

## OUR MISSION AND VISION

*Our mission is to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adult in the communities we serve*

*Our vision is to transform aging into an empowering experience to live a life of meaning*



## IMPORTANCE OF SOCIALIZATION WITHIN THE SENIOR COMMUNITY

Social isolation and loneliness are public health issues that affect more than one-third of adults, with seniors most at risk for depression, substance abuse, and suicide triggered by feelings of isolation and lack of access to critical, life-enhancing resources. Health risks associated with loneliness and social isolation are comparable to the dangers of smoking and obesity, increasing mortality risk by up to 30%.

### DID YOU KNOW?

- LONELINESS INCREASES THE LIKELIHOOD OF PREMATURE MORTALITY BY 26 PERCENT
- LACKING SOCIAL CONNECTIONS IS AS DAMAGING TO HEALTH AS SMOKING 15 CIGARETTES A DAY.
- LONELY INDIVIDUALS HAVE A 64 PERCENT INCREASED CHANCE OF DEVELOPING CLINICAL DEMENTIA.

## SCNOVA CREATING A NETWORK OF SUPPORT

2022 VOLUNTEER HOURS	2022 NON-PROFIT PARTNERS	2022 NUMBER OF MILES DRIVEN	2022 RIDES FOR SENIORS	2022 TRANSPORTATION CLIENTS
<b>8,132</b>	<b>22</b>	<b>12,843</b>	<b>2,126</b>	<b>400</b>

## KEY SERVICES PROVIDED BY SCNOVA

### LIFELONG LEARNING



THE NATIONAL COUNCIL ON AGING REPORTS THAT SENIORS WHO REGULARLY ENGAGE IN LIFE-LONG LEARNING LIKE SCNOVA'S ADVENTURES IN LEARNING PROGRAM, SCORE SIGNIFICANTLY HIGHER ON ASSESSMENTS OF PHYSICAL, MENTAL AND SOCIAL WELL-BEING COMPARED TO THOSE NOT ENGAGED IN CONTINUING EDUCATION PROGRAMS.

### FRIENDLY CALLER/VISITOR HANDY HELPER



AS PART OF OUR FRIENDLY CALLER PROGRAM, VOLUNTEERS ROUTINELY (ABOUT ONCE PER WEEK) REACH OUT TO CLIENTS AGES 50 AND UP (BOTH HOME BOUND AND NOT) BY PHONE AND IN PERSON. THIS PROVIDES OUR SENIOR CITIZENS WITH REGULAR OPPORTUNITIES FOR CONVERSATION AND CONNECTION. THE HANDY HELPERS PERFORM SMALL REPAIRS AT OLDER ADULTS' HOMES IN ORDER TO ENSURE THEIR RESIDENCE STAYS IN GOOD CONDITION.

### FREE TRANSPORTATION SERVICES









ABOUT 600,000 OLDER ADULTS STOP DRIVING EACH YEAR, ACCORDING TO THE NATIONAL ASSOCIATION OF AREA AGENCIES ON AGING. THAT CAN MAKE IT HARDER TO MAKE DOCTOR'S APPOINTMENTS, SHOP FOR NECESSITIES, OR ATTEND SOCIAL EVENTS. THAT INCREASES THEIR ISOLATION, NEGATIVELY AFFECTING THEIR HEALTH AND WELL-BEING. ALL RIDES ARE PROVIDED BY VOLUNTEERS FREE OF CHARGE.



# AWARDS & RECOGNITION

**IN 2022, THE SHEPHERD'S CENTER OF AMERICA WAS NAMED "TOP RATED" BY BEST NON-PROFIT**

-  JAYNE YOUNG, BOD MEMBER, RECEIVED THE 2022 DONALD OWEN SMITH LEADERSHIP AWARD FROM THE SHEPHERD'S CENTERS OF AMERICA
-  ADMITTED AS AN ACTIVE MEMBER FOR 2021-2025 OF THE PRESTIGIOUS CATALOGUE FOR PHILANTHROPY, WHICH RECOGNIZED SCNOVA AS ONE OF THE BEST CRITICAL LOCAL NONPROFITS IN GREATER WASHINGTON
-  VOLUNTEER MIKE MULREANY WON THE 2021 FAIRFAX COUNTY VOLUNTEER SERVICES AWARD IN THE EDUCATION AND LITERACY CATEGORY
-  BILL FARRELL, FORMER BOD CHAIR, RECEIVED THE 2020 FAIRFAX COUNTY, HUNTER MILL DISTRICT, COMMUNITY CHAMPION AWARD
-  VOLUNTEER TONI LETAW RECEIVED THE OUTSTANDING SENIOR OLDER ADULT VOLUNTEER AWARD FROM FAIRFAX COUNTY
-  RECOGNIZED AS AN OUTSTANDING VOLUNTEER ORGANIZATION BY THE TOWN OF VIENNA ON APRIL 17, 2018

"TO ALL THE WONDERFUL PEOPLE AT THE SHEPHERD'S CENTER. NO WORDS CAN EXPRESS YOUR KINDNESS TO ME AT CHRISTMAS AND ALL YEAR LONG. IT WAS A MUCH BETTER YEAR FOR ME HAVING RIDES TO MY DOCTOR'S APPOINTMENTS WHEN I NEEDED THEM. ALSO, NOT TO MENTION ALL THE FRIENDS I MADE ALONG THE WAY. THANK YOU AGAIN FOR EVERYTHING."

SINCERELY, SHARON 12/28/22



## SPONSORSHIP OPPORTUNITIES

VISIONARY  
\$10,000

STRATEGIC  
\$5,000

COMMUNITY  
\$2,500

PREMIER  
\$1,000

BENEFACTOR  
\$500

"WE FEEL SO FORTUNATE TO HAVE THE SHEPHERD CENTER SERVING ALL OF US HERE IN NOVA. WE FIND PURPOSE IN VOLUNTEERING OUR TIME, TALENT AND MONEY TO SUPPORT SCNOVA'S MISSION—TO ENABLE ALL OF US TO AGE IN PLACE AS LONG AS POSSIBLE, AND LIVE THE MOST MEANINGFUL LIVES THAT WE CAN, RIGHT IN OUR BEAUTIFUL COMMUNITY!"

- TITLE SPONSORS - TOM & ROBIN PORTMAN

## PARTNERS & SPONSORS

AARP \* ADLER FOUNDATION \* CATALOGUE FOR PHILANTHROPY OF WASHINGTON, D.C. \* CHAIN BRIDGE TECHNOLOGIES \* DULLES AREA TRANSPORTATION ASSOCIATION \* FAIRFAX COUNTY \* HEAVENLY PAWS CREMATIONS \* MONEY & KING FUNERAL HOME AND CREMATION SERVICES \* NV RIDES \* NAVY FEDERAL CREDIT UNION \* NORTHRUP GRUMMAN \* NOVA VETERANS ASSOCIATION \* RESTON CHAMBER OF COMMERCE \* RSVP NORTHERN VIRGINIA \* SHEPHERD CENTERS OF AMERICA \* TOWN OF VIENNA NONPROFIT COUNCIL \* VIENNA BUSINESS ASSOCIATION \* VIENNA PRESBYTERIAN CHURCH \* WESTERN FAIRFAX AREA FOR HEALTHY AGING \*