



SCNOVA BOARD MEMBER AND VOLUNTEER JAYNE YOUNG EARNS DISTINGUISHED NATIONAL AWARD FOR SERVICE

The Shepherd's Centers of America (SCA) recently announced Jayne Young as the recipient of the 2022 Donald Owen Smith National Volunteer Leadership Award.

The Donald Owen Smith National Volunteer Leadership Award recognizes exceptional volunteers with the SCA Network for their service in helping older adults lead meaningful lives through connection with each other and their community. This is the only national volunteer award recognizing older adults in service to communities to help older adults age with dignity, meaning, and purpose.



"Volunteers are the backbone of Shepherd's Centers," says Sarah Cheney, Executive Director of SCA. "Without volunteers, we would not be able to deliver our mission to create meaningful opportunities for service, lifelong learning, individual well-being and independent living designed by, with and for older adults."

Jayne has served continuously with Shepherd's Center of Northern Virginia for 12 years. She started with the organization as the Director of Operations and Events. After "retiring" from that position, she became a tireless volunteer and board member known for her marvelous organizational skills, fundraising, and dedication to supporting other volunteers. When an unexpected vacancy arose in the Executive Director position, she assumed this interim role for nearly a year as we searched for a new staff member. "She always seems to know how to hit the right chord in meeting the needs of both our participants and volunteers," says Scott Schroth, Chair, SCNOVA Board of Directors. "Her leadership has been instrumental in our ability to grow our organization and reach new communities."

Young's commitment to SCNOVA was obvious to the review committee of this prestigious award. One reviewer commented, "Jayne's dedication to the mission is profound, and she is an inspiration to all."



Classes are held in person or virtually weekly on Thursdays from 9:00am - 12:00pm.

Winter Registration Open House

**January 19, 2023 from 10am-12pm
Unitarian Universalist Church
2709 Hunter Mill Rd,
Oakton, VA 22124**

First class will be held on Thursday, January 26, 2023.

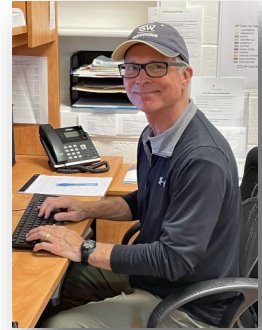
www.scnova.org for more information or call 703-281-0538

"What we like best about the AIL Semester Series is the friendly people. We enjoy their company each week. It's also an excellent educational experience, and the presenters are world-class experts." - AIL Participant

SCNOVA NEWS & EVENTS

Message from Chairman of the Board W. Scott Schroth

Wow! We had so much fun at the Pickleball Fundraiser on October 6th! We were blessed with the most outstanding day of the fall including warm, sunny weather. This allowed us to fully enjoy the beautiful Lake Newport Lake House in Reston where a capacity crowd gathered to enjoy food, beverages, music, and, of course, lots of pickleball! There are so many people to thank for putting together and sponsoring this first of its kind event for SCNOVA. Jayne Young and her Development Committee did a wonderful job planning and hosting the event. Our lead sponsors, Len Adler and Robin and Tom Portman, along with our many other important friends and donors graciously provided their support to make this a highly successful fundraiser for the organization. Our special thanks go to Rob Tucker and his team who provided professional pickleball instruction to beginners and more advanced players alike. Our musical duo, PG & Robin, entertained guests in the Lake House while members of the SCNOVA board demonstrated their bartending expertise (maybe we'd better stick to being board members!). Thanks to everyone for supporting the mission of SCNOVA while having a great time as well.



Now we look forward to our annual Holiday Tea, and the final Bingo Night at Fosters for 2022! It is important to remember that our mission goes far beyond critical services such as transportation and companionship for older adults. We also strive to provide social and educational enrichment throughout our Northern Virginia Community.

2022 SCNOVA Sponsors

 **The
Adler Foundation**

Tom & Robin Portman



Katie Capps



*Dennis & Rebecca
Pick*



**TERRA COOKE
REALTOR**



**ADAM SKITOL
FINANCIAL ADVISOR**



*Rachel Helmich Cheng
Berkshire Hathaway*

SCNOVA
Caregivers Support Group

This FREE event meets the 1st and 3rd
Tuesdays of each month, 10:00 am to
11:30 am via Zoom



*The Shepherd's Center of
Northern Virginia*

*Wishes you a
Healthy and Happy
Holiday Season*

**Message from Executive Director
Carolyn Pennington**



As we enter this winter season we are invited to see the world around us in new and unique ways. Opportunities abound here at the Shepherd's Center as we plan the Thanksgiving Lunch, Holiday Bingo Night, the Holiday Tea, and the winter semester of Adventures in Learning. As a reminder, we ask that you look for opportunities to invite your neighbors to join us in the fun. And if you are looking for a last-minute gift idea, a semester of Adventures in Learning makes a great gift. Reach out to us if you would like a handmade gift certificate to be mailed or emailed to you.

