

Celebrating 24 Years of Service

Appraisal Roadshow Lunch and Life

We were so happy to bring the community together on Monday, July 18th for our first Lunch and Life event in over two years. Cherry Blossom Pace sponsored this wonderful event hosted by Steve Gouterman of Paradigm Experts and Daniel Sanders of Four Sales, Ltd. Over 70 guests dined on delicious lunches provided by Maggio's Restaurant.

Steve and Daniel spent two hours providing historical insight into all the gems and keepsakes brought in by the enthusiastic guests. One attendee even brought a handwritten invitation to Abraham Lincoln's funeral. Every guest had the opportunity for an appraisal.



The Kitchen Crew was in full form setting up a beautiful luncheon, hosting 70 people and cleaning it all up with a smile. We are always grateful for this special team of volunteers. Special thanks to Wanda Snuggs, Linda Shearer, Linda Puff and Irma Gennaro for their time and tireless effort.



Above on Right: Daniel Sanders; On Left: Volunteer Extraordinaire Wanda S.; On Far Right: Carolyn P. and her mom, Marianne; on Right: Jayne Y. and friends.; Bottom left: a happy Linda S.; Below, Pat P. and John and Karen H.; On Bottom Right, David G, Dale L and Steve Gouterman.




PARADIGM EXPERTS
Private Jewelers and Estate Buyers



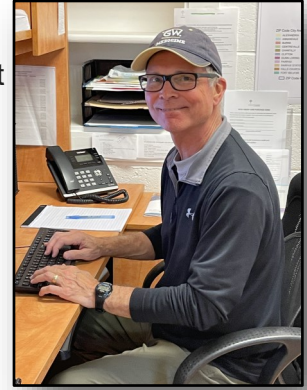
 **Cherry Blossom PACE**
Program of All-Inclusive Care for the Elderly



Fall Newsletter 2022

Message from Chairman of the Board W. Scott Schroth

Many of you joined us for our recent Lunch and Life program, *Appraisal Roadshow*, at Emmanuel Lutheran Church in Vienna. Steve Gouterman of Paradigm Experts and Daniel Sanders of Four Sales, Ltd. entertained us with a fun and fascinating look at unique and cherished items brought in by those in attendance. Of course, not every item turned out to be of great monetary value, but it became clear to me that the value of the heirlooms and curiosities brought to the show go far beyond what they are “worth”—indeed they are priceless! This reminded me of the value we find in getting to know our many wonderful clients, participants, and volunteers at the Shepherd’s Center of Northern Virginia. Everyone is important to us, has an interesting history and personality, and shares in our mission to empower older adults to live a full and meaningful life.



To forward this mission, the Board of Directors developed several task forces at our January retreat to address key challenges in our services and programs, development and sustainability, and communications. The Communications Task Force led the board through a wonderful and enlightening process of reassessing our vision and mission while reaffirming our commitment to serving older adults in Fairfax County. Carolyn Pennington will share with you more details of our new vision and mission statements as we renew SCNOVA’s guiding principles. The Development Task Force helped us envision a novel Pickleball fundraiser for this fall while the Grants Committee scored a major achievement by securing important funding from the County Consolidated Funding Program for 2022-2024. Overall, it’s been a wonderful summer of affirmation and we look forward to an exciting fall. We hope to see you for Pickleball, celebration, and friend-raising on October 6th!

SCNOVA PICKLEBALL MIXER AND HAPPY HOUR

We are busy organizing our first community fundraiser since the pandemic began. We are planning a Pickleball Mixer and Happy Hour from 4:00pm—7:00pm on October 6th at the Reston Lake House and adjoining tennis courts. We feel very comfortable offering an outside event with a portion of the happy hour in a large lake house with spacious outside decking.


We are hoping for a great turnout, whether you are an avid pickleball fan or just want to come for the great food, entertainment and community spirit. We will use the funds we raise to continue to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults in the communities we serve. We are hopeful to see you there. Sign up for our Pickleball Mixer and Happy Hour [Here](https://www.scnova.org/event/pickleball-mixer-happy-hour/).

Registration Now Open






Pickleball Mixer & Happy Hour
Thursday, October 6, 2022
4:00PM-7:00PM

Fundraising Ticket: \$40
Supporting Seniors In Our Community



The Lake House
11450 Baron Cameron Ave
Reston, VA 20190

Rain or Shine
With Generous Support From:



Tickets available on-line at <https://www.scnova.org/event/pickleball-mixer-happy-hour/> or call the office at 703-281-0538.
www.scnova.org 703-281-0538

Thank You to Our Sponsors



**Tom & Robin
Portman**



Fall Newsletter 2022

Volunteer Spotlight

Meet Mujeeb Chowdry, one of our new volunteers this summer. Mujeeb is also a very dedicated volunteer with Volunteer Solutions of Fairfax County. He was featured in the Golden Gazette in April 2022 and we are so happy that he has also chosen to serve the clients of the Shepherd Center.



