



# shepherd's center

OF ANNANDALE SPRINGFIELD

## THE SHEPHERD'S CALL

JANUARY/FEBRUARY 2024

### ***SCAS January Lunch N' Life***



Speakers from Fairfax County Task Force 1 with K9 unit. Sponsored by the Fairfax County Fire and Rescue Department.

**Open to the public. All are welcome.**

Thursday, January 25th 11:15 am– 1:00 pm.

United Baptist Church  
7100 Columbia Pike, Annandale, VA

Cost of lunch and lecture is \$15 per person.

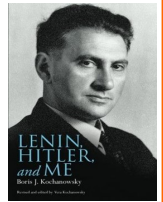
**To Register:** Call the office at 703-941-1419 by Monday, January 22nd or send an email to [shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

**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***



With Vera Kochanowski speaking about the book she wrote from her father's memoirs "Hitler, Lenin, and Me". A posthumously published memoir, a Russian man relives the turbulence of revolution and war in the 20th century.

**Open to the public. All are welcome.**

Thursday, February 22nd, 11:15 am– 1:00 pm.  
First Presbyterian Church of Annandale,  
7610 Newcastle Dr., Activities building.

Cost is \$15 per person for lunch and lecture.

**To Register:** Call the office at 703-941-1419 by Monday, February 19th or send an email to [shepherdscas@vacoxmail.com](mailto: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 ACCA.**

### ***SCAS November Lunch N' Life***



If you missed this luncheon, you missed a very interesting talk by Tom Hone of the Senior Executive Service (retired). He spoke on history of the NAVY on Friday, November 10th. One person told me "I could listen to him all day".

Thank you Commander and Diane Ramsey for letting us use the hall at the American Legion Post #1976, in Annandale, VA.

Thank you to the S. John Davis Culinary School for a great lunch (as always).

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

### ***SCAS December Lunch N' Life***



Did you join us on Thursday, December 14th for our annual Holiday Music Event? If you did, you heard a triple treat this year!

It was held at the Annandale United Methodist Church. What a lovely Fellowship Hall.

We enjoyed the voices of the Annandale High School Chamber Ensembles (2). Following them were Christmas songs by The Sweet Adelines. What joyful voices everyone had.

Thank you to the ladies of the church for setting up and cleaning up. What a big job that is. Thanks to the S. John Davis Culinary School again.

## ***Become an SCAS Member in 2024***

Now is the time to show your support by beginning or renewing your SCAS membership in 2024.

Your membership dues help support our Transportation program, Lunch N' Life, and Special Events.

The cost of an annual membership is only \$15 (single or family).

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!**

## ***What to donate to a Food Bank***

Non-perishable Foods that are best:  
Boxed milk is a treasure  
Pasta sauce and spaghetti noodles.  
canned veggies and soup in pop tops.  
Oil is a luxury but needed for Rice a-Roni which they also get a lot of.  
Spices or salt and pepper  
Tea bags and coffee  
Sugar and flour  
Seeds to grow their own  
Tuna and crackers make a good lunch.  
Hamburger Helper but needs the ground beef.  
Peanut butter and jelly but also need the bread.  
Stove Top Stuffing  
Cake mixes and frosting makes it possible to make a child's birthday cake.  
Nuts or Seeds for eating or cooking  
Raisins  
Non-Food Items  
Dishwashing pods or Dishwashing detergent  
Rags and cleaning supplies  
Pet food and Pet supplies  
Feminine hygiene products  
Diapers and Wipes

## ***Quote of the Month***

“Complaining about a problem without posing a solution is called whining”. Theodore Roosevelt

## ***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?

**Drivers**-volunteer transportation services

**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

*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.

## ***SenCura's SeniorEase Transition Program***

SenCura's SeniorEase Transition Program provides a seamless experience for seniors during outpatient procedures.

