



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/ APRIL 2022

## **SCAS Special Event** Presents

The Alexandria School  
of Highland Dance  
**11:30 am—1:00 pm**  
**Saturday, March 12th**



Enjoy some Shepherd's  
Pie and watch Highland Fling dances.  
Wear your best plaid and join in the fun.  
**Bethlehem Lutheran Church**  
8922 Little River Turnpike, Annandale, VA

Cost is \$20 per person.

**To Register:** Call the office at 703-941-1419  
by Tuesday, March 8th or send an email to  
[shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

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

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

## **SCAS Lunch N' Life** Presents

The Olli Players singing GOLDEN OLDIE's!

Come hear Oldies we all grew up with. The Olli  
players will be singing, reciting them as lyrics  
and prefacing the performance with antidotes  
about why we love those songs.

**April 28th 11:30 am—1:00 pm**  
**United Baptist Church, 7100 Columbia Pike,**  
**Annandale, VA**  
Cost is \$10 per person

**To Register:** Call the office at 703-941-1419 by  
Monday, April 25th or send an email to  
[shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

## **SPRINGFIELD UNITED METHODIST CHURCH FOOD DRIVE**

On Saturday, March 5 from 1 p.m. to 3 p.m.

Springfield United Methodist Church will be accept-  
ing donations of non-perishable food and personal  
care products for Ecumenical Community Helping  
Others (ECHO) in the church parking lot at  
7047 Old Keene Mill Road in Springfield.

Any size donation is welcome. All kinds of  
non-perishable foods and personal hygiene items are  
needed, but items currently in short supply are: masa  
flour, condiments such as mustard and ketchup, dish  
detergent and shaving cream.

## **Adult Protective Services Can Help**

To report **abuse, exploitation, or neglect** of an adult  
who is **60 years or older** or is **18 years and older and  
incapacitated**, contact Adult Protective Services.

This service is available 24/7.

By law, your call will be kept confidential.

- City of Alexandria: Call 703-746-5778
- Arlington County: Call 703-228-1700
- Fairfax County, City of Fairfax, & Falls Church:  
Call 703-324-7450, TTY: 711
- Loudoun County: Call 703-771-5742
- Elsewhere in Virginia: Call 888-832-3858

So keep a watch on your friends and neighbors and call  
for help if you think they need it.

## **Amazon Smile**

Shop at Amazon and  
donate to SCAS at the same  
time. Amazon will donate a per-  
centage of your purchases to SCAS.

Visit [smile.amazon.com](https://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](https://smile.amazon.com).

**amazon**smile  
You shop. Amazon gives.

## ***Lunch N' Life January 2022***

Thanks to MPO Sean Corcoran who spoke about Fraud and Scams. He is the Crime Prevention Officer from the Franconia District Station. Sean gave us lots of tips on how to avoid being scammed. One of his tips is to get your credit reports once per year. See the article on the lower right.

The luncheon was held at the First Presbyterian Church of Annandale Activities Hall. Thank you to Pastor Dr. Chris Looker for the use of the great hall.

Thanks to Barry Uhlig for the wonderful chili, thanks to Sanny for the yummy salad, and thanks to Margo for the delicious brownies.

Thanks to the helpers who set up and cleaned up. We could not have luncheons without all the volunteers and helpers.

## ***Reunion Music Society***

NOVA Symphony Orchestra will return to the stage of the Richard J. Ernst Cultural Center on Sunday, April 24th at 4 pm. "The Joys of Spring" concert will include Rossini's "William Tell Overture" and "Celebration", a work by Virginia composer, Adolphus Hailstork.

### **TICKETS** (Available at the door)

General Admission – \$20.00

Non-NOVA Students – \$15.00

NOVA Students and Children 12 and under – Free

[www.reunionmusicsociety.org](http://www.reunionmusicsociety.org)

Visit [www.reunionmusicsociety.org](http://www.reunionmusicsociety.org) for more information.

