



Shepherd's center

OF NORTHERN VIRGINIA

TRANSFORMING AGING INTO AN EMPOWERING EXPERIENCE TO LIVE A LIFE OF MEANING

CELEBRATING 25 YEARS OF SERVICE



Welcome New Board Member Akram Aleahmad!



Akram Aleahmad began her journey with SCNOVA long before she became a board member. SCNOVA has been a long-time patron of the United Bank of Vienna where Akram holds the position of Vice President III and Branch Manager. Akram led her branch specifically and United

Bank more broadly in volunteering and event support for SCNOVA.

Akram's passion for service with SCNOVA lies in her desire to help enrich the lives of the elderly community of northern Virginia, "It is very important to embrace our older generation. Younger people have so many resources for their social lives, but older folks sometimes get forgotten. Creating a social life for the elderly as well as providing support is important.

Akram earned a BS in Business and Management from the University of Guilford College, Greensboro, NC. She is a member of the National Association of Securities Dealer National Association, and the Securities Health & Life Insurance. She holds SEC Series 6 & 63 certifications, is a Notary Officer, and received her Private Client Solution Certification from PNC Bank. Akram is also a current Board member of the Vienna Business Association (VBA).

As for the future of SCNOVA, Akram would like heavy promotion of the offered services, and more advertisements to bring awareness to the benefits of the organization. Ideally, she would like for SCNOVA to become a well-known household name among all residents of Vienna, Mclean, Fairfax, Reston and Herndon.

Akram and her husband, an Engineer with WMATA, have lived in Reston for 20 years. Her daughter, a recent law school graduate, and Akram's mother reside with them as well.

COME & JOIN US FOR A SCNOVA

LUNCH N LIFE EVENT

with former White House butler

● Alan DeValerio

MR. DEVALERIO WILL ENTERTAIN US WITH HIS STORIES, AND FIRST-HAND EXPERIENCES WORKING IN THE MOST FAMOUS HOUSEHOLD IN AMERICAN HISTORY.

St. Mark Catholic Church
9970 Vale Rd., Vienna Va, 22181
March 27th, 12:00 pm - 2:00 pm

Tickets \$20 - Includes lunch
Call SCNOVA: 703-281-0538 or visit:
www.scnova.org



SPONSORED BY:

HUNTERS WOODS
AT TRAILS EDGE

Reminders

*MAKE SURE YOUR INFORMATION WITH SCNOVA IS UP TO DATE! GIVE US A CALL IF THERE HAVE BEEN ANY CHANGES.

* PLEASE CHECK THE SPAM PORTION OF YOUR EMAIL FOR ANY MESSAGES YOU MAY NOT HAVE RECEIVED

*FOLLOW SCNOVA ON SOCIAL MEDIA!

INSTAGRAM - @SHEPHERDS_CENTER_NOVA

FACEBOOK - @SCNOVA.ORG

LINKEDIN- Shepherd's Center of Northern Virginia (SCNOVA)



SCNOVA NEWS & EVENTS

OFFICE VOLUNTEERS NEEDED!

MAKE AN IMPACT IN YOUR COMMUNITY BY BECOMING AN OFFICE ASSISTANT AT SHEPHERD'S CENTER OF NOVA HEADQUARTERS

More Information:
Check out our website www.scnova.org or call 703-281-0538





SCNOVA

SPRING ADVENTURES IN LEARNING/GROUP SCHEDULE

2023



JOIN US FOR REGISTRATION DAY!
APRIL 13TH, 2023
OR
REGISTER ONLINE: WWW.SCNOVA.ORG
REGISTER BY PHONE: 703-281-0538

- TAI CHI: MON & THURS
9AM-9:45AM
(ONGOING-IN PERSON)
- ACTIVE AGING WELLNESS: WEDS
10:45AM - 11:45AM APR
4TH-MAY 24TH
- ADVENTURES IN LEARNING: THURS
10AM-12PM APR 20ST - JUN 9TH.