Mujeeb came to the U.S. in 1997 and lives in Centreville with his family. He is very devoted to his mother who depends on the family for transportation and many other things. Mujeeb realized that so many seniors need transportation services and has committed to helping others find the transportation they need. Mujeeb is also fluent in Urdu, Hindi, and Punjabi.

We are so grateful to have Mujeeb as part of our community who will continue to serve those in need of our services. Welcome Mujeeb!

Are you drinking enough water?



Did you know your body is over 60% water?! Drinking enough water each day is very important to staying healthy. Water keeps you hydrated, helps flush out toxins to your urine and even helps maintain your blood pressure!

How much water is enough?

Ideally you should drink a minimum of 8 cups of water or 64 oz per day. An easy way to check if you are drinking enough water is by checking the color of your urine when you pee. The lighter the color the better!

What are the benefits of water?



- Helps make sure your brain is working the best it can
- Regulates your body's temperature
- Keeps your skin healthy
- Protects joints and cartilage
- Zero calories and will not make you gain any weight
- Regular bowel movements
- Improved digestion

Signs of dehydration:

Headache
Dry mouth and lips
Dark colored urine
Dizziness
Dry skin



Foods that are high in water

Watermelon
Cucumbers
Grapes
Strawberries
Citrus fruit

Tips to staying hydrated:

Have a glass right when you wake up to start the day! Remember you haven't had water for many hours while you slept so drinking water to start the day helps prevent dehydration. Pay attention to how you feel. Do you feel dry or tired? Have a headache? Are your lips cracked? These are all signs you need water! Listen to your body!

Staying hydrated doesn't only mean drinking enough water. Did you know that foods also have water in them?

Questions? Ask Kathryn, the Registered Dietitian!
Email: Kathryn.tadio@cherryblossompac.com



Mark your calendars for our next Lunch and Life on October 25th from 12:00-2:00PM at St. John Neuman Church in Reston, VA. You won't want to miss this life affirming talk with researchers, Catherine O'Brien, PHD, MPH and Jennifer L. Smith, PHD, from The Mather Institute.

Our focus will be on how a person's mindset impacts their wellness. The Mather Institute recently published an important paper titled, Hope at Work, How Hope Functions as a Motivator for Healthy Behaviors. Come and hear the interesting research and data collected. Listen to stories and strategies that offer new practices to nurture and create more hope in your life. Your present and your future self will be delighted!

The Mather Institute is an award-winning resource for research and information about wellness, aging, trends in senior living, and successful aging service innovations. Through landmark research studies, often in partnership with universities around the country, the Institute has helped shape the aging services industry by sharing insights, information, and best practices.

The Lunch and Life is sponsored by The Mather, a forward-thinking Life Plan community for those 62 and better that is being developed in Tysons and projected to open in 2024. A representative will be on hand to answer your questions and schedule tours. More information can also be found at their web site, TheMatherTysons.com.

"I became a driver after retiring. I drive the same people each week and they have become my friends. It is so rewarding."

- Wolfie Scherer

CALL FOR VOLUNTEERS

We are looking for Volunteer Drivers for medical appointments, grocery shopping and errands. We also need Office Volunteers. We appreciate any time you can give to serve our community.

Email office@scnova.org or call the office at 703-281-0538 to learn more.



www.scnova.org

Fall Newsletter 2022

Have you had your vision checked recently? Most health care professionals advocate that adults 65 years and older get an eye exam every year or every other year at the most. I've had an eye exam this year and thankfully had no changes or concerns with my eyes. In the past I have walked away with corrective lenses, eye drops and new frames.



Did you know that earlier in the year the Board of Directors at the Shepherd Center of Northern Virginia recently underwent a check-up for its own vision and mission? The purpose was to make sure the way we articulate our vision was in alignment with our goals and priorities. I am thrilled that we now have a vision and mission statement that emphasizes empowerment and well-being. The new SCNOVA vision is **to transform aging into an empowering experience to live a life of meaning**. The new SCNOVA mission is **to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults in the communities we serve**. I encourage all of our readers to spend some time thinking about what empowered aging, social connection and service mean to you. Are there areas where we might help you? Is there an opportunity for you to help us?

As always we stand in awe and with much gratitude to the many people who live out this mission to foster meaningful opportunities for service, social connections and well-being at SCNOVA. We are so appreciative of the volunteer drivers who support the transportation program both in the office and on the road. *Please consider becoming a volunteer driver as we are getting more and more requests for rides.* We also want to share our appreciation for the Adventures In Learning volunteers, the Congregation Advisory Council, our volunteer Committees, the Volunteer Board of Directors and all of those who help support the Shepherd's Center of Virginia. THANK YOU!

