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SCNOVA NEWSLETTER

Celebrating 25 years of service

Fall 2023 Edition/ SCNOVA

Pickleball Mixer & Fundraiser Edition!

(Registration QR code on Page 3)

Welcome New Board Member: Dr. Alexandra Sullivan



The Shepherd's Center of Northern Virginia welcomes Dr. Alexandra Sullivan to our Board of Directors! Dr. Sullivan joins SCNOVA as a client advocate. "My role is to understand the clients more, be a voice for them and a liaison between our clients and our Board of Directors." With an extensive background in the areas of public & women's health as well as older adult wellness and well-aging, Dr. Sullivan has had the opportunity to treat patients who were also clients of SCNOVA. This gave her a ground floor perspective of their wants, needs and concerns.

Dr. Sullivan has spent 40+ years as a physical therapist in a variety of settings with a wonderfully diverse caseload. She has witnessed tremendous growth and change in the rehabilitation setting. She has always preferred to work in a rehab team setting specializing in geriatrics, women's health, neurological, and cardiac rehabilitation. Dr. Sullivan holds postgraduate degrees in counseling, health education and women's health. She has taught clinical education for physical therapy interns as a professional and women's health, stress management and death & dying education while a doctoral student.

She founded a company called Healthstyles and previously conducted stress management workshops for corporate clients. She also takes pride in her pro bono work, counseling women experiencing divorce in a women's center. Dr. Sullivan holds 10 years experience as the writer of a monthly column on women's health issues for Sister2sister magazine. Her topics include healthy aging, reproductive issues, domestic violence prevention, eating disorders and weight management, and fitness. We welcome Dr. Alexandra Sullivan to our Board of Directors. We know her compassion and experience will aid in our vision to transform aging into an empowering experience to live a life of meaning while always keeping the wants and needs of our clients in mind.

Gear up for Pickleball!



The Shepherd's Center of Northern Virginia is gearing up for its biggest fundraiser of the year. Some of you may ask "Why Pickleball?" As a 501 (c)(3) non-profit focused on enriching the lives of older adults in the communities we serve, SCNOVA knows the importance of staying active, athletic, and social during your golden years. Pickleball has become quite the craze among recent years, providing the same premise and excitement of tennis but more low-impact. October 19th might be the perfect time to support a cause you believe in while hopping on trend with the Pickleball craze!

Benefits of Staying Active After 50

"Regular physical activity is vital for healthy aging. It can help delay, prevent, or manage many costly chronic diseases faced by adults 50 years or older. Physical activity can also reduce the risk of premature death. Despite these benefits, 31 million adults age 50 or older are inactive. Adults who cannot meet Physical Activity Guidelines (i.e., 150 minutes of moderate-intensity aerobic activity a week) should be as active as their abilities or conditions allow. Getting any amount of physical activity still offers some health benefits. Some is better than none. Helping inactive people become more active is an important step towards better health. Communities that offer design enhancements and healthy lifestyle programs can create a culture that supports physical activity.

<https://www.cdc.gov/physicalactivity/inactivity-among-adults-50plus/index.html>

Fact sheet to support the article: Physical Inactivity Among Adults 50 Years and Older — United States, 2014. MMWR Morb Mortal Wkly Rep 2016; Vol 65, No 36.

5 Things You Didn't Know About Pickleball

1. Pickleball was invented in 1965 by three fathers from Bainbridge Island, Washington to entertain their kids. Joel Pritchard, Bill Bell, and Barney McCallum made the equipment for the game by hand from items they had lying around the house. They used rules from the games of tennis, badminton, and table tennis to create a fun, new game for their families to enjoy.
2. Despite the name, Pickleball has nothing to do with actual pickles. The sport is instead named after Joel Pritchard's cocker spaniel, Pickles, who enjoyed chasing the ball while his owners played.
3. The sport has continued to grow in popularity among adults with 68% of pickleball players being above the age of 60.
4. Due to its growing popularity, pickleball is now taught in many grade schools and junior high schools.
5. Like tennis, pickleball can be played as both a singles and doubles sport and has rules that allow teams with standing players and wheelchaired players to play each other.



