



## Celebrating 24 Years of Service

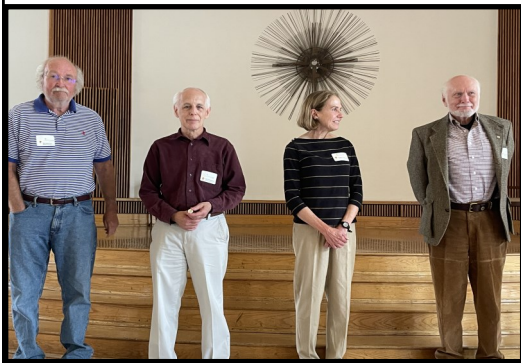
### *2022 Volunteer Appreciation Luncheon*

We were so fortunate to come together in person on Tuesday, April 26th to celebrate our wonderful volunteers. We were hosted by St. Mark's Catholic Church with food generously donated by Maggiono's. It was an opportunity to say thank you for the dedication and 8,300 service hours provided by our volunteers during 2021. We honored seven volunteers with special recognition for their outstanding service: **Mark Sierakowski, Larry Gibson, Peggy Davis, Eileen Cavanagh, Monjed Barakut, Bob Brennan and Dick Sullivan.** **Bill Farrell**, a member of the Board from 2015-2020 was awarded the Ed Lowry Award for his tremendous contributions to SCNOVA throughout the years.



The event was also attended by local dignitaries including Congressman Gerry Connolly's office, Delegate Mark Keam, Mayor Linda Colbert and Board of Supervisors John Foust, Walter Alcorn and Dalia Palchick. Our founder, Reverend John Tate delivered the Invocation. Ayre Hill Garden Club and Estelle McNeill provided beautiful floral centerpieces and our loyal "Kitchen Crew" set up, managed and cleaned up the entire affair. We also had fun with our Board of Directors acting as servers for the event, meeting our wonderful volunteers and thanking them for their commitment and service.

The event was filled with life and laughter as Mary Ann Jung of History Alive! provided entertainment as "Julia Child." We look forward to seeing our community come together even more in the upcoming months.



On Top Left (From L): Bob Brennan, Mark Sierakowski, Peggy Davis and Dick Sullivan

On Bottom Left (From L): Wanda Snuggs and Linda Shearer

On Top Right (From L): Joe Bock, Rick Dueterhaus, Scott Honiberg, Jayne Young and Tom Portman.

Below (From L): Mary Ann Jung, Mayor Linda Colbert



# SCNOVA NEWS & EVENTS

## *Message from Chairman of the Board W. Scott Schroth*

Looking for adventures? COVID has certainly made it harder to find safe adventuring for the past couple of years, but SCNOVA has been able to provide enrichment, education, and adventures through our Adventures in Learning (AIL) program. Thanks to Mike Mulreany, Casey Tarr, and the AIL Committee, we have been able to develop a safe in-person or virtual way to enjoy stimulating presentations. For 8 weeks, three times per year, in-person participants gather on Thursdays in the spacious Music Room at the Unitarian Universalist Congregation of Fairfax (UUCF) where they are entertained with health topics, travelogues from around the world, art and history, current affairs, book readings from local authors, and many other fascinating topics. Are you still afraid to gather in a large room (with masks!) or UUCF is too far away for you? No problem, all AIL presentations are streamed live on Zoom to a home audience and most presentations are subsequently posted to SCNOVA's private YouTube channel for later viewing.



*The AIL Committee is looking for new members and suggestions for exciting speakers. Please contact Mike Mulreany at [mulreany@verizon.net](mailto:mulreany@verizon.net) if you have ideas!*

We are gearing up for new adventures with the fall semester of AIL. We will reconvene in late September for our next 8 week program. Watch for the schedule and registration information. Also, the AIL Committee is looking for new members and suggestions for exciting speakers. Do you have an interesting job, skill, hobby, or expertise that you'd like to share? Do you know friends or relatives who are great speakers or have unusual travel experiences or other knowledge they'd like to share? Please contact us or consider joining our planning committee.

### *Thank You To Our Sponsors*

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### **Gas Cards for High Volume Drivers**

Because of the generosity of Social4Good, a local philanthropic organization, we are able to provide gas cards to six drivers with a high volume of rides in May, and anticipate the same number of recipients for both June and July! We are so thankful to Patti Vaughn, SCNOVA Board member, who put SCNOVA in front of Social4Good and Ann Smith, Social4Good member and SCNOVA volunteer, who helped support our nomination. Drivers will be contacted directly by the office. Please call us if the rising price of gas or any other challenge is keeping you from participating in the driving program.

