

Dear Friends of our Shepherd's Center,

April 1, 2022

It's a great pleasure for the three of us to offer our first annual report to our volunteers, clients, and community supporters and friends. As many of you may know, 2021 brought many changes to our Shepherd's Center. First, we merged with the Shepherd's Center of Great Falls. In addition to adding their territory to our service area, we welcomed many wonderful volunteers, clients, affiliated congregations, and board members to our family. In order to recognize our expanded footprint in Fairfax County, we changed our name (again!) to Shepherd's Center of Northern Virginia.

At the beginning of 2021 Scott Schroth became the new chair of the Board of Directors and Jayne Young became the new vice-chair. We added Phil Pifer, Tom Eversole, and Joe Bock to our board and enthusiastically welcomed Carolyn Pennington as our new Executive Director last July. Carolyn was able to recruit a wonderful new Marketing and Special Events Coordinator, Laurie Granger, to replace Irma Gennaro after her many years of dedicated work for the center. Our outstanding Operations and Volunteer Manager, Erin O'Reilly, smoothed everyone's transition into their new roles!

Despite the ongoing and unpredictable nature of the pandemic, we were able to successfully carry on our Transportation, Friendly Caller, and Handy Helper services along with our educational programming and caregiver support group. New protocols allowed us to convert Adventures in Learning and Great Decisions to hybrid programs, restart our Friendly Visitor service, and present our first in-person social event at the Holiday Tea this past December.

We were blessed with a number of crucial gifts in 2021 that have allowed us to remain financially sound and improve our office and technology. Navy Federal Credit Union and DXC Technology donated a large quantity of lightly used computer equipment and laptop computers which allowed us to upgrade the entire office IT infrastructure. Particular thanks go to Phil Pifer, Kim Greer, Joe Bock, and Carolyn for managing the launch of our new website and the integration of new hardware and software. We were also pleased to accept a very generous legacy bequest from a former Shepherd's Center client. The specific use of these unrestricted resources is still being discussed, but we will likely be utilizing them to improve our services and programming, add to a prudent budget reserve, and establish a solid endowment fund to partially support our ongoing operating expenses in the future.

Overall, we are very pleased with the strong position of the organization as we move into 2022 with the continued support of our dedicated staff and volunteers. Thanks to everyone who contributed to a great "recovery" year in 2021.



**Carolyn Pennington**  
2021 Executive Director



**Scott Schroth**  
2021 BOD Chair



**Jayne Young**  
2021 BOD Vice-Chair

**What is the Shepherd's Center of Northern Virginia (SCNOVA)?** We are a volunteer-based non-profit organization dedicated to promoting and supporting purposeful, independent living for mature adults through: volunteer opportunities, transportation assistance, support services, lifelong learning and cultural enrichment opportunities. Founded in the Oakton-Vienna area in 1998, we are one of 55 Shepherd's Centers in the United States. Over 250 volunteers organize and administer the activities of the Shepherd's Center. To learn more about the Shepherd's Center please view our web site at [www.scnova.org](http://www.scnova.org).

## Financial Statement

	<b>2021 Actuals</b>
<b>Revenue and Other Support:</b>	
Contributions	
Individuals	\$58,363
Faith groups	24,850
Grants	17,250
Corporate and other non-profits	30,760
Other fundraisers	7,197
Sponsorship	11,500
In-kind contributions	11,100
Program revenue	12,287
Investment and other income	19,698
PPP government loan forgiveness	<u>65,900</u>
<b>Total Revenue and Other Support</b>	<b>258,905</b>
<b>Expenses:</b>	
Program services	126,191
Management and general	51,368
Fundraising and development	<u>47,795</u>
<b>Total Expenses</b>	<b><u>225,354</u></b>
 Change in Net Assets	 33,551
 Net Assets, beginning of year	 <u>462,908</u>
 Net Assets, end of year	 <u><b>\$496,459</b></u>

# 2021 Accomplishments

## Services

**Medical Transportation:** Drivers provided 569 round-trip rides safely for medical, physical therapy appointments and picking up prescriptions with CDC guidelines in place.

