



# Annual Report 2022

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Dear Friends of the Shepherd's Center,

March 15, 2023

It's always a pleasure to write the annual report when things are going so well for our organization! 2022 was a wonderful year in which we built on the hard work of 2021 to emerge stronger than ever from the slow fade of the pandemic environment.

As sad as it is to lose strong staff members, we seem to have no trouble finding equally strong replacements to carry on our work. We added the wonderful and experienced Marianne Monek as our Operations and Volunteer Manager after Erin O'Reilly followed her husband to Africa for an important diplomatic assignment. Then, despite losing Laurie Granger from our Marketing Manager position at the end of the year, we bounced right back with the recent addition of the fresh, creative, and enthusiastic Ambre Tomlinson. Carolyn Pennington has continued to lead SCNOVA with outstanding compassion and dedication, expanding our partnerships and connections throughout our service area in Fairfax County.

Longstanding volunteer program leaders including Mike Mulreany, Marsha Komandt, Casey Tarr, Jack Tarr, Lynn Rafferty, Bob Brennan, and Jack Edelstein kept the wheels turning for our outreach, educational, and service programs. While we said goodbye to a number of board members who have provided wonderful service to the organization (Patti Vaughn, Stephanie Arnall, Tom Eversole, Kim Greer, and Anna McDonald) we welcomed Tom Portman back to the board and added his extraordinarily talented and connected wife Robin Portman along with our outstanding community partner Akram Aleahmad, the Vice President and Branch Manager of the Vienna branch of United Bank.

We have dramatically increased our recruitment of clients and volunteers, returning to pre-pandemic levels of service in our transportation and other service programs. This has been aided by a very strong financial performance in 2022 during which we finalized a generous bequest, received strong individual, congregational, and corporate support, and held our wonderfully successful pickleball fundraising event. We had unprecedented success with philanthropic grants and received a highly competitive two-year award from the Fairfax County Consolidated Funding Program (CCFP). Our gratitude goes out to Marsha Komandt and Stan Ellis for their leadership of the Congregational Advisory Council, Scott Honiberg and his Grants Committee, and Jayne Young and her Development Committee who provided such strong efforts in support of the organization.

We look forward with excitement to the possibilities of 2023!

Handwritten signature of Carolyn Pennington in black ink.

Executive Director

Handwritten signature of W. S. G. in black ink.

Chair, Board of Directors

Handwritten signature of Jayne P. Young in black ink.

Vice-Chair, Board of Directors

**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).

## 2022 Financial Statement

Revenue and other support	
Memorial gift	500,000
Contributions	
Grants	64,141
Individual donations	59,132
Faith groups	26,196
Corporate and other non-profits	9,850
Fundraisers	70,443
In-kind contributions	19,498
Program revenue	12,260
Event sponsorship	8,951
Interest, investment, and other income	5,437
Unrealized loss on investments	(56,885)
Total revenue and other support	719,023
Expenses:	
Program services	151,285
Management and general	28,462
Fundraising and development	64,464
Total expenses	244,211
Increase in net assets	474,812
Net assets, beginning of year	496,458
Net assets, end of year	971,270

# 2022 Accomplishments

## Services

**Medical & Companion Transportation:** Drivers provided over 1616 one way rides safely for medical, dental, physical therapy appointments, and picking up prescriptions. Volunteers provided 518 rides for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and the bank.

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

**Friendly Visitors:** Volunteers visited individuals who may feel isolated in their homes and desire companionship, conversation and contact with their community.

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

**Health Care Advocacy:** A volunteer health advocate provided individual health counseling, referral to community resources, blood pressure readings, and fall prevention screenings.

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

## Programs

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

**Active Aging Exercise Class:** Seven 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. Newcomers are always welcome!

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

**Volunteer Appreciation Luncheon:** On April 10<sup>th</sup> we recognized the contributions made by our wonderful volunteers who provided over 8,132 hours of support through various services and programs.

**Lunch N' Life:** Luncheon programs featured Appraisal Roadshow on July 18, and How Hope Functions as a Motivator on October 25.

**Senior Social:** SCNOVA partnered with the Vienna Community Center to host community Mardi Gras and Thanksgiving luncheons. These well-attended events helped fill our mission to create meaningful opportunities for social connection and to reduce social isolation.

