragon Studio
Shepherd's Center of Fairfax Burke
Shepherd's Center of Oakton Vienna
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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

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