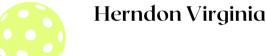


### Pickleball Mixer & Fundraiser Community Services Guide Thursday, October 19, 2023

Worldgate Athletic Club & Spa



In Partnership With Our Title Sponsors







# We're Proud to Work Together

Thank you, Shepherd's Center of Northern Virginia, for partnering with us and making an impact in our community.



**Our Members Are the Mission** 

#### Schedule of Events

# Welcome to the 2nd Annual SCNOVA Pickleball Mixer and Fundraiser!

**12:30pm** Worldgate doors open.

Check in at registration.

Food, drinks, pickleball tutorial. Begin play (intermediate players).

Everyone begin play.

**1:30pm** Break from play.

Enjoy good friends & hydrate.

A word from our Pickleball sponsors and

elected officials.

**2:00pm** Second session of play

**3:15pm** Raffle winners announced

and Prizes awarded

**9:00pm** Silent Auction closes. Follow code

below to bid.



3:30pm Event Concludes

## Volunteer Committee



(L-R): Kerry Massie - Marianne Monek -Ambre Tomlinson - Nancy Appler - Carolyn Pennington - Chair; Jayne Young - Marsha Komandt - Anne Nelson

Not Pictured: Kay DeMarco, Robin Portman, Akram Aleahmad, Frieda Errico, Ann Smith, Barb Anastos, Steve Gurney, Cheri Reid, Jasmine Trannguyen and Andriana Solano

## SCNOVA Kitchen Krew



(L-R): Marta Linares - Irene Coyne - Linda Shearer - Linda Puff - Wanda Snuggs

Thank you for organizing today's treats and serving! SCNOVA loves you!



#### A Message from Pickleball Chair, Jayne Young

Welcome to our 2<sup>nd</sup> Pickleball Mixer Fundraiser. We are thrilled you are here. We have planned a fun afternoon for you. This event holds special meaning as it not only brings us together for a fantastic time of sport and socializing, but also serves a higher purpose. All of the proceeds from this fundraiser will be dedicated towards supporting the invaluable work of SCNOVA. An event like this is only possible thanks to the hard work and generosity of many. First, we want to acknowledge **Jason Wnuk**, COO of BlueChip Sports and the World Gate Health Club and Spa for the use of their pickleball courts and golf simulators. **Evan Katz** and **Ivan Pizarro**, Tennis Pros at Worldgate will be facilitating both the beginners training clinic as well as orchestrating the play for all skill levels throughout the event.

Our online Silent Auction has been masterfully coordinated by **Ann Smith** and **Ambre Tomlinson**. I hope each of you have had the opportunity to view our items and bid. The auction will close at 9:00 pm today. Thanks to all of our most generous silent auction donors.

Our covid friendly "grab and go" healthy snacks today have been coordinated by Wanda Snuggs, Marta Linares, Linda Puff and Linda Shearer. The deliciously healthy smoothies have been provided by Smoothie King on Maple Avenue in Vienna. Thanks to Anne Nelson for making this happen!

Melinda O'Brien has once again lent her interior design skills and has created our beautiful balloon arch. Our resident photographer Marsha Komandt is once again capturing the magic! Thanks to Steve Gurney of ProAging for organizing a fun challenge for our local senior living professionals

The success of this event would not have been possible without the tireless efforts and unwavering dedication of our incredible **Development Committee**. Their vision, passion, and commitment have laid the foundation for an event filled with joy, generosity, and unity. We extend our deepest thanks to each member of the committee for their hard work and outstanding contributions. A heartfelt thank you also goes out to our dedicated **staff**, whose expertise and diligence have been crucial in the planning and execution of this event. Their unwavering support and attention to detail have ensured that today will run smoothly and leave a lasting impact on our quests.

We gratefully acknowledge the support of our generous sponsors, whose contributions have made a significant difference in helping us achieve our fundraising goals. Their belief in our cause and willingness to invest in the well-being of our senior community is truly commendable. To our in-kind donors, we express our sincere appreciation for your generosity in providing essential resources and services that have enhanced the quality of our event. Your support has been invaluable, and we are deeply grateful for your partnership.

You will notice that this year's event program is greatly improved. It's a Community Service Guide and includes useful community information as well as a listing of local businesses and our generous sponsors. We hope you will find this guide useful and retain it for future reference.

It has been both a pleasure and an honor to work with this talented and dedicated team. They are quite simply the best!

Warm regards, Jayne Young, Event Chair

#### A Message from our Chairman of the Board, Scott Schroth



We are so excited to celebrate our 25th Anniversary with the second Pickleball Fundraiser, hosted by our wonderfully generous supporter Worldgate Athletic Club and Spa. This event was made possible by the extraordinary work of our Development Committee, the staff, and the many donors and sponsors highlighted in this program. Our thanks to everyone who supports our mission to serve older adults in Fairfax County.

It has been 25 years since SCNOVA was founded by local visionaries inspired by the work of Shepherd's Centers of America and founder Elbert Cole. Since then, we have provided thousands of volunteer opportunities, educational and social programs, and critical support services to older adults in our service area.

The ongoing support of the community, the county, local government, faith affiliates, local businesses, and dedicated financial supporters has allowed us to sustain and grow the mission over the past quarter century.

The Board of Directors would like to thank everyone for their support over the years. I hope we can write a similar message in another 25 years!

Best.

W. Scott Schroth

W. E.C.

Chairman of the Board



#### A Message from our Executive Director Carolyn Pennington

Welcome to the Shepherd's Center of Northern Virginia's 2<sup>nd</sup> Annual Pickleball Mixer & Fundraiser! This long-awaited day is the culmination and success of many, many people and we thank all of you for your outstanding efforts. This event not only raises awareness for the work of SCNOVA by, with, and for older adults but also highlights the many successes that can be accomplished by partnering with county, corporate, and individual support. I recently spoke with several transportation clients, and they all spoke with the same fervent appreciation using words like "game changer" and "lifesaver". One person said that they would not have been able to get to rehab following heart surgery without the SCNOVA program!

We, too, feel the same way about our partners, friends, and supporters who are "lifesavers" and "game changers" for us. Because of your support, this year we have been able to drive over 1,600 miles for medical and nonmedical transportation and serve hundreds of clients throughout the many programs we offer. SCNOVA offers a unique opportunity for volunteers and clients alike to find meaning, purpose, and connection. Often the rides provide the only companionship a person may have that day. One client said she loves the rides as she doesn't have to rely on her cat for conversation! Our volunteers also find much joy and satisfaction in supporting others and extending friendships, be it as drivers, office volunteers, and/or committee members.

SCNOVA has been a joyously loud voice on behalf of older adults for the last 25 years. And, as the needs of older adults are on the rise, I hope you will join us to meet this growing demand. Together we can empower healthy aging for older adults, for the homebound, and for the lonely. That said, please enjoy this beautiful day to celebrate our success and we look to the future with great hope.

Best.

Carolyn Pennington
Carolyn Pennington

Executive Director

#### Shepherd's Center of Northern Virginia Board of Directors

Scott Schroth, Chairman
Jayne Young, Vice Chair
Akram Aleahmad
Leigh Banducci, Treasurer
Joe Bock
Richard Duesterhaus
Scott Honiberg
Michelle Kang, Secretary
Phil Pifer
Robin Portman
Alexandra Sullivan

#### Ways to Donate to Support and Sustain our Mission Visit www.scnova.org to learn more.

- Annual Appeal
- On-line Donation
- Stocks Donation
- Sponsorships
- Monthly plege giving
- Individual Giving
- Legacy Gift
- Vehicle Donation

www.scnova.org



#### Our Vision:

### To transform aging into an empowering experience to live a life of meaning

#### Our Mission:

To create meaningfrul opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults, in the communities we serve.