- CAREGIVERS SUPPORT GROUP: 1ST & 3RD TUESDAYS OF THE MONTH 10AM - 11:30AM
- GREAT DECISIONS BOOK CLUB: 3RD FRIDAYS OF THE MONTH. 1PM - 3PM

Welcome New Volunteers

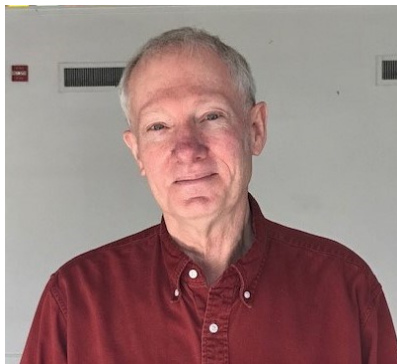
Sophia Azmi
Nikita Chawla
Attaul Mujeeb Chowdry
Peyton Ehmke
Bruce Halper



Fran Keating
Patricia LaRoche
Pauline Solomita
Sue Sottile
Patrick Tansey
Weston Pollock
Medhaa Banji



“In addition to the Adventures in Learning (AIL) program which brings in our wonderful speakers, we also include T'ai Chi and Qi Gong sessions as part of the registration process.



I think Adventures in Learning is beneficial for adults over 50 years of age as it allows everyone a chance to enjoy the benefits of socializing with about 25 regular participants and meeting and welcoming any new people who join the program.

The meditative and medical benefits associated with T'ai Chi and Qi Gong have been documented in a number of articles. Also, when you are able to engage with speakers who have a wide range of experiences it keeps the mind active and challenges everyone to continue to educate themselves on topics that interest them.”

- Mike Mulreany AIL Speaker Coordinator

Upcoming Events

Check Our Spring Events for 2023

March

27

Lunch N Life - The Butler

FORMER WHITE HOUSE BUTLER ALAN DEVALERIO REGALES US WITH STORIES OF HIS TENURE WORKING IN THE MOST FAMOUS HOUSEHOLD IN AMERICAN HISTORY

July

17

The Appraisal Roadshow

HAVE YOUR MOST PRIZED POSSESSIONS APPRAISED BY PROFESSIONAL PARADIGM EXPERTS APPRAISER STEVE GOUTERMAN



shepherd's center

703-281-0538

WWW.SCNOVA.ORG

We have a big heart for Valentine's Day at SCNOVA!
Valentine's day themed Bingo

*Mark your calendars for upcoming Bingo nights! May 15th, September 11th, and December 4th!



Kid's Give Back Valentine Event



Chairman of the Board Scott Schroth



SCNOVA is fortunate to have a dynamic and professional board of directors full of dedicated volunteers who work hard to support the mission of the organization. Traditionally, the board has held an annual retreat in January to address major issues for the coming year. This year we started early, spreading two mini-retreats over November and January to address the many opportunities and challenges presented by the relative normalization of post-pandemic life. We have undertaken major revisions of our finance, investment, and endowment policies and continued the development and implementation of our comprehensive marketing and communications strategy. We have organized an extensive 2023 plan for fund-raising and friend-raising, reviewed and expanded our approach to grants and philanthropy, and taken a deep look at how we can best serve our valued congregational affiliates. We

have planned another wonderful celebration for all of our volunteers to be held this April. Watch for details!

Sadly, at the end of 2022 we said goodbye to two extraordinarily valued members of our board, Stephanie Arnall and Patti Vaughn. Both Stephanie and Patti served full 10 year terms on the board, leading important committees and serving as officers for long periods of time. We will miss them both. Fortunately, we added a wonderful new board member from our important local supporter, United Bank. Please read the enclosed biography of Akram Aleahmad, who joined the board in January of 2023. We are so happy to add her to the SCNOVA leadership family.

*A word from our Executive Director
Carolyn Pennington*



Sending warm greetings from the Shepherd Center of Northern Virginia offices. We are busy planning our year ahead with fun, new opportunities for our Adventures in Learning classes, for Lunch and Learns and Socials. I invite everyone to get involved either as a volunteer or a participant or both – and bring a friend!

