



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

SEPT/OCT 2022

SCAS Lunch N' Life

Thursday, September 15, 2022
11:30 am—1:00 pm

Join us to enjoy lunch and entertainment by Mary Ann Jung who will portray Clara Barton. Learn a little history and have great fun at the same time.

All are welcome. Open to the public.

First Presbyterian Church of Annandale
7610 Newcastle Dr. Annandale, VA
Activities building

Cost is \$10 per person.

To Register: Call the office at 703-941-1419 by Tuesday, 23rd September 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.

SCAS Lunch N' Life

If you missed the LNL on July 28th at United Baptist Church you missed out on good music by Art and friends known as the Back Alley Blues Boys. They sang great songs by Elvis, Hank Williams, some Gospel. Great guitar playing, and even a harmonica player. <https://www.reverbnation.com/backalleybluesboys>

You also missed the good food provided by your very own Board of Directors. Potatoe salad, caprese, rolls, fruit salad, cherry fruit soup, green bean casserole, chicken and cupcakes. All so yummy, it was a

SCAS Oktoberfest

Saturday, October 15th
from 11:30 am to 1:00 pm.

Hear German music from the Kings Park Concert Band while feasting on home made German food.

Cost: \$20 per person



At the Timberman Masonic Lodge
6911 Columbia Pike in Annandale.
BYOB. Coffee, tea, and water provided.

To Register: Call the SCAS office at (703) 941-1419 by Tuesday, October 11th 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.

The Annandale Parade

Saturday, October 22, 2022
10:00 AM - Noon



WATCH THE FUN
Columbia Pike

www.annandalechamber.com

Scouts
Fire Trucks
Antique Cars
Clowns

Dancers
Marching Bands
Storybook Characters

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).

Tell all your friends, relatives and neighbors.



Crop Walk Supporting ACCA

The 2022 Annandale CROP Hunger Walk will be held October 15th at Lake Accotink Park.

Registration will start at 8 a.m. near the marina. The walk will begin at 8:30 a.m. The route will be on the east side of Lake Accotink, returning to the marina on the same trail. All ages are welcome to participate in the CROP Hunger Walk. Walkers raise funds through sponsors and the funds benefit ACCA as well as Church World Service.

Medicare Choices



Ever heard the expression ‘you don’t know what you don’t know?’ or ‘what you don’t know won’t hurt you?’ These two statements come to mind when I think about Medicare recipients. All too often, those on a plan believe they never need to look at another option because what they have is the ‘best.’ And, while the plans change over the years, the members are often unaware of the ‘new’ benefits that are available in the plan because the packet of information sent by the insurer announcing the changes was too overwhelming. Does this sound like you? Are you very conversant in your plan and the other plans available to you? How do you know you have the ‘best?’

October is fast approaching and that’s the perfect time to review your health plan. The Shepherd’s Center has vetted a resource for you to use to get help with your questions before, during, and after **Open Season (Oct 15- Dec 7)**. SCAS is sponsoring two 1-hour educational sessions with Maddie Sharpe, who will be speaking on **Oct 4 (10:30am) and Oct 12 (1:30pm) at the George Mason Library (7001 Little River Turnpike)**. This will be an opportunity to learn more about Medicare options and learn about all those benefits that go unused (eg. transportation and home meals) on Medicare Advantage. Bring your questions and bring a friend.

Or don’t wait—you can contact Maddie now at 703-924-0022.

It is worth the time to review your coverage and look at the options. You may think you have the ‘best’ coverage available (and maybe you do) but what if there is something better for you? How will you know about it if you don’t ask?

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.

Volunteer Opportunities with SCAS



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

Lunch N’ Life (LNL) committee—help set up and clean up, locate LNL speakers and plan fun events

Board Members—help guide SCAS

Media Specialist— help with web and Facebook

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.

Free entry to national parks

The National Park Service (NPS) manages 423 parks, from Acadia in Maine to Zion in Utah. Of those parks, more than 100 charge entrance fees. The rest are free. However, the NPS waives entrance fees at all parks five days a year. Here are the free dates for the rest of 2022:

Sept. 24: National Public Lands Day

Nov. 11: Veterans Day

members of the military, as well as military veterans and Gold Star Family members, can get a pass for free entry to national parks.

Or check out free pass info on <https://usparkpass.com/senior-military-access-or-other-passes/>.

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. Do you want a call? Let us help.



9-8-8 Launched

Fairfax County implemented the new nationwide 9-8-8 phone number to call when you, or someone you know, may be experiencing a mental health crisis, especially suicide or suicidal ideation. You can call or text 9-8-8 nearly anywhere in the United States and be connected directly to support for local behavioral health assistance. The 9-8-8 number supplements existing emergency behavioral health services in Fairfax County, including mobile crisis units, walk-in emergency services, and substance use and detox programs.

Find out more about these services at the Fairfax-Falls Church Community Services Board website www.fairfaxcounty.gov/community-services-board/services/emergency-crisis.

Or call 703-573-5679.

Beacon's 2022 50+Expo — IT'S FREE

Sunday, October 23—Noon to 4 p.m.
Springfield Town Center, Springfield, VA

100+ Exhibitors • Keynote Speakers • Health Screenings • Giveaways and Door Prizes

Keynote Speaker is John Kelly, columnist, The Washington Post.

To find out more go to:
<https://www.thebeaconnewspapers.com/50expos/>

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.

Need help getting up after a fall?

If you fall and can't get up but are not injured, you should call Public Safety Non-Emergency number 703-691-2131. They will send firemen or policemen to help you.

If you fall and can't get up and are injured in the fall, call 911.

Part Time Food Prep Needed



Food Protection
Manager Certification required.

First Presbyterian Christian Child Care Center seeks Certified Food Prep Manager: Monday—Friday from 8:30 am to 1:30 pm. \$15 per hour. Call Ashley Gormley, Child-care Director at 703-941-1418

ACCA Food Pantry



Food Pantry Needs Bags!
Because of the increased need for emergency food supplies, ACCA will continue to collect donations on Tuesday - Friday from 1 - 5 p.m. Drop off donations at the food pantry located at 7200 Columbia Pike (trailer separate from the day care center) in Annandale.

They really need bags, especially paper bags and reusable shopping bags because they are good for the heavier items like cans and frozen meats. The pantry goes through 300-400 bags a week.

Please share with your friends and neighbors.
For more information or to help at the pantry, contact pantry@accacares.org.

Quote of the Month:

The older we get, the fewer things seem worth waiting in line for. Will Rogers



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

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

Thank You for Your Support

We realize that much of our work would not be possible without your generous and dedicated support. We recognize and greatly appreciate your continuing contributions.