

Page 1-3

- Volunteer Highlight: Ann Streb and Kristen Williams
- SCNOVA News & Events
- Pickleball Festival 2024 - Safety Info & Save The Date

Page 4-5

- Word from Board Member & Client Representative, Dr. Alexandra Sullivan
- A Word from our Board Chair & Executive Director
- Special Event Photo Recaps

Page 6-9

- Community Partner Events
- SCNOVA Recommends...
- Special thanks to our new 2024 sponsors

SCNOVA NEWSLETTER

Spring 2024 Edition/ SCNOVA



Dynamic Mother and Daughter Volunteer Duo



Ann Streb

Ann Streb and her daughter Kristen Williams are both cherished SCNOVA volunteers, and the only mother-daughter duo we have currently volunteering with the organization. The following is a Q&A about their experience giving back to the older adults in the communities we serve:

Q: Who began volunteering here first?

Ann: I am 85 years old and I have been volunteering with the Shepherd's Center for 10 years. I was actually unaware at first that my daughter was volunteering as well. I heard it through the grapevine and was pleased. Kristen has been volunteering with SCNOVA for about 5 years now.

Q: Why did you choose to volunteer for SCNOVA?

Kristen: I chose to volunteer with the Shepherd's Center because I like to drive and was willing to help others in need.

Ann: I love to drive. I drove a school bus for awhile and it brought me joy. Helping people feels great.

Q: What do you enjoy about volunteering with your mother/daughter?

Ann: I love being an inspiration for my daughter. Driving with SCNOVA helps to fill my spare time. It is not a demanding situation (you make your own schedule) I have good conversations with the folks I drive. It makes me realize how many people are in need.

Kristen: On a past trip, we got to talking and my passenger said, "I know your Mom! She has driven me before!" It's nice to meet new people, have good conversations and have a sense of civic responsibility. Getting someone where they need to be and not having to worry about how they are getting there makes me happy.

Q: What advice would you give to others looking for volunteer opportunities?

Ann: SCNOVA is a great place to volunteer. I enjoy the company and I'm grateful to fulfill the needs of others.

Kristen: I would encourage others to follow suit and volunteer for Shepherd's Center. To me, it is an investment in our community and the people who live in it. Even giving in simple ways can help those in need, improve your well being and bring happiness.



Kristen Williams



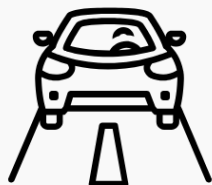


INCLEMENT WEATHER POLICY

During the winter season please be advised that SCNOVA follows Fairfax County's closing and delay schedule. If Fairfax county is closed or delayed so are we. Please schedule rides accordingly and be advised if the county is closed existing rides are canceled due to safety concerns during bad weather. Thank you!

FEMA Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days
- Extra cell phone battery or charger Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air
- Plastic sheeting and duct tape to shelter-in-place
- Moist towelettes
- Garbage bags and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps



Our policy has changed. We have heard your requests and appreciate concerns. From now on we require only 3 business days notice for ride requests. Please plan your scheduling accordingly. We hope you enjoy a smoother ride!



- **St. Patrick's Day Lunch N Life @ St. Mark Catholic Church** featuring Margaret Davenport & Friends.
March 13, 2024 12pm - 2pm
- **Volunteer Meet & Greet @Vienna Baptist Church** **April 9, 2024 10am - 12pm**
- **Bingo @Foster's Grille-Vienna** **April 22, 2024 4pm - 6pm**
- **The Appraisal Roadshow Lunch N Life @ Emmanuel Lutheran Church** **July 10, 2024 12:30pm - 2:30pm**

We are currently placing our **friendly callers and visitors** with our clients and we would love to connect you with someone special. Please reach out to the Shepherd's Center of Northern Virginia.

703-281-0538



Gearing up for the SCNOVA Pickleball Mixer & Fundraiser 2024



You may have heard of the now infamous, SCNOVA annual Pickleball & Fundraiser. If you haven't already gotten involved, this year is an excellent opportunity to participate. The following is an excerpt of a great article, providing some tips to get the most out of your pickleball experience. We hope to see you all there **Sept 17th, 2024!**

Benefits of Pickleball

Pickleball - often described as a combination of tennis, ping pong and badminton - check the boxes for exercise recommendations. It improves cardiovascular fitness and increases muscle strength and flexibility.

A pickleball court is smaller than a tennis court, so it reduces the amount of ground you have to cover. "Because the game is simple, it encourages participation from a wide group of people," says Mary Stilphen (PT, DPT, Senior Director Rehabilitation and Sports Therapy at Cleveland Clinic and former competitive athlete who now plays pickleball four times a week). "The social aspect of it is also fantastic," she says. "I believe that's what draws a lot of people to the sport. When I visited my sister in Colorado, I walked onto a pickleball court, and there were the happiest group of people I've ever seen."

