



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

NOVEMBER/DECEMBER 2023

SCAS November Lunch N' Life



Join us on Friday, November 10th to hear Tom Hone of the Senior Executive Service (retired). He will speak on history of the NAVY.

Open to the public. All are welcome.

American Legion Post #1976
4206 Daniels Ave., Annandale, VA 22003
11:30 am– 1:00 pm.

Cost of lunch and lecture is \$13 per person.

To Register: Call the office at 703-941-1419 by Monday, Nov. 6th 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 to either or both →

SCAS December Lunch N' Life



Join us on Thursday, December 14th for our annual Holiday Music Event.
A triple treat this year!

Start the holiday season with music at the Annandale United Methodist Church,
6935 Columbia Pike, Annandale, VA.
11:30 am—1:00 pm.

Enjoy the voices of the Annandale High School Chamber Ensembles (2). Following them will be Christmas songs by The Sweet Adelines.

To Register: Call the office at 703-941-1419 by Monday, Dec.4th or send an email to shepherdscas@vacoxmail.com.

Cost is \$15 per person for food and music. **Open to the public. All are welcome.**

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.

SCAS September Lunch N' Life



If you missed this luncheon, you missed a very interesting talk and demonstration of many different instruments by Jan deHoll. He showed and played guitar, banjo, ukulele, and mandolin, and others. They don't call him the "Guitar Professor" for nothing. What a treat! You can find him at Foxes Music in Falls Church.

Thank you Pastor Pam for letting us use the hall at your beautiful church.

Thank you to all that helped set up and clean up!

SCAS Oktoberfest



Thank you Nelson Figuero for letting us use the lovely Timberman Mason Lodge in Annandale, VA.

It is just perfect for our annual Oktoberfest!

Thank you to everyone who attended and a big thanks for the people who set up and cleaned up.

The German food made by Barry Uhlig was fantastic as usual. He received many compliments. He drives all the way to Pennsylvania to get the best "brats". And a big thank you to Mike for helping out.

The German music from the Kings Park Concert Band was great! One lady said she came just for the music. They are very entertaining. Loved the polkas!

SCAS Annual Donation Appeal



Please read the letter in your newsletter or on-line.

Your financial support allows us to continue offering our programs, events, and services. Donating to SCAS lets us serve our community. It is one of the few ways we can raise funds for our organization!

Please help us by sending your check today to SCAS, 7610 Newcastle Dr., Annandale, VA 22003. You can also go to our website and click on the Donate page. You can make a secure donation online through PayPal at your convenience. Scroll down until you see the word Donate and see "Make a secure donation to SCAS with PayPal". It is solely through the generous donations we receive that we are able to enrich the lives of the older adults in the communities that we serve. Thank you!

Strong El Niño Signals Snowy Winter Ahead In Virginia in 2024

Winter weather is expected to be much different this year in Virginia, with higher snowfall totals in the forecast this season.

AccuWeather and other long-range weather prediction services call for a snowier and colder winter ahead with the arrival of El Niño, a climate cycle that results in the unusual warming of equatorial Pacific Ocean waters. El Niño can have a range of effects, from heavy precipitation in some parts of the world and droughts in others, according to the National Oceanic and Atmospheric Administration.

According to AccuWeather's 2023-24 winter forecast outlook, there could be multiple nor'easters that could also affect much of Virginia in January and February, dumping inches of snow in the DC region compared to the scant amount parts of the state saw over the 2022-23 winter. (Rachel Nunes/Patch)

The yearly average snowfall amount for Northern Virginia is 15 inches. We may get more in 2024.

So, are you prepared?

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.

Reunion Music Society Fall Classical Concert "Women of Note"



Saturday, November 11, 2023
at 8:00 p.m.

at the Schlesinger Concert Hall.

Located in Northern Virginia Community College -
Alexandria Campus
4915 E Campus Drive, Alexandria, VA 22311
Free parking.

All works are by women composers. Come hear the music by Florence Price, Augusta Holmes, Lisa Suydam Robinson, and Nancy Reed.

TICKETS are available at the door or in advance from any member of the orchestra.
General Admission – \$20.00

Need short term care due to Covid?

Sencura can help you with certified caregivers.

- They have highly qualified and experienced staff.
- They are licensed, bonded, and insured.
- They abide by strict adherence to infection control standards.

The COVID caregivers have received specialized training to help.

You receive RN management oversight. That means a Registered Nurse closely monitors and manages the care for each patient.

Call 703-880-2547 (option 4) to find out more or to schedule a caregiver.

Volunteer Interview- Beth Barns

Last issue you heard from our longest running volunteer. Now hear from our newest volunteer:

How did you find the Shepherd's Center?

"I was already volunteering for Volunteer Fairfax RSVP (Fairfax County) but I was looking for other things to do after I retired. I wanted to volunteer somewhere and went to a Volunteer Fair."

Why did you want to volunteer here?

"I wanted to serve my local community. After the Pandemic I had additional time and I found SCAS."

What do you get out of volunteering personally?

"I get a good sense of helping seniors. I got to know some of my neighbors since SCAS is close to where I live. I want to make an impact."

Why would you recommend volunteering at SCAS?

"It gives a sense of direct connection to others and people older than me. I want to Pay it Forward."



PAT SAWHNEY
RE/MAX 100

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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!

Fire Extinguishers



Make sure your home has working *fire extinguishers* which are used to extinguish or control small fires, such as kitchen fires.

An ABC or Multi-Purpose Dry Chemical portable fire extinguisher can be used on wood, paper, cloth, trash, flammable liquids, and electrical wiring.

- ◆ Look for the "UL Listed" or "ULC Listed" label on a fire extinguisher to ensure it is certified for use by a nationally recognized testing laboratory.
- ◆ Fire extinguishers vary in size and weight, but it is recommended to select the largest fire extinguisher that a user can safely and comfortably operate.
- ◆ Contact the fire department if you would like fire extinguisher training or have any questions.

Depending on the size of your home you may want more than one.

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.**

Medicare

Medicare open enrollment is October 15th through December 7th.

It's that time of year to make your annual selection of Medicare Advantage Plans or Drug Plans.

Don't be complacent—check out all Plans.

For help, call Maddie Sharpe, CFP® Specializing in Senior Health, LTC, Life, and Annuity Protection.

703-924-0022. Maddie@gmail.com. Or schedule an appointment at <https://calendly.com/m-sharpe>.

Maddie can help you make sure you have the plan that is right for you.



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Annandale, VA 22003

ADDRESS SERVICE REQUESTED

Non-Profit Org
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Merrifield, VA

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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 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
- Brightview Senior Living—Woodburn
- Fairfax Agency on Aging
- NV Rides
- Secura Home Care
- 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.