**Friends of SCNOVA Appreciation:** In May, we hosted individual and corporate SCNOVA Friends at Hidden Creek Country Club in appreciation of those who have generously contributed to our annual appeal and Fundraisers.

**Pickleball Fundraiser:** In lieu of the annual Gala, SCNOVA hosted its first Pickleball Mixer and Fundraiser in Reston, Virginia. With over 100 attendees and the support of many sponsors and partners, SCNOVA was able to meet its goal of \$65,000.

**Employer/ Community Volunteer Day Opportunities:** SCNOVA partnered with two organizations for different volunteer opportunities. To serve older adults, Social 4 Good volunteers delivered goodie bags to 48 isolated adults and Navy Federal employees created an Adopt a Senior gift program at Christmas.



### Individual Financial Supporters 2022

The Shepherd's Center gratefully acknowledges the following individuals for their cumulative gifts of \$50 or more, received during 2022.

#### (\$1000 and over)

Joanne Beck  
Roger K Doughty  
Richard Duesterhaus  
Nancy Gray  
Dave Hagopian  
Scott A Honiberg  
Michelle M Kang  
Claude and Nancy Keener  
Charitable Fund  
Diane LaHaie  
Toni Hoffmann Letaw  
Marcia K Mau  
Dr John T O'Brien  
Dr William Schroth  
Marianne C Smietan  
Sue Sottile  
Patti Vaughn  
Angie M Walsh

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

Nancy J Appler  
Michael Bronson  
Jackie K Brooks  
Pat Connarn  
Ellen M Fahey  
Daryl & Phyllis Haynor  
Foundation  
Amy Lacivita  
Casey Tarr  
Carol and Fred Wagner  
Charitable Fund  
Jayne P Young  
Joseph Young

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

Joe M Bock  
Kathy T Campbell  
Pamela Grim  
Fredrick G Hutchison  
Susan Van Devant Infeld  
Priscilla K Kirby  
George W Kralovec  
Katherine Hemlata Lepperd  
Joyce McCall  
Kathryn S O'Toole  
Patsy E Palmer  
Philip Pifer  
Valerie Prell  
Linda Puff  
Victoria C Viets  
Fred C Wagner  
Moiria Wait

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

Rita T Ahart  
Suzanne M Amsbaugh  
Dolores C Anderson  
Kathy R Arpa  
Stephen P Aubin  
Gail Bamford  
Dick H Banks  
Jean M Bastien  
George Bergquist  
Carolyn Blalock  
Ramona Brandt  
Sally Bryan-Prell  
Wanda P Butler  
Wanda Clandorf  
Laura Clauser  
Anne G Coggin  
Rosalind Cohen  
Jeanne Coleman  
Marilee A Davies  
Claire C Davis  
Kay DeMarco  
Karen J Denhof  
Molly Dias  
Eleanor M Duffield  
Francys Duniven  
Brenda L Ebeling  
Jack Edelstein  
Jane B Fahey  
Joan Flanders  
Loren N Flood  
Janet Franko  
Ann Marie Frederick  
Denelle A Freund  
James Frost  
Ellie Gage  
Gailmarie Goldrick  
Susan E Gressang  
Julie Griffin  
Nicholas Hamisevicz  
Connie M Herrmann  
Chris M Hyland  
John J Hynes  
Marguerite Ige  
Julie L Johnson  
Mike Kelly  
Eileen C Kenny  
Charles Kimball  
Stanley L King  
Susan M Kirby  
Marsha Komandt  
Liz Lertora  
Bruce B Long  
Roena B Markley  
Mary Margaret McGowan

Marianne McKittrick-Grant  
Estelle M McNeil  
Anthony Militello  
Dora H Mitchell  
Richard A Morford  
Murphy Family Charitable  
Fund  
Jasper Napoli  
Ellen M Nichols  
Brian W Obert  
Michael Patterson  
Bob D Philipp  
Ken Plum  
Brian Prioletti  
Ellen J Purks  
Paula K Reeves  
Maureen E Reilly  
Mark Richards  
Helen V Schmidt  
Norma J Sedgwick  
Sylvia Joan Seigel  
William Seiler  
Barbara A. Shaver  
Eileen V Shaw  
Anne F Shea  
Liilburne D Sheats  
Nancy L Sheehy  
Anna Shivar  
Linda B Silvas  
Dore H Skidmore  
Doug E Smith  
Wanda H Snuggs  
Siobhan B Somerville  
Dorothy L Staebler  
Kathryn Sutkus  
Kathleen C Swink  
Elna A Swofford  
Laura Symanski  
Jack K Tarr  
Barbara D Tate  
Susan Lee Voss  
Carolyn S Wandless  
Ben J Weintraub  
Bob Williams  
Susan L Williams  
Norma Williamson  
Polly W Woodard  
Thomas Yeeles