## ***Church of Jesus Christ of Latter-day Saints***

A rare look inside for the public, only the second time in history since it was dedicated in 1974, will be held April 28 through June 4 at 9900 Stoneybrook Dr. Kensington, MD.

Latter-Day Saints leaders share the significance of the DC Temple opening to the public for only the second time ever.

While non-members can visit the grounds of the DC Temple and its visitor center, the upcoming open house will allow visitors to see the inside of the DC Temple. To reserve tickets and learn more about the DC Temple, visit [dctemple.org](http://dctemple.org)

## ***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 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.*

## ***Free annual credit report***

Federal law allows you to:

Get a free copy of your credit report every 12 months from each of the big 3 credit reporting companies.

Ensure that the information on all of your credit reports is correct and up to date. Avoid fraud and scams on your report.

Stagger your report requests every 3 months so you see the latest information on each report.

Go to <https://www.annualcreditreport.com>

## ***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.



## Reliable Health sites

Do you surf the web to find health and medical information? If so, try these trusted sources:

<https://health.gov> - This microsite is coordinated by the Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, U.S. Department of Health and Human Services.

<https://www.mayoclinic.com> - who hasn't heard about the Mayo clinic?

<https://medlineplus.gov> - National Library of Medicine, U.S. Department of Health and Human Services National Institutes of Health

<https://www.merckmanuals.com/home> or The Merck Manual of Medical Information- Second Home Edition (book) Merck also publishes a professional book for the medical profession.

<https://www.cdc.gov/-centers> - for disease control and prevention

[www.americanheart.org](http://www.americanheart.org) - The American Heart Association

[www.cancer.org](http://www.cancer.org) - The American Cancer Society

<https://www.mskcc.org> - Memorial Sloan-Kettering Cancer Center – good info on herbs, dietary supplements, and alternative cancer treatment.

Natural Medicines comprehensive Database – this is a fee-based site.

<https://www.consumerlab.com> - ConsumerLab.com- some free info and some fee-based info on testing of dietary supplements and herbs

<https://www.who.int> - the World Health Organization – more global information

Written by Stephen Barrett M.D. for Health Magazine

## 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.

## THE GREAT SPRING CLEAN OUT

My neighbor said he wants to have a garage sale and that got me to thinking that it's time for the great spring "CLEAN OUT". Have you ever sat down to just clean out your desk and the next thing you know you find an old letter and have to read it again and then decide to call the friend to have a catch up. Of course from there you find that time has gone by and it's time to fix dinner which then leads to cleaning up with bed not far away. But wasn't I just going to clean out my desk? This is my life. I have memories surrounding me and it's hard to put them away or get rid of them without revisiting them. I know, we all say we don't want to leave this mess for our kids to clean up when we are gone, but it won't be as hard for them because there isn't the attachment that we have to these little things. They will see an object and think it's cute but nothing they want to keep. We see the same object and see a day at a fair with friends, eating an ice cream and laughing at each other. If you still think you need to "clean out" or down size", get rid of the object but not the memory. Take a picture of the item, write why it is so special and put it in a book for your kids to see. It doesn't have to be fancy but it would be a way of sharing your life with them of the little things that made you happy. Think of it as your Knick Knack Memoir. Now if I could only take my own advice. A. Eversole

## Quote of the Month:

"No one is perfect - that's why pencils have erasers." Wolfgang Riebe

## Cars for SCAS! Donate Your Vehicle!

Help SCAS by calling 1-855-500-RIDE (7433) to pick up your car for free. All vehicle sale proceeds will benefit SCAS. Get that old car, motorcycle, boat, out of your driveway or garage, running or not.



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.



7610 Newcastle Drive  
Annandale, VA 22003

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**Email Address:**

shepherdsas@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](http://fairfaxcounty.gov/OlderAdults).

**OFFICE VOLUNTEERS/STAFF**

Tony Wonkovich  
Diane Levesque  
Margo Bendery  
Ted Gatorian

Beth Barnes

**SUPPORTING CHURCHES**

- Annandale United Methodist Church
- Bethlehem Lutheran 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
- 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