**Companion Transportation:** Volunteers provided 286 round-trip rides safely for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and bank with CDC guidelines in place.

**Friendly Callers:** 24 volunteers made regular contact by phone with individuals who had limited contact with others and who enjoy friendly conversation.

**Friendly Visitors:** With COVID vaccinations and guidelines in place, in August 2021 volunteers again began visiting individuals who felt isolated in their homes and desire companionship, conversation and contact with their community.

**Handy Helpers:** Minor outside home repairs were made in a contactless manner to help older adults keep their home and yard safe and livable.

**Health Care Advocacy:** A volunteer health advocate, along with the Health Team, provided individual health counseling, referral to community resources, and blood pressure readings.

**Caregivers Support Group:** Facilitated by SC volunteers, this group met twice a month virtually to provide support from family caregivers who have traveled the road before and to share ideas and resources.

## Programs

**Adventures in Learning (AIL):** Three eight-week sessions in a hybrid approach, with a choice of in-person or over Zoom. Presented were a variety of classes such as tai chi, health education, arts and entertainment, travel, and world affairs.

**Active Aging Exercise Class:** Six eight-week exercise sessions were held over Zoom to promote balance, wellness and care by an exercise physiologist, focusing on low impact aerobics, balance, coordination and stretching for seniors.

**Great Decisions Discussion Group:** Facilitated by SC volunteers, 21 participants met 8 times over Zoom during the year to discuss important global issues.

**Just Breathe Webinars:** Three sessions with presentations by professionals via Zoom in Spring 2021. Participants learned how to get started with the next chapter in their life, or in the life of their loved one.

**Volunteer Appreciation Luncheon:** Held on Zoom September 23rd, we recognized the contributions made by our wonderful volunteers along with a drive-thru lunch pick up. Maddy White, representative for Congressman Gerry Connolly, read a Congressional Record tribute recognizing SCNOVA.

**Clergy Breakfast:** On October 25th, we hosted a virtual breakfast with local clergy, Congregational Advisory Council (CAC) members, SC staff, and BOD members. The event purpose was to connect clergy in the community, introduce new ED, inform clergy of activities/events, and how SCNOVA can help meet needs of the faith communities.

**Virtual Fundraising Events:** All events were virtual until September 2021 and proved to be a great success. We held a wine tasting, a beer tasting, a cocktail preparation class, a cooking class, a monthly Fosters Grille restaurant fundraiser, a Pizza Kit fundraiser and a Container Gardening class. The events were well attended and enjoyed. We held a Dining 4 Dollars fundraiser during Active Aging Week for Older adults in October with Fosters Grille, Mookie's BBQ, Chick-fil-A and Chipotle. One of our volunteers hosted a Fiesta House Party and Tim Sun sponsored a T-shirt fundraiser.

**St. Patrick's Day Delivery:** Partnering with Northrup Grumman volunteers, we delivered goodie bags to over 50 isolated adults. Crumbl Cookies, handmade masks, chocolates, a Caring card and a rose were included in the bag. The Caring cards were created by young adults from Unity of Fairfax Church, a CAC member congregation. It was a wonderful intergenerational event.

**Virtual Lunch n' Life:** Luncheon program provided a presentation by Lydia Russo, co-founder of Vienna Foodies and founder of One Neighborhood Foundation, on March 30th with a drive-thru lunch pick up.

**Senior Social:** Partnered with Vienna Community Center to sponsor an in-person Thanksgiving lunch.

**Lunch n' Life Lite:** A Holidays Tea & Sweets was the first in-person luncheon SCNOVA hosted in over 2 years. It was a tremendous success, with CDC & COVID-19 guidelines in place, all attendees were vaccinated and wore masks. Over 93 attendees signed up.