SCNOVA 2023 Pickleball Mixer & Fundraiser Registration

Please Sign Up to Support SCNOVA!

Have you registered for SCNOVA'S biggest fundraiser of the year yet? Open your phone camera and hover over the QR code below to be directed right to the Pickleball Registration Page. We look forward to seeing you all there!



THE SHEPHERD'S CENTER OF NORTHERN VIRGINIA

PRESENTS

2023 PICKLEBALL FUNDRAISER

All Levels of Play Welcome

THURSDAY, 19 OCTOBER
12:30PM - 3:30PM

REFRESHMENTS SERVED, HEALTHY JUICE BAR, GOLF SIMULATOR LOUNGE

WORLDGATE ATHLETIC CLUB & SPA
13037 WORLDGATE DR, HERNDON VA, 20170

REGISTRATION ONLINE:



THANK YOU TO OUR VISIONARY SPONSORS:

TOM & ROBIN PORTMAN



(703) 281-0538 POWERED BY:  BLUE CHIP www.scnova.org

Pickleball Mixer 2022





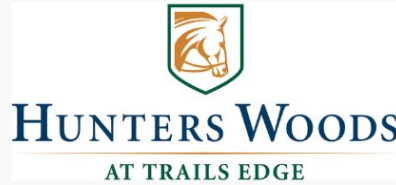
Thank You to Our SCNOVA
2023 Pickleball Mixer & Fundraiser Sponsors



Visionary Sponsors



Strategic Sponsors



Community Sponsors



Premier Sponsors



Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington



Happy 25th anniversary to the Shepherd's Center of Northern Virginia! Celebrating this milestone with so many dedicated participants, volunteers, and supporters is a joy. I have heard many stories of lives being changed because of their commitment to the well-being of older adults, friends and neighbors. One transportation client recently told me, "I don't know what I'd do without you [SCNOVA driver volunteers]". As this quote was from a home-bound client, I know it was sincere and heartfelt. Another client wrote to us and said, "I cannot thank you enough for your kindness and going above and beyond to find me a ride". One Handy Helper client said, "The work looks beautiful! Please thank him for me – so glad to get the work done!"

Every compliment and testimonial I receive is received on behalf of YOU and YOUR support of the Shepherd's Center. Every individual can make a difference in the lives of our neighbors and in the success of our programs. Please call the office to explore the many volunteer opportunities available. I stand in awe at the speedy response to our Annual Appeal - thank you! And for those of you who have not had the opportunity to participate, now is the time to do so.

SCNOVA Adventures In Learning Fall 2023 Classes Are Underway!

****Fresh Topics + Entertaining New Speakers****

September 21 - November 16th, 2023
(Phone/Website) 703-281-0538 www.scnova.org

**LOCATION: The Unitarian Church,
2709 Hunter Mill Rd, Oakton, VA**

***CLASSES ALSO AVAILABLE VIA ZOOM
*T'AI CHI IS IN PERSON ONLY***

If you haven't registered for Adventures in Learning don't fret. Rolling admission is open all semester long! Register today so you don't miss any of the exciting topics coming up!

Scnova.org or 703-281-0538



Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth



Although some things slow down in the Northern Virginia summers, the SCNOVA Board of Directors always manages to stay busy with the many projects necessary to continue smooth operations, support the wonderful staff, and provide services and programming improvements for our clients and participants. This summer is no exception. Led by board members Phil Pifer and Joe Bock, and ably supported by our marketing & events manager and communications director Ambre Tomlinson.

SCNOVA is nearing the end of a two-year project to upgrade all our communications technologies and products and give our marketing efforts a modern and uniform appearance.