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

Courtney Adam  
Erik James Aulestia  
Lani M Bacharach  
Rena Baker  
Linda R Bayer

Ralph Bell  
Patricia Boland-Klein  
Elizabeth Brooke  
Robin Roberta Brown  
Tom E Burns  
Barbara Cox  
Bert Cullen  
Margaret Davenport  
Gloria Engstrom  
Mary Ellen Estes  
Nicole Hartsell  
Katharine Heberg  
Anita F Honeycutt  
Judy C Hylan  
Joan Johnson  
Robert Juenger  
Randall B Keener  
Norma J Kropp  
Edgar J Kushan  
Joni Langevoort  
John Ellison Loth  
Terri Ann Lowry  
Sandra K Marioni  
Donald Lyle Martin  
Eugene J Martin  
Gail E McKirdy  
Sandra Mori  
Mary Ann Nocerino  
Melinda M O'Brien  
Marc Parvin  
Dan Pennington  
Heidi Poza  
Rhoda Roberts  
Hyacinth Rodrigues  
Julie A Rooney  
Zaiton Rugh  
Chris A Ryan  
Pam B Schultz  
Michelle L Scott  
Sherri Sidley  
Cecelia A Sinnott  
Melba Stadler  
Ana J Stevens  
Alexandra Sullivan  
Anne C Sumser  
O'Niel Sween  
Ghassan Tarazi  
Martha Tuszka  
Gordon H West  
Helen Dolly Whelan  
Jim Whitcomb  
Peter Winglee  
Nancy A Wormeli  
Philip Zettle

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.

## Organizational Financial Supporters 2022

We gratefully acknowledge grants and contributions of \$50 or more received from foundations, trusts, businesses and organizations during 2022.

### (\$1000 and over)

Microsoft  
Rotary Club of Vienna  
Sun Fitness, LLC

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

DXC Technology  
Shepherd's Centers of America  
Town of Vienna

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

Harmony at Chantilly

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

AmazonSmile Foundation  
Google LLC

### Grants

Ada and Albert Wibel Foundation  
Fairfax County Consolidated  
Community Funding Pool (CCFP)  
Northrop Grumman

## Pickleball Sponsors 2022

### Title Sponsor (\$10,000)

The Adler Foundation  
Tom & Robin Portman

### Gold Sponsor (\$5,000)

Navy Federal Credit Union  
Vienna Presbyterian Church  
Heavenly Paws Cremations  
Money & King Funeral Home

### Silver Sponsor (\$2,500)

Greenspring Village Retirement  
Community  
VLP Financial Advisors Inc

### Bronze Sponsor (\$1,500)

AARP Virginia

### Bronze Sponsor (continued)

BrightView Senior Living  
Fair Oaks/Great Falls/Innovation  
Center  
United Bank Vienna  
Virginia Cancer Specialists

### (\$1000)

Health2 Resources

### Nickel Sponsor (\$500)

Arden Courts of Fair Oaks  
Edward Jones Investments/Adam  
Skitol  
Goodwin Living at Home  
Terra Cooke, Realtor  
Virginia Heart

### Nickel Sponsor (continued)

Trublue House Care of Vienna  
Vienna Business Association

### Copper Sponsor (\$250)

Always Best Care of Fairfax  
Ararity LLC  
BrightStar Care  
Comfort Keepers Sterling  
Harmony at Chantilly  
Lay to Rest Cremation & Funeral  
Home  
Mitchell & Morin Eye Institute  
RHC Realty LLC/Rachel Helmich  
Cheng

Entertainment: PG & Robin

Media Partner: Sun Gazette

## Fundraiser/Annual Sponsors

Chainbridge Technologies  
Eldementals  
Foster's Grille of Vienna  
Kensington of Falls Church  
Right at Home of Northern Virginia  
Social4Good  
United Bank Vienna

