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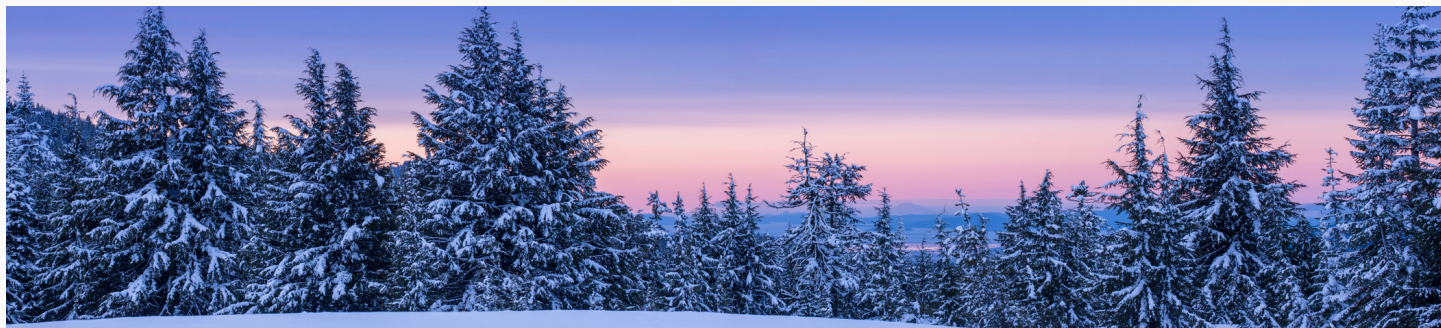
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SCNOVA NEWSLETTER

Celebrating 25 years of service

Winter 2023 Edition/ SCNOVA



Thank you to our Pickleball Mixer & Fundraiser Sponsors

Visionary Sponsors:

Tom & Robin Portman
 Vienna Presbyterian Church
 The Adler Foundation

Strategic Sponsors:

Navy Federal
 The Providence Fairfax
 Hunters Woods at Trails Edge

Community Sponsors:

VLP
 OrthoVirginia
 Cherry Blossom PACE
 Money & King
 Family Cares LLC
 Heavenly Paws Cremations
 Virginia University of Integrative Medicine
 United Bank
 Brightview Senior Living
 Greenspring by Erickson Senior living

Benefactor Sponsors:

Virginia Heart
 Great Falls Assisted Living
 Rae Fischer
 Melinda & Jake O'Brien



Dear friends, Sponsors, Supporters and Players, thank you for participating in the 2nd Annual Pickleball Mixer & Fundraiser! Thanks to your support we had a very successful day of play, networking, good food and fun. We are also thrilled to announce we have achieved our fundraising goals, enabling us to continue to serve older adults in our communities with critical and enriching programs. We are genuinely grateful for your support. Next year will propose to be even bigger so grab a friend and keep practicing! In the meantime, please visit our website for more opportunities to be involved.

Premier Sponsors:

Brightstar Care
 M2 Strategy
 Sunrise living- Hunter Mill
 Comfort Keepers
 Virginia Cancer Specialists
 Vienna Drug - Rexall
 The Kensington - Reston
 Rebecca & Dennis Pick
 Jean Watterson
 Hina Anwai Ali

Patron Sponsors:

Fresh Nails Spa
 TruBlue Home Care
 Rachel Hemich Cheng
 Nolan & Mroz PLC
 Caffe Amouri
 The Residence at Colvin Run
 Presidential Realty
 Finn's Pool & Spa
 Tom Appler
 Hopwood Financial
 Vienna Manor
 Ed Mize

Volunteer Highlight: SCNOVA Development Committee



Pictured Left to Right:

Kerry Massie, Marianne Monek, Ambre Tomlinson, Nancy Appler, Carolyn Pennington, Jayne Young, Marsha Komandt, Anne Nelson. Not pictured: Frieda Errico, Akram Aleahmad, Barb Anastos, Cheri Reid & Steve Gurney

Special thanks to our Pickleball Event Committee members for an amazing 2nd Annual Pickleball Mixer & Fundraiser! The SCNOVA Event Committee helps organize Fundraisers which bring awareness to the SC mission, socialization for the community, and funding for SC programs and services. Looking to get involved in a rewarding volunteering experience rich in social interaction, fun and event planning? This might just be the perfect committee for you to join!