SCNOVA BY THE NUMBERS

SINCE JANUARY 2022

1,339

Rides were provided
to the clients in our
community

**MEDICAL AND
COMPANION 1-
WAY RIDES**



4,810

**Volunteers hours
provided by our
wonderful volunteers**



8,290

**Number of miles
driven by our
generous volunteers**



**We are ALWAYS
looking for
volunteers. We
appreciate any
support you can
provide.**



8

**New volunteers
onboarded since
June**

\$144,059

**Financial value of
volunteer hours
donated**



**www.scnova.org
703-281-0538**

Fall Newsletter 2022



We are gearing up for our Fall Semester of Adventures in Learning. Our biggest change is that **all classes will be held in the morning.**

Tuition is \$55 (includes T'ai Chi & AIL)

There are three ways to register for the Adventures in Learning Program.

- Complete the application on the website [here](#).
- Call in your Registration and pay by credit card at 703-281-0538.
- Print the website Registration form [here](#) and send it in via the Post Office.

There is an additional T'ai Chi Class offered at Emmanuel Lutheran Church in Vienna on Mondays from 9:00am—9:45am. T'ai Chi is available year-round except during holiday periods. No additional cost for Monday class.



Fall 2022 Class Schedule September 22 - November 10, 2022

WE ARE PLANNING TO MEET IN PERSON BACK AT THE UNITARIAN CHURCH AT 2709 HUNTER MILL ROAD IN OAKTON DURING OUR FALL SESSION. WE WILL ABIDE BY THE SHEPHERD'S CENTER AND CHURCH REQUIREMENTS REGARDING THE COVID19 VIRUS.

IN ADDITION, WE WILL CONTINUE TO OFFER CLASSES VIA THE ZOOM APPLICATION.
T'AI CHI IS IN PERSON ONLY.

NEW FORMAT - THERE WILL BE ONLY TWO SESSIONS FOR AIL IN THE MORNING ONLY.

Thursday Morning Schedule

9:00am-9:45am T'ai Chi Rob Gehring, Instructor

10:00-10:55am

- Sept 22 "Effective Communication Strategies" - Phyllis Humphrey, Alzheimer's Association
- Sept 29 "Does Memory Remember" - Chuck Anderson
- Oct 6 "History of Reston Predecessors, Before 1964" - Alex Campbell, ED of Reston Museum
- Oct 13 "My Adventures working in New Guinea with the Peace Corps" - Christopher Davenport
- Oct 20 "Medicare 101 - Part 1" - Mari de Leon, Kristin Helfer Koester, VICAP
- Oct 27 "How Companies Acquire, Use and Protect Your Information" - Bob Reinsel
- Nov 3 "The Art of Travel" - Joyce Turk, Foreign/Civil Service
- Nov 10 "Senior Olympics" - Karen Jarzynka-Hernandez

11:00-11:55am

- Sept 22 "Air Force Hurricane Reconnaissance" - Colonel Picanso
- Sept 29 "The Grand Canyon: History and Modern Day Travelogue" - Scott Schroth
- Oct 6 "Common and Uncommon Birds of North America" - Jerry Koons, Bird Photographer
- Oct 13 "Our Visit to Iceland" - Paul Wormeli
- Oct 20 "Medicare 101 - Part 2" - Mari de Leon, Kristin Helfer Koester, VICAP
- Oct 27 "Almost Forgotten Women: Yesterday's Headliners" - Mary Lipsey, Local Author
- Nov 3 "Congestive Heart Failure - What is it and How is it Treated" - Scott Schroth
- Nov 10 "Stories of American Revolutionary Women" - Bonnie Fite

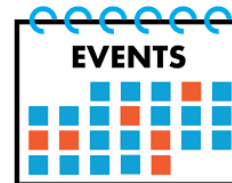
12:00pm Blood Pressure & Fall Prevention Screening by Casey Tarr

THANK YOU SPONSORS!

Len Adler, Adler Foundation
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Sunrise Senior Living, Fairfax
Brightstar Care
VLP Financial Advisors
Greenspring by Erickson Senior Living
The Kensington Reston
The Kensington Falls Church
The Providence of Fairfax
The Mather
Maggiano's
Right at Home
Cherry Blossom Pace

Reminders

- Office Hours: 10am - 4pm Monday-Friday
- Rides Available Monday - Saturday
- Office is closed on Labor Day, September 5, 2022
- Please make Ride Requests 4 business days in advance



Upcoming Calendar of Events

Please share our many opportunities for social engagement, service and learning with your friends and neighbors

Sept 19th, 2022 5:00pm—7:00pm
Bingo Night at Foster's Grille

September 22, 2022 9:00am—12:00pm
AIL Fall Semester Begins

October 6, 2022 4:00pm—7:00pm
Pickleball Mixer & Happy Hour

October 25, 2022 12:00pm—2:00pm
Lunch and Life sponsored by The Mather

Future events:
Thanksgiving Luncheon and Holiday Tea



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Dedicated to improving quality of life as we age, through supportive programs and services, personal enrichment and volunteer engagement.

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

SCNOVA Spotlight - FALL 2022



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

Staff

Executive Director	Carolyn Pennington	703-281-0538	carolynpennington@scnova.org
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Database Manager - Volunteer	Jean Bastien	703-281-0538	support@scnova.org

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.

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.