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# SCNOVA NEWSLETTER

Celebrating 25 years of service

Summer 2023 Edition/ SCNOVA



## Town of Vienna Recognition Award Recipients!

On April 18th, 2023, the Town of Vienna hosted its 22nd annual Volunteer Recognition Day in the Flame room of the Vienna Fire Department. Shepherd's Center of Northern Virginia volunteers Asha Bhandarkar, Richard Blank, Irene Coyne, Estelle McNeil, Jill Miller, Anne Nelson, Ann Smith, and Susan Voss received volunteer recognition awards presented by the Town of Vienna Mayor, Linda Colbert. These volunteers were recognized for their exemplary efforts and countless hours of service to the town.

Susan Voss, a beloved volunteer of the Shepherd's Center of Northern Virginia had this to say, "Volunteering at the Shepherd's Center gives me an opportunity to help older people in the community which brings me a lot of satisfaction and joy. It was an honor to be recognized for doing something I enjoy."

We, at the Shepherd's Center of Northern Virginia, would like to congratulate all of the recipients and extend our gratitude to all of the volunteers that work tirelessly to encompass our vision of transforming aging into an empowering experience to live a life of meaning and carry out our mission of creating meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults, in the communities we serve.

# SCNOVA News & Events



From left to right:  
BOD Chair - W. Scott Schroth,  
Volunteer/Operations Manager Marianne Monek,  
Volunteers- Irene Coyne, Peggy Coleman, Jack Edelstein, Susan Harp, Anne Nelson, Frank Fico, Melinda O'Brien (not pictured here)

**Congratulations to our 2023 Ed Lowery Award Recipient - [Richard Duesterhaus](#)**

## UPCOMING EVENT

- APPRAISAL ROADSHOW LUNCH N LIFE - BRING YOUR TREASURES TO BE APPRAISED BY PROFESSIONAL APPRAISER AND TELEVISION SHOW HOST: STEVE GOUTERMAN 12PM-2PM - EMMANUEL LUTHERAN CHURCH JULY 17TH 12-2pm
- BINGO AT FOSTER'S GRILLE- VIENNA - JOIN US FOR BINGO! \$10 FOR 10 GAMES. GREAT FOOD, GREAT PRIZES AND LOTS OF FUN! SEPTEMBER 11TH 4-6pm
- PICKLEBALL FUNDRAISER - GOLF SIMULATOR, TASTY BITES, FRIENDS AND LOT'S OF FUN! JOIN US FOR OUR ANNUAL PICKLEBALL FUNDRAISER AND SUPPORT SCNOVA!

Make sure you visit our website. Registration for the biggest social event/ fundraiser of fall 2023 is coming soon! Planning for our 2nd annual Pickleball Fundraiser/Mixer on October 19th is underway. Registration will be coming soon.



Welcome New SCNOVA Volunteers!

**Christopher Fitzgerald, Jack Roney, Weston Pollock,  
Doug White, and Kristen Williams**



## Volunteer Highlight - Margaret Davenport

Q: How did you first become involved with the Shepherd's Center of Northern Virginia?

A: When I was newly retired and looking for something meaningful to be involved in, I learned about the Shepherd Center.

Q: Why did you choose to dedicate your time to this organization?

A: I appreciated the mission; the fact that it was local and the idea of services for seniors by seniors made great sense.

Q: What aspects of the organization have you participated in?

A: For many years, I was on the planning committee for Adventures in Learning (AIL). This area is full of accomplished, interesting, diverse people, many with international experience, all of whom have something valuable to share. As a pianist, I was able to gather a group of musicians to perform for AIL. Having great musicians to work with and an audience to perform for has been a joy. Also, I arranged for my son, who had published a book, to be a presenter. (Yes, as a proud mother.)

Q: How has this organization impacted your life? What advice would you give someone who is interested in volunteering?

A: For years, I have participated in Tai Chi, an ongoing part of AIL. In addition to being great for flexibility, balance and breathing, we have evolved into our own support group. There are all sorts of ways to participate, I believe almost anyone would find meaningful ways to contribute. I whole heartedly recommend it!



### Health Benefits of Volunteering

"Volunteering plays a vital role in a person's overall health in the post-retirement years. Besides being a great way to make new friends and connect with one's community, studies show that volunteers enjoy better psychological well-being and more positive emotional health. Volunteering can increase social resources like having friends to call, which may help explain the association between volunteering and reduced levels of anxiety and depressive symptoms. Volunteering might be especially beneficial for older adults. A study of adults age 60 and older found that volunteers had a lower risk of cognitive impairment. "

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/civic-participation>



### Driving into Summer with SCNOVA!

Give 20 JOY-Rides this summer between Memorial Day and Labor Day and be entered into a drawing for a \$100 Gift Card!