In this theme of new opportunities, the **Shepherd's Center of Northern Virginia (SCNOVA)** and **Reston Useful Services Exchange** (<https://restonuse.org>) are proud to announce opportunities for shared service, social connection, and individual well-being in the communities we serve. Reston USE is an organization founded in 1975 dedicated to fostering neighbor-to-neighbor service, social connection, and members' well-being using the exchange of timebank credits. The geographic areas served are quite similar to that of SCNOVA. We met up with Reston USE through the Reston Chamber of Commerce. Both organizations may have different areas of strengths that compliment our organizations. For instance, the SCNOVA volunteer transportation program is very strong and may be a benefit to current Reston USE members. However, Reston USE at times offers small group activities like walking groups, meet ups and book clubs, that SCNOVA may not offer. Being aware and encouraging neighborly interactions will provide opportunities for sharing and growing our organizations to help our community thrive.

In this season of connecting and giving, remember a gift of a ride is a joy to both the driver and the client. A gift of a phone call or visit leaves a lasting impression. A gift of a donation helps support our programming like transportation and gas cards for volunteer drivers on behalf of the clients we serve. We are so thankful and grateful for all of our SCNOVA family and friends and look forward to a joy-filled year ahead.



Welcome to our new
Volunteers

Pauline Solomita
Nikita Chawla
John Jarosz

Mornings with Marianne



Come join SCNOVA Staff for
coffee, donuts, conversation and
camraderery.

Schedule Coming Soon

SCNOVA Events Year In Review

The staff and volunteers at SCNOVA were busy throughout the year creating local events to bring our friends together and celebrate holidays, special events and fundraisers. From Mardi Gras conga lines to the Lunch and Life Appraisal Road Show, we came together to celebrate **independent living for older adults in our community**.

Additionally, our incredible Adventures In Learning (AIL) volunteers including Mike Mulreany, Jack and Casey Tarr and Marsha Komandt provided rich programming for our Caregivers Support Group, Active Wellness Class, Great Decisions Book Club and AIL series.

SCNOVA partners, including the Vienna Community Center, St. Mark Catholic Church, St. John Neumann Church, Emmanuel Lutheran Church and Foster's Grille provided the perfect locations to host our community events.

Our year would not be complete without the Thanksgiving pumpkin pie, the delicious sweets at our Holiday Tea and Burgers and Bingo at Foster's Grille. We enjoy seeing you at all of our events!

Bingo Fun



Mardi Gras



Lunch n Life



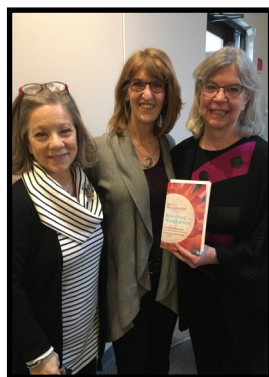
Volunteer Appreciation
Lunch



The Kitchen Crew



AIL



Thanksgiving Luncheon



Our focus is on helping people age well in the place and community that they love, with additional enriching opportunities for lifelong learning, volunteer service, healthy living, community connections and more.

SCNOVA *Pickleball Mixer and Happy*

Our inaugural Pickleball Mixer and Happy Hour was a great success. Friends, neighbors, volunteers and pickleball enthusiasts came together to celebrate the Shepherd's Center of Northern Virginia. The invaluable donations raised through this first time event helps to pay for gas cards for our drivers, office support, special events, outreach and more. The entertainment of PG and Robin was a hit, the food was delicious and the pickleball clinics and games were filled with laughter and fun.



SCNOVA BY THE NUMBERS

SINCE JANUARY 2022

1,914

Rides were provided
to the clients in our
community

MEDICAL AND
COMPANION 1-
WAY RIDES



7,058

Volunteers hours
provided by our
wonderful volunteers

11,378

Number of miles
driven by our
generous volunteers



\$211,408

Financial value of
volunteer hours
donated

Attendees in Current Activities

Pickleball Fundraiser 116
Thanksgiving Lunch: 80
Monthly Bingo 30-40 (Ave)



www.scnova.org
703-281-0538



Volunteer Spotlight MEET SUSAN VOSS



Susan is one of our very dedicated office volunteers who schedules rides and helps with Friendly Caller and Visitor and Handy Helper requests. Susan is very committed to her volunteer positions. Not only does she volunteer at Shepherd's Center, but she is also a volunteer at Greenspring Gardens and Committee for Helping Others, a financial hotline for seniors. She enjoys being a member of the Friends of Greenspring Gardens (FROGS).