Our comprehensive program includes dedicated transportation, compassionate care at the procedure location, and post-procedure assistance. SenCura is committed to enhancing seniors' lives with affordable, high-quality care, ensuring a smooth transition and prioritizing their well-being at every step. Trust SenCura as your partner in delivering comfort and support during outpatient procedures.

Please call Karen Brody, Director of Community Outreach, at (703) 507-3551 for more information.

[www.sencura.com](http://www.sencura.com)

## ***Volunteer Income Tax Assistance (VITA) - Free Income Tax Preparation***

The Volunteer Income Tax Assistance (VITA) Program is a national program sponsored by the Internal Revenue Service (IRS) to help families who earned less than \$64,000 in 2023 maximize their tax returns and avoid the fees businesses charge to prepare taxes. Since 2008 Fairfax County Department of Family Services has provided operational support to the coalition partners.

In-person VITA services are available at several sites in Northern Virginia. Walk-ins are welcome, no appointments are needed. For more information and details please call 703-533-5320 (please leave a message).

## ***Volunteer Interview with Pat Sawhney***

In previous issues you heard from our longest running volunteer and the newest volunteer. Now hear from our busiest Board volunteer:

How did you find the Shepherd's Center?  
"At a Fairfax County sponsored walk at Lake Accotink where there was Indian Site and Railroad in the early 2000's. Dick Stewart, Board Chair told me about SCAS during the walk."

Why did you want to volunteer here?  
"Volunteering is in my DNA. I love volunteering. I love the Seniors Helping Seniors mission."

What do you get out of volunteering personally?  
"I get a good feeling from helping other people. I believe I am a good representation and advocate for Annandale, having lived here since 1974, and am always getting the word out through social media, emails, personal contacts, and membership in other organizations."

Why would you recommend volunteering at SCAS?  
"It is a very socially conscious organization. It is truly devoted to the mission. It has a fine group of people to work with. It is a good way to meet other people."



**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!

## ***Chicken and Wild Rice Casserole***

### **Ingredients:**

4 chicken breasts (cooked and cubed)  
8 ounces (oz.) sour cream  
2 cans cream of mushroom soup  
½ (tsp) salt  
½ (tsp) pepper  
2 boxes of wild rice  
4 (C) + ½ (C) chicken broth  
½ stick of butter + 2 (T) butter  
2 stalks chopped celery  
1 chopped onion

### **Instructions:**

Preheat oven to 350 degrees.  
Cook wild rice according to directions on packages, using chicken broth instead of water. In a saucepan combine rice, chicken broth, and 2 T butter.  
Bring contents to a boil, reduce heat, and simmer covered for 25 minutes or until water is absorbed.

In a frying pan, sauté chopped celery and chopped onion in ½ stick of butter until vegetables are tender.

In a large bowl, combine:  
sour cream, soup, ½ teaspoon (tsp) salt, ½ teaspoon (tsp) pepper  
Cooked rice, Sauteed vegetables

Fold in chicken breasts with a rubber spatula. Spread ingredients into a 9 x 13-inch pan. Bake for 30 minutes until hot.

## ***Lunch N' Life-Save the Dates***

March 28th - Celtic music  
with Brandon Kennedy

April 25th -Mary Lipsey- 19th Century homes in  
Annandale/Springfield

## ***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, or boat out of your driveway or garage, **running or not.**



7610 Newcastle Drive  
Annandale, VA 22303

ADDRESS SERVICE REQUESTED

Non-Profit Org  
US Postage Paid  
Permit No. 7264  
Merrifield, VA

**Email Address:**

shepherdscas@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](http://fairfaxcounty.gov/OlderAdults).

**OFFICE VOLUNTEERS/STAFF**

Tony Wonkovich  
Diane Levesque  
Margo Bendery  
Ted Gatorian

Denise Campbell  
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
- Pat Sawhney, Vice Chair
- Dick Stewart
- Dolores Vestrich,
- Nancy DeVera,
- 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
- SenCura 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.**