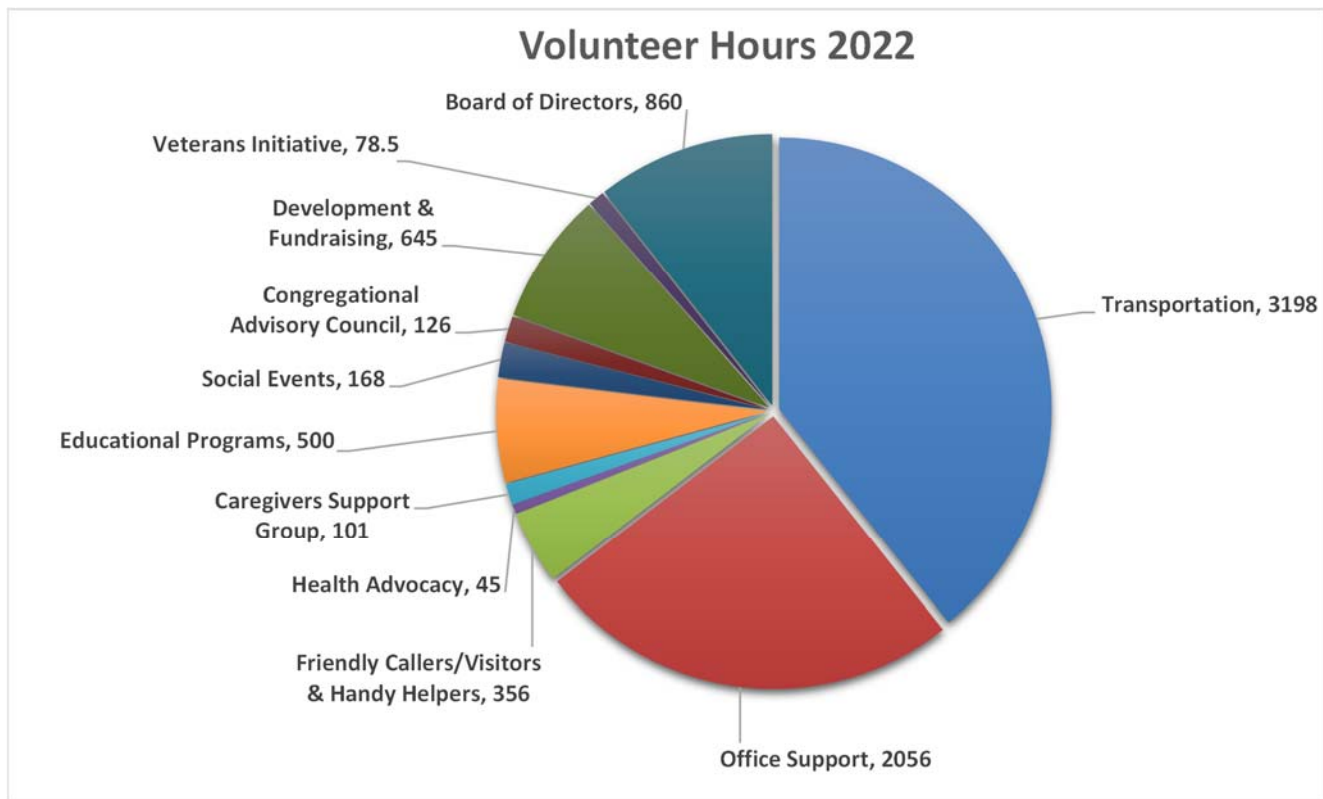
## Event Sponsors

BrightStar Care  
Brightview Great Falls  
Cherry Blossom Pace  
Sunrise of Fairfax  
The Mather



## 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



### 2022 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 2022, 137 active volunteers contributed 8,132 hours.  
conservatively valued at \$265,022.**