#### **Services**

Giving back by working together to provide services that empower and transform the daily lives of older adults.

#### Community

Building relationships across volunteers and our older population, thereby creating rewarding personal and group connections

#### Compassion

Providing caring and engaging experiences that reflect and serve the needs of older adults

### SCNOVA by the Numbers







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

# Thank You

To Our Honorary Committee

Walter Alcorn Hunter Mill Supervisor

> Linda J. Colbert Mayor of Vienna

John Foust Dranesville District Supervisor

Dalia Palchik Providence District Supervisor

Holly Seibold Virginia State Delegate











#### County of Fairfax, Virginia

To protect and enrich the quality of life for the people, neighborhoods and diverse communities of Fairfax County

Oct. 19, 2023

Staff and Friends of the Shepherd's Center of Northern Virginia,

It is a privilege to serve as honorary chair of your 2023 Pickleball Mixer – a fun event for a very worthy cause! The Shepherd's Center of Northern Virginia is a model for volunteer organizations, providing critical services for older adults, including transportation, social engagement, home repairs and much more. Your dedicated volunteers improve the quality of life in our community and their contribution (or service) is greatly appreciated. Thank you for helping to ensure that our older adults can continue to live full and engaged lives.

Respectfully,

Walter Alcorn Hunter Mill District Supervisor

Fairfax County, Va.

Walter L. Alcorn, Supervisor Hunter Mill District Fairfax County Board of Supervisors 1801 Cameron Glen Drive, Reston, VA 20190 7 03 -47 8-02 83 HunterMill@fairfaxcounty.gov







The Mayor's Office

#### Dear Friends,

Thank you for supporting the Shepherd's Center of Northern Virginia! As Mayor of the Town of Vienna, I've seen the impact of the center's important work to enable seniors in our community to live independently and enjoy a high quality of life. The Shepherd's Center provides fun and engaging social events that keep seniors mentally, emotionally, and physically challenged. The center's educational workshops and classes enrich lives and keep minds strong.

I am thankful for the many skilled volunteers that provide transportation, home repairs, food delivery and companionships. Volunteers are not only enriching their lives but the lives of many others in our community. Each year, I am honored to recognize the Shepherd's Center and its many volunteers at the Vienna Mayor's Volunteer Reception. This organization's continued efforts to support our seniors is invaluable, and I am grateful for its longstanding service to our community.

Sincerely,

Linda J. Colbert Mayor, Town of Vienna









703-356-0551
Fax 703-821-4275
TTY 711
E-mail: dranesville@fairfaxcounty.gov
Web site: www.fairfaxcounty.gov/dranesville

#### COUNTY OF FAIRFAX

McLean Governmental Center 1437 Balls Hill Road McLean, VA 22101



JOHN W. FOUST DRANESVILLE DISTRICT SUPERVISOR

August 29, 2023

Dear Friends,

I am writing this letter in support of the Shepherd's Center of Northern Virginia (SCNOVA) and their value as a community organization. SCNOVA is a member of the Shepherd's Centers of America (SCA) and is one of nearly 60 Shepherd's Centers located throughout North America.

As a volunteer-based nonprofit organization, the Shepherd's Center of Northern Virginia is dedicated to promoting and supporting independent living for older adults through food deliveries, transportation assistance, support services, lifelong learning, and cultural enrichment opportunities. Currently, the SCNOVA serves over 3,000 seniors in Fairfax County and their impact is continually growing!

In addition to providing transportation assistance and minor home repairs, the Shepherd's Center offers wonderful programs such as Friendly Caller, Friendly Visitor, and Caregiver Support Group. In 2022, Shepherd's Center of Northern Virginia volunteers provided over 2,126 round-trip rides for their clients. The incredible team of dedicated volunteers contributed over 8,000 hours of service to improve the lives of seniors in Northern Virginia.

We are grateful to the Shepherd's Center and their volunteers for the many hours they contribute to serving our community and helping older adults and seniors.

Sincerely,





#### COUNTY OF FAIRFAX BOARD OF SUPERVISORS EARDERY VIRIGINIA

3001 VADEN DRIVE FAIRFAX, VA 22031 LEPHONE 703-560-694

TELEPHONE 703-560-6946 FAX 703-207-3541 providence@fairfaxcounty.

September 1, 2023

Shepherd's Center of Northern Virginia 541 Marshall Rd. SW Vienna, VA 22180

Dear Shepherd's Center of Northern Virginia Team:

Since the founding of the Shepherd's Center of Oakton-Virginia (SCOV) in 1997, you have successfully expanded your services and now include Oakton, Vienna, Dunn Loring, Reston, Herndon, and Great Falls. The change in the organization's name to Shepherd's Center of Northern Virginia (SCNOVA) reflects not only your expanded geographic footprint but also the call for the services you provide our community.

On behalf of the community we both serve, I thank you for your commitment to improving the quality of life of our aging population. Through supportive programs and services, including personal enrichment and volunteer engagement, you enable our residents to live full and productive lives while aging in place. I am especially appreciative that during the pandemic, when our seniors were in a more vulnerable environment, you were dedicated to remaining open to deliver essential supplies, provide transportation, and pivot the Adventure in Learning classes and Caregivers Support Group to a virtual setting. Your efforts to ensure that your clients are surrounded by a supportive community are truly commendable.

I appreciate all that you do for our community. If there is any way I can provide support to your organization, please do not hesitate to contact me at <a href="mailto:Providence@fairfaxcounty.gov">Providence@fairfaxcounty.gov</a> or (703) 560-6946.

Sincerely,

Dalia Palchik

Providence District Supervisor

Dala Palala





COMMONWEALTH OF VIRGINIA HOUSE OF DELEGATES RICHMOND

HOLLY M. SEIBOLD P.O. BOX 2304 VIENNA, VA 22183

#### THIRTY-FIFTH DISTRICT

Dear Friends,

It's my pleasure to congratulate The Shepherd's Center of Northern Virginia for its many years of service! As your Delegate, I'm honored to be able to attend your fundraiser. The generosity of your sponsors, donors, and participants is unmatched, and funds raised from this event will help create a meaningful and independent lifestyle for older adults in our community.

Through classes, support groups, direct services, and social programs, The Shepherd's Center of Northern Virginia has played an integral role in allowing older adults to live easier today.

I commend The Shepherd's Center of Northern Virginia on your 2023 Pickleball Fundraiser and for your tireless service to our community and extend my best wishes for a successful and fulfilling event.

