



Annual Report 2023

Dear Friends of the Shepherd's Center,

March 15, 2024

We celebrated our 25th anniversary in 2023, a year marked by growth and stability in equal measures. Our national organization, Shepherd's Centers of America, has been sponsoring a strategic planning assessment based upon a life-cycle approach to non-profit organizations. We have begun a process of assessing our management, programs, governance, financial resources, and systems with an eye towards establishing our position along the continuum of non-profit health and growth. After 25 years of strong visionary leadership and governance, sound administrative management, diverse and consistent financial support, and creative programming for older adults, it is not surprising that SCNOVA falls into the category of a "mature" non-profit organization. However, non-profit life-cycles can end in decline and stasis if an organization does not continually work to meet community needs, remain vigilant for changing social and environmental factors, and strive for creative renewal over time.

In this context, we are pleased that 2023 found us with a strong and stable management team, growing financial resources, increases in services and programming, and gradual growth of our governing board. At the same time, we grappled with changing demands for some educational programming, leading us to suspend our traditional model of Adventures in Learning in a process of strategic reassessment and renewal. We look forward to trying creative approaches to such programming in 2024 while we sustain many of our other popular social and educational programs.

As usual, we wish to thank the many longtime and new volunteers who allow us to provide a consistent level of service to older adults in our community. Our board and staff have done a wonderful job of establishing a highly professional approach to marketing, communications, and fundraising. Our many dedicated community partners, donors, and sponsors allow us to provide hundreds of thousands of dollars of valued services and programming with low administrative overhead. We remain committed to sustaining our efficient model of "seniors serving seniors" for another 25 years!

Handwritten signature of W. Scott Schroth in black ink.

W. Scott Schroth
Chair, Board of Directors

Handwritten signature of Jayne P. Young in black ink.

Jayne Young
Vice-Chair, BOD

Handwritten signature of Carolyn Pennington in black ink.

Carolyn Pennington
Executive Director

What is the Shepherd Center of Northern Virginia (SCNOVA)? We are a volunteer-based, non-profit organization dedicated to promoting and supporting purposeful, independent living for mature adults through free transportation assistance, support services, volunteer opportunities, and lifelong learning. Founded in Vienna-Oakton in 1998, we now serve the areas of Vienna, Oakton, Dunn Loring, Reston, Herndon, and Great Falls. We are one of 55 Shepherd's Centers in the United States. Over 250 volunteers organize and administer the activities of the Shepherd's Center. To learn more about the Shepherd's Center of Northern Virginia, please view our website at www.scnova.org.

2023 Financial Statement

UNAUDITED

	<u>Without Donor Restrictions</u>	<u>Board Designated Endowment</u>	<u>Total</u>
Revenue and other support:			
Contributions			
Individuals	\$ 57,965	-	57,965
Faith groups	25,655	-	25,655
Grants	65,781	-	65,781
Corporate and other non-profits	11,524	-	11,524
Memorial	46,000	-	46,000
Major fundraising event, net of direct and donated expenses	77,503	-	77,503
Other fundraisers and sponsorships	23,984	-	23,984
Program revenue	16,390	-	16,390
In-kind revenue, excluding fundraiser expenses	25,230	-	25,230
Interest and other income	5,398	-	5,398
Unrealized gain (loss) on investments	-	112,456	112,456
Realized gain (loss) on investments	-	3,024	3,024
Total revenue and other support	<u>\$ 355,430</u>	<u>115,480</u>	<u>470,910</u>
Expenses:			
Program services	\$ 177,454	-	177,454
Management and general	42,441	-	42,441
Fundraising	65,118	-	65,118
Total expenses	<u>285,013</u>	<u>-</u>	<u>285,013</u>
Change in net assets	<u>70,417</u>	<u>115,480</u>	<u>185,897</u>
Net assets, beginning of year	215,793	754,182	969,975
Board designated net assets, memorial gift	(46,000)	46,000	-
Transfer from board designated endowment to unrestricted funds	32,700	(32,700)	-
Net assets, end of year	<u>\$ 272,910</u>	<u>882,962</u>	<u>1,155,872</u>

2023 Accomplishments

Services

Medical & Companion Transportation: Drivers provided over 1616 one way rides safely for medical, dental, physical therapy appointments, and picking up prescriptions. Volunteers provided 518 rides for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and the bank.

Friendly Callers: Volunteers made regular contact by phone with individuals who had limited contact with others and who enjoy friendly conversation.

Friendly Visitors: Volunteers visited individuals who may feel isolated in their homes and desire companionship, conversation and contact with their community.

Handy Helpers: Minor home repairs were made to help older adults keep their home and yard safe and livable.

Health Care Advocacy: A volunteer health advocate provided individual health counseling, referral to community resources, blood pressure readings, and fall prevention screenings.

Caregivers Support Group: Facilitated by SC volunteers, this group met twice a month virtually to provide support for family caregivers from those who have traveled the road before with an exchange of ideas and resources.

Programs

Adventures in Learning (AIL): AIL programs were offered for three eight-week sessions in a hybrid approach, with a choice of in-person or via Zoom. Presented were a variety of classes such as tai chi, health education, arts and entertainment, travel, and world affairs.

Active Aging Exercise Class: Seven eight-week exercise sessions were held over Zoom to promote balance, wellness and care by an exercise physiologist, focusing on low impact aerobics, balance, coordination and stretching for seniors. Newcomers are always welcome!

Great Decisions Discussion Group: Facilitated by SC volunteers, participants met via Zoom during the year to discuss important global issues.

Volunteer Appreciation Luncheon: In April we recognized the contributions made by our wonderful volunteers who provided over 8,207 hours of support through various services and programs.

Lunch N' Life: Luncheon programs featured The Mardi Gras Celebration, The White House Butler, Thanksgiving Luncheon, Holiday Tea & Sweets and The Appraisal Roadshow.

Senior Social: SCNOVA partnered with the Vienna Community Center to host community Mardi Gras and Thanksgiving luncheons. These well-attended events helped fill our mission to create meaningful opportunities for social connection and to reduce social isolation.

Pickleball Fundraiser: SCNOVA celebrated its 25th anniversary and hosted its second annual Pickleball Mixer and Fundraiser in Herndon Virginia. With over 100 attendees and the support of many sponsors and partners, SCNOVA was able to meet it's goal of \$80,000.

Community Recognition: SCNOVA is proud to be recognized as a critical non-profit for 2023 by Spur Local (formerly known as Catalog for Philanthropy) . SCNOVA also received the Top-rated Non-profits of 2023 Award from the Great Non-profits organization.

Employee/Community Volunteer opportunities: SCNOVA partnered with the organization Kids Give Back to create and distribute thoughtful Valentine's day treats for the older adult clients we serve.



Individual Financial Supporters 2023

The Shepherd's Center gratefully acknowledges the following individuals for their cumulative gifts of \$50 or more, received during 2023.

(\$1000 and over)

Roger K Doughty
Richard Duesterhaus
Roy Frederick
Yves Tom Fuhrmann
Doug S Hill
Scott A Honiberg
Diane