# Messages from the SCNOVA Executive Director and Chairman of the Board of Directors

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## SCNOVA Executive Director—Carolyn Pennington



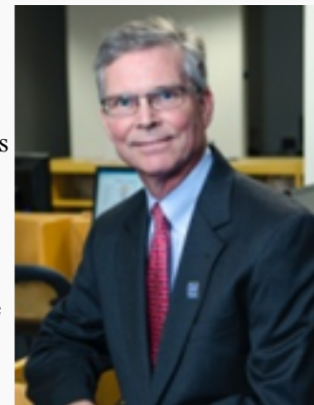
The Shepherd's Center of Northern Virginia, Board, and staff celebrated our volunteers at our annual volunteer luncheon April 17, 2023. This inclusive event is held in honor of all volunteers who registered over an hour of service or greater in 2022. In addition to honoring SCNOVA volunteers we had the pleasure of celebrating the 25-year contribution of Rich Duesterhaus, current Board of Directors member and Board of Directors Chairman, Emeritus. Rich was the 2023 Ed Lowery Award recipient in recognition for his dedication and service to the Shepherd's Center. Did you know Rich was the first Chairman of the Board of Directors and remained so for 15 years? The successes that SCNOVA enjoys today can be traced to his leadership skills and dedication to serving our community.

We have many upcoming events and encourage you to participate in the **Volunteer Meet & Greet (May 23rd)**, the **Appraisal Roadshow Lunch N Learn (July 17th)**, and **Adventures In Learning and Tai Chi/ Qigong (check schedule)**. We also offer Friendly Callers and Friendly Visitors, committee volunteer opportunities and other ways to get involved. Call the office for more information: (703) 281-0538 or visit us online: [www.scnova.org](http://www.scnova.org)

## SCNOVA- Board of Directors Chair - W. Scott Schroth

As many of you know, April is National Volunteer Month during which organizations around the country celebrate the contributions of volunteers. SCNOVA has always recognized our volunteers with a special event in April, and this year was no exception. Thanks to the hard work of the Volunteer Committee and master organizer Jayne Young, we held a capacity-crowd event at Maggiano's Little Italy in Tysons Corner on Monday, April 17th. In addition to recognizing a number of individual volunteers with impressive contributions during 2022, we celebrated the amazing work of all of our volunteers across our service, educational, and social programs.

Our volunteers contributed over 8000 hours of service, completed over 2000 medical and companion rides, drove more than 13,000 miles, and provided hundreds of hours of companionship and handy helper support to our 400 clients. Those of you who attended the event saw an "amazing" magic show from Tim Hall, a nationally recognized magician who stunned and amused us with feats of magic and mind-reading. I am still trying to figure out how my \$10 dollar bill got from a small envelope to the very middle of a lemon right in front of the eyes of 70 people! Truly amazing! We are already on our way to a busy and productive year of service in 2023 with every sign that we will meet or exceed all of our 2022 accomplishments. On behalf of the Board of Directors, I extend my sincere thanks to all of our wonderful volunteers and staff who make our programs so successful.





# Special Event Recap and Photos

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## Lunch N Life – The Butler & Volunteer Appreciation Luncheon Photos

\* Former White House Butler, **Alan DeValerio** was the guest speaker for the Shepherd's Center of Northern Virginia's March 27, 2023, Lunch N Life event. He provided historical insight into his experiences working with the Reagan administration and serving the White House. DeValerio brought with him memorabilia from state dinners and White House holiday parties, as well as his new book, *A History of Entertainment in the Modern White House*. Special thanks to our sponsor **Hunters Woods at Trails Edge**, **the Davis Center** for another incredible lunch & **St. Mark Catholic Church** for hosting us!

\* April 17th **Maggiano's Little Italy of Tyson's Corner** hosted SCNOVA for our annual Volunteer Appreciation Luncheon. Special thanks go to our event sponsor: **The Providence of Fairfax**, award-winning magician & mind-reader **Tim Hall**, **The Ayr Hill Garden Club** for the lovely centerpieces and **The Purple Onion** for the delicious dessert!

Special Thank you  
to George Mason Honors College  
Students: Madelyn, Sakina, Reilly and  
Austyn!



The Shepherd's Center of Northern Virginia would like to sincerely thank George Mason Honors College and the wonderful team of students that chose to focus their final project on providing marketing tips, methods and ideas for our organization. It was truly a pleasure to work with these bright, young stars. We know the future of marketing and advertising will be better with them in it!