Sincerely, Serboll

Delegate Holly Seibold Virginia House of Delegates Thirty-Fifth District

#### Thank You to All of Our Sponsors

#### <u>Visionary Sponsors</u>





#### Strategic Sponsors







#### <u>Community Sponsors</u>























#### Thank You to All of Our Sponsors

#### **Premier Sponsors**









Hina Anwar Ali





Jean Waterson



Rebecca + Dennis Pick

#### **Benefactor Sponsors**



Melinda & Jake O'Brien



Rae Fischer

#### <u>Patron Sponsors</u>























# Thauk You!

# To Our In-Kind Donors Navy Federal

Community Guide Printing

AARP Swag Bags

Smoothie King Smoothies

Arden Courts of Annandale Raffle Baskets

Marsha Komandt Photography Wegmans,
Harris Teeter &
Giant Food
Catering

BrightStar Care Water Bottles

Comfort Keepers Raffle Basket

Ann + Ken Nelson Swag & Prize Items

## THANK YOU

#### To Our Silent Auction Donors

Brooke's Rental

Café Renaissance

Diamond Spa

**Evolution Fitness** 

Fran's Cake & Candy Supply

Great Harvest Bread

Lubin Photography

Molon Lave Vineyards

W. Scott Schroth

Taco Bamba

Pat DeGaetano

Diamond Spa

**Barb Anastos** 

Cheri Reid

Carolyn Pennington

Hidden Creek Country Club

Roberto's Ristorante

The Portmans

The Youngs

Vienna Community Center

Cooper's Hawk

Stone Tower Winery

Skorpio Maggios

Karin's Florist

## SCNOVA Supporting Congregations

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

Community. It means a lot. May the Lord bless you for all you do.

#### Shepherd's Center of Northern Virginia Office Staff



Carolyn Pennington Executive Director carolynpennington@ scnova.org Marianne Monek Office and Volunteer Manager office@scnova.org Ambre K.
Tomlinson
Marketing &
Events Manager
communications@
scnova.org



**??** Thank you for the rídes to doctor's **!!** appointments. All have been happy and fun "visits" with your many drivers.





#### Time-Tested Relief for Aging with Grace

#### How Can Acupuncture Improve Your Well-Being?

- ► Eases Your Aches & Pains
- ► Improves Quality of Sleep
- Offers Stress Relief
- Stimulates Better Digestion
- Increases Energy
- Promotes Mental Sharpness
- Enhances Stability

#### Why Choose Us?

Our expert team tailors treatments for your golden years, prioritizing your comfort and safety.

Most insurance plans are also accepted!



### Ready for Your First Appointment?

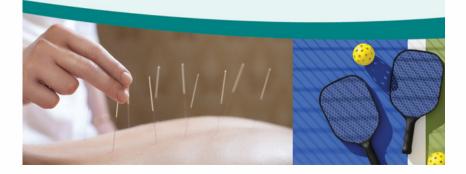
Visit us after the Shepherd's Center Pickleball Event!

#### **Contact Us**

## The Clinic at Virginia University of Integrative Medicine

1980 Gallows Road Vienna, VA 22182

703-323-5691 clinic.vuim.edu





#### VLP Financial Advisors

Life is made to be lived—at every age. That's why we're here to help you at every stage, with thoughtfully considered, carefully constructed strategies that can provide you with the means, and the confidence, to dream big. We believe that financial planning is not a product we sell you, but a process we go through together—one that involves discovering your goals, identifying your resources and creating a customized blueprint to fit your specific situation.

Focused on pursuing your dreams. For more than 30 years, we've worked successfully and effectively with all kinds of families and individuals, retirees and business owners, women and men—all pursuing their own aspirations, each investing and saving in the ways that make the most sense for them. We've stood with those clients through life transitions, through celebrations and challenges, through milestones and market swings. We look forward to standing with you.

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, a broker dealer and Registered Investment Advisor, member FINRA/SPIC. Cetera is under separate ownership from any other named entity.



8391 Old Courthouse Road, Suite 203 Vienna, VA 22182 703.356.4360 | www.VLPFA.com

## Searching for Solutions and Resources?

WHERE TO LIVE WHAT TO DO WITH YOUR STUFF ELDER LAW SOLO AGING AGING LIFE CARE MONEY MATTERS

AGING IN PLACE END OF LIFE TECH & INNOVATIONS

Join the Positive Aging Community to connect with others and learn about choices!

#### FREE RESOURCE GUIDE



LIVE DISCUSSIONS +PODCASTS

#### **EMAIL + DIGITAL**









1-800-394-9990 or proaging.com



# LET YOUR Bright LIFE SHINE

#### WITH PREMIER SENIOR LIVING CLOSE TO HOME

Brightview's award-winning communities make life extra bright for Northern Virginia seniors and their families. We invite you to visit one or all local communities, get to know our teams, and discover how Brightview's personalized services, support, and enriching lifestyle can make life brighter for you and your family, too.

Brightview Dulles Corner 571.786.5800

Independent Living | Assisted Living Gallery Assisted Living | Dementia Care

> Brightview Fair Oaks 571.495.5907

Independent Living
Assisted Living | Dementia Care

Brightview Great Falls 703.759.2513

Assisted Living | Dementia Care

Brightview Woodburn 703.462.9998

Assisted Living | Dementia Care

Brightview Alexandria OPENS SPRING 2025 800.666.9536

Independent Living | Assisted Living Gallery Assisted Living | Dementia Care







#### Sixteen Convenient Northern Virginia Locations

703-277-BONE(2663) orthovirginia.com/locations



Use QR code to see details on all of our physicians





Official Orthopedic and Sports Medicine Provider of the Washington Commanders

# Take the Trail to Reston's Premier Full-Service Senior Living Community



BY SOLERA SENIOR LIVING



## The perfect lifestyle in the community you already love!

Hunters Woods at Trails Edge is an exceptional community nestled in a tranquil setting and conveniently located near Reston Town Center and Reston Community Center.

Stop by or call to schedule your personal tour today!

HuntersWoodsLeasing@soleraseniorliving.com

(703) 429-1130

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

HuntersWoodsAtTrailsEdge.com | 2222 Colts Neck Road, Reston, VA 20191



#### **Try Us Out For Free Today**

Some restrictions apply

- · New cardio equipment with personal TVs
- Updated functional turf spaces with state-of-the-art functional training equipment
- · Brand new boxing studio
- Indoor pool with six lap lanes and an outdoor sun deck
- · Indoor gymnasium
- · Three indoor tennis courts
- Indoor track area with new functional training and strength equipment
- Fully renovated locker rooms with steam, sauna, and whirlpool
- · Complimentary covered parking



#### Worldgate Athletic Club & Spa

13037 Worldgate Drive | Herndon, VA 571.440.7400 | info@worldgateclub.com **f** @@worldgateathleticclubandspa









#### October is here!

#### **Check Out What's Coming Soon!**

There is still time to sign up:

## Fall 2 - 8 Week Tennis Program Juniors & Adults

WorldGate@bluechiptennis.net or call 202-792-2860 \*Space is limited. Early Bird pricing has expired.

#### Pink Out Day - Free Sports Night

October 20th 8:30pm - 10:30pm

Open Play Pickle Ball, Tennis Social, Ping Pong, Golf Sims, Raffles, Donations Collection for 2Unstopabble



Please Wear Pink!!!





Family Cares LLC 2806 Clear Shot Drive, #7 Silver Spring, Maryland 20906

#### WHO WE ARE

Family Cares LLC was conceptualized and established to provide quality in-home senior care; we conduct regular visitations and evaluations to monitor service quality and make the necessary adjustments to the plan of care that fit each individual need. Our team of professionals maintains ongoing communication with our clients and their families to keep them informed, addressing all concerns on a daily basis.

Let our family care for yours.



#### **CONTACT US:**

Phone: 240-535-3451

Fax: 1-855-261-1717

info@familycaresllc.com

Or use the direct contact form available on our website.

www.familycaresllc.com

# Get **MOTE** out of your retirement!



At Greenspring® in Springfield, you gain more than a stylish senior living apartment home, you gain a community filled with extraordinary amenities and services at a value that may surprise you!

Get your **free** brochure!

Call **1-888-205-9597** or visit **GreenspringCommunity.com** today.



