



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/FEBRUARY 2023

SCAS January Lunch N' Life

Thursday, January 27, 2023

11:30 am—1:00 pm

Join us to hear and work out with Inna Landes, a Certified Personal Trainer and yoga teacher with 26 years of experience. She will show us some at home moves to stay healthy in 2023 and beyond.

United Baptist Church
7100 Columbia Pike, Annandale, VA

Cost is \$10 per person. Open to the public.

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

SCAS February Lunch N' Life

Thursday, February 24, 2023

11:30 am—1:00 pm

Join us to hear Peggy Newhall on piano. In honor of Black History Month she will play African Spirituals.

St. Alban's Episcopal Church
6800 Columbia Pike, Annandale, VA 22003

Cost of lunch and entertainment is \$10.

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

See Lunch N' Life article above for details on registration and payment.

Deadline for obtaining a REAL ID driver's license or ID card in Virginia extended

Virginia residents will have an extra 24 months to [obtain their REAL IDs](#), a document that will be necessary to board domestic flights and enter certain secured federal buildings, after the Department of Homeland Security on Monday extended the enforcement deadline to May 7, 2025.

Officials said the extension is needed, due to lingering problems from COVID-19 that caused backlogs in state agencies issuing driver's licenses.

You don't need a REAL ID to get a driver's license. The TSA won't require children under 18 to provide identification when they're traveling with an adult companion within the United States, but the companion must have acceptable identification. In Virginia, a REAL ID is optional for uses like driving, verification of identity for voting or other purposes, applying for federal benefits, and accessing health services. For these uses, a standard driver's license is permitted.

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.



Are you getting a lot of Scam Likely calls?

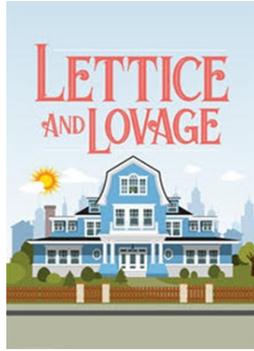
Call your telephone carrier to assist you.

TMobile has a free service called "Scam Block" which blocks incoming Scam Likely calls.

Verizon calls it "Scam Filter".

Rotary Club of Springfield

Invites you to join them at
The Little Theatre of
Alexandria
For a performance of
Lettice and Lovage
February 28, 2023
7:00 pm
for Food and Fellowship
8:00 pm for Performance



Tickets are \$40 each

All proceeds go toward our Rotary Service Projects

If you are a fan of witty British humor, then this is the perfect play for you! This comedy satire, written by the author of *Equus* and *Amadeus*, and written specifically for Dame Maggie Smith, centers around an overly exuberant tour guide who loves to embellish the history behind an English country house. Ultimately she is fired, but she refuses to go without a fight. Watch as Lettice and Lovage engage in a battle to the death of all that is sacred to the Empire and to the crown.

Contact phil.sternberg@gmail.com to purchase tickets.

If you missed the music on December 8th at Annandale United Methodist Church, you missed the heavenly voices of two Annandale High School choirs led by Pat Vaughn. Following the choirs was a singalong of Christmas songs with Pat Sawhney and Gayle Parsons. Gayle brought real "Figgie Pudding" to share. It was great fun!

Thank you to the S. John Davis Culinary School for catering the event. The Christmas cookies are always a hit.

Thanks to Alice and Peter Snitzer for all their help setting up and cleaning up.

Supervisor Walkinshaw spoke at United Baptist Church at the November 17th Lunch N' Life. He was very informative about what is happening around the Braddock district and beyond. There were many questions from the group and his answers were educational and very useful. We could have had him speak for much more than an hour.

Thank you to the Board of Directors for supplying the pot luck lunch. The food was great!

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—liaise with 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 -Monday through Friday 10 am to 1 pm. Call 703-941-1419 for details.

Irish Blessing

In the New Year, may your right hand always be stretched out in friendship but never in want

May your house always be too small to hold all of your friends

May you have all the happiness and luck that life can hold and at the end of all your rainbows, may you find the pot of gold.

Author unknown

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.



At Home Medical Care

Get same day medical care **at home** from Dispatch Health* for the same cost as other urgent care facilities.

Examples of medical problems: Flu, Covid, Sprains, EKG's and Xray's, Pneumonia and Bronchitis and many more.

Call 571-348-9485 to speak to someone and find out if this is available in your zip code area.

* Accepts many insurance plans. Check out all the details on DispatchHealth.com/Northern-Virginia.

Winter Home To Do List

- ◇ Get roof inspection done for your home
- ◇ Clean the debris from all exterior gutters
- ◇ Turn off exterior faucets' water supply
- ◇ Clean your chimney and check draft
- ◇ Have heating system serviced
- ◇ Insulate exposed piping
- ◇ Inspect window's outside molding/caulk
- ◇ Inspect and replace weatherstripping
- ◇ Have emergency car kit for bad weather in your car
- ◇ Drain the lawn mower gas
- ◇ Keep furnace filters changed for efficiency
- ◇ Reverse ceiling fans

Written by Pat Sawhney

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:

- 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.

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 clean your cell phone

Your cell phone harbors bacteria so it's important to keep it clean.

Do's

Use a lint free cloth, preferably microfiber
Moisten with plain tap water
Wipe cell phone on a regular basis

Don'ts

Use wipes
Use glass cleaner
Rubbing alcohol

Clean the case too.

Remove the case from the phone. Check manufacturers instructions to see if you can use wipes.

Become an SCAS Member in 2023

Now is the time to show your support by beginning or renewing your SCAS membership in 2023. 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 Shepherd'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!

Quote of the Month:

"Old age is like everything else. To make a success of it, you've got to start young."
Theodore 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
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- 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