The National Institute on Aging states “studies show that loneliness and isolation are associated with higher risks for health problems such as disease, depression, and cognitive decline.” Please help me welcome Ambre Tomlinson, SCNOVA Marketing and Events Manager. Ambre’s passion for working with SCNOVA is inspired by her late mother. Ambre follows in her footsteps of non-profit work. “I am grateful for all her life lessons, and I fully plan to use them every day while working with Shepherd Center of Northern Virginia.” said Ambre.

Ambre Tomlinson has made her mark in the world of entertainment as a journalist, creative writer, senior script writer/executive producer, blogger, artist consultant/A&R and former radio personality. We are so fortunate to have Ambre join the SCNOVA staff!

*Former board member and volunteer
Ellen Nichols*



Ellen came across a flyer indicating an organization then called Shepherd’s Center of Oakton & Vienna would be holding Adventures in Learning classes for adults over 50 years of age. She stopped by to check available classes and signed herself up.

Ellen enjoyed herself so much that she knew she was in the right place. During one lunch break, a classmate informed Ellen that (formally) SCOV headquarters needed office volunteers. Working within the program was the perfect opportunity to provide the service she yearned to provide during her retirement.

Ellen signed up. It was 1997, and the center only served the towns of Oakton and Vienna. The main office only had one phone, a desk, and a notepad. She scheduled rides and took calls. “At first, there were hardly any calls,” said Nichols, “People didn’t know about the program. But as word spread, calls increased a lot.” Though Ellen had moved from client to volunteer, the extent of her dedication to Shepherd’s Center did not stop there.

Ellen joined the board of directors as a liaison between the Adventures in Learning instructors and the other board members.

Now as a retired board member, Ellen reflects on her time with SCNOVA (formally SCOV), “I met so many good friends and had some truly wonderful times. This organization has enriched my life greatly.”

Special Thank You To Our Congregational Advisory Council Members

- * Andrew Chapel
- * United Methodist Church
- * Christ the King Lutheran Church
- * The Church of the Good Shepherd Emmanuel

- * Lutheran Church

- * First Baptist Church
- * Good Shepherd Catholic Church
- * The Church of Jesus
- * Christ of Latter-Day Saints
- * Church of the Holy Comforter
- * St. Mark Catholic Church
- * St. Francis Episcopal Church

- * St. John Neumann Church
- * Unity of Fairfax
- * Vale United Methodist Church
- * Vienna Baptist Church
- * Wesley United Methodist Church
- * Emmaus United Church of Christ
- * Vienna Presbyterian Church

2023 Mardi Gras Photos



Mardi Gras was a huge success this year. We donned our most festive outfits and jewelry, created some beautiful masks, ate delicious gumbo and King cake cupcakes provided by the Davis Center and welcomed the Park Street Strutters for an amazing New Orleans style brass band performance. A great time was had by all. SCNOVA would like to thank the Vienna Community Center for hosting this lovely event, all of our volunteer helping hands, our food sponsor Sunrise Senior Living of Vienna and our caterer The Davis Center.

COMMUNITY RESOURCES AND SCNOVA PARTNERS

The Shepherd Center of Northern Virginia had received a grant from The Closet of the Greater Herndon Area. We are so fortunate to have their support of the Shepherd Center mission to serve older adults. Thank you to The Closet of Herndon! (Website: www.theclosetofgreaterherndon.org)

"We are pleased to partner with Shepherd's Center of Northern Virginia. We especially look forward to connecting Reston's older adults with the services SCNOVA provides. We hope that SCNOVA users will visit our website and subscribe to our newsletter to find out about the area's many resources and events that make living in this community special." -Sharon Canner, President of Reston for a Lifetime (Website: www.restonforalifetime.org)

"We are a timebank, but mainly we are about helping each other wherever and whenever we can. We are pleased to partner with the Shepherd's Center of NOVA as we share the invaluable goal of fostering opportunities for neighbors to help and support one another"- Kathy Bush, President of Reston U.S.E. (Website: www.restonuse.org)

Thank you to our sponsors, partners and supporters for sharing our mission and vision to transform aging into an empowering experience to live a life of meaning!