Together they have taken SCNOVA's communications to a much higher professional standard. Board member Scott Honiberg is always busy searching out new sources of grant funding. We have been successful in securing repeat funding from several philanthropic organizations, and he is already at work with Carolyn Pennington and Treasurer Leigh Banducci on a potential renewal of our county CCFP grant for another two-year term. Vice-chair Jayne Young, board member Robin Portman, and their Development Committee are in the home stretch on our exciting Pickleball Fundraiser scheduled for October 19th, 2023. Get your paddles warmed up!

Finally, we welcomed Alexandra Sullivan, a long-time SCNOVA client, to a new position representing client and participant interests on the board. We welcome her warmly to the board and look forward to her contributions and unique perspective on our programs and services. Remember, all board members are volunteers! If you support SCNOVA's mission and can bring leadership talents and skills to our board, please contact me about open board positions. We are always looking to expand our talented leadership group.



Congrats to the Drivers who were chosen in the JOY-Rides drawing for a \$100 Gift Card: Sally Bryan-Prell, Peggy Davis, Frank Fico, Larry Gibon, Sue Harpe, Leigh Mallis, Mike Mulreany, Jack Roney, Wolf Scherer, Ann Streb, Patrick Tansey, and Doug White

A Tribute to Board Member and Dear Friend: Tom Portman



Join us in celebrating the life of a truly incredible man. It is with great sadness that we bid farewell to the late Tom Portman. Tom was a beloved member of the Board of Directors for the Shepherd's Center of Northern Virginia, serving as Secretary and member of both the Executive and Development Committees.

Tom began as a volunteer with the Shepherd's Center in 2009 writing grants and eventually expanded his involvement by joining the Board in 2012. He was a United States Air Force veteran working as a Korean linguist and intelligence analyst while on active duty. He also worked as civilian intelligence analyst for the U.S. Navy. After his Air Force and Navy service Tom became an attorney working in the satellite and telecommunications industry.

Tom was the leading voice and developer of the **Shepherd's Center's Veterans Initiative**, an effort to expand our current friendly caller and friendly visitor service. Currently in the planning stages, the Veteran Friendly Caller and Veteran Friendly Visitor service is designed to pair a veteran volunteer with a veteran client with a goal of reducing isolation and loneliness among veterans and ultimately reducing veteran suicides. Tom also co - chaired both of our Galas in 2018 and 2019.

He will be remembered for his musical talents, extraordinary philanthropic efforts, bright humor, kind heart and warm disposition. The world was better with Tom in it. We extend heartfelt condolences to his lovely wife, Robin and their sweet dog Creedence, (the flying Aussie).

Special Thank You To Our Congregational Advisory Council Members

- * Andrew Chapel United Methodist Church
- * Antioch Christian 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

SCNOVA News & Events

EVENTS



Special thanks to our SCNOVA
“Kitchen Crew” L to R: Marta Linares,
Linda Shearer, Wanda Snuggs & Linda Puff
for their help with the Mark Twain - Lunch N Life!

We send “Get Well Soon” wishes to
Irene Coyne, another integral member of the crew

- **Pickleball Mixer & Fundraiser** - Join us for our biggest, annual fundraiser of the year and support the Shepherd’s Center of Northern Virginia! - Worldgate Health Club & Spa, **October 19th, 12:30-3:30 pm**
- **Thanksgiving Luncheon with the Vienna Community Center** - Join us as we break bread with the community and celebrate a time to give love, share and enjoy the company of family and friends - Vienna Community Center, **November 15th, 12:00 - 2:00 pm**
- **Congregational Advisory Council Interfaith Thanksgiving Service** - Emmanuel Lutheran Church, **November 19th, 6:00pm**
- **Holiday Tea & Sweets Celebration @ St. Mark Church**, **December 12, 2023, 12pm - 2pm**
- **Lunar New Year Celebration @ The Vienna Community Center** **February 7, 2024, 12pm -2pm**

Annual Appeal

“I cannot thank you enough for your kindness & tenacity in going above and beyond to find me a ride for my pre-op appointment. You are a true blessing!!” - Laura V.