Benefits of volunteering include:

- Giving you a sense of achievement and purpose
- Helping you feel part of a community
- Helping you feel better about yourself by improving your self-esteem and confidence
- Helping you share your talents, learn new skills and create a better work-life balance
- Helping combat stress, loneliness, social isolation and depression
- Helping you meet new people, which can help you feel more connected and valued

If you haven't volunteered over the last year use this holiday season as an opportunity to give back to others!

Special Events Recaps & Photos

Pickleball Mixer & Fundraiser 2023



With the colder winter months approaching it is important to prepare your body for the immune system attacks that come along with it such as, the flu and the common cold. VUIM is a proud sponsor of the Shepherd's Center of Northern Virginia and Dr. Haley Parker, Director of Clinical Operations has shared the following tips on how to protect your lungs and stay as healthy as possible all season long.



The Delicate Balance of the Lung: In the realm of Traditional Chinese Medicine (TCM), each season is intricately connected to specific organs and etiologies. Autumn is associated with the lung, and its defining characteristic is "dryness." The lung, in TCM, is considered a delicate organ, prone to various health challenges like colds, flu, asthma, and the effects of dryness. To ensure your well-being during this season, consider the following:

1. **Stay Active:** Regular physical activity helps to keep your body in balance. Exercise strengthens the lungs and enhances overall health.
2. **Nutrient-Rich Diet:** Consume foods that support your immune system and hydrate your body. Fruits, vegetables, and nourishing soups are excellent choices.
3. **Immune Support with Acupuncture:** Acupuncture has been shown to boost the immune system, making it more resilient to colds, flu, and other seasonal challenges. Regular acupuncture sessions can help you maintain your health and balance.

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

WELCOME
to the Team
New SCNOVA
Volunteers!

Richard Solano, Adriana Solano, Kent Fielden, Jeb Gaul,
Timothy Todd, Ajay Marwaha, Shuchi Marwaha, Don Fowler,
Janice Wolf, Craig Bradley, Bob Kirschman

#GivingTuesday

“SCNOVA volunteers go out of their way to do anything for me” - Sharon J.

Giving Tuesday is a special time of year where we participate to further the efforts on behalf of older, homebound adults in our community. This year, Giving Tuesday is November 28th. Whether you benefit from our services, volunteer with us, sponsor SCNOVA in some way, attend our events, or your beliefs simply align with our mission, consider donating today. Open your phone camera and hover over the QR code to the right to take you to our website or type the link into your browser. Our organization thrives solely because of caring people like you!



#GIVING
TUESDAY™



<https://scnova.org/donate/giving-tuesday/>

SCNOVA Client Testimonials, What SCNOVA Means to Me

Our volunteers go above and beyond on a daily basis. Our appreciation is limitless, but these client testimonials give some insight on what SCNOVA and its volunteers mean to our clients:

“I feel very grateful and connected to my community because of the volunteers and the transportation program.”

“I don’t know where I would be without the drivers! I’m scared of Lyft.”

“I feel very blessed knowing I will have transportation to my medical appointments!”

“All the drivers are so nice and respectful.”

“If it wasn’t for you I’d have nothing. I have no family.”

“Volunteers keep me in touch with the outside world.”

A LOOK AT OUR WONDERFUL VOLUNTEERS

1,923 Client
Rides



6,743
Volunteer
Hours



10,222 Miles
Covered



Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth



Once again, on behalf of the Board of Directors, I'd like to champion the work of our staff, the Development Committee, and a host of key volunteers. It is hard to imagine that they could top last year's first pickleball fundraiser, but, with the generous assistance of the Worldgate Athletic Club and Spa in Herndon and Blue Chip Sports Management, over 100 supporters enjoyed an even bigger and better event on October 19th! With the help of Blue Chip's pros, we filled 10 indoor pickleball courts to capacity for nearly 3 hours. Participants played hard in beginner classes and in a wonderful round-robin competition. Everyone enjoyed the donated snacks and smoothies and many people left with prizes and awards for their play on the courts and in the wonderful golf simulators.