**Website:** New SCNOVA.org website launched in September 2021.

## Individual Financial Supporters 2021

The Shepherd's Center gratefully acknowledges the following individuals for their cumulative gifts of \$50 or more, received during 2021.

### **(\$1000 and over)**

Stephanie K Arnall  
Joanne Beck  
Michael Bronson  
Richard Duesterhaus  
Scott A Honiberg  
Gary Richard Huffman  
Diane LaHaie  
Dale L Lestina  
Toni Hoffmann Letaw  
Marcia K Mau  
Melinda M O'Brien  
Dr Scott Schroth  
Angie M Walsh  
Jean Watterson  
Gordon H West  
Vaughn Family Giving Fund

### **(\$500-\$999)**

Mary Jane Altmiller  
Nancy J Appler  
Leigh Banducci  
Katherine H Capps  
Pat Connarn  
Claire C Davis  
Bill F Farrell  
Jane M Lindemann  
Bruce Long  
Terri Lowry  
Gregory Moulton  
Barbara Roberts

### **(\$250-\$499)**

Erin Anderson  
Ramona Brandt  
Jackie K Brooks  
Joseph Clauss  
Karen J Denhof  
Laurie A Dirocco  
Stella Gieseler  
Faye Henris  
Fredrick G Hutchison  
Jan Just  
William Kim  
Joyce McCall  
Darrell Mounts  
Laleh Musio  
Patsy E Palmer  
Phil Pifer  
Julianna Prince  
Shamim Verjee Talib  
Merridith A Tedtsen  
Steven Tepp

Victoria C Viets  
Michael Sutherland Wood  
Issi Charitable Fund

### **(\$100-\$249)**

Rita T Ahart  
Valerie Allridge  
Suzanne M Amsbaugh  
Dolores C Anderson  
Cheryl Andrews  
Giso Asgari  
Stephen P Aubin  
Lani M Bacharach  
Charlie A Balch  
Linda Balduf  
Gail Bamford  
Monjed Barakat  
Jean M Bastien  
Margaret Beatty  
George Bergquist  
Velma Berkey  
Lyn F Black  
Patricia Boland-Klein  
Marilyn Anne Boyd  
George B Brandt  
Kurt F Bredehorst  
Sally Bryan-Prell  
Marti L Campo  
Judy Carlson  
Eileen B Cavanagh  
Anne G Coggin  
Jeanne Coleman  
Raymond Collins  
Susan M Conway  
Jay S Creswell  
Ursula Cuneo  
Marilee A Davies  
Cathy Degi  
Kay DeMarco  
Linda Derparseghian  
Nancy Duff  
Eleanor M Duffield  
Krista Eaton  
Brenda L Ebeling  
Sarah Etheredge  
Jane B Fahey  
Michele Figueroa  
Mary H Fisher  
Joan Flanders  
Ann Marie Frederick  
Karin Frenze  
James Frost  
Ellie Gage

Robert A Gehring  
Julie Griffin  
Steve Haraczak  
Thomas Hartney  
Katharine Heberg  
Connie M Herrmann  
Kathleen J Herrmann  
John W Holley  
James Irvin Hurdle  
Chris M Hyland  
Sabina U Joe  
Julie L Johnson  
Carol Kelly  
Ann Callaghan Kerby  
Charles Kimball  
Stanley L King  
Norma J Kropp  
Katherine Hemlata Lepperd  
Sam A Madonia  
Loretta Malow  
John E Mansfield  
David P Martin  
Linda Masterson  
Rod Mateer  
Mary Margaret McGowan  
Ping C McKenna  
Herbert N Miller  
Dora H Mitchell  
Richard A Morford  
Jasper Napoli  
Ellen M Nichols  
Kathryn S O'Toole  
Sunny Grace Park  
Darrel W Parke  
Lorraine Pellegrino  
Carolyn Pennington  
Victoria Photos  
Corinna Pierson  
Jane Plum  
Diann W Polk  
Sharon Pott  
Valerie Prell  
Linda Puff  
Paula K Reeves  
Maureen E Reilly  
Joan Rich  
Mark Richards  
Bob Rogers  
Laura Romstedt  
Suzanne E Rothwell  
Helen V Schmidt  
Sylvia Joan Seigel  
Anne F Shea