SCNOVA volunteers gathered to send out our Annual Appeal. Whether you benefit from our services, volunteer with us, sponsor SCNOVA in some way, enjoy Adventures in Learning, attend our events or your beliefs simply align with our mission to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults, in the communities we serve - consider donating today. Open your phone camera and hover over the QR code to the right to take you to our website donation page. Our organization thrives solely because of donations from caring people like you!



Special Event Recap and Photos



Volunteer Meet & Greet Potluck Breakfast Photos

August 30th, SCNOVA had the pleasure of hosting a Volunteer Meet & Greet Potluck breakfast for existing as well as potential volunteers. The event was quite a success. The attendees brought tasty breakfast treats to share as our SCNOVA volunteer leaders gave overviews of how volunteering has not only enriched the lives of the clients they have served but their lives as well. Special thanks to Emily Braley of NV rides, Mike Mulreany, Peggy Davis, Wanda Snuggs, and Jayne Young for sharing their experiences with the crowd. Thank you to our wonderful kitchen crew for setting up and serving during the event. Congratulations to the very busy drivers who accumulated over 20 rides during the summer months and received a giftcard in the drawing. Once again we were reminded how incredibly important our volunteers are to this organization. SCNOVA also looks forward to working with the wonderful new volunteers who signed up that day!



Welcome to our amazing new SCNOVA volunteers: Justin Gwanwoog, Michelle Shea Barrett, Kathryn MacGowan, Michelle Fisher, Jasmine Trannguyen, Maggie McAden, and Candice Liu.

Special Events Recaps & Photos



Nothing Bundt Bingo - Mark your calendars for our upcoming holiday Bingo December 4th!



Lunch N Life - Mark Twain



A special thank you to the S. John Davis Career Center of Marshall High School for their delicious spread and excellent service at the Mark Twain Lunch N Life. Contact Rebecca McDermott, Manager of the Davis Center for your catering needs!

**Via email: CulinaryArtsDCC@gmail.com or
via phone: 703-714-5600**

Q&A for a Great Pickleball Experience

Q: Can I play and enjoy myself as a complete amateur?

A: There will be an instructional clinic at the beginning of our event and professional coaches on-site during the entirety of the event to help players of all levels.

Q: How should I dress?

A. Just like any other sport, certain equipment is required for safe play. Make sure you wear “court shoes” appropriate for tennis. An indoor court shoe will usually feature a softer, thinner outsole in a variety of tread patterns optimized for ultimate grip. Additionally, indoor shoes are often lighter than outdoor shoes due to the thinner outsole.

Q: What if I don't want to play? Are there other things to do?

A: There will also be a silent online auction in association with the event, a golf simulation lounge, tasty smoothies, and healthy refreshments available. If you decide to come and mingle, there will still be plenty of fun to participate in!



Your 2023 Support Thus Far Has Provided...

**1,491 Client
Rides**

**4,967
Volunteer
Hours**

**8,116 Miles
Covered**



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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 - Fall 2023

	<p>Shepherd's Center thanks Navy Federal Credit Union for printing this newsletter!</p>	
<p>Staff</p>		
<p>Executive Director Operations/Volunteer Manager Marketing/Events Manager Database Manager - Volunteer</p>	<p>Carolyn Pennington 703-281-0538 Marianne Monek 703-281-0538 Ambre Tomlinson 703-281-0538 Jean Bastien 703-281-0538</p>	<p>carolynpennington@scnova.org office@scnova.org communications@scnova.org support@scnova.org</p>
<p>2023 Board of Directors & Committees</p>		
<p>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. Akram Aleahmad, Board Member Joe Bock, Marketing/ Social Media Comm. Richard Duesterhaus, Chair; Advisory Comm. Tom Eversole, At Large Scott Honiberg, Chair; Grants Comm. Philip Pifer, CAC Board Liaison, IT Communications, Marketing/ Social Media Comm. Tom Portman, Veterans Comm. Robin Portman, Development Comm. Alexandra Sullivan, Board Member, Client Liaison</p>		