



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/APRIL 2024

SCAS March Lunch N' Life

Come hear Celtic music with Brandon Kennedy. Put a little Irish in your life and enjoy the Irish tunes.



Open to the public. All are welcome.

Thursday, March 28th, 11:15 am– 1:00 pm.

Little River Church of Christ
8410 Little River Turnpike, Annandale, VA 22003

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

To Register: Call the office at 703-941-1419 by **Monday, March 26th.** or send an email to shepherdschas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.
The event is catered so pre-payment is required.

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

SCAS April Lunch N' Life

Mary Lipsey will speak about "19th Century Homes in Annandale/Springfield"



Open to the public. All are welcome.

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

St. Barnabas Episcopal Church
4801 Ravensworth Rd #5551, Annandale, VA

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

To Register: Call the office at 703-941-1419 by **Monday, April 22nd,** or send an email to shepherdschas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.
The event is catered so pre-payment is required.

Please bring a non-perishable food for the ACCA food pantry.

SCAS January Lunch N' Life

If you missed this Luncheon you missed an very interesting talk by speakers from Fairfax County Task Force 1 with K9 unit. Ivan the K9 joined us. Sponsored by the Fairfax County Fire and Rescue Department.



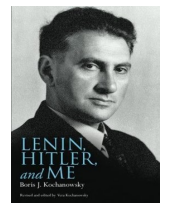
Thank you to Barry Uhlig for a making a great lunch. He always makes plenty to eat.

Lucky Peggy Newhall for winning the \$25 VISA gift card this time.

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

SCAS February Lunch N' Life

Vera Kochanowski spoke 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. It was very interesting!



Nellie Al-Saigh, who drove quite a long way to get to the luncheon, won the \$25 gift card. So come to the Lunch N' Life luncheons and you may win. You already "win" with a nice lunch, chat with your table mates, and great speakers or entertainers.

Thanks to all who helped set up and clean up!
All are welcome. Don't be shy!

American Legion Post 1976



Would you like to be a part of a winning organization who helps the community and has fun doing it?

Are you a veteran or someone in your family a veteran? Common myth is that if you are not a veteran, you cannot join. Not true, you can join under family members.

American Legion Post 1976 is always looking for new members. If anyone in your family is a veteran, you may qualify. Meeting new people in our club is a great part of the experience. We have a monthly breakfast that is the best in town. Other events include trivia, spaghetti dinners, lunches on Tuesday and Wednesday, steak dinners, karaoke and many more. We participate in the Annandale parade and toys for tots. We have a pool table, 6 televisions and low prices. Lockers are also available.

Email rpcomm6759@aol.com to see if you qualify. If you prefer, stop by the post at American Legion Post 1976, 4206 Daniels Avenue, Annandale, VA 22003. Call 703-941-9608 or 703-941-9460 for more information.

Fairfax County Task Force 1 with K9 unit

The Task Force 1 is sponsored by the Fairfax County Fire and Rescue Department. They travel all over the world to help in catastrophes.

Support Virginia Task Force 1!

We are so lucky to have them practically in our backyard. Let's let our reps on the Board of Supervisors know how thankful we are to have them in our area. Write a "Thank You note to your representation and tell them how grateful we are to have them in our area.

The Task Force speaks to Boy Scouts, Girl Scouts, at Senior Centers and Retirement Communities, Faith Based Organizations, and at Public libraries.

Irish Toast

Always remember to forget the troubles that passed away.

But never forget to remember the blessings that

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.

Call 703-941-1419 for details.

Hall Rental in Annandale

The United Baptist Church invites your group to be part of our Mission Center! Are you always scrambling to find affordable local space for a meeting or an event? We have weekday space available in our church facility in Annandale, Virginia for Community Service Organizations, Small Businesses, Non-profits or Groups that fill diverse types of human needs and services. We offer affordable venue spaces, as well as classroom, rehearsal, and meeting rooms. Please contact the office at 703-256-5900, M-F if you are interested in a conversation to learn more.

Emergency Blood Shortage

The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. Your blood donation is needed now to help alleviate the shortage and ensure lifesaving medical procedures are not delayed. Call 703-584-8400 to get more details.



Go on line to <https://www.redcrossblood.org/> to find a blood drive.

Free Notary Service

Did you know that the Mason District office offers free notary services?

Contact the office at Mason@fairfaxcounty.gov or by calling 703-256-8035 to inquire about the types of documentation we can notarize and to schedule Appointments 9 am to 4 pm.



Volunteer Interview with Margo

In previous issues you heard from our longest running volunteer and the newest volunteer. Now hear from one of our busiest Board volunteer: Margo Bendery. Margo is the Treasurer and works in the office one day per week. She has been a volunteer for the past 7 years. You may have met her if you came to a Lunch N' Life.

How did you find the Shepherd's Center?
"I was looking for a volunteer job that was very close to my house. I searched the Internet and found that SCAS had an office in the First Presbyterian Church of Annandale, very close to my home."

Why did you want to volunteer here?
"The hours to volunteer worked well for my schedule. The office staff were friendly and fun. It was a very welcoming place."

What do you get out of volunteering personally?
"You feel as if you are making a difference in people's lives in a good way. And it makes me feel "plugged in" to something good".

Why would you recommend volunteering at SCAS?
"It is a very good group of people that you get to know. Your social group expands, which is beneficial especially as you get older."

How to Report Those Pesky Potholes

Potholes are a way of life on the roads, especially as temperatures fluctuate, water causes damage or some asphalt simply ages. Please report potholes you encounter! Your car and fellow drivers will thank you.

The Virginia Department of Transportation (VDOT) maintains most primary and secondary roads in the county and fixes potholes. You can look up who maintains every road in the county.

VDOT's online reporting tool makes it easier to pinpoint exactly where you see a pothole. You can also report potholes directly from your mobile device and include images (**but NOT while driving!). You also can call VDOT at 1-800-FOR-ROAD (1-800-367-7623) to report potholes or to ask who maintains a road.

New SCAS Office Manager

We welcome our new Office Manager to SCAS!

Some of you met Selma Quarles at our Lunch N' Life in February.

Selma retired in 2022 and now wants to get out and meet new people and help make the lives of our seniors better.

She comes to us with years of experience in office management. Her sunny upbeat personality will fit right in with our hardworking team.

Lunch N' Life-Save the Date

May 23rd- Volunteer Appreciation Luncheon with the Slavic Dreamers (singers)



PAT SAWHNEY
RE/MAX 100

703.395.9214
PATSAWHNEY42@GMAIL.COM
SEE MY VIDEO: [GETMOVINGWITHPAT.COM](https://www.youtube.com/watch?v=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!

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

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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.

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.