Lilburne D Sheats  
Joan R Sheehan  
Nancy L Sheehy  
Faye Siegert  
Linda B Silvas  
Dore H Skidmore  
Linda Lee Slesinger  
Gerald Smithson  
Wanda H Snuggs  
Kathleen C Swink  
Elna A Swofford  
M. Rosemary Tambe  
Jack K Tarr  
Barbara D Tate  
Evelyn H Turner  
Patti C Verrocchio  
Radu Vidrascu  
Margaret L Welsh  
Susan L Williams  
Norma Williamson  
Carol Willis  
Pamela Wirman  
Dr David C Wood  
Geeta Wood  
Nancy A Wormeli  
Ivan Young  
Jayne P Young  
Gwen Zanin

### **(\$50-\$99)**

Patricia H Allensworth  
Florence P Andrews  
Kathy R Arpa  
Erik James Aulestia  
Sanat Bakshi  
Carolyn Blalock  
Catherine S Botz  
James Brice  
Robin Brown  
Ramesh Chander  
Don Chirieleison  
Peggy Coleman  
Margaret Davenport  
Audrey M DiSilvestre  
Robert B Easton  
Elizabeth S Eckert  
Gloria Engstrom  
Mary Ellen Estes  
Yvonne Frank  
Dianne W Geiger  
Irma A Gennaro  
Jennifer Gennaro  
Gailmarie Goldrick

**The Shepherd's Center apologizes for any omissions of donors or volunteers. Please let us know if we have overlooked your generosity so we can recognize you in a future newsletter.**

### Individual Financial Supporters 2021 continued

Pamela Grim	Monique LaFleur	Brian O'Connor	Marge H Van Lierde
Mildred Gutschenritter	Martina Lay	Lynn L Rhoads	Patsy Vandiver
Ken R Haas	Ann Mary Lee	Hyacinth Rodrigues	Cristian Vidrascu
Mary Hagopian	Carol Lund	Zie Rugh	Carolyn S Wandless
Raj Hans	Roena B Markley	Chris A Ryan	Jim Whitcomb
Norma Jean Huntley	Don Lyle Martin	Pam B Schultz	Evelyn B Willey
Randall B Keener	Eugene J Martin	Sherri Sidley	Bob Williams
Linda S Kemple	M Rose McDade	Pat A Solan	Philip Zettle
Susan M Kirby	Elaine M Meyer	Alexandra Sullivan	
Marsha Komandt	Jill Miller	Laura Symanski	
Helen Krikorian	David Nelson	Bryan Tikalsky	

### Organizational Financial Supporters 2021

We gratefully acknowledge grants and contributions of \$50 or more received from foundations, trusts, businesses and organizations during 2021.

See the back page for a list of our Supporting Congregations.

#### (\$1000 and over)

Rotary Club of Vienna  
Shepherd's Center of Great Falls  
Town of Vienna

#### (\$500-\$999)

Aetas Mirabilis Foundation  
Sun Fitness, LLC  
Virginia Heart  
WFAHA

#### (\$250-\$499)

Mosby Woods Community  
Association  
Murphy Family Charitable Fund

#### (\$100-\$249)

Vienna Vintner

#### (\$50-\$99)

AmazonSmile Foundation

#### Grants

Ada and Albert Wibel Foundation  
Greater Washington Community  
Foundation-Anonymous Fund  
Northrop Grumman  
Walmart Foundation

### Sponsors 2021

#### Fundraiser/Annual Sponsors

Caboose Tavern  
Chipotle Mexican Grill - Oakton  
Culinaria Cooking School  
Foster's Grille of Vienna  
Giant Food - Vienna  
Goodwin House at Home  
Kendra Scott  
Kensington of Falls Church  
Kensington Reston  
Luciano Italian Restaurant - Oakton  
Mitchell Eye Institute  
Money & King Funeral Home  
Mookie's BBQ