Independent Living | Inpatient and Outpatient Rehabilitation Assisted Living | Memory Care | Nursing Care





# 258 MAPLE AVE. E VIENNA, VIRGINIA



#### DOWNLOAD THE **SMOOTHIE KING APP**

Get **\$2 OFF** your smoothie today when you download the app and create an account.

SCAN TO DOWNLOAD

see website for terms.

# Smoothie King Proud Supporter



<u>|sh</u>epherd'scenter

OF NORTHERN VIRGINIA



# 258 MAPLE AVE. E VIENNA, VIRGINIA



#### DOWNLOAD THE **SMOOTHIE KING APP**

Get **\$2 OFF** your smoothie today when you download the app and create an account.

SCAN TO DOWNLOAD

see website for terms.



14522L Lee Road Chantilly, VA 20151-1639

(703) 378-8378



Honoring Your Companions with Dignity and Respect



#### Why familiy choose us

- Individual Cremations
- Family Owned and Operated
- State of the **Art Facility**
- Affordable Prices
- **Merchandise** and Keepsakes





HeavenlyPawsCremations.com





#### Vienna Presbyterian Church Loves Being A Long-term Mission Partner With the Shepherd's Center of Northern Virginia

124 Park St. NE Vienna, VA 22180 www.viennapres.org



## Money & King

**Funeral Home and Cremation Services** 

## Honoring Legacies, Serving Our Community



Robert W. Carmical
Owner

Choose Money & King Funeral Home, your trusted partner in preserving cherished memories by honoring your loved ones.

The Family-Owned Difference Our Focus Is On Your Family

**Pre-Arrangement Services**Save Money by Planning Today

**Special Care For Veterans**Excellent Relationship With Arlington

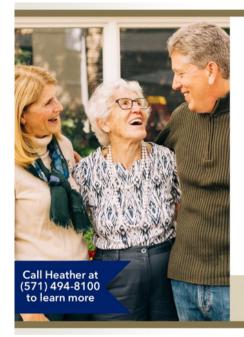
Contact us at (703) 938-7440 to discuss your needs and arrange a free consultation. Let us help you create a meaningful tribute.

## MoneyandKing.com

171 Maple Ave W Vienna, VA 22180 **(703) 938-7440** 



**Funeral Home and Cremation Services** 





Only the Best for You... Because the Best is All We Know How to Do.

At The Kensington Reston,
Our Promise is to love and care
for your family as we do our own.
Throughout every day and night,
our best-in-class professionals
deliver more comprehensive care
than what other assisted living
providers offer. Three levels of
memory care address the
challenges unique to each phase
of loss. And couples are welcome,
even if care needs differ.

11501 Sunrise Valley Drive, Reston, VA KensingtonReston.com Assisted Living & Memory Care

## Virginia Cancer Specialists

UNITED: to advance cancer care

- Top-rated physicians and surgeons in our community
- State-of-the-art technology, labs, and on-site pharmacy
- Multidisciplinary team approach
- Highly specialized medical oncology, hematology, radiation therapy, orthopedic oncology, genetic counseling, palliative medicine and research
- Access to Clinical Trials, to include Phase I





Please call 571.350.8400 or visit VirginiaCancerSpecialists.com

Alexandria I Old Town Alexandria I Arlington I Fair Oaks I Fairfax Fauquier I Gainesville I Loudoun I Reston I Woodbridge





## In-home Nursing, Caregiving and Companionship.

- · Companion & personal care
- Skilled nursing care
- Bathing, dressing, grooming, toileting
- Mobility assistance, bathing, meals



BrightStar Care® of Fairfax **703-267-2380** 

brightstarcare.com/fairfax

OBrightStar Care

## Volunteer Opportunities

SCNOVA is always looking for volunteers.

Just a few hours a week makes a big difference



We Need

- Drivers to take local seniors to medical appointments and to get groceries
- Handy Helpers provide home assistance
- Friendly callers and visitors
- Office volunteers

email office@scnova.org or call (703) 281-0538 learn more

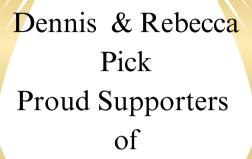
## LET US PUT OUR EXPERIENCE TO WORK FOR YOU

With a history of excellence in service, we remain a trusted financial partner in our communities.

### Vienna Branch

374 Maple Ave, E Vienna, VA 22180 703.319.4150















Cheri Reid (703) 955.1667 cherireidhaa@gmail.com

Serving Northern Virginia
Specializing in all things
Real Estate and Construction







150 Maple Avenue W., Vienna, VA 22180

# Moving Mom and Dad?

Rachel Helmich Cheng is a certified Senior Housing Professional (CSHP) who can help you and your parents move to a smaller home. Downsizing or relocating to a home, she's here to help!

Rachel Helmich Cheng REALTOR®, SRES®, CSHP racheleaskrachelcheng.com (703) 457-7832









Assisted Living & Memory Care

Take a Tour Today! Scan below or call 703.223.5226



### **M** M2 STRATEGY

IS HONORED TO SUPPORT



with their noble mission to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults in our community.

7900 Tysons One Place, Suite 240, McLean, VA 22102 (703) 822-5600 • www.m2strategy.com



129 Maple Ave W, Vienna, VA 22180











ASSISTED LIVING



2301 Gallows Rd., Suite 200, Dunn Loring Va.

# MAGGIANO'S

2001 International Dr, McLean, VA 22102

#### HEATHER SURI BSN RN CMC

CEO and Aging Life Care Manager



- **\** 703-634-3879
- heather@pathwaysinaging.com
- www.pathwaysinaging.com





Opening the door to a brighter tomorrow

Providing ongoing supportive services for stroke and brain trauma survivors throughout their recoveries.

www.strokecomebackcenter.org info@strokecomebackcenter.org

#### Vienna Center

145 Park St., SE Vienna, VA 22180 703-255-5221

#### **Rockville Center**

50 W Edmonston Dr., Suite 301 Rockville, MD 20852 301-605-7620

#### Virtual Center

Serving survivors throughout VA, MD, and DC







A Network for Volunteer Transportation

Emily Braley, Program Manager 703-537-3071 info@nvrides.org

# CHO Committee for Helping Others

Emergency services for Vienna, Oakton, Merrifield & Dunn Loring Financial assistance, food, clothing, furniture

#### 703-281-7614

WEB: www.cho-va.com

Email: cho@cho-va.com

FB: www.facebook.com/CHOvienna



#### LYNN O'CONNELL Executive Director

2 703-867-4942

Lynn@belongvienna.org



#### **OUR PROGRAMS**

- · Mentoring and summer programming for children in K-8th grade
- · Support program for High School Seniors transitioning to college/careers

Visit our website for more information or to volunteer : www.belongvienna.org

Belong! is a 501(c)(3) non-profit organization











## Where individuals thrive.

Who you are matters, and who you are is something even dementia can't change. At Great Falls Assisted Living, we'll get to know your loved one. We build partnerships that honor the spirits and engage the minds of our residents.

