



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MAY/ JUNE 2020

## NEIGHBORS HELPING SENIORS - SCAS teams up with local pharmacy to give to Community Seniors

Shepherd's Center of Annandale Springfield (SCAS) joined efforts with a local Annandale pharmacy who asked to remain anonymous to provide support for community Seniors. The donation of Easter candy received from the pharmacy was given to Leewood Healthcare Center and Brightview Senior Living – both in Annandale, Virginia – to give back to local community Senior Citizens who may feel isolated and anxious during the COVID-19 pandemic. This meaningful act of kindness reminded the Seniors that they are top-of-mind and organizations stand by ready to assist.

“It has been a tremendous honor to collaborate with a local business to show unity for community Seniors,” said Erin B. O’Reilly who serves as the Office Director for SCAS. “SCAS understands that during this pandemic, the Seniors isolated by social distancing amplifies their needs during this challenging time. Giving to Seniors, especially during a holiday period, helps to provide stability and cheer.”

SCAS is a non-profit, inter-faith, volunteer organization. It is a partnership of individuals, faith communities, local government, and civic groups who are all committed to serving Seniors over 50 years of age in our area. SCAS services are available free of charge to Seniors who reside in Annandale, Springfield, Franconia, areas in Alexandria and North Newington. There are no income-level requirements. SCAS runs a Transportation Program, monthly luncheons, Handy Helper, Day Trips, Friendly Calls, and annual events.

Barbara Gatorian, Chair of the Board added “The SCAC mission has always been to assist Seniors, which is vital during difficult times, so teaming up with local businesses for Seniors in our community was a simple way to support.”

## SCAS Implements Friendly Caller Program



During these challenging times, SCAS worries that many of our Seniors will experience isolation due to programs and services being cancelled.

Are you a Senior who could use a daily, weekly or monthly call from one of SCAS Friendly Callers? Or are you someone who wonders how you can give back to the community during this unprecedented time?

Sign up and request a Senior to befriend at 703-941- 1419 or [shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

## SCAS COVID-19 Response

Virginia Gov. Ralph Northam issued a "stay-at-home" order on March 3, 2020.

The stay-at-home order called for residents to stay home except to obtain food and other essential services, obtain medical care, travel to and from work, take care of other persons or care for animals, visit a relative, travel to and from an educational institution, volunteer with a group providing charitable or social services, or exercise outdoors with social distancing. The order is in effect until June 10, unless changed or rescinded by another executive order.

The Shepherd's Center is a non-profit, therefore we are in accordance with *(h.) Volunteering with organizations that provide charitable or social services*. Our Volunteer Drivers transport our clients to only urgent medical care, food bank and grocery through the week and weekend. We follow CDC guidelines and wear masks, socially distance ourselves in vehicles, and collect and drop clients at the entrances of appointments. More detailed transportation guidelines are on page 3.

### **Meal On Wheels Program During COVID-19**

If you or someone you know is in need of meals being delivered to their home and are inline with the criteria below, please call 703-324-5409.

\*Age 60 and older

\*Lives alone

\*Is homebound. This means the client does not drive or is not driving currently due to physical limitations or self-quarantine.

\*Has no supports available to acquire or provide food (via in person, mail order or delivery).

\*Requires assistance with meal preparation.

### **Spiritual Support**

Fears about the COVID-19 can take an emotional toll on people. To provide support during these unique times, the Fairfax County Spiritual Support Team is now offering spiritual support by telephone for adults aged 60+ in our community.

Anyone wanting to speak with a member of the team call 703-324-5185, leave their name & telephone number. Personal information will be protected. A team member will return the call & speak for up to 30 minutes to hear the individual's concerns and help them to find peace and comfort in these challenging times. If a need for supports is beyond spiritual comfort, they'll be connected to county resources.

### ***A SPECIAL THANKS TO OUR VOLUNTEER DRIVERS IN APRIL***

April has been a "high risk" month with the on-going COVID-19 pandemic.

5 drivers who provided 34 rides deserve special recognition.

SCAS wants to thank: **Ted Torsch (12), Joyce Landry (14), Gary Miller (2), Cindy Miller (4) and Beverly Hirschfeld (2).**

### ***The Shepherd's Center of Annandale Springfield (SCAS)***

SCAS is a non-profit interfaith organization sponsored by area congregations & community groups to serve & enrich seniors 50 & older in the Annandale, Springfield, and sections of Alexandria, Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults. See our website for our Annual Report.

### **New Transportation Service Guidelines from SCAS Board of Directors**

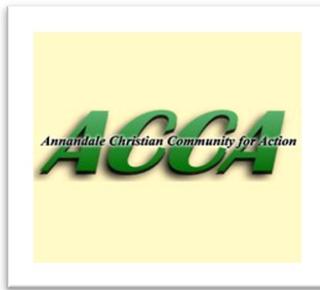
1. Volunteer Drivers with any respiratory symptoms or those who are primary contacts of a COVID-19 infected individual should refrain from driving for at least 14 days.
2. Clients with any respiratory symptoms or those who are primary contacts of a COVID-19 infected individual should refrain from requesting rides for at least 14 days.
3. Drivers should not accompany clients into medical offices or facilities. Clients should be dropped and collected at the entrance only.
4. Masks should be worn by Volunteer Drivers and Transportation Clients at all times. Social distancing is implemented with client sitting in the back seat as far away from the driver.
5. Urgent medical rides will be prioritized (chemotherapy, surgical procedures, acute rehabilitation services, etc.) over routine appointments (dentist, primary care).