Not only is pickleball good for physical health, it may have cognitive benefits. Being social is good for brain health. And even though the game of pickleball is simple, The scoring can be a bit complicated. "It requires you to think while you're exercising, which is good for our brains," says Stilphen.

Keep it Safe

Just because it's easy to play doesn't mean you can't overdo it or get injured. "It's important to prepare your body to play," says Stilphen. To keep it enjoyable and safe, follow a few simple suggestions:

- Warm up before you play
- Make sure you're hydrated
- Wear supportive shoes
- Play with people who are at your skill level
- Make sure there is no debris or cracks on the court
- Don't walk or run backward to hit a ball, which raises risk for falling.
- Cool down and stretch after play.



Pickleball, Anyone? (excerpt),
Arthritis Advisor, May 2023.
<https://www.arthritis-advisor.com/full-issue/download-the-full-may-2023-issue-pdf/>



Save the Date

Pickleball Mixer &

Fundraiser 2024

September 17, 2024

4-7pm

Worldgate Athletic

Club & Spa

13037 Worldgate Drive, Herndon Va.



Message from Board Member, Dr. Alexandra Sullivan - *It's Ok to Ask for Help*



My name is Alexandra Sullivan, and I am a member of the SCNOVA Board of Directors as a Client Representative serving as a voice for the SCNOVA client. I have had the honor of spending 40+ years as a Physical Therapist with a wonderfully diverse caseload. I prefer working in a rehab team setting specializing in geriatrics, women's health, neurological and cardiac rehabilitation. After decades of service as a Physical Therapist/Counselor, I retired to write my memoirs. My life plan took a sharp turn after I experienced a sudden, violent, and traumatic event. I sustained significant injuries that led to a complete role reversal. Rather than being the doctor, I became the patient. I was used to being the caregiver. Now, I needed lots of care!

I didn't know where to begin. I remembered that my former patients in outpatient rehab used SCNOVA volunteer drivers to and from physical therapy treatments. They were always pleased with this service. As I chatted with their volunteers, I knew my patients were in good hands. Even though I was reluctant and embarrassed to ask for help, I knew where to call - SCNOVA. My greatest need was transportation services to doctor appointments, physical therapy sessions, MRIs, and X-ray tests. I also needed trips to get food, and go to the bank. Since the beginning, I immediately learned that they are unique and caring individuals who want to be of service. SCNOVA volunteers want to serve seniors to return to health or attain the independence of aging in their homes. The volunteers are trustworthy, empathic, and dependable. They have become a needed and welcome extension of our social network.

As an SCNOVA Client Representative, I am honored to serve as your voice. I look forward to contacting clients and gaining a better perspective of your wants and needs this year. In the meantime, I sincerely encourage you to call SCNOVA and reach out. If you feel you need an ear to listen I am here to advocate for you. Always remember - "It's ok to ask for help."



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www.lasagnalove.org



Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth



We held a wonderful volunteer open house at Vienna Baptist Church on January 18th. We hosted a tasty potluck breakfast for current volunteers and potential new volunteers. Carolyn, Marianne, and Ambre discussed the overall mission, organization, and staffing of SCNOVA, and several current volunteers and members of the board gave descriptions and testimonials about our various services and programs. We enjoyed bringing together many of our dedicated volunteers, some of whom don't see each other often (or the staff for that matter!) as they perform their important services individually in the community most of the time. We also welcomed many prospective volunteers. It was very rewarding to meet so many people dedicated to volunteering in our communities. This event reminded me of one of the most important things about our volunteer opportunities at SCNOVA. We have an almost unlimited range of possible roles. Many volunteers provide our direct service programs (transportation, handy helper, friendly visitor/caller). Others work in a variety of roles for our social and fund-raising programs. Some provide health advocacy and education, and others coordinate exercise and adult learning programs. Many provide administrative services to the organization such as database management, accounting, office administration, grant writing, and marketing and communications. Finally, our opportunities are maximally flexible, generally allowing volunteers to choose the times and dates of their service as well as the level of commitment—from an hour or two a month to many hours every week! Virtually anyone interested in serving older adults in our service area can find a suitable role with SCNOVA.

Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington



Do you have a goal to be healthier and more engaged this year?

By the time this edition reaches you, we will be wishing winter to be over and hoping for an early spring. However, these winter months still hold many opportunities for connection, warmth, and good cheer. It is important for our well-being to search for opportunities to get together with friends, either over the phone or in person. It is important to invite others in and make new friends. Indeed, the Surgeon General's Advisory on the Epidemic of Loneliness and Isolation clearly states, "Social connection is a fundamental human need, as essential to survival as food, water and shelter". And further, "The lack of social connection poses a significant risk for individual health and longevity".