Contact us today 703.421.0690

1121 Reston Ave. Herndon, VA 20170 www.greatfalls assistedliving.com



Jake & Melinda
O'Brien
Proud Supporters





#### Pazzo Pomodoro

118 Branch Road SE Vienna, VA 22180 (703) 281-7777 19825 Belmont Chase Dr. #185 Ashburn, VA 20147 (703) 858-5555

Nozzo Pazzo<sup>o</sup> 122 Branch Rd SE. Vienna. VA 22180 www.NozzoPazzo.com (703) 319 - DELI (3354)





## Lourdes Rubio Real Estate Professional

SFR, ACI, Licensed in VA, MD

- (703) 995-9894
- ⊕ LRubioHomes.com
- Lrubiohomes@gmail.com
- Samson Properties

361 Maple Ave W 100, Vienna, VA 22180



Jennie Latham 703-938-1331

130 Maple Avenue E Vienna, Virginia 22180

Vienna Parks and Recreation

## Town of Vienna

www.viennava.gov

#### Kathy Blevins

Recreation Program Coordinator Department of Parks and Recreation

Vienna Parks and Recreation

Vienna Community Center 120 Cherry Street, SE Vienna, VA 22180 Phone: 703.255.7801 Main Line: 703.255.6360

Fax: 703.255.6399 TTY: 711

Email: kblevins@viennava.gov







10075 Lees Mill Road Warrenton, Virginia 20186

540-439-5460 phone 540-439-5461 fax

info@molonlavevineyards.com www.molonlavevineyards.com





Sergio Domestici, Your Host

tel: (703) 281 7550 • fax: (703) 281 7587 428 Maple Avenue, East • Vienna, VA 22180 www.bonarotirestaurant.com



French Cuisine

163 GLYNDON STREET . VIENNA, VA 22180 703.938.3311

WWW.CAFERENAISSANCE.COM

Lakeside Asia Cafe

品味天府

川菜・亚洲菜

Authentic Chinese Food · Asian Food



地址 Add: 11130-J S Lakes Dr, Reston, VA 20191

(Located in South Lakes Village Center)

电话 Tel: 703-391-9070 / 703-391-9071

传真 Fax: 703-391-9072









RELIEF . RELAX . REFRESH

air - Nail - Wax - Facial - Eveloshes - Microblading - Threadin





QUALITY BUILDING MATERIALS

#### **DAVID SHEETS** (703) 938-5833

430 Mill St. NE, Vienna, VA 22180 (703) 938-9110/FAX (703) 938-2673

www.sheetswholesaleinc.com



Bettina M. Lawton, Esq.

Estate and Trust Planning and Administration

Main Line: 571.377.8595

Email: info@LawtonLegacyPlanning.com 2303 Riviera Drive, Vienna, VA 22181

www.LawtonLegacyPlanning.com













(703) 281-4141

527 Maple Ave East, Vienna, VA 22180 flowers@karinsflorist.com

## Fran's Cake and Candy Supplies

703-352-1471

10927 Main Street Fairfax, VA 22030



support@franscakeandcandy.com www.franscakeandcandy.com

Body Grace fitness & your

Paula McGinnis - Owner & COO

215 Mill St. NE (Upper Level) Vienna, VA 22180 https://bodygrace.com Email:bodygrace@verizon.net

Purple Onion

Margaret Zagrodniczek Event Designer



Office: 703.631.0050 ext. 310 Direct: 703.466.0320 margaret@purpleonioncatering.com





## **BEEKMAN PLACE**





beekmanplace126@gmail.com

126 Maple Avenue E. Vienna, VA 22180 Store: 703-938-8646 Beekman & Stan

### VIENNA CHIROPRACTIC ASSOCIATES PC

703/938/6441

243 Church St NW #300B

Vienna VA 22180

www.neurologicalfitness.com

Marion Todres-Masarsky DC Charles S Masarsky DC

serving NoVA since 1983





## Olivia Nicola

- (703) 935-4070 (Available 24/7)
  - (571) 786-5087
  - Olivia@CareWithLove.com



#### E Louizos P Goldsmiths Inc.



2972-B Chain Bridge Road Twin Oak Plaza Oakton, Virginia 22124 (703) 281-7454 Fax (703) 281-3297 LOUIZOSELP.COM

Mon-Fri 10-6 • Sat 10-4









Ian Gildea Brewer

+1 703 980 8615 ian@caboosebrewing.com www.caboosebrewing.com

520 Mill Street, NE Vienna, Virginia 22180



#### Gil Krawitz

Principal/Designer

LiveWell Design, LLC 483B Carlisle Drive Herndon, Va. 20170

Work 703-957-8587 Cell 703-944-1610

gil@livewelldesignllc.com livewelldesignllc.com

## BROOKE RENTAL center.

Jim Brooke jcb@BrookeRental.com

309 Parker Court S.E. Leesburg, VA 20175 703.777.9393 Fax 707.777.9436 321 Mill Street N.E. Vienna, VA 22180 703.938.4807 Fax 703.938.1273 4831 1st Street N. Arlington, VA 2220 703.243.2122 Fax 703.276.8078



159 Maple Ave W Vienna Va 22180 703.223.5023











www.gfca.org

The GFCA is a 501(c) 4 non-profit organization that relies totally on its volunteer membership. Its chartered purpose is to serve the Great Falls community as a non-partisan community organization, which it has done since 1968.

The GFCA is known for its advocacy and community engagement activities, which include working with local government officials and other community organizations on issues related to land use, zoning, transportation, and environmental protection. The organization also organizes events and programs to promote community engagement and connect residents with local resources and services.



### Fairfax Diapers, Inc. Taking Steps to End Diaper Insecurity

Christine Kenny Director

christinek@fairfaxdiapers.com 5712439296



Lu Elizabeth Cousins

Art Center Director

PHONE: (703) 319 3971



EMAIL: ArtCenter@ViennaArtsSociety.org











3953 Pender Drive, Suite 100, Fairfax, VA 22030 703-204-4664 | main 703-204-0509 | fax imcc@insightmcc.org | email InsightMCC.org | web

#### Freeman Store and Museum

#### Little Library Museum

Operated by Historic Vienna, Inc.

Rotating Exhibits Gifts -Vienna Souvenirs - Toys Local History Books - Candy Used Book Cellar



built in 1859

131 Church Street, NE , Vienna, Virginia 22180 703.938.5187 <u>www.historicviennainc.org</u>















212 Dominion Rd NE, Vienna, VA 22180, (703) 281-2350 (703) 941-1256



## **Directory Listings**

#### **Accounting & Financial Services**

Adler Foundation 703-591--0345 theadlerfoundation.com

Hopwood Financial (703) 787-0008 Hopwoodfinancial.com

> Navy Federal (888) 842-6328 navyfederal.org

Sandy Springs Bank (703) 814-7260 sandyspringbank.com Truist (703) 713-8520 truist.com

United Bank (703) 319-4150 www.bankwithunited.com

> VLP (703) 356-4360 www.vlpfa.com

Wells Fargo 703-264-4016 wellsfargo.com

#### Beer & Wine

Caboose Brewing Co. & Tavern 703-865-8580 Caboosebrewing.com

> Molon Lave (540) 439-5460 molonlavevineyards.com

Norm's Beer and Wine (703) 242-0100 normsbeerandwine.com

Settle Down Easy Brewing Company (703) 573-2011 settledowneasybrewing.com Stone Tower Winery 703-777-2797 Stonetowerwinery.com

Total Wine, Reston (703) 707-9101 totalwine.com

VA ABC 703-860-4080 abc.virginia.gov

Vienna Vintner (703) 242-9463 viennavintner.com

#### Churches

Andrew Chapel United Methodist Church St. Francis Episcopal Church (703) 759-3509

