



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

SEPTEMBER/OCTOBER 2023

SCAS September Lunch N' Life



Join us on Thursday, September 14th to hear Jan deHoll, guitar professor. He plays banjo, ukulele, guitar and mandolin. He will play each instrument and give us some background on each.

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

United Baptist Church
7100 Columbia Pike, Annandale, VA 22003
11:30 am– 1:00 pm.

To Register: Call the office at 703-941-1419 by Monday, Sept 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 Oktoberfest



Join us on Saturday, October 14th for our annual Oktoberfest!

Come eat great German food and hear some wonderful German Music with the Kings Park German Band.

Cost is \$20 per person. Open to the public. All are welcome. **Bring your own beer or wine.**

Elmer Timberman Masonic Lodge
6911 Columbia Pike Annandale, VA
11:30 am—1:00 pm

To Register: Call the office at 703-941-1419 by Monday, October 9th 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

SCAS June Lunch N' Life Luncheon

If you missed this luncheon, you missed the perfect day for a stroll in the Green Spring Gardens in Annandale to see the plants.

The lecture on FROGS by Kathy was so enlightening. If you like to get your fingers in the dirt they can always use more volunteers.

Adam showed us all about the gardens and what is coming in the future.

Lunch from Panera was enjoyed by all.

You can walk around the gardens anytime. So get out and enjoy them!

SCAS July Lunch N' Life

Olga Waters spoke about her book *Migrant Journey*, her family's journey to American from her own eyes as a little girl. This was the best talk from an author we have ever heard. It is a very heart felt story and an easy read. You can find it on Amazon.



Thank you volunteers for helping to make this a great luncheon. Thank you Pastor Shelly Poe for letting us use the hall at your beautiful church at Little River United Church of Christ in Annandale, VA.

Thank you Barry Uhlig for making the lunch! His fruit soup is great. You always get compliments!

Fall Arts & Crafts Show

The famous Fall Arts & Crafts Show is coming on September 23 & 24, 2023!

Hosted in the streets of Historic Occoquan, the Fall Arts & Crafts Show will feature two packed days of a wide range of 200+ artisans, makers and creators in over 20 categories.

Meet emerging and experienced artisans, talk to them about their work, and view demonstrations of some of their craft techniques. You'll have the opportunity to indulge in festival fare and enjoy live music in the beer & wine garden in River Mill Park.

Kids will want to stop by Imagination Alley to create their own art through workshops, or add to our community art project!

314 Mill Street, Occoquan VA 22125.
Phone: 703-491-1918.

ARE YOUR WILL AND/OR TRUST UP-TO-DATE?

As Realtors we frequently advise our clients, prior to getting ready to market their real estate, to make sure their legal documents are in order.

Sometimes we encounter papers that have been drawn many years earlier and when the heirs need to sell the property there are errors that require remediation. I was involved in such a case where several powers-of-attorney for the family had the wrong name on one of the forms. The husband, still living but with dementia, could not sign the corrected powers-of-attorney. I referred the client to my favorite attorney who specializes in Wills and Trusts, who was able to work with the wife to correct this oopsie!

This was a minor problem, but we have encountered others where a specialist was needed to remediate the paperwork (of a deceased couple) and have an attorney take it to court to obtain an order allowing the heirs to sell the property which took a lot of time!

Provided by Pat Sawhney, Realtor with RE/MAX 100.

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.

Crop Walk

Please save Saturday October 14 for the Annandale CROP Hunger Walk. The walk will be at Lake Accotink Park. Registration begins at 8 a.m. The walk raises funds for Church World Service hunger relief and poverty-fighting programs around the world and for ACCA.

For more information contact Camille Mitelholtz kcmittelholtz@gmail.com or accacrop@gmail.com



Make Your Bed

This was the title of a best-selling book by Admiral William McRaven. This is great stress management advice.



‘The first thing you should do each day is make your bed. It gives you a sense of control, right from the start.’ by Stephen Perrine.

Adult Protective Services Can Help

To report abuse, exploitation, or neglect of an adult who is 60 years or older or is 18 years and older and incapacitated, contact Adult Protective Services. This service is available 24/7.

By law, your call will be kept confidential.

City of Alexandria: 703-746-5778

Arlington County: 703-228-1700

Fairfax County, City of Fairfax, & Falls Church:
703-324-7450, TTY: 711

Loudoun County: 703-771-5742

Elsewhere in Virginia: 888-832-3858

SenCura Home Care



SenCura provides outstanding, reliable, concierge level care to seniors and adults with disabilities. SenCura is gold seal accredited by the Joint Commission. This accreditation ensures that we only bring on board the most highly skilled and compassionate caregivers. We are held to the highest standard in the industry and have robust patient safety and protocols in place.

We have **no minimum hours** and **no long-term commitment** is required. We can help you with meal planning, personal care, light housekeeping, transportation, medication reminders, home safety and companionship, says Karen Brody, Director of Community Outreach.

All caregivers are background checked, fully insured and are direct employees. Our rates are competitive and fair to ensure that our clients receive the best value. SenCura is family owned and operated and has been serving the Northern VA area for the past 16 years.

Please call us at (703) 880-2547 and mention the Shepherd Center. We will conduct a complimentary assessment and can get care in place within 24 hours. See more info at www.sencura.com.



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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!

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 monetary contributions.

The 2023 Annandale Parade

The ANNANDALE PARADE is going to be celebrated this year on Saturday, October 28, 2023 from 10 am to Noon along Columbia Pike, and you are cordially invited to participate. The Annual Parade has been a favorite tradition since 1950. It promotes community involvement and neighborhood camaraderie while celebrating the rich diversity of Annandale.

This year the Parade is dedicated to all the charitable organizations in Annandale and to the scores of volunteers that dedicate their time to help those in need in our community.

See more information
at www.annandalechamber.com

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**.

Quote of the Month

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

Halloween

The origin of Halloween is traced back to the Celtic festival called Samhain. The celebration would start on October 31st since it was considered the last day of the Celtic calendar and would end on November 2nd. Samhain signified the last harvest and the end of summer, and the beginning of the cold and dark winter.

The celebration was marked by the building of bonfires, wearing of costumes made of animal heads and skins, animal sacrifices, and fortune telling. Now Halloween is celebrated in most parts of the world. Happy Halloween!!!



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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



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 United 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.