Susan got married early in life. Her husband joined the Foreign Service and she lived in 6 different countries. Susan studied for her undergraduate degree over 13 years and during this time became a paralegal. During her work as a paralegal, she looked around the office and said, "I can do this." She started law school at the age of 48 and retired as an attorney at the age of 80. Susan is a very young 90-year-old and we are very grateful for her service to the Shepherd's Center of Northern Virginia.



Holiday Office Hours

Please note SCNOVA will close at 4:00pm on
Friday, December 23, 2022 and reopen at
10:00am on Tuesday, January 3, 2023.



Dorothy's Quilt



Our client, Dorothy Staebler, is originally from Iowa. She is one of nine children and retired from a government job in 1965. Our wonderful volunteer, Wanda Snuggs has been working with Dorothy as a Friendly Visitor for over six months. Wanda has been helping Dorothy finish a queen-size quilt top during her visits. "It has been a labor of love," stated Wanda, "and so much fun getting to know Dorothy." Volunteering as a Friendly Visitor provides companionship to both the volunteer and the client. Create special memories today. Sign up to volunteer at www.scnova.org.

SCNOVA NEWS & EVENTS



SCNOVA always enjoys working with **The Davis Career Center**, located at John Marshall High School in Falls Church, Virginia. The Davis Center supports Fairfax County students, ages 18-22, who require special educational services. The Davis Center provides these students a modified curriculum focused on life and career skills.

This program helps to promote independent living and career educational needs in a hands on environment. Through The Davis Center Culinary Program, the students learn how to cook and serve delicious meals to various groups in the community. SCNOVA works with The Davis Center on our Thanksgiving Luncheon, Holiday Tea and various Lunch and Life events, to name a few.



Carrot Cake (1/2 sheet cake)

Preheat oven to 350 degrees.

In a bowl, combine:

- 4 Cups (C) flour
- 4 teaspoons (tsp) baking soda
- 4 teaspoons (tsp) cinnamon
- 1 teaspoon (tsp) salt

In a separate bowl, combine:

- 6 eggs
- 4 Cups (C) sugar
- 1 Cup (C) + ½ Cup (C) vegetable oil
- 1 Cup (C) + ½ Cup (C) buttermilk

- Using a hand mixer, beat until mixture is smooth.
- Add flour mixture and beat at low speed until well blended.

Add:

- 4 Cups (C) peeled and grated carrots
- 2 Cups (C) crushed pineapple, drained well
- 1 Cup (C) flaked coconut
- 2 Cups (C) chopped walnuts

- Fold ingredients in until well blended.
- Pour into ½ sheet cake pan and bake for 35-40 minutes or until a wooden pick inserted in center comes out clean.

Buttermilk Glaze

In a saucepan, combine:

- 1 Cup (C) sugar
- 1 teaspoon (tsp) + ½ teaspoon (tsp) baking soda
- 1 stick butter
- ½ Cup (C) buttermilk
- 1 Tablespoon (T) light corn syrup

- Bring to a boil, stirring often, 4 minutes or until mixture is golden brown.
- Remove from heat and stir in 1 teaspoon (tsp) vanilla.
- Drizzle glaze over warm carrot cake.
- When cool, ice cake with Cream Cheese Frosting (recipe follows)

Program Director, Becky McDermott, found this carrot cake recipe in a Southern Living cook book about 20 years ago. “I am always looking for recipes that are super in depth so my students have a lot of work to do (e.g. peeling and grating carrots.)” shared Becky.

This dessert is very popular at our events with community members often asking for the recipe. Here it is! I can’t wait to make this delicious dessert this holiday season. Let us know if you make it and send photos to communications@scnova.org.

Cream Cheese Frosting (for Carrot Cake)

In a bowl, beat at medium speed until creamy:

- 1 stick + ½ stick butter
- 1 (8-ounce) package cream cheese, softened
- 1 (3-ounce) package cream cheese, softened

Add:

- 3 Cups (C) sifted powdered sugar
- 1 teaspoon (tsp) + ½ teaspoon (tsp) vanilla

Beat until smooth.



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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 - Winter 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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Marketing/Communication Mgr	Laurie Granger 703-281-0538	communications@scnova.org
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.