### **Lunch N Life**

**Date: Monday, July 18, 2022**

**Time: 12pm-2pm**

**Location: Emanuel Lutheran Church, Vienna VA**

**Guest Speaker: Steve Gouterman, Appraisal Roadshow**





# SCNOVA Summer 2022



Vienna Wellness & Safety Expo (From L) Casey Tarr, Marsha Komandt

Below: "Julia Child" (From L) Scott Honiberg, Mary Ann Jung



Below: Volunteer Luncheon Selfie (From L) Laurie Granger, Irene Coyne



Above: (From L) Estelle McNeil, Jayne Young, Erin O'Reilly



Above: Hard at work (From L) Jean Bastien, Carolyn Pennington



On Left: (From L) Peggy James, Carolyn Pennington  
Below: Mike Mulreany



Above: Ed Lowry Award (From L) Scott Schroth, Bill Farrell  
Below: Virtual Adventures in Learning





## Summer Newsletter 2022

### Introducing our Newest Board Member Robin Portman

We are very excited to announce our newest Board Member, Robin Portman. Robin is the former President and Chief Executive Officer, and Board Chair for Atlas Research LLC, a health industry management and technology consulting firm, (recently acquired by Customer Value Partners, CVP). A recognized thought leader and government services industry veteran, she has led ground-breaking client engagements and speaks to audiences nationwide about the future of the industry and mission-supporting innovations in healthcare and technology.



“I am honored to join the SCNOVA board,” said Robin. “I have known and loved this organization for over a decade, and am passionate about our mission. I am excited to work as a volunteer for such a great organization, right in my own community!”

Ms. Portman is active in the greater Washington, DC area. She is a passionate champion for inclusive communities, health equity, individuals with special needs and disabilities, and veterans and military families. She currently serves on the Board of Trustees for Easter Seals of MD, DC and VA, which focuses on Veteran and Wounded Warrior employment and community reintegration (in addition to providing services to individuals with disabilities). Ms. Portman serves as the Board Chair for Belong!, a locally-based nonprofit focused on advancing education and community engagement for the underserved in Northern Virginia. She also serves as the Chair for the Elizabeth Dole Foundation’s National Advisory Board, which focuses on issues and champions causes for military caregivers and families. Ms. Portman was named to the Washington Business Journal’s prestigious list of “Women Who Mean Business” (October 2012), and was recognized as a small business Executive of the Year by the Professional Services Council & Northern VA Chamber of Commerce (2019).



We are thrilled to announce that **Marianne Monek** will be joining SCNOVA as the Operations and Volunteer Manager in the middle of June. Marianne comes to us with a history of volunteer and operations experience. She previously served as the Director of Volunteers and Patient Relations for 15 years at Sibley Memorial Hospital. In her

position, she supervised recruiting, orienting, coordinating and implementing all volunteer activities. One of her achievements was the creation of the Patient and Family Advisory Council which included all patient volunteers with the goal of improving patient and family centered care. Her belief is that volunteers play a very important role in our communities giving service to enhance the lives of our neighbors and creating an environment for volunteers to have a positive and productive experience. She is very committed to SCNOVA and the mission of “Supporting Aging in Place.”

Marianne grew up in Cherry Hill, New Jersey. She graduated from St. Joseph’s University in Philadelphia, being one of the first women to attend the former all-male school. She studied at the University of Dijon, France and did graduate work at George Mason University and Trinity University in Washington, DC. She currently lives in McLean, Virginia and is the mother to two daughters, Kristin and Caroline. Although they are both adults, they continue to be the light of her life. She looks forward to working with everyone to continue to create meaningful service and making a difference in the lives of others. Welcome Marianne!



Join us!  
SCNOVA Bingo Night  
at Foster’s Grille

June 20th, 5-7pm  
Games & Prizes



Thanks to our Sponsor:



## Seniors for Seniors



There are a multitude of benefits for aging seniors to adopt senior pets. For older pet owners, having a dog helps one get out of the house, meet new people, exercise and reduce stress. Owning a senior dog removes the challenges of training and obedience that are often required of younger puppies. Older dogs are calmer in temperament and provide instant companionship.

There are many national programs to support the initiative of matching senior dogs with older adults. These include [Paws for Seniors](#), [Pets for The Elderly](#), [The Grey Muzzle](#), [The Animal League Senior to Senior Program](#), [Hounds in Pounds Senior to Senior Program](#) and more.