Andrewchapelumc.org

(703) 759-2082 Stfrancisgreatfalls.org

Antioch Christian Church (703) 938-6753 Antiochcevienna.org

St. John Neumann Church (703) 860-8510 Saintin.org

Christ the King Lutheran Church (703) 759-6068 Gflutheran.org

St. Mark Catholic Church (703) 281-9100 Stmark.org

Church of the Holy Comforter The Church of Jesus Christ of Latter-Day (703) 938-6521 Holycomforter.com

Saints Churchofjesuschrist.org

Emmanuel Lutheran Church (703) 938-2119

The Church of the Good Shepherd (703) 281-3987 Goodshepherdva.org

Elcvienna.org Emmaus United Church of Christ

Unity of Fairfax (703) 281-1767 Unityoffairfax.org

(703) 938-1555 Emmausucc.org

> Vale United Methodist Church (703) 620-2594 Valechurch.org

First Baptist Church (703) 938-8525 Fbcv.org

> Vienna Baptist Church (703) 281-4400 Viennabc.org

Oakton United Methodist Church (703) 938-1234 Oaktonumc.org

> Vienna Presbyterian Church (703) 938-9050 Viennapres.org

Our Lady of Good Counsel (703) 938-2828 Olgcva.org

> Wesley United Methodist Church (703) 938-8700 Wesleyvienna.org



#### **Consulting Firms**

Pathways In Aging (703) 634-3879 Pathwaysinaging.com

> M2 Strategy (703) 822-5600 M2strategy.com



Senior Transition Consulting Cheri Reid 703-955-1667

#### **Dry Cleaners**

Crest Advanced Dry Cleaners 703-689-3335 Crestadvanceddrycleaners.com Pride Cleaners 703-620-9645 Pridecleanersatfoxmill.com

Paddock Cleaners 703-938-1940 Paddockcleaners.com

#### **Education**

Virginia University of integrative Medicine (703) 323-5690 vuim.edu Music & Arts - Fairfax (703) 425-9500 stores.musicarts.com

Education One 571-306-7788 Educate-one.com



#### **Entertainment**

PG & Robin 703-281-4679



#### Fitness & Gym

Body Grace Fitness & Yoga 703-298-3903 Bodygrace.com

Worldgate Athletic Club & Spa 571-440-7400

Evolution Health & Fitness 786-281-7833 Evolutionhealthclub.com

Worldgateathleticclubandspa.com



#### **Funeral Services**



Money & King Funeral Home and Cremation Services (703) 938-7440 moneyandking.com

#### **Grocery Stores & Catering**

Wegmans (703) 653-1600 Wegmans.com

Whole Foods - Reston (703) 736-0600 Wholefoodsmarket.com Giant - Herndon 703-715-9852 Giantfood.com

Purple Onion (703) 631-0050 Purpleonioncatering.com

#### Hair & Nail Salons

Diamond Spa (703) 938-0001 Mydiamondspa.com

Massage Angeltips 703-435-3896 Massageangeltips.com

Fresh Nails Day Spa (703) 938-0218 Freshnailsdayspa.com Hair Salon for men and women 571-752-6029

Salon Plaza 800-877-3689 Salonplaza.com

Orchid Nails (703) 319-0061 orchid-nails-beautysalon.business.site

Pure organic Nails & Spa (703) 242-2058

> Vivians Nail Spa 571-287-7653

> > Pinky Nails 703-478-2708

Mira Spa (571) 313-8962 miraspasalon.com

Oakton Barber Shop (703) 281-7700

Ronnie Elias Salon (703) 255-1114 ronnie-eliassalon.squarespace.com

Vogue Nail Lounge (703) 223-5020 voguenailloungeoakton.com



#### **Home Services**

Finn's Pool Care 703-938-3829 Finnscustompools.com

Livewell Design Gil Krawitz 571-225-7761 Livewelldesign.com

Reid Construction Group of VA LLC Cheri Reid, Managing Partner (703) 955-1667 cheri@reidconstructiongroup.com Sheets Quality Building Materials
David Sheets
(703) 938-9110
Sheetswholesaleing.com

Vienna Paint & Decor (703) 938-6115 www.viennapaints.com

Trublue House Care of Vienna (703) 319-0959 Trubluehousecare.com

### **Legal Services**

Tom Appler, Attorney at Law, At Nolan & Mroz, PLC (703) 281-2600 Tappler@nmplc.com Lawton Legacy Planning
Betina M. Lawton, Esq.
(571) 377-8595
lawtonlegacyplanning.com

#### Medical

Beyond Eye Care 703-239-6633

Doc Talker Family Medicine (703) 938-4600 info@doctalker.com

Dermatology & Dermatologic Surgery Group of Northern Virginia, PLLC (703) 938-5700 dermdoctorsva.com

Franklin Dental Franklin Farm 703-870-7675

Herndon Modern Dentistry 703-259-8477

Jackson Clinics Physical Therapy (540) 687-8181 thejacksonclinics.com

Mitchell & Morin Eye Institute (703) 938-2266 Mitchelleyeinstitute.com OrthoVirginia Multiple locations: Fair Oaks (703) 810-5223 Herndon (703) 810-5204 Reston (703) 810-5202 Tysons (703)810-5217 Orthovirginia.com

Virginia Cancer Specialists Virginiacancerspecialists.com

Vienna Chiropractic Marion Todres-Masarsky DC Charles S. Masarsky DC (703) 938-6441 Neurologicalfitness.com

> Virginia Heart (703) 621-4501 Virginiaheart.com

Spine Institute 703-787-7463

#### **Miscellaneous**

Peter Montanino Pickleball Ambassador 703-801-7086

#### Older Adult Residences & Services

Brightstar Care 703-267-2380 Brightstarcare.com

Brightview Dulles Corner Phone (571) 536-6715 Brightviewseniorliving.com

> Care With Love (703)935-4070 Olivia@carewithlove.com

Comfort Keepers 703-520-2189 Choose.comfortkeepers.com

Family Cares 240-535-3451 Info@familycaresllc.com

Greenspring Senior Living 703-782-5534 Ericksonseniorliving.com Kensington, Reston 571-494-8100 Kensingtonreston.com

Pro Aging - Steve Gurney 703-966-6182 Retirementlivingsourcebook.com

> Sunrise, Vienna 703-255-1006 Sunriseseniorliving.com

The Residences at Colvin Run (703) 223-5226 Integracare.com

> Vienna Manor Viennamanor.com



#### Pet Services & Care

Banfield Pet Hospital 703-390-9150

Heavenly Paws 703-378-8378

The Backyard Bird feeder (703) 319-9453 Backyardbirdfeeder.com Vienna Pet Spaw (703) 319-7729 Viennapetspaw.com

> Wag n Wash (571) 569-0008 Wagnwash.com

Veterinary Clinic 703-435-3335

#### **Realtors**

Rachel Helmich Cheng (703) 457-7832 Askrachelcheng.com

L. Rubio Homes (703) 995-9894 Lourdesrubio @sampsonproperties.net

Masterson, Linda, Stone Properties 703-629-4113

Michelle Fisher Coldwell Banker 571-278-9350

Terra Cooke Fine Nest Realty 703-869-3794

Cheri Reid Presidential Realty 703-955-1667

#### Restaurants

Big Buns 703-306-7654

Bobby's Bagel Cafe -KSB Cafe of NY 703-648-1711 Bobbysbagelcafe.com

Caffe' Amouri 703-938-1623 www.caffeamourionline.square.site

> Foster's Grille (703) 281-2224 www.fostersgrille.com

> Jammin Java (703) 255-1566 www.jamminjava.com

Lakeside Asia Cafe (703) 391-9071

Little Beast Bistro (571) 375-0341 Littlebeastbistro.com

Luciano's (703) 281-1748 Luchianoitalianrestaurantsandpizzerias.com

> Maggiano's (703) 356-9000 Maggianos.com

Maggio's Family Restaurant (703) 938-7777 Maggiosvienna.com Maple Ave Restaurant (703) 319-2177 Mapleaverestaurant.com