Reston Community Players  
Sunrise of Fairfax  
The Adler Foundation  
United Bank Vienna  
VLP Financial Advisors Inc

#### Event Sponsors

A Family Tie  
AARP Virginia  
BrightView Fair Oaks  
Eldementals  
Navy Federal Credit Union  
The Providence Fairfax  
Trublue Total House Care



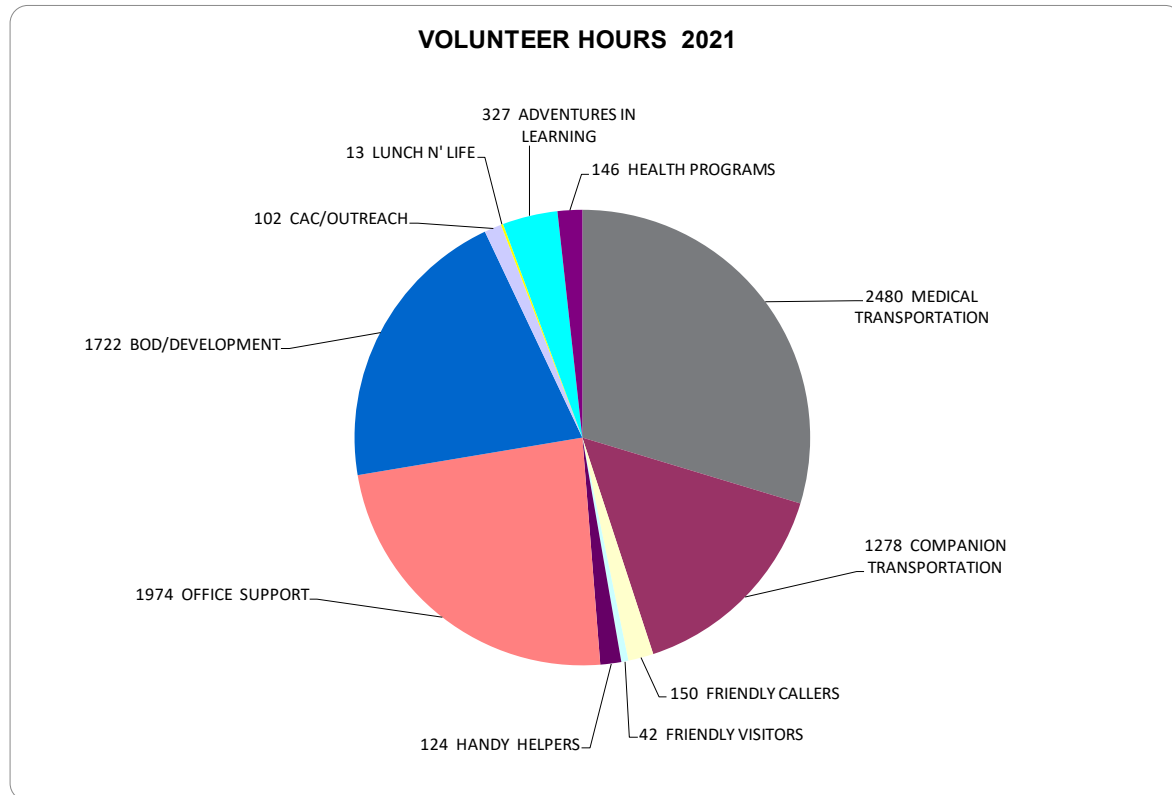
Fiesta Fundraiser House Party  
October 2021



Showing our appreciation to  
Caboose Tavern for sponsoring the  
Beer Tasting Fundraiser



Fosters Grille October 2021



### **2021 Volunteers**

The Shepherd's Center is extremely grateful to our many volunteers who are the heart, hands, and soul of the Center. In many different capacities they share their time, talents and experience. Their extraordinary contributions to others are a tribute to older adults everywhere who bring new meaning to community service.