Our very own office volunteer, Moira (aged 59+), recently adopted a senior beagle, Buck, through [Dog World Rescue \(DWR\)](#) on Facebook. DWR is a Volunteer Rescue based out of Alexandria, Virginia. They rescue dogs from high-kill shelters and find loving forever homes in the DMV area. DWR

provided Buck with a full vet check up, vaccinations, etc. Buck also came to Moira FULLY housebroken, he is friendly with cats, dogs, children, loves car rides and walks.

Buck has made a huge difference in Moira's life. "Buck helped me get off the couch and get into weight-bearing exercise like walking. Buck is outgoing and friendly so we are greeting everyone we meet," stated Moira.

At 8 years young, Buck is considered a senior pet and yet remains affectionate and playful. DWR's policy is to take Buck back and find him another home if Moira's circumstances change. DWR wants to make sure Buck does NOT ever end up in a shelter again. Many other reputable rescues offer this level of care and support. This return policy applies for all ages of dog and in sickness and in health.

Is a dog too much responsibility? Consider adopting a cat. They are independent and low maintenance. They are predictable and very happy indoors. [Fancy Cats](#) is one local rescue founded in 1997 to save cats. Fancy Cats has successfully placed over 25,000 homeless cats to date! Fancy Cats also rescues dogs.

Our pets can actually help us lower our blood pressure, reduce cholesterol, relieve stress and improve mental health. A rescued pet may rescue you.

## Message from Carolyn Pennington, Executive Director

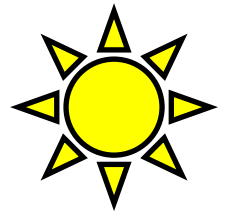
**Summertime at SCNOVA.** The office is buzzing with activities and opportunities for service, connections, and volunteering at SCNOVA. Here are some current summer buzz words: Appraisal Roadshow, Pickleball, Community Outreach, Drivers wanted! SCNOVA is planning our first summer **Lunch N Life** on July 18<sup>th</sup> at Emmanuel Lutheran Church in Vienna. We are thrilled to announce Steve Gouterman and his **Appraisal Roadshow** will be the entertainment for the event. Dust off the treasures and get prepared for some laughs and surprises! Additionally, SCNOVA is hosting our first **Pickleball Mixer and Fundraiser** in October in Reston. We have a wonderful venue at the Reston Lakehouse on Lake Newport and we are looking forward to getting together with friends for fun, food and entertainment. More information will be shared as we continue to develop this wonderful event. The development committee is looking for more helpers. Please consider signing up!



Part of our mission is to provide service as well as volunteer opportunities. Do you have some extra time this summer to join a group and help with **special events**? Are you part of a community group and can share our story and our mission? Please consider sharing the SCNOVA mission in your social plans. We have speakers, brochures and flyers to share. Call the office for more information.

Another key part of our mission is to provide needed **transportation services**. If you have not driven in the past, please consider being a part of this vital service for older adults. The need for drivers is high especially over the summer with many drivers on vacation. Call the office to get started!

As always, I am blessed to work with such a dedicated and admirable group of SCNOVA supporters. I hope you have a wonderful and safe summer. *Thank you!*



Summer Holidays  
(Office Closed)

June 20th  
July 4th  
September 5th



SCNOVA



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Shepherd's Center of Northern Virginia serves Oakton, Vienna, Reston, Herndon, Great Falls, Merrifield & Dunn Loring

## SCNOVA Spotlight - Summer 2022



**Shepherd's Center thanks Navy Federal Credit Union for  
printing this newsletter!**

### Staff

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### 2022 Board of Directors & Committees

**Scott Schroth**, Board Chair; Exec. Comm. Chair; Policy Comm, Co-Chair; Volunteer Comm, Co-Chair; AIL Comm.  
boardchair@scnova.org

**Jayne Young**, Vice-Chair; Exec. Comm, Co-Chair; Development & Volunteer Comm, HR/IT Comm, AIL Comm.

**Leigh Banducci**, Board Treasurer; Chair; Finance Comm, Exec. Comm.

**Michelle Kang**, Board Secretary; Exec. Comm, Chair; Audit Comm, Co-Chair; HR/IT Comm.

**Stephanie Arnall**, Co-Chair; Finance Comm. Audit Comm.

**Joe Bock**, Marketing/ Social Media Comm.

**Richard Duesterhaus**, Chair; Advisory Comm.

**Tom Eversole**, At Large

**Scott Honiberg**, Chair; Grants Comm.

**Philip Pifer**, CAC Board Liaison, IT Communications, Marketing/ Social Media Comm.

**Patti Vaughn**, Chair; Exec. Comm, Nominating Comm, Policy Comm.

**Tom Portman**, Veterans Comm.

**Robin Portman**, Development Comm.