



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/ FEBRUARY 2022

SCAS Lunch N' Life Presents

Fraud and Scams by
MPO Sean Corcoran
Crime Prevention Officer
Franconia District Station



At First Presbyterian Church of Annandale
Activities Hall. 7610 Newcastle Dr.

Thursday, January 27, 2022

11:30 am—1:00 pm

Cost is \$10 per person.

To Register: Call the office at 703-941-1419
by Monday, January 24th or send an email to
shepherdscas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle
Drive, Annandale, VA 22003.

*The event is catered so pre-payment is
required.*

**Note— if Fairfax County Schools are delayed
or canceled all SCAS events will be canceled.**

Seeking Office Director Position

SCAS has an opening for a part-time Office
Director which is a paid position.
Hours: 10:00 am—1:00 pm Monday through Friday.

For more information please call the office. A Job
Description will be emailed to you or you can view it
on our website.

Become an SCAS Member in 2022

Now is the time to show your support by beginning or
renewing your SCAS membership in 2022. Your
membership dues help support our transportation
program, Lunch N' Life, and Special Events.

The cost of an annual membership is only \$15.

Just return the enclosed [membership form](#) to the Shep-
herd's Center along with your check. Please fill in the form
to update your contact information. A copy can also be
found on our website. **Thanks for your faithful
support! We could not do it without you!**

Amazon Smile

Shop at Amazon and
donate to SCAS at the same
time. Amazon will donate a
percentage of your purchases to SCAS.
Visit smile.amazon.com. Sign in with the same
account you use for Amazon.com, Select your charity
(SCAS).

Tip: Add a bookmark to make it easier to shop
at smile.amazon.com.



SCAS Lunch N' Life Presents

Valerie L. Mawdsley,
Smart Money Management—
VA, LLC



At First Presbyterian Church
of Annandale Activities Hall.
7610 Newcastle Dr.

Thursday, February 24, 2022

11:30 am—1:00 pm.

Cost is \$10 per person.

To Register: Call the office at 703-941-1419 by
Monday, February 21st or send an email to
shepherdscas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive,
Annandale, VA 22003. *Pre-payment is required.*

Vaccine QR Code

Proof of COVID-19 vaccination by businesses and
employers increases. The Virginia Department of
Health has announced that **QR (quick response) codes
are now available**. Virginia is now the fifth U.S. state
to adopt the SMART Health format for QR codes,
empowering individuals with **verifiable copies of their
vaccination records**. Visit vaccinate.virginia.gov
to obtain your free vaccination record with QR code, to be
saved to a **phone gallery or printed on paper**.

Fairfax County Passes Tax on Plastic Bags at Checkout

A five-cent tax on disposable plastic shopping bags provided by retailers in grocery stores, convenience stores, and drug-stores, starts Jan. 1, 2022.



It was adopted on Sept. 14 by the Fairfax County Board of Supervisors. Arlington County and the City of Alexandria have taken the same steps to reduce the negative environmental impacts of single-use plastic bags and reduce the number of plastic bags littering our roads and local waterways.

Revenue will be allocated toward programs such as environmental cleanup, pollution and litter mitigation, and educational programs.

Drug Takeback

Unneeded and expired medications can be dropped off any time at the collection box in the Mason District Government Center on Columbia Pike in Annandale.

The goal is to prevent overdose deaths caused by the misuse of prescription drugs. According to the DEA, drug addicts often raid the medicine cabinets of family and friends. So get rid of unneeded medications.

Free Entrance to National Parks in 2022

The US National Park Service is hosting 6 fee-free days in 2022 and [Great Falls Park](#). Visit Northern Virginia area parks like [Shenandoah National Park](#)

Usage fees are waived at National Parks on these 6 days in 2022:

- January 17**, Martin Luther King Jr. Day
- April 16**, First Day of [National Park Week](#)
- August 4**, Great American Outdoors Act anniversary
- August 25**, National Park Service Birthday
- September 24**, National Public Lands Day
- November 11**, Veterans Day

So put on your walking shoes and get out into the fresh air and take a walk.

The Shepherd's Center of Annandale Springfield (SCAS)

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

Definition of a Volunteer

vol·un·teer; noun

a person who freely offers to take part in an enterprise or undertake a task.



Volunteer Opportunities with SCAS

Do you have a few hours a month you can spare to help SCAS as a volunteer?

Lunch N' Life committee—help set up and clean up locate LNL speakers and plan fun events

Board Members—help guide SCAS

Outreach—contact churches and businesses.

Fundraiser/grant writer— help raise funds

Drivers—volunteer transportation services

Office Volunteer— Needed for Thursdays 10 am—1 pm

Call the SCAS office today to begin giving back.

Shop Made in Virginia

Shop Made in Virginia, an initiative selling products from makers in Virginia, opened its first brick-and-mortar location on November 11th at 1121 King Street in Alexandria.