**In 2021, our active volunteers contributed 8,358 hours,  
conservatively valued at \$257,426.**

Darla Anderson	Georgia Chirieleison	Bill L Grove	Helene Lederer	Phil Pifer
Florence P Andrews	Peggy Coleman	Julius T Hankin	Annice Lee	Tom J Portman
Nancy J Appler	Irene Coyne	Mary Ann Hankin	Marta Linares	Kristin Prillaman
Lexie Armao	Margaret Davis	Beth Harkaway	Becky Litwin	Linda Puff
Stephanie K Arnall	Ronald D Dietrich	Sue Harpe	Shirley A Lucas	Lynn Rafferty
Leigh Banducci	Roger K Doughty	Phyllis E Haynor	Ryan Madden	Jesus M Sedano
Dick H Banks	Richard Duesterhaus	Helen Heaton	Robert McCormick	Raymondi
Monjed Barakat	Richard Dukes	George Hersey	Anna McDonald	Jay Reiziss
Jean M Bastien	Francys Duniven	John W Holley	Katherine McGarvey	Mark Richards
George Bergquist	Carol Edelstein	Karen E Holley	Estelle M McNeil	Hyacinth Rodrigues
Pixie Biddle	Jack Edelstein	Scott A Honiberg	Jill Miller	Laxana Rowe
Mary Jane Blodgett	Stan M Ellis	Janet Hylton	Anu Mittal	John A. Russo
Joe M Bock	Tom Eversole	Nadina Indyk	Jude Mollenhauer	Lauren Saadat
Faith Boettger	Bill F Farrell	Mary I Jablonski	Mike Mulreany	Wolf Scherer
Ann Booker	Ilene Feirman	Margot L Jones	Laleh Musio	Rita Schoka
Marilyn Anne Boyd	Frank Fico	Michelle M Kang	Carol Nasiatka	Dr Scott Schroth
Ashley H Bramlett	Mike Garcia	Marsha Komandt	Flo Naurock	Pam B Schultz
Bob Brennan	Irma A Gennaro	Elizabeth Korondy	Allison Novitsky	Eileen V Shaw
Sally Bryan-Prell	Larry Gibson	Bonnie Kotapish	Melinda M O'Brien	Linda Shearer
Tina Cardenas	Gailmarie Goldrick	Phyllis Krochmal	Stephen V O'Brien	Mark Sierakowski
John "Max" Carroll	Bobbi L Goldsmith	Diane LaHaie	Jerry O'Shaughnessy	Linda Lee Slesinger
Eileen B Cavanagh	Cara Gordon	Lynn Latimer	Pete Palermo	Ann Smith
Viraj Pratap Chegu	Kim H Greer	Meg A Lay	Renate G Pawlik	Wanda H Snuggs

\*The estimated dollar value of volunteer time in VA is \$30.80 per hour for 2021, according to the Independent Sector. Many of our volunteer contributions have a higher valuation.



Ann C Streb  
Heather Stride  
Jamieson Stride  
Richard D Sullivan  
Casey Tarr

Jack K Tarr  
Barbara D Tate  
John B Tate  
Laura Tollin  
Carlos Toro

Patti Vaughn  
Moira Wait  
Alison C Walisko  
Richard Walter  
Pam Weisz

Margaret L Welsh  
Gordon H West  
Joanne E Williams  
Mary Williamson  
Mario C Winterstein

Trish Witschi  
Ginny Wright  
Jayne P Young

In addition to financial support, the Shepherd's Center gratefully acknowledges the following in kind contributions:

