



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUGUST 2022

SCAS Lunch N' Life Presents



Thursday, July 28th
11:30 am—1:00 pm

Join us to hear some guitar music by our own Art Hildebrand and enjoy some summer lunch. All are welcome. Open to the public.

United Baptist Church
7100 Columbia Pike, Annandale, VA
Cost is \$10 per person.

To Register: Call the office at 703-941-1419 by Monday, July 25th or send an email to shepherdsacas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.
The event is catered so pre-payment is required.

The Del Ray Vintage & Flea Market



This outdoor market is held on the Second Saturday of every month, All Year! (In cases of severe weather, the market will be canceled for that month and not rescheduled.)

The market is held in two adjacent parking lots: The parking lot of 1900 Mt. Vernon Ave. and the back parking lot of the Salvation Army Corps at 1804 Mt. Vernon Ave. in the Del Ray section of Alexandria, VA. from 9am until 2pm.

- Most vendors do accept credit and debit cards but some do not, so **bring cash!**
- During the summer months, sunscreen is a must along with some water and a hat
- Bringing your own reusable bags is always a great idea
- There are no public bathrooms or dressing rooms

Amazon Smile



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

Here's how:
Visit smile.amazon.com,
Sign in with the same account you use for Amazon.com, Select your charity (SCAS).
Add a bookmark to make it easier to shop at smile.amazon.com.

RMS Reunion Music Society NOVA Symphony Orchestra July 13 & 15, 2022!



2 Free Summer Concerts:
July 13th at 7:30pm
Stacey C. Sherwood Community Center
3740 Old Lee Hwy, Fairfax, VA
Music from The Adventures of Stormalong and The Toy Symphony

July 15th at 7:30pm
Mason District Park Annandale VA
Music from Star Wars and How to Train Your Dragon
See details at www.reunionmusicsociety.org.
Forward to a friend.

Yoga Lessons at George Mason Library?

SCAS, in conjunction with the GM library, is looking for a volunteer yoga instructor to hold lessons for patrons.
Help us get started. If you know someone who could help please have them contact Barbara at SCAS at 703-941-1419 to discuss.

Zion Medical LLC Home Healthcare Agency

Mission Center Spotlight! We are so pleased to have on our premises Zion Medical LLC Home Healthcare Agency at United Baptist Church!

Their skilled and friendly staff, nurses, caregivers, occupational and physical therapists provide professional in-home health care services allowing clients to remain safely and comfortably in their own homes. Their mission is to enable their patients to live independently as long as possible. Call (703) 634-3180 for more information.

Caring for Caregivers Support Group

An informal group that addresses the stress of caretaking

Tuesday, July 5 and 19th

3:30pm - 4:30pm

**James M. Duncan Jr. Branch Library
2501 Commonwealth Ave, Alexandria, VA
Meeting Room**

Join us every other Tuesday whenever your schedule allows; no need to register in advance. This group is open to all who are navigating the challenges of caring for a loved one.

You may be caring for a spouse, a child, parents, or friends along a spectrum of support: brief respite care, checking in on the phone, delivering groceries, handling finances, or providing physical help to get to appointments. No matter how you are delivering care or to whom, this support group can provide connection and comfort as you navigate the complexities and challenges of caregiving.

National Night Out 2022

National Night is always celebrated on the first Tuesday in August. This will be an in person event on August 2, 2022.

National Night Out is back in Fairfax County. You can look forward to meeting with everyone again, and maybe some new people too!

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 and 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 alternate Thursdays 10 am—1 pm

Call the SCAS office today to begin giving back.

Green Spring Gardens events

Saturday, July 9-Garden Tour and Ice Cream 10-11:30 a.m.

(Adults) Tour the summer gardens with a Green Spring Master Gardener docent. Finish at the Historic House lawn to enjoy delicious ices, served with toppings and garnishes. \$15 per person. Code I7Q.RGAF

Register online at www.fairfaxcounty.gov/parks/parktakes or call Green Spring Gardens at 703-642-5173.

Thursdays, July 14 and August 18-Summer Garden Tour and Tea 1-3 p.m. (Adults)

Take a walking tour of the glorious summer demonstration gardens with a Green Spring Master Gardener docent. Afterwards, relax over afternoon tea in the Historic House. \$38 per person.

Friendly Callers

If you would like to get a call or call to check in on someone to make sure they are ok sign up. Call the SCAS office to Register at 703-941-1419.



Office Manager Needed for SCAS

We have an opening for a paid position for Office Manager.

Hours are perfect for parents with school aged children or retired seniors who want to give back to other seniors.

Hours are Monday through Friday 10 am to 1 pm.

Salary: \$15-\$18 per hour commensurate with education and experience

Applicants must have experience with office administration. Must have pleasant personality with a professional attitude. Must be able to ensure SCAS provides professional and friendly service to our clients. The position requires computer skills with Microsoft Word, Excel, and email. Experience with Microsoft Publisher or like desktop publishing program helpful. Must have the ability to write reports, business correspondence, and procedures.

Call the office for more details 703-941-1419.

GMU Center for Physiological Services Emotional Support Line

You can access free and confidential support from the comfort of your home. Trained providers are available if you are living with stress, anxiety and grief.

Low cost therapy sessions are also available.

Call 703-215-1898

Monday through Sunday 8:30 am– 8:30 pm.

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.

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.

Document shredding in Mason District

Saturday, August 13, 2022 at the Mason District Government Center
6507 Columbia Pike, Annandale, VA

Make some room in your closets and get rid of old documents. For a schedule of document shredding events in Fairfax County, visit www.fairfaxcounty.gov/publicworks/recycling-trash/document-shredding, or call 703-324-5230

ACCA

The ACCA furniture ministry has worked for over 45 years to help provide local residents with safe and comfortable furnishings and household items. Over the past 23 years, ACCA's furniture ministry has provided essential furniture and household items to more than 24,000 individuals through more than 12,000 deliveries!

Do you have unneeded furniture or household items? Check the list to see if we need it then contact furniture@accacares.org. Pick ups will resume twice monthly on Saturday mornings in September of 2022.

Would you like to help organize, pick-up, and deliver furniture to needy families? Work on Saturday mornings twice per month. Contact furniture@accacares.org for more information.

Quote of the Month:

"You wouldn't worry so much about what others think of you if you realized how seldom they do."
Eleanor Roosevelt



7610 Newcastle Drive
Annandale, VA 22003

ADDRESS SERVICE REQUESTED

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

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.

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
- 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