GREAT FALLS
Assisted Living
A MEMORY CARE COMMUNITY



HUNTERS WOODS
AT TRAILS EDGE



THE PROVIDENCE
FAIRFAX

SUNRISE
SENIOR LIVING
VIENNA



RESTON FOR A LIFETIME



The Closet
Your Nonprofit Thrift Shop

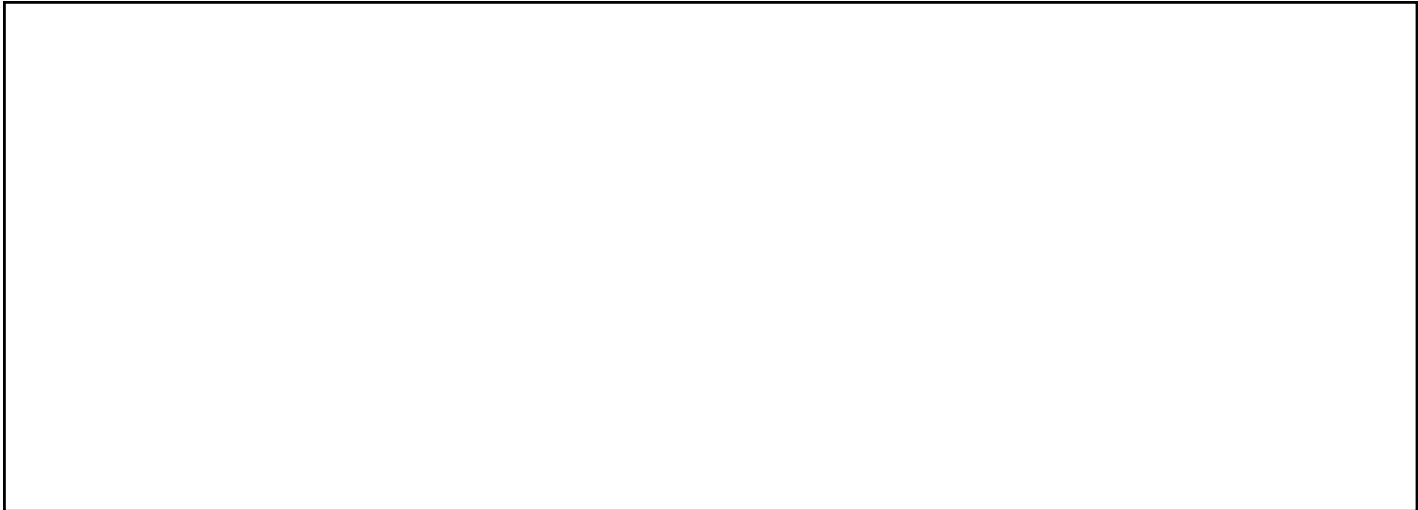


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Merrifield, VA
22081

Dedicated to improving quality of life as we age, through supportive programs and services, personal enrichment and volunteer engagement.
Transforming aging into an empowering experience to live a life of meaning
Shepherd's Center of Northern Virginia serves Oakton, Vienna, Reston, Herndon, Great Falls, Merrifield & Dunn Loring

SCNOVA Spotlight - Spring 2023



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

Staff

Executive Director	Carolyn Pennington	703-281-0538	carolynpennington@scnova.org
Operations/Volunteer Manager	Marianne Monek	703-281-0538	office@scnova.org
Marketing/Communication Coord.	Ambre Tomlinson	703-281-0538	communications@scnova.org
Database Manager - Volunteer	Jean Bastien	703-281-0538	support@scnova.org

2023 Board of Directors & Committees

- Scott Schroth**, Board Chair; Exec. Comm. Chair; Policy Comm, Co-Chair; Volunteer Comm, Co-Chair; ALL Committee boardchair@scnova.org
- Jayne Young**, Vice-Chair; Exec. Comm, Co-Chair; Development & Volunteer Comm, HR/IT Comm, ALL Comm.
- Leigh Banducci**, Board Treasurer; Chair; Finance Comm, Exec. Comm.
- Michelle Kang**, Board Secretary; Exec. Comm, Chair; Audit Comm, Co-Chair; HR/IT 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.
- Akram Aleahmad**, Board member
- Tom Portman**, Veterans Comm.
- Robin Portman**, Development Committee