**DXC Technology** for donating laptops

**Navy Federal Credit Union** for printing the newsletter and donating computers

**St. Mark Catholic Church** for its contribution of space for Holiday Tea

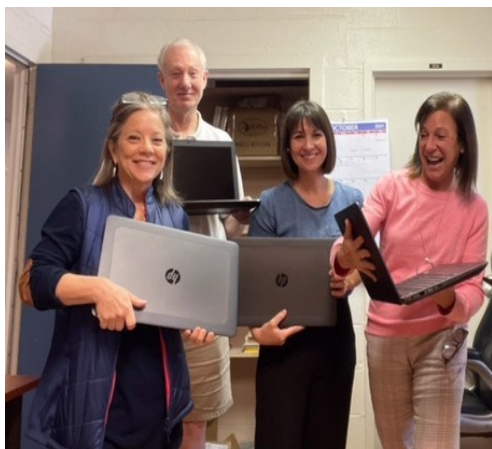
**Unitarian Universalist Congregation of Fairfax (UUCF)** for their contribution of classroom space for Adventures in Learning classes

**Vienna Baptist Church** for housing Shepherd's Center offices and providing meeting spaces

**Vienna Community Center** for hosting the Thanksgiving luncheon

Contributions for Volunteer Luncheon included floral arrangements from **Ayr Hill Garden Club** and food from **Maggianno's Little Italy**, **Maggio's Family Restaurant** and **Purple Onion Catering Company**

2021 Town of Vienna Awardees, right



DXC Technology—Thank you for donating laptops to SCNOVA



Hosted on Zoom, Meteorologist Doug Kammerer as the Volunteer Luncheon Speaker



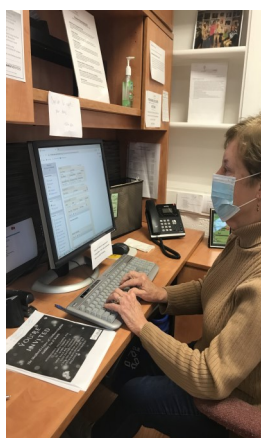
Unity of Fairfax young adults with Caring Cards for delivery



Above: Volunteer Vice Chair Jayne Young, Chair Scott Schroth and ED Carolyn Pennington tabling at Oktoberfest

Board Member Rich Duesterhaus & wife Jude, Volunteer Marsha Komandt tabling at Oktoberfest

Volunteer Casey Tarr, helping during an office shift.



The Kitchen Crew, l—r Linda Shearer, Marta Linares, Irene Coyne, Wanda Snuggs, volunteering at the Volunteer Luncheon, Sept 2021



541 Marshall Road SW, Room 203  
Vienna, VA 22180

# Annual Report 2021

## Shepherd's Center of Northern Virginia

### 2021 Board of Directors

Scott Schroth, Chair	Richard Duesterhaus
Jayne Young, Vice-Chair	Tom Eversole
Leigh Banducci, Treasurer	Bill Farrell
Michelle Kang, Secretary	Kimberly L. Greer
Stephanie Arnall	Scott Honiberg
Joe Bock	Anna McDonald
	Philip Pifer
	Tom Portman
	Patti Vaughn

### Staff

Executive Director	Carolyn Pennington
Operations/Volunteer Mgr	Erin O'Reilly
Marketing/Comm. Coord.	Laurie Granger

### Contact

703-281-0538  
office@scnova.org  
www.scnova.org  
facebook.com/scnova.org

### Supporting Congregations

Andrew Chapel United Methodist Church  
Antioch Christian Church  
Christ the King Lutheran Church  
Church of the Good Shepherd United Methodist  
Church of the Holy Comforter Episcopal  
Emmanuel Lutheran Church  
Emmaus United Church of Christ  
First Baptist Church of Vienna  
Oakton United Methodist Church  
Our Lady of Good Counsel Catholic Church  
St. Francis Episcopal Church  
St. John Neumann Catholic Church  
St. Mark Catholic Church  
Unitarian Universalist Congregation of Fairfax  
Unity Church of Fairfax  
Vale United Methodist Church  
Vienna Baptist Church  
Vienna Presbyterian Church  
Wesley United Methodist Church



