



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

NOVEMBER/DECEMBER 2022

SCAS November Lunch N' Life

Thursday, November 17th
11:30 am—1:00 pm

Join us to hear Supervisor James Walkinshaw Speak on "Shaping the Future of Aging in Fairfax County". 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, November 14th 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.

Please bring non-perishable food for the ACCA Food Pantry

Oktoberfest 2022

The annual SCAS Oktoberfest was held on Saturday, October 15th and was so much fun!



The German music from the Kings Park Concert Band was great! I heard a few in the audience say "I'm coming back again next year."

The German food made by Barry was fantastic as usual. He received many compliments. He drives all the way to Pennsylvania to get the best "brats".

The Timberman Masonic Lodge in Annandale is a wonderful hall for events like this. Thank you to everyone who attended and a big thanks for the people who set up and cleaned up.

If you missed it this year, come join the fun next year!

SCAS December Lunch N' Life



Start the holiday season with music on Thursday, December 8th at Annandale United Methodist Church, 6900 Columbia Pike, Annandale, VA.
11:30 am—1:00 pm.

Enjoy the voices of the Annandale High School Women's Chamber Ensemble led by Pat Vaughn. Following will be Christmas songs with Pat Sawhney and Gayle Parsons. You may want to sing a long.

Cost of lunch and entertainment is \$13 each.

To Register: Call the office at 703-941-1419 by Monday, Dec. 5th or send an email to shepherdscas@vacoxmail.com.

See above Lunch N' Life article for details.

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.

Metro plans to open Silver Line by Thanksgiving

More series 7000 cars will be added and this will allow transit officials to open the 11.5-mile Silver Line extension to Dulles International Airport before Thanksgiving. This is a significant milestone. So, leave your car at home, and ride Metro to Dulles.

You may have transportation benefits within your health plan!

While the Shepherd's Center may be able to accommodate your ride needs most of the time, you may have another (no cost) option. If you have a Medicare Advantage plan, you may have rides (to and from your doctor's office or PT session or pharmacy) within your plan. Call the number on the back of your membership card and ask the rep if you have transportation as part of your plan and, if so, how to access it. If you are a Medicare Advantage member with United Healthcare, call 866-418-9812. If you are a member with Humana, call 800-457-4708.

If you have Virginia Medicaid, you may also have a transportation benefit (for medical purposes as well as rides to the grocery store, places of worship, etc.) Call the number on the back of your Medicaid card. This Medicaid card will be provided to you from one of the following companies: Aetna, Anthem, Molina, Optima, UHC, or VAPremier.

If you need help, please contact Maddie Sharpe at 703-924-0022. Maddie will be able to help you determine if you have a transportation benefit.

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 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.

Office Manager Needed for SCAS -We have an opening for a paid position for Office Manager. Hours are Monday through Friday 10 am to 1 pm.

Salary: \$15-\$18 per hour commensurate with education and experience. Hours are Monday through Friday 10 am to 1 pm. Call 703-941-1419 for details.

NOVA & The Reunion Music Society Present:

Let Freedom Ring

The NOVA Symphony Orchestra
Christopher Johnston, Music Director



Featuring:
Overture from *William Tell*
★ Gioachino Rossini
Symphony No. 1 "Afro-American"
★ William Grant Still
"The Old Boatman"
★ Florence Price
Finlandia
★ Jean Sibelius
"Victory at Sea"
★ Richard Rogers

When and Where:
Friday, November 11th at 8 pm
Schlesinger Hall, NVCC Alexandria

Tickets:
\$20 General Admission
\$15 Non-NOVA Students
Free Current NOVA Students
Free Children 12 and Under

Info:
Free Parking
Donations Welcome

For More Information and Donations:
Visit www.NOVASymphony.org



NOVA
Northern Virginia
Community College



Tis the Season to be generous to others

Please be generous to SCAS in order for us to help our seniors that no longer drive to get to medical appointments, physical therapy, cancer and dialysis treatments, to get their Covid vaccines, grocery shopping or to food banks.

Thank you drivers!! SCAS provided over 1300 1 way rides in 2021, even during this pandemic. Your funds also allow SCAS to provide Lunch N' Life for good food, entertainment and education throughout the year. Thank you for your donations!!

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 our office and register.



National Christmas Tree Lighting Ceremony

Nov 27 – Dec 4

Since the 1920s the National Christmas Tree Lighting has become one of the major holiday season attractions in Washington. The living tree is decorated and stands in the northeast quadrant of The Ellipse near the White House.

Lights turn on around sunset each evening and turn off at 10 pm.



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.

How to Prepare for a Future Move

Today, I was reminded as to what I should write after a long conversation with a friend seeking my advice in advance of her husband needing to go into long-term care. This question also blends with what should you be doing in advance to prepare your home for a future sale.

One of the most important pieces of advice I can give is to start downsizing early instead of having to hire someone to do it for you or having to make decisions quickly which leads to additional stress. Fortunately, this friend said she is not a keeper of stuff except a few things that have memories. She doesn't want her daughter to be left with having to clear out the house.

The other important aspect is which type of housing to consider for your loved one or both of you. She was seeking my advice as to which facilities to consider. She knew that I already had plenty of experience in both of these matters. At the end of the conversation, she said I am so relieved and can sleep tonight after talking with you as I knew you would be able to help me. This is what it's all about as Realtors because we are not only marketers of homes but counselors in many important aspects. I have many years of such experience.

Annual Scottish Walk Parade

Saturday, Dec 3rd,
10 AM – 12 PM
Old Town Alexandria



Join in the fun and be part of the proud Scots marching down King Street in Alexandria. Parade starts at 11. Stay for the Corgi walk after the main parade!

Then shop the stores in Old Towne or stop for an ice cream.

For more information go to <https://www.campagnacenter.org/event/the-scottish-christmas-walk-weekend/>

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

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SEE MY VIDEO: GETMOVINGWITHPAT.COM



HERE'S WHAT PAT SAWHNEY CAN DO FOR YOU:

- GUIDE THE ORGANIZING AND RENOVATING AS NEEDED
- ADVISE ON TYPES OF HOUSING FOR DOWNSIZING
- PROVIDE UNIQUE MARKETING FOR BEST PRICE AND TERMS
- NEGOTIATE AND ADVOCATE 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.

By: Pat Sawhney,
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www.GetMovingWithPat.com

Quote of the Month:

It's a well known fact that the pirate Captain Hook shopped in a second hand store.



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Annandale, VA 22003

ADDRESS SERVICE REQUESTED

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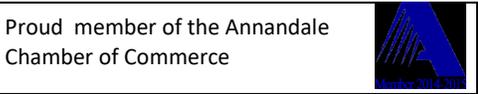
www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Visit Us on Facebook



Office hours 10-1 Mon-Fri



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