Peter Allen	Georgia Chirieleison	Mike Garcia	Diane LaHaie	Robin Portman
Barbara Anastos	Attaul Chowdhry	Robert A Gehring	Patricia LaRoche	Tom J Portman
Darla Anderson	Jeanne Coleman	Irma A Gennaro	Lynn Latimer	Kristin Prillaman
Nancy J Appler	Peggy Coleman	Larry Gibson	Meg A Lay	Linda Puff
Sophia Azmi	Irene Coyne	Gailmarie Goldrick	Annice Lee	Lynn Rafferty
Leigh Banducci	Margaret Davis	Bobbi L Goldsmith	Marta Linares	Jesus M Raymondi
Debra Banks	Kay DeMarco	David C Graf	Robert McCormick	Cheri Reid
Dick H Banks	Mei Chou Donovan	Bruce Warren Halper	Estelle M McNeil	Mark Richards
Monjed Barakat	Roger K Doughty	Mary Ann Hankin	Jill Miller	Hyacinth Rodrigues
Jean M Bastien	Carolyn A Ducca	Beth Harkaway	Kris Miller	Lauren Saadat
Joanne Beck	Richard Duesterhaus	Sue Harpe	Mike Mulreany	Wolf Scherer
George Bergquist	Richard Dukes	Paula J Hay	Laleh Musio	Rita Schoka
Pixie Biddle	Francys Duniven	Phyllis E Haynor	Carol Nasiatka	Dr William Schroth
Joe M Bock	Sharlie Eaton	Scott A Honiberg	Flo Naurock	Pam B Schultz
Marilyn Anne Boyd	Carol Edelstein	Janet Hylton	Anne V Nelson	Trish Schulz
Bob Brennan	Jack Edelstein	Nadina Indyk	Ellen M Nichols	Eileen V Shaw
Jean E Browne	Stan M Ellis	Margot L Jones	Melinda M O'Brien	Linda Shearer
Sally Bryan-Prell	Frieda Errico	Michelle M Kang	Jerry O'Shaughnessy	Mark Sierakowski
Tina Cardenas	Tom Eversole	Dan Keating	Pete Palermo	Ann Smith
John "Max" Carroll	Jean I Feeny	Fran M Keating	Renate G Pawlik	Doug E Smith
Eileen B Cavanagh	Frank Fico	Belinda King	Carolyn Pennington	Wanda H Snuggs
Nikita Chawla	Sandra Faye Fields	Marsha Komandt	Philip Pifer	Pauline L Solomita
Viraj Pratap Chegu	Robert Gambarelli	Bonnie Kotapish	Diane Pizzano	Sue Sottile

\*The estimated dollar value of volunteer time in VA is \$32.59 per hour for 2022, according to the [Independent Sector](#). Many of our volunteer contributions have a higher valuation.

**Volunteers 2022 continued**

Ann C Streb  
 Heather Stride  
 Jamieson Stride  
 Richard D Sullivan  
 Patrick Tansey

Casey Tarr  
 Jack K Tarr  
 Theresa Tuohy  
 Patti Vaughn  
 Susan Lee Voss

Moira Wait  
 Joanna Walker  
 Richard Walter  
 MaryAnn Weber  
 Pam Weisz

Margaret L Welsh  
 Gordon H West  
 Helen Dolly Whelan  
 Mary Williamson  
 Anne Wish

Elizabeth Wolfson  
 Jayne P Young

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

**Café Renaissance** for donating dinners for the BOD annual retreat

**Emmanuel Lutheran Church** for its contribution of space for weekly Tai Chi classes and Summer Lunch n Life

**Navy Federal Credit Union** for printing the newsletter and Pickleball programs

**New Age Move Management** for disposal of laptops

**St. John Neumann Catholic Church** for its contribution of space for Fall Lunch n Life

**St. Mark Catholic Church** for its contribution of space for Volunteer Luncheon and 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 Mardi Gras and Thanksgiving luncheons

**Donors of Auction items** for the Pickleball Fundraiser

**Giant Food, Harris Teeter, and Wegmans** for donating gift cards

Contributions for Volunteer Luncheon included floral arrangements from **Ayr Hill Garden Club** and food from **Maggiano's Little Italy** and **Purple Onion Catering Company**





541 Marshall Road SW, Room 203  
Vienna, VA 22180

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

# Annual Report 2022

## Shepherd's Center of Northern Virginia

### Staff

Executive Director	Carolyn Pennington
Operations/Volunteer Mgr	Marianne Monek
Marketing/Events Mgr	Ambre Tomlinson



Carolyn Pennington, Marianne Monek and Ambre Tomlinson

### Contact

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www.scnova.org  
facebook.com/scnova.org  
instagram.com/shepherds\_center\_nova/  
youtube.com/@scnovorg

### Board of Directors

Scott Schroth, Chair	Richard Duesterhaus
Jayne Young, Vice-Chair	Scott Honiberg
Leigh Banducci, Treasurer	Philip Pifer
Michelle Kang, Secretary	Robin Portman
Akram Aleahmad	Tom Portman
Joe Bock	