



# Shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MAY/JUNE 2024

## ***SCAS May Lunch N' Life and Volunteer Appreciation Luncheon***



Join us to hear the Washington Balalaika Slavic Dreamers

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

Thursday, May 23rd, 11:15 am– 1:15 pm.  
**First Presbyterian Church of Annandale** sanctuary for music then the Activities Center for lunch  
**7610 Newcastle Dr., Annandale, VA 22003**

Cost of lunch and entertainment is \$15 per person.  
Free to our volunteers.  
CD's of their music will be available for purchase at a discounted price of \$18 each.

**To Register:** Call the office at 703-941-1419 by **Monday, May 20th** or send an email to [shepherdschas@vacoxmail.com](mailto:shepherdschas@vacoxmail.com).

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

## ***SCAS June Lunch N' Life***



Join us to hear Sharon Jones, cellist, and Bettina Thomas, violinist, playing classical music.

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

Thursday, June 27th, 11:15 am– 1:00 pm.

**United Baptist Church Fellowship Hall**  
**7100 Columbia Pike, Annandale, VA 22003**

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

**To Register:** Call the office at 703-941-1419 by **Monday, June 24th**, or send an email to [shepherdschas@vacoxmail.com](mailto: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.**  
**Locations change monthly.**

## ***SCAS March Lunch N' Life***



If you missed this luncheon you missed a real fun time.  
Brandon Kennedy played and sang Celtic music. He even played the fiddle! It was just like being in an Irish pub but without the Guinness. Thank you to Barry Uhlig for making a great lunch of Shepherd's Pie. He always makes plenty to eat.  
Thank you to Reverend Dr. Shelli Poe for saying the opening prayer. The Little River Church of Christ is a perfect place to enjoy the springtime. Lucky Emeline Crewell who won the \$25 VISA gift card this time. You may be the lucky one next.

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

## ***SCAS April Lunch N' Life***



Mary Lipsey gave a humorous and enlightening talk about 19th Century Homes in Annandale, Springfield, and Burke. A few are gems hidden right in front of us. It was a great talk! And of course lunch by Barry Uhlig was great as usual.

Anne Kadera was the lucky winner of the \$25 VISA 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 hear great speakers or entertainers.

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

## Cherry Blossom PACE



Providing all-inclusive care for those who need it most.

Schedule a free consultation to learn how they can help you or a loved one retain independence. They provide a full range of healthcare and support services. Services include but not limited to: nursing care, transportation, dietitian, physical therapy, and primary care providers all provided by a compassionate team. All-Inclusive Senior Care.

### Enrollment Criteria:

55 years of age or older

Qualify for nursing facility level of care

Center Hours: Mon - Fri 8:00 a.m. - 4:30 p.m

Cherry Blossom PACE

1901 N. Beaugard St., Ste. 110

Alexandria, VA 22311

Toll Free: 888-524-2060

Phone: 571-307-2366. Call for more info

or see their website on [https://](https://cherryblossompace.com/services/)

[cherryblossompace.com/services/](https://cherryblossompace.com/services/)

### Cost to you:

If you are Medicaid eligible or have Medicare and Medicaid, **there is no cost.**

If you are eligible for Medicare only, there will be a fee involved.

Those without Medicare or Medicaid may pay privately.

## 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.*

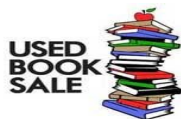
Call 703-941-1419 for details.

### Take out food from Annandale High School

Did you know that Annandale High School has a culinary department where you can order food and take it out? You must pick up your food by 3:15.

The department is run by Chef Christopher Plum. You can go to the website and he will add you to the weekly menu email at <https://annandalehs.fcps.edu/staff/christopher-plum>.

### Used Book Sale



When: Saturday, June 15th from 10 am to 3 pm.

Where: 6200 Burke Center Pkwy, Burke, VA 22015

They are accepting Donations through May 31st. Proceeds to benefit missions and outreach in the community.

### 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. 100% of all contributions stay within SCAS and pay for our programs.

### Quote of the Month

“The best way to find yourself is to lose yourself in the service of others”. Wise words on a Chinese fortune cookie.

### AARP FRIENDLY VOICE



Sometimes, just hearing a friendly voice on the other end of the line can help. Trained AARP Friendly Voice volunteers will provide a call to say hello. Request a call: Call 1-888-281-0145 and leave your information and they will call you back.

## Summer 2024 Could Be Hottest On Record

A new forecast by The Weather Channel predicts that an increasingly likely La Niña could contribute to record-high temperatures this summer. Even the Farmers' Almanac warned Virginians to expect steamy and thundery conditions this summer.

What does that mean to you? **Prepare!**

Make sure you have batteries, water, non-perishable food, and emergency telephone numbers handy.

## Volunteer Interview with Denise Campbell

In previous issues you heard from our longest running volunteer, our busiest volunteer, and the newest volunteer (at the time). Now hear from our newest office volunteer and Board member Denise Campbell.

Denise works in the office and recently joined the Board of Directors. You may have met her if you came to a Lunch N' Life.

How did you find the Shepherd's Center?

I found SCAS when my mother needed transportation. A friend suggested I call.

Why did you want to volunteer here? I liked the idea that SCAS is part of a nationwide organization. SCAS has a great reputation. The location is close by. I felt it was an important service for the elderly.

What do you get out of volunteering personally?

Volunteering comes naturally to me. It is a blessing to be part of SCAS and helping others.

Why would you recommend volunteering at SCAS?

I would recommend because of the overall feeling of a team and staff camaraderie with members who make a contribution to the community. I like being able to serve the public. The organization group is upbeat and has a great atmosphere. It's a great way to meet others who feel the same way.



**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!

## Forever stamps - Get more now

The U.S. Postal Service will raise the price of a first-class Forever stamp by 5 cents, from 68 cents to 73 cents, on **July 14, 2024**. Those stamps cover the cost to mail a 1-ounce letter; the cost of an additional ounce will rise from 24 cents to 28 cents.

Metered letters will be 64 cents, up from 69 cents. Postcards will cost a bit more. Domestic postcards will cost three cents more, rising to 56 cents from 53 cents. You'll pay a dime extra for outbound international letters: They will cost \$1.65, up from \$1.55.

## How to Decode the Colorful Tags on Your Bread Bag

"Bread buckles" and "bread tabs," tell grocery store shoppers when the bread was baked and packaged while helping to keep things organized for the staff who stock the shelves as well.

Although some shops use their own methods, and it's rare to find bread more than a couple of days old still on the shelves, most grocery stores follow a similar schedule with their bread tag coloring as detailed below:

Monday – Blue

Tuesday – Green

Thursday – Red

Friday – White

Saturday – Yellow

Most bakeries don't produce bread on Sundays and Wednesdays. To help us remember the nifty key, the days of the week match the colors when listed alphabetically. So, since "blue" starts with 'b' and is close to the start of the alphabet, it corresponds to Monday.

That means if you go to the grocery store on a Friday, you'll want to choose a loaf with a white or red bread tag to ensure the freshest bread. Don't forget the other important tool you can check as well- the expiration date.

By Lauren Breedlove For more Food & Wine

## 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:**

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

**OFFICE VOLUNTEERS/STAFF**

Selma Quarles, Office Manager  
Tony Wonkovich Margo Bendery  
Diane Levesque Denise Campbell  
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
- Pat Sawhney, Vice Chair
- Dick Stewart
- Dolores Vestrich
- Nancy DeVera
- Eversole
- Beth Barns
- Denise Campbell

**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.**