## A Word From Our SCNOVA Partners



“At The Providence Fairfax we believe that through continued learning, meaningful engagement and personal enrichment seniors can continue to thrive. We want an engaged and enhanced lifestyle for all seniors, no matter where they live. We support the Shepherd’s Center of Northern Virginia’s mission of providing seniors with invaluable services to help maintain a positive and productive lifestyle. Our community is honored to be able to provide support through our sponsorship of this incredible organization.”

**-Karen Carter (Sponsor, providence Fairfax) Director of Sales and Outreach**

“It’s a pleasure and honor to be partnering with such an extraordinary organization like The Shepherd Center! Along with The Shepherd Center, Hunter’s Woods at Trails Edge believes in helping others and have a passion about helping the community at large. We want to support and bring an awareness to the Shepherd Center and what the center has to offer to many in need of support. The Shepherd Center has a level of integrity and commitment that aligns with Hunter’s Woods at Trails Edge.“

**-Kathleen Kisiah (Sponsor, Hunters Woods at Trail's Edge) Community Relations Director**



## Special Thank You To Our Congregational Advisory Council Members

- \* Andrew Chapel United Methodist Church
- \* Christ the King Lutheran Church
- \* Church of the Holy Comforter
- \* Emmanuel Lutheran Church
- \* Emmaus United Church of Christ
- \* First Baptist Church
- \* Oakton United Methodist Church
- \* Our Lady of Good Counsel
- \* St. Francis Episcopal Church
- \* St. John Neumann Church
- \* St. Mark Catholic Church
- \* The Church of Jesus Christ of Latter-Day Saints
- \* The Church of the Good Shepherd
- \* Unity of Fairfax
- \* Vale United Methodist Church
- \* Vienna Baptist Church
- \* Vienna Presbyterian Church
- \* Wesley United Methodist Church

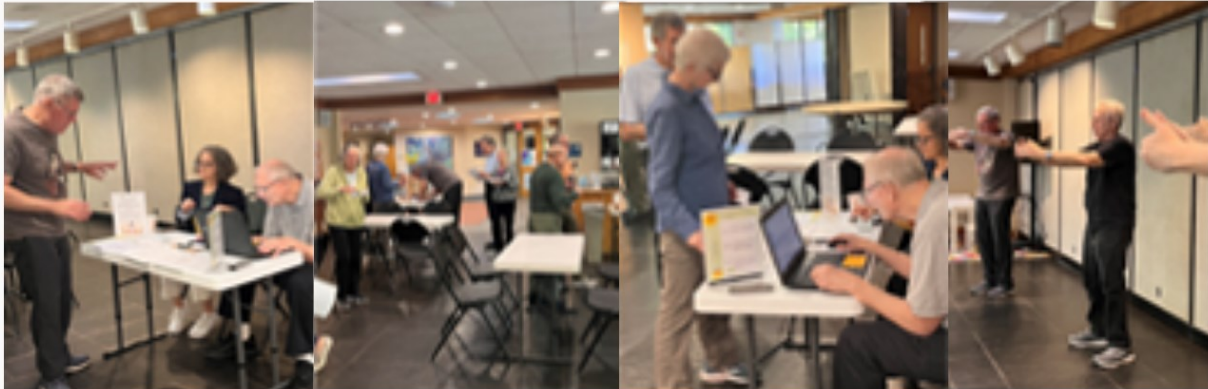


## Special Events Recaps & Photos

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Garden Party themed Bingo - Mark your calendars for upcoming Bingo nights!  
September 11th, and December 4th!



Adventures In Learning Spring 2023 Registration



### Make Your Donation Go Further: Donate Appreciated Stock

It's simple and easy. When you donate stock you'll generally take a tax deduction for the full fair market value. Because you are donating stock, rather than selling and donating cash there is no capital gains tax. Would you prefer to donate bonds or mutual funds? The same benefits apply.

Benefit? 1. The satisfaction of knowing your funds are invested in a cause important to you 2. Capital gains on the stock are avoided. 3. You will be eligible to receive an income tax charitable deduction for the full fair-market value of the stock at the time of the gift.



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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 Sponsor Spotlight - Summer 2023

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!

**Brightview of Dulles Corner**  
**Cherry Blossom PACE**  
**Foster's Grille - Vienna**  
**Great Falls Assisted Living**  
**Hunters Woods At Trails Edge**  
**Sunrise Senior Living - Vienna**

**Sunrise Senior Living - Hunter Mill**  
**The Closet of The Greater Herndon Area**  
**The Providence of Fairfax**  
**United Bank of Vienna**  
**Vienna Baptist Church**  
**Vienna Presbyterian Church**

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

<b>Staff</b>		
Executive Director	Carolyn Pennington	703-281-0538 carolynpennington@scnova.org
Operations/Volunteer Manager	Marianne Monek	703-281-0538 office@scnova.org
Marketing/Communication Manager	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; AIL Committee 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.

**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