### **DID YOU KNOW?**

**Fairfax County Public Library** offers many enjoyable and educational resources that you can connect to from home using your library card. Browse and borrow eBooks, eAudiobooks & magazines. Explore educational databases and take online courses. Discover your roots using their wide variety of genealogy.

If you don't have a library card, you can apply for one online and use it immediately to access their resources at <https://research.fairfaxcounty.gov/unlimited>

The **Annandale Christian Community for Action (ACCA)** food pantry has had a huge increase in requests for assistance from our neighbors here in Annandale due to the COVID-19 pandemic.



### 3 Ways to Help:

1. Write a check (made to ACCA Inc.) and mail to ACCA, 7200 Columbia Pike, Annandale VA 22003
2. Donate online through the Catalogue for Philanthropy .
3. Drop off items on Saturday May 2, May 9, May 16 or May 23 between 9 a.m. and noon at the food pantry located at 7200 Columbia Pike (trailer separate from the day care center) in Annandale.

### Most Needed Items:

Paper towels, Toilet paper, Toothpaste, Toothbrushes, Shampoo, Infant formula, Diapers, Feminine hygiene products, Canned carrots, Canned mixed vegetables , 2lb bags flour and maseca, Beef stew, Canned chicken, Pancake syrup, Powdered milk and Soup.

Please share with your friends & neighbors. Thank you.  
For more info or to help at the pantry, [contactpantry@accacares.org](mailto:contactpantry@accacares.org).

### Pat is a Senior helping Seniors on:

- Getting your home organized
- Renovating your home for a future or current move
- Guidance on what types of housing for downsizing
- Marketing your home for the best price & terms
- Negotiating and advocating

I have over 45 years' experience & am a Senior Real Estate Specialist with many satisfied clients.



**PAT SAWHNEY**  
RE/MAX 100  
[Patsawhney42@gmail.com](mailto:Patsawhney42@gmail.com)  
703-395-9214  
See my video ad at [GetMovingWithPat.com](http://GetMovingWithPat.com)



### Cars for SCAS! Donate Your Vehicle!

Help SCAS by calling 1-855-500-7433.



### Quote of the Month:

“Most big transformations come about from the hundreds of tiny, almost imperceptible, steps we take along the way.”

- Lori Gottlieb

### Thank You for Your Support

We realize that much of our work would not be possible without your generous & dedicated support. We would like to let you know how much we recognize & appreciate your continuing contributions.

### Medicare Questions?

We don't know what we don't know...And what we think we know for sure, maybe we don't know as well as we think we know.



Medicare is a confusing topic. It's not 'one size fits all,' and it's not a single once-in-a-lifetime choice and you're done. Life changes, options change.

Want to discuss Medicare Parts A, B, C or D? Do you know what a Medicare Advantage Plan is and why it may or may not be appropriate for you? Your answers are a phone call away.

**Call Maddie Sharpe at 703-924-0022 or [maddieltc@gmail.com](mailto:maddieltc@gmail.com).**

### 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.



**inDependent**

Put Your Mind at Ease with the Right Care for You or Your Loved One.

- RN Supervision
- Transportation & Errands
- Household Chores
- Personal Hygiene Support



703.538.4584 | [RightatHomeNOVA.com](http://RightatHomeNOVA.com)

Locally owned and operated since 2002

The Right Care, Right at Home®



7610 Newcastle Drive  
Annandale, VA 22003

ADDRESS SERVICE REQUESTED

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

**Email Address:**

shepherdscas@vacoxmail.com

**Website:**

www.shepherdscas-annandale.org

**Telephone: 703-941-1419**

**Visit Us on Facebook & Twitter**

**Office hours 10-1 Mon-Fri**

Our thanks to McCabe's Printing Group 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 [fairfax-county.gov/Older\\_Adults](http://fairfax-county.gov/Older_Adults).

**OFFICE VOLUNTEERS/STAFF**

Erin O'Reilly, Office Director  
Tony Wonkovich  
Diane Levesque  
Margo Bendary

**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
- Little River Church of Christ
- Mount Pleasant Baptist Church
- Ravenworth Baptist Church
- Parkwood Baptist Church
- Price of Peace Lutheran 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

**BOARD OF DIRECTORS**

- Barbara Gatorian, Chair
- Martha Lowe, Vice Chair
- Gail Fewell, Assistant Treasurer
- Dick Stewart, Fred Chatelain
- Dolores Vestrich, Nellie Al-Saigh
- Nancy DeVera, Pat Sawhney,
- Tom Eversole

**SUPPORTING ORGANIZATIONS**

- AARP
- ACCA
- Annandale Women's Club
- Ar Rahman Foundation
- Arden Courts Memory Care Community
- Assisting Hands Home Care
- Brightview Senior Living—Woodburn
- Fairfax Agency on Aging
- Greenspring Village
- Home Instead
- Leewood Healthcare Center
- NV Rides
- Right At Home
- Serving Together
- Silver Dragon Studio
- Shepherd's Center of Fairfax Burke
- Shepherd's Center of Oakton Vienna
- Shepherd's Center of Western Fairfax
- Shepherd's Center of Great Falls
- Shepherd's Center of Arlington/ Falls Church/ McClean