If you desire to be healthier in 2024 then grab a friend and add some fun to your list of things to do!

There are several opportunities the Shepherd Center of Northern Virginia offers to connect with others through Lunch N Life events, Bingo nights, the Great Decisions book club, and Friendly Callers and Friendly Visitors (participants and volunteers). Signing up to be a volunteer is also a good way to bolster your health and help others too. Personally, I love being a volunteer driver. I enjoy connecting with others, hearing people's concerns as well as their joys (often food, books, or grandchildren). When I drive it feels like such a small offering in respect to the needs that people are facing but, a small movement in a pond makes a big ripple. One participant recently shared with me that we are her only connection to our community as she has no family. We are her family. Conversations like that remind me that all our small gestures combined benefit the greater good. Please reach out if you are interested in learning more.

Special Events Recaps & Photos

Holiday Tea & Sweets 2023



Volunteer Meet & Greet Potluck Breakfast 2024



Bingo at Foster's Grille 2024



Lunar New Year Celebration 2024



Community Partner Events

BrightView Independent Living, Assisted Living, Memory Care - Woodburn

2/14 Valentines celebration - 2-4pm. **RSVP to Nikita**
(NMutter@bvsl.net)

BrightView Independent Living, Assisted Living, Memory Care - Great Falls

Movie Matinee Series – 4th Sunday of each month in private theatre – **RSVP Kathy** (KWagner@bvsl.net)

BrightView Independent Living, Assisted Living, Memory Care - Dulles Corner

3/12 In-Person Caregiver Support Group (with Teresa Dunbar, MSG, CMC from Golden Pond Elder Care Strategies) 4 – 5pm
For any of these events, **RSVP to Jackie** (JHagan@bvsl.net), **Agnes** (AHosley@bvsl.net) or **Erin** (EMooney@bvsl.net)

BrightView Independent Living, Assisted Living, Memory Care - Fair Oaks

2/22 Taste of Argentina Dinner 4pm – **RSVP to Robin** (RWilliams@bvsl.net), **Gwen** (GPrisco@bvsl.net) or **Elaine**
(ESoska@bvsl.net)

2/27 Virtual Caregiver Support Group (Colleen Duewel, MPH, CMC, CDP from LionHeart Eldercare & Consulting) 4 – 5pm

3/26 Virtual Caregiver Support Group (Colleen Duewel, MPH, CMC, CDP from LionHeart Eldercare & Consulting) 4 – 5pm

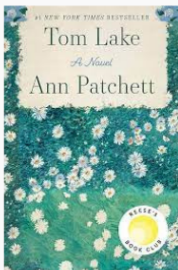
- **Contact Robin** (RWilliams@bvsl.net), **Gwen** (GPrisco@bvsl.net) or **Elaine** (ESoska@bvsl.net) for Zoom log in

SCNOVA Recommends...

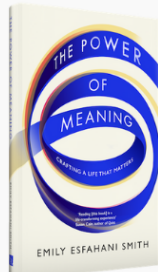
The following is a compiled list of recommendations from SCNOVA clients, staff, BOD and friends. Whether it is a book, restaurant etc. your recommendations are welcomed! If you would like to include a recommendation please email:

communications@scnova.org

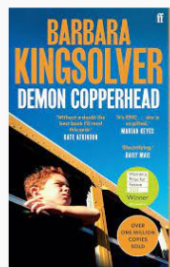
Tom Lake
By Ann Patchett
Volunteer: Jill Miller



The Power of Meaning
By Emily Esfahani
Volunteer: Mike Mulreany



Demon Copperhead
By Barbara Kingsolver
Volunteer: Ann Smith



Restaurant
Aracosia - McLean
Operations Manager
Marianne Monek



Special thanks to our sponsors that have already partnered for 2024!



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



New SCNOVA Volunteers!

Bob Kirschman, Craig Bradley, Janice Wolf, Heather Westfall



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Shepherd's Center of Northern Virginia serves Oakton, Vienna, Reston, Herndon, Great Falls, Merrifield & Dunn Loring

SCNOVA Spotlight - Spring 2024



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

Staff

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Marketing/Events Manager Ambre Tomlinson 703-281-0538 communications@scnova.org
Database Manager - Volunteer Jean Bastien 703-281-0538 support@scnova.org

2024 Board of Directors & Committees

Scott Schroth , Board Chair; Exec. Comm. Chair; Policy Comm, Co-Chair; Volunteer 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, 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.
Annamarie Mariani—Huehn, Board Member
Philip Pifer, IT Communications, Marketing/ Social Media Comm.
Robin Portman, Board Member
Alexandra Sullivan, Board Member, Client Liaison