



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUGUST 2023

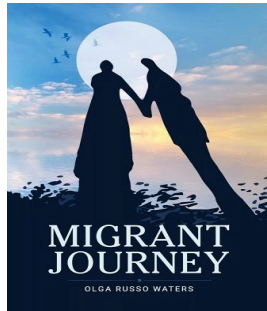
SCAS July Lunch N' Life

Join us to hear Olga Waters speak about her book *Migrant Journey* on July 27th from 11:30-1:00.

Cost of lunch and lecture is \$10 per person. Open to the public.

All are welcome.

Books will be for sale at a special cost of \$10.



Little River United Church of Christ
8410 Little River Turnpike, Annandale, VA

To Register: Call the office at 703-941-1419 by Monday, July 24th 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 September

Join us to hear Jan deHoll, guitar professor on Thursday, September 14th. Jan plays Guitar, Banjo, Ukulele, and Mandolin. He will give us a taste of his talents.



Cost of lunch and entertainment is \$10 per person. Open to the public. All are welcome.

United Baptist Church
7100 Columbia Pike, Annandale, VA 22003

To Register: Call the office at 703-941-1419 by Monday, September 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.

Please bring non-perishable food for the ACCA Food Pantry.

SCAS May Lunch N' Life

The SCAS May Lunch N' Life and Volunteer Appreciation Luncheon on Saturday, May 13th was very enjoyable.

We were entertained with wonderful dancing by the Alexandria School of Highland Dance Scottish Dancers. St. Mark's Lutheran Church in Springfield hosted the event in their beautiful hall. Thank you so much!

Thank you to Barry Uhlig for making the lunch of Shepherd's Pie. Everyone loved it.

Thank you everyone who helped set up and clean up. You all helped make it a very special day.

SCAS June Lunch N' Life

The SCAS June Lunch N' Life on Thursday, June 15th was both entertaining and educational at Green Spring Gardens and Horticultural Center at 4603 Green Spring Rd, Alexandria, VA.

Thanks to Sandra, Kathy and Adam we learned about the gardens, gardening, FROGS, and what the future holds for the gardens. A stroll in the gardens and Glass House on a beautiful day topped it all off.

Thanks to our own Pat Sawhney for arranging the day that everyone enjoyed.

If you have not visited the gardens and walked around to enjoy the many beautiful flowers and trees, you should check it out. Go inside the main building to see the store too.

Volunteering at The Shepherd Center of Annandale Springfield (SCAS)

An interview with our long standing volunteer Board Member, Dick Stewart

How did you find the SCAS?

In my church. They distributed flyers at local churches with the news about welcoming new members.

Why did you want to volunteer here?

I had recently retired and was looking for something to do. I was a senior citizen and this is a “seniors helping seniors” group. I looked them up and to see if there was something I could do. I called and liked the friendly people. They had a luncheon with volunteers, the first Lunch N’ Life around 2004. Volunteers from Ravensworth Baptist, Annandale United Methodist, United Baptist, St. Barnabus, First Presbyterian, Sleepy Hollow, Grace Presbyterian, Ar Rahman Foundation, St. Alban’s. Parkwood Baptist Church, Little River United Church of Christ, and Hope Lutheran churches were instrumental in starting SCAS. They trained in Richmond to see how to form a Shepherd’s Center. Six to eight people met to decide if we had skills to request a charter. We met over several months once per month to talk about it. Dick suggested they elect officers. Adrian Ashley Board was voted in as Chair and Lucyann was vice chair. We decided we would request a charter. We made contact with the Shepherd’s Center of America to find out how. Representatives came to Virginia and gave training. SCAS was incorporated in 2006. I was proud to be part of the early days.

What do you get out of volunteering personally?

It feels good to help people. It makes one feel useful and helpful. For example, the Lunch N’ Life luncheons get people together to socialize and to meet new and old friends once per month. I have enjoyed Adventure In Learning and Day Trips in the past. We shared learning about new things, thoughts, and ideas.

Why would you recommend volunteering at SCAS?