The 1,800-square-foot shop spotlights the talents of Virginia makers.

Launched as a web platform in the spring offering national shipping, the new physical location provides opportunities for curbside pickup and local delivery.

Friendly Callers

If you would like to make a new friend or just check in on someone to make sure they are ok, just call our office and register.



November and December Lunch N' Life

The Lunch N' Life on Veteran's Day was such a fun event at United Baptist Church in Annandale. Everyone got into the Patriotic spirit by wearing their red, white, and blue or military hats to show support for our Veteran's.

We heard old time and patriotic songs by Pat Sawhney and Gayle Parsons. We sang along with some of our favorites. There was also a little dancing going on. It was the most fun we have had in many months!

Thank you to Pam Moyer, pastor of UBC, for letting us use the hall, Barry Uhlig for making such good BBQ chicken sandwiches and bean salad, and all the people who helped set up and clean up—you know who you are.

The annual Holiday Lunch N' Life on Wednesday, December 8th at Annandale United Methodist Church was full of holiday music to kick off the holiday season for us.

We enjoyed the voices of the Annandale High School Women's Chamber Ensemble led by Pat Vaughn. Linda George sang more holiday songs in her beautiful soprano voice. Thank you Pat, girls, and Linda for making it such a festive occasion.

Thank you to S. John Davis Culinary School for providing the very tasty lasagna and the wonderful Christmas cookies. Thanks to Alice and Peter Snitzer for the set up and clean up. And thank you to Bill and Lucylle Dubbert for supplying the beautiful poinsettias for table decoration and door prizes. Your help in setting up is also very appreciated. Again, thanks to all who helped set up and clean up. It's a big job.

Part Time Food Prep Needed

Food Protection Manager Certification required.
First Presbyterian Church Child Care Services
Monday—Friday from 8:30 am to 1:30 pm. \$13-\$15 per hour. Call Director Jennifer Stoy at 703.941.1418



PAT SAWHNEY
RE/MAX 100

703.395.9214
PATSAWHNEY42@GMAIL.COM
SEE MY VIDEO: GETMOVINGWITHPAT.COM



HERE'S WHAT PAT SAWHNEY CAN DO FOR YOU:

- GETTING YOUR HOME ORGANIZED & RENOVATED AS NEEDED
- GUIDANCE ON WHAT TYPES OF HOUSING FOR DOWNSIZING
- UNIQUE MARKETING FOR BEST PRICE AND TERMS
- NEGOTIATING AND ADVOCATING FOR YOUR BEST INTERESTS

I HAVE OVER 45 YEARS EXPERIENCE AND AM A "SENIOR REAL ESTATE SPECIALIST" WITH MANY SATISFIED CLIENTS! I LOOK FORWARD TO WORKING WITH YOU OR THOSE WHO YOU REFER TO ME!

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.

Thank You for Your Support

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

JANUARY

Welcome to the first month of the new year. With vaccinations and booster shots we hope this is the beginning of a more normal year than the last two. January was named after the Roman god Janus (according to most reports). Janus had two faces, one to look forward and one to look back. This is a great way to start the year, a time of reflection of what we have done and learned the past year and a time to think of the challenges we would like to take on in the new year. Think of it as a gift that has been given. Think of the past and maybe a regret you have of something not done or tried and think of the future and the opportunity to try something new. Our bodies may say "no more tennis" but how about water aerobics. Our mind may say "no more lengthy documentaries" but find a new author or genre to read. Change doesn't have to be large to be beneficial, change in itself is beneficial because it means expanding your world. Be DARING this year and be CARING this year and you will find your world richer for doing both. Have a wonderful 2022!!! By A. Eversole

Chocolate Lovers Festival Fairfax

The annual Chocolate Lovers Festival returns to the City of Fairfax at multiple locations. It features activities for all ages.

The festival will be held Friday, February 4 for Liquid Chocolate only from 6-8pm, Saturday, February 5 from 10am-4pm and Sunday, February 6 from 12-4pm. (see Chocolatfestival.net for times and locations)



7610 Newcastle Drive
Annandale, VA 22003

ADDRESS SERVICE REQUESTED

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

Email Address:

shepherdcas@vacoxmail.com

Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Visit Us on Facebook

Office hours 10-1 Mon-Fri



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.

OFFICE VOLUNTEERS/STAFF

Tony Wonkovich
Diane Levesque
Margo Bendery
Ted Gatorian

SUPPORTING CHURCHES

- Annandale United Methodist Church
- Capital Baptist Church
- First Presbyterian Church of Annandale
- Grace Presbyterian Church
- Holy Spirit Catholic Church
- Hope Lutheran Church
- Little River Church of Christ
- Mount Pleasant Baptist Church
- Ravensworth Baptist Church
- Parkwood Baptist Church
- Prince 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
- Margo Bendery, Treasurer
- 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
- NV Rides
- Right At Home
- Serving Together
- Silver Dragon Studio
- Shepherd's Center of America