Pazzo Pomodoro (703) 281-7777 Pazzopomodoro.com

> Plaka Grill (703) 319-3131 Plakagrill.com

Red's Table (571) 375-7755 Redstableva.com

Ristorante Bonaroti (703 281-7550 Bonarotirestaurant.com

Roberto's Ristorante Italiano (703) 223-5336 Robertosva.com

> Smoothie King 703-272-4462 Smoothieking.com

Souvlaki bar 703-255-7007 Souvlakibar.com

Starbucks - Oakton (703) 242-8244 www.starbucks.com

Sweet Leaf Café (703) 281-0111 www.sweetleafcafe.com Roosters 703-689-8900

Royal Floor 703-435-2000

Pazzo Pomodoro (703) 319-3354 NozzoPazzo com

Piero's Corner Ristorante Italiano 703-707-6400

Pho VietFresh 703-817-2506

Lucia's Italian Subs & Pizza Place 703-476-4400

Tony's NY Pizza (703) 537-0144 www.tonysnypizza.com

Vienna Inn (703) 938-9548 www.viennainn.com

Vienna Simply Social Coffee (703) 705-9698

WNB Factory 571-407-5603 www.wnbfactory.com



#### <u>Retail</u>

Karin's Florist (703) 281-4141 Karinsflorist.com

Louizos ELP Goldsmiths. Inc. (703) 281-7454 Louizoselp.com

> Lubin Photography (703) 356-3535 Jefflubin.com

Pear Tree Cottage Jennie Latham (703) 938-1331

Wardrobe Rescue (703) 242-6265 Mywardroberescue.com Trace – The Zero Waste Store (703) 223-5045 Tracezerowaste.com

Vienna Rexall Drug Center (703) 938-7111 Viennarexall.com 150 Maple Avenue W., Vienna, VA 22180

Beekman Place 703-938-8646

Cruz-N-Shine 703-223-5023 Cruznshine.com

Great Harvest Bread 703-938-0921 Greatharvest.com

#### Sweets Shops, Desserts & Ice Cream

Ben & Jerrys (703) 272-8022 www.benjerry.com

Cold Stone 703-481-6501

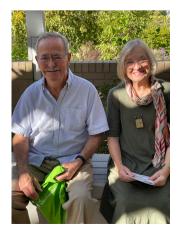
Fran's Cake and Candy Supplies (703) 352-1471 Franscakeandcandy.com Nothing Bundt Cakes (571) 441-4222 www.nothingbundtcakes.com