You would get to work with an organization that has a good purpose and works to get things done. It is satisfying to do a “good” job and you are part of that purpose. I feel good doing good for others and that I made things a little better for people. Others may get other benefits. Just do what you like to do.

In 2022 volunteers gave over 4000 hours to SCAS.

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. See the Job Description on our web site. Call 703-941-1419 for details.

The Dandelion

The dandelion is the only flower that represents the 3 celestial bodies of the sun, moon and stars.

The yellow flower resembles the sun, the puff ball resembles the moon and the dispersing seeds resemble the stars.

The dandelion flower opens to greet the morning and closes in the evening to go to sleep.

Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine, and dye for coloring.

Up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful “weeds” like chickweed, malva, and chamomile.

The name dandelion is taken from the French word “dent de lion” meaning lion’s tooth, referring to the coarsely-toothed leaves.

Dandelions have one of the longest flowering season of any plant. Seeds are often carried as many as 5 miles from their origin!

When to use the police/fire NON-emergency number

The Fairfax County non-emergency number (703-691-2131) can be used for any general calls related to the police or fire departments that don't pertain to a life-threatening emergency.

Examples of non-emergency calls include:

- Non-violent disputes between neighbors
- Property damage vehicle accidents not causing a hazard to the flow of traffic
- Noise complaints
- Leash law violations
- Assistance resolving disagreements involving no crime or violence
- Traffic complaints
- Suspicious person / vehicle
- Dumping of trash or materials onto public property.

NOTE: If you witness the dumping of any possibly hazardous substance or materials into a stream, into a manhole, into a storm drain or onto the ground call 911 immediately! When calling 911, be prepared to provide specific information regarding the location and nature of the incident.

If you ever need immediate emergency assistance, call 9-1-1! Otherwise, please use our non-emergency number.

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!

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.

Behold: The 10 Commandments of Good Sleep

Dr. Maas and Michael Breus, Ph.D., a fellow of the American Academy of Sleep Medicine, made a list of the 10 most important things you can do to make sure you're giving your body the best possible chance for the best possible sleep.

1. Bestow upon thyself 7.5 to 9 hours of sleep each night. That is the good-sleep sweet spot for optimal energy, health and longevity.
2. Honor thy bedtime and thy alarm. A consistent sleep schedule is key. Staying up late or hitting snooze eight times throws your body off its rhythm.
3. Lower thine lights an hour before going to sleep. The bulbs in your house emit blue-spectrum light (like sunlight), which suppresses production of melatonin, a crucial hormone for conking out.
4. Thou shalt not text, email, watch videos or check social media in bed. Your devices shoot blue light at you too.
5. Thou shall seek natural light in the mornings. Sunlight signals your body that the day has begun. It cuts off the hormones that make you groggy and stimulate the ones that perk you up.
6. Thou shalt not drink caffeine after 2 P.M. Caffeine lasts about 8 hours in your system.
7. Thou shalt not sleep in on the weekends. This confuses your body and will make it harder to fall asleep later.
8. Thou shall exercise regularly. People who get daily aerobic activity sleep better and more deeply.
9. If thou shall imbibe liquor, have a glass or two, no less than an hour before bed. It might make you pass out fast, but alcohol seriously hurts the quality of your sleep. Each drink takes about an hour to break down.
10. Keep thy room dark, quiet and cool. Use a sleep mask and earplugs if you need them and set the thermostat to around 70 degrees F or less.



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 Barns

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
- Dick Stewart,
- Dolores Vestrich,
- Nancy DeVera,
- Pat Sawhney
- Tom Eversole,
- Beth Barns

SUPPORTING ORGANIZATIONS

- AARP
- ACCA
- American Legion Post #1776
- Annandale Women's Club
- Ar Rahman Foundation
- Assisting Hands Home Care
- Brightview Senior Living—Woodburn
- Fairfax Agency on Aging
- NV Rides
- Serving Together
- Silver Dragon Studio
- Shepherd's Center of America

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 the newsletter, please let us know.