The support of our many sponsors made this an overwhelming successful event, building the resources for us to continue providing key services and programs to older adults in our service areas of Oakton, Vienna, Great Falls, Herndon, Dunn Loring, and Reston. Nothing is better than having so much fun in support of such important community services. Our thanks go out to everyone who made this such a great event.

Now, as the year comes to a close, the board is hard at work seeking grant and foundation support, developing the 2024 budget, completing our marketing and communications blueprint, enhancing the work of our critical Congregational Advisory Council, and working on creative new models for our educational programming. We should be rolling out some new programming in 2024 while we continue our commitment to the core programs that serve our growing client and participant population.

Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington



As we move closer to the end of the year, we would like to give thanks for the many wonderful opportunities we have shared in 2023. We are so grateful for all the staff and volunteers who support driving, congregational support, development, events, education, fundraisers, health & wellness advocacy, mail-outs, pickleball, support groups, tai chi and so much more. **THANK YOU!** We are especially grateful for our supporters of the Shepherd's Center, from individuals to community, corporate and congregational partners. We could not function without your generous support.

Because of your participation, we can boast of a robust and successful volunteer driving program this year. The most recent feedback from a client survey tells us that 92% of participants say that the program has enabled them to stay at home and live independently. This program is making a significant impact in the lives of our friends and neighbors. As we look to the new year, I urge you to consider being a volunteer or expanding your volunteer participation as our requests continue to grow!

Plans are already underway for an exciting 2024. Please be sure to visit our website for event information. Registration is open for the Lunar New Year celebration with the Vienna Community Center on February 7th. We wish you a wonderful winter season and hope you take the time to enjoy what is meaningful for you, and wish you a safe and happy New Year!



Looking to connect with a friend and share a smile this holiday season?

Contact our office or go to our website for more information on our Friendly Visitor/Friendly Caller program! 703-281-0538
www.scnova.org




- **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 Bing - Ho Ho Ho @ Foster's Grille Vienna** **December 4, 2023, 4pm-6pm**
- **Holiday Tea & Sweets Celebration @ St. Mark Church**, **December 12, 2023, 1pm - 3pm**
- **Volunteer Meet & Greet Breakfast Potluck @Vienna Baptist Church** **January 17th, 2024 10am-12pm**
- **Lunar New Year Celebration @ The Vienna Community Center** **February 7, 2024, 12pm -2pm**

Holiday Office Closures

*The Shepherd's Center of Northern Virginia will be closed November 23-24 and December 25-January 1st. Please arrange your transportation accordingly.

*This winter, Adventures In Learning will be taking a break. Look out for new life enrichment opportunities in the 2024 New Year!



Thanks to a generous foundation, SCNOVA is thrilled to announce that we are able to offer a gas/gift card appreciation program Jan. 1st - Jun. 30, 2024. Please know we appreciate every volunteer that helps a home-bound client get to needed medical appointments, grocery store visits and other needed appointments. **THANK YOU!** The goal is to help more clients and make an even bigger impact than before. New drivers, we have a plan for you too so please sign up to be a volunteer driver today!

Interfaith Community Thanksgiving Service - Sunday, November 19 at 6:00 p.m.

Join your friends and neighbors for an evening together with area faith communities in an interfaith service of giving thanks followed by a pie social. Guest speaker will be Vienna Mayor Linda Colbert. A special offering will be collected to benefit The Lamb Center and the Committee for Helping Others (CHO). Hosted by Emmanuel Lutheran Church: 2589 Chain Bridge Road, Vienna, VA, www.elcvienna.org

Special Events Recaps & Photos

Pickleball Mixer & Fundraiser 2023





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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 - Winter 2023



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

Staff

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|-------------------------------------|----------------------------------------|--------------------------------------------------------------------------------|
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| Operations/Volunteer Manager | Marianne Monek 703-281-0538 | office@scnova.org |
| Marketing/Events 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 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.

Scott Honiberg, Chair; Grants Comm.

Philip Pifer, CAC Board Liaison, IT Communications, Marketing/ Social Media Comm.

Robin Portman, Development Comm.

Alexandra Sullivan, Board Member, Client Liaison