Toby's ice cream (703) 891-8360











#### Non-Profit Organizations

Alban Institute - (703) 964-2700

All Ages Read Together - (540) 277-3135

Allergy & Asthma Network - (800) 878-4403

Amadeus - (703) 759-5334

Amazing Families Foundation Inc - (571) 338-3432

American Society of Appraisers - (800) 272-8258

Analemma Society - (703) 444-4650

Animal Kingdom Foundation - (703) 742-8039

Arts Herndon- 703-956-6590, Artsherndon.org

Belong! - 703-867-4942

Bless My People Foundation - (888) 515-2427

BRAWS- info@braws.org

Breast Cancer Network-Strength - (703) 437-9595

Celebrate Great Falls -

Colvin Run Citizens Association – (703) 759-2685

Committee Helping Others (CHO)- (703)-281-7614

Community Foundation of Northern Virginia- (703)-879-7640

Cornerstones- 571-323-9571

Development and Relief Foundation - (202) 590-3000

Dunn Loring Volunteer Fire and Rescue Department - (703) 560-1539

Entryway- info@entrywaytalent.org

Fairfax 4 Horses-fairfax4horses@verizon.net

Fairfax Diapers- christinek@fairfaxdiapers.com (571) 243-9296

FAITH Social Services - (571) 323-2198

Freeman Store- 703-938-5187

Friends of Great Falls Library- (703)-757-8560

Friends of Oakton Library- (703)-242-4020

Friends of Patrick Henry Library- (703)-938-0405

Friends of Reston Regional Library- (703)-689-2700

Friends of the Herndon Fortnightly Library- (703)-437-8855

Great Falls Citizens Association - Gfca.org

Great Falls Garden Club - P.O. Box 1412 Great Falls VA 22066

Great Falls Rotary - (571)-217-5424

Great Falls Senior Center - 375 Walker Rd, Great Falls VA 22066

Great Falls Volunteer Fire Department - (703)-759-2300

Greater Oakton Civic Association- contact@greateroakton.com

Green Fare Health and Wellness - (703) 626-9182



Habitat for Humanity ReStore - (571) 306-0908

The Closet of Greater Herndon – (703)-437-7652,

The close to fgreater herndon.org

Herndon Neighborhood Resource Center - (703) 435-6830

Herndon Village Network- 703-375-9439

Herndon Youth Soccer Inc - (703) 318-8552

Hopecam - (703)-364-5609

Insight Memory Care- (703)-215-1575

Jill's house- (703)-639-5660

Johnny Apple Seed Association, Inc - (571) 306-3066

Kids Connect Charitable Fund - (703) 437-9720

Kids Give Back- (703)-447-9379

Kids R First - (703) 850-3639

Kiwanis Club of Tysons- 2985 District Ave #110, Fairfax, VA 22031

Langley Residential Support - (703) 560-1440

LE4P - (571) 214-3198

Leadership Fairfax - (703) 752-7555

Lenity Project- (703)-409-9063

Link Inc - Herndon, VA (703) 437-1776

Lions Club - Great Falls (703)-757-0101

Lions Club of Reston-Herndon-reston-herndon-president@restonlion.org

Lions Club, Vienna Host- viennahostlionsclub@gmail.com

Moose Lodge – Herndon- (703)-478-3768

Moose Lodge – Vienna- (703)-281-4370

More Excellent Ministries - (571) 926-2067

Networking for the Arts Foundation - (703) 675-2462

Northern Virginia Black Chamber of Commerce - (703) 442-4472

Northern Virginia Family Services- (571)-748-2500

Northern Virginia Resource Center for Deaf & Hard of Hearing Persons -

(703) 352-9055

Northern Virginia Senior Softball- (703)-945-5907

NVRides - (703)-537-3071

One Neighborhood Foundation- (703)-819-8350

Our Military Kids, Inc. - (703) 734-6654

Potomac Appalachian Trail Club- (703)-242-0315

Project Horse Empowerment Center- (703)-517-6964

Rotary Club of Great Falls- (571)-217-5424

Rotary Club of Herndon- (703)-435-2273

Rotary Club of Herndon-Reston - (703) 435-2273

Rotary Club of Reston- (703)-863-7629







Rotary Club of Vienna- (703)-856-2959

Rustic Love Vienna- rusticloveviennt@gmaill.com

SCORE Association - (800) 634-0245

Seeds of Hope Foundation - (571) 325-6435

Service Source- (703)-461-6000

She Believes in Me - (703) 332-9311

Shelter House- (703)-435-4940

Source For Learning - (703) 860-9200

STEPUP Foundation, Inc. - (407) 391-5047

Stroke Comeback Center- (703)-255-5221

Supporting Sunrise - (571) 479-0389

Teens United - (703) 860-3100

Training Futures- (571)-748-2860

Tysons Community Alliance - (703) 738-0064

United Touch - (202) 567-8500

Vale Club and Friends of the Vale Schoolhouse-

facebook.com/Vale.Schoolhouse

Vienna Art Society- (703)-319-3971

Vienna Business Association - (571) 550-2483

Vienna Youth, Inc- (703)-255-6360

Volunteer Fire Department – (703)-759-2300

Volunteer Fire Department – (703)-938-2678

Wolf Trap for the Performing Arts Foundation-(703)-255-1900

Women's Center-(703)-281-2657

Women's Club of Great Falls - info@womensclubgf.org



#### **Recreational Centers**

Vienna Community Center - (703) 255-6360

Herndon Community Center - (703) 787-7300

Four Seasons Recreation Association - (703) 437-1811

Reflection Lake Recreation - (703) 834-6057

Fairfax County Government - (703) 689-3550

McNair Farms Community Center - (703) 713-6111

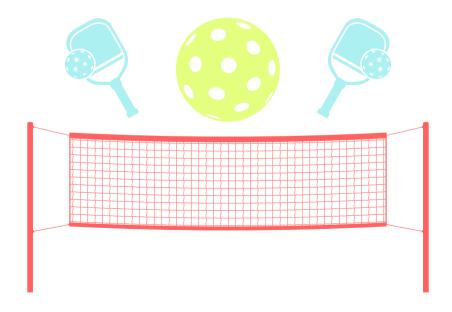
Herndon Senior Center - 873 Grace St # 1, Herndon, VA 20170

Oak Marr Rec Center -3200 Jermantown Rd., Oakton, VA 22124



#### Libraries

Oakton Library - (703) 242-4020
Patrick Henry Library - (703) 938-0405
Patrick Henry Library - (703) 938-0405
Vienna's Historic Original 1897 Library Museum - (703) 938-5187
Herndon Fortnightly Library - (703) 437-8855
Reston Regional Library - (703) 689-2700
Public library - (703) 689-2700
Mom's Dream Little Library - (412) 259-3577
Tysons-Pimmit Regional Library - (703) 790-8088
Patrick Henry Library - (703) 938-0405
Thomas Jefferson Library - (703) 573-1060
Great Falls Library - (703) 757-8560



#### Parks

Sophie's Natural Leader Lake Fairfax Skate
Park
1400 Lake Fairfax Drive

Reston Arboretum

12700 Sunrise Valley Dr Suite 450

Splash Pad 12023 Town Square St

Lake Fairfax Park playground Lake Fairfax Park, 1400 Lake Fairfax Dr

Water Mine Family Swimmin' Hole 1400 Lake Fairfax Dr

> Haley M. Smith Park 324 Van Buren St

Runnymede Park 195 Herndon Pkwy

Trailside Park 1022 Crestview Dr

Bready Park 814 Ferndale Ave

Cutter Mill Park 1400 Cuttermill Ct

Bruin Park 415 Van Buren St

Herndon Caboose Park 777 Lynn St

Alabama Drive Park 20 170, 1100 Alabama Dr

> Harding Park 749 Van Buren St

Folly Lick Park 1521 Bal Harbor Ct

Chandon Dog Park Hunters creek park 128 Herndon Mill Cir

Hutchison Park
Parcher Ave
Friends of Runnymede Park
515 Alabama Dr

Folly Lick Stream Valley Park 12348 Cliveden St

Stratton Woods Park Reservable Picnic Area 2431 Fox Mill Rd Herndon Monroe Wetland Preserve Reston, VA

Dulles Station Community Park 13707 Sayward Blvd

Sugarland Run Stream Valley Park 12200 Parkstream Terrace

> Dog Park 2343 Dulles Station Blvd

> > Fred Crabtree Park 2801 Fox Mill Rd

Frying Pan Farm Park 2709 West Ox Rd

Playground at Trailside Park 1022 Crestview Dr

Fairfax Connector Herndon Division 268 Spring St

> Holly Knoll Park 11817 Leesburg Pike

Frying Pan Farm Park - Parking Lot
2709 West Ox Rd

Frying Pan Fire Road 13020 Henson Ct

Little Difficult Run Stream Valley Park 2940 Harvest Glen Ct

Herndon Parks & Recreation Department 814 Ferndale Ave

> Playground 1400 Cuttermill Ct

Sugarland Run Park Trailhead Washington and Old Dominion Bridle Trail

Horsepen Run Stream Valley Park Trailhead 13364 Horsepen Woods Ln

> Herndon's Skate Park 1022 Crestview Dr

Arrowbrook Centre Park Soccer Field 2351 Field Point Rd Public tennis & soccer facilities

Sugarland Run Park Trailhead Parking 12200 Parkstream Terrace

> Stratton Woods Park Reston, VA

Dranesville Tavern Park 11919 Leesburg Pike

Sully Highlands Park 13808 Wall Rd

Sugarland Run Dranesville Trailhead 1117 Dranesville Rd National Park Service Oakton Community Park 2841 Hunter Mill Rd

> Blake Lane Park 10033 Blake Ln

Oakborough Square Park Oakton, VA

Waples Mill Meadow Park Waples Mill Rd

Tattersall Park 10202 Palmer Glen Ct

Blake Ln Dog Park Parking 10033 State Rte 655

Riverbend Park Visitor's Center 8700 Potomac Hills St

> Seneca Regional Park 101 Seneca Rd

Difficult Run Stream Valley Park 1105 Hobnail Ct

> Lockmeade Park 1104 Riva Ridge Dr

Great Falls Grange 9818 VA-193

River Bend Nature Center 8700-8814 Jeffery Rd

The Turner Farm 925 Springvale Rd

Potomac-Heritage Trail, VA 4.8 101 Seneca Rd

Cross County Trail Access Point 9950 Colvin Run Rd Great Falls VA
Potomac Heritage Trail

Fraser Preserve 239 Springvale Rd

Old forgotten Potomac Heritage Trail

Great Falls Trail - Pumping Station
1 Clarks Branch Rd

Cow Hoof Rock McLean, VA

Washington's Canal Potomac Heritage Trail

Difficult Run Stream Valley Trail
Georgetown Pike
McLean, VA

Nottoway Park 9537 Courthouse Rd

Meadow Lane Park 400 Courthouse Rd SW

Moorefield Park 700 Courthouse Rd

Southside Park 1315 Ross Dr SW

Nottoway Park - Black Field 91537 Courthouse Rd

> Peterson Lane Park Vienna, VA

Sarah Walker Mercer Park 247 Nutley St NW

> Wildwood Park 504 Mashie Dr SE

Dunn Loring Park 2540 Gallows Rd

Idylwood Park 7709 Virginia Ln

Town Green 144 Maple Ave E

Glyndon Park 300 Glyndon St NE

Cunningham Park 1001 Park St

Foxstone Park 1910 Creek Crossing Rd NE

George C. Yeonas Park 1319 Ross Dr SW

Waters and Caffi Fields Center St S

Raglan Road Park 8590 Raglan Rd

Parks & Recreation 231 Dominion Rd NE

Trailside park Vienna, VA

Ashlawn Park 10230 Dunfries Rd

Glencannon community park 9931 Lawyers Rd

Clarks Crossing Park 9850 Clarks Crossing Rd















#### A Tribute to 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).





The Adler Foundation supports Vocational Education and Community Service in the Northern Virginia area.



We value people who are committed to improving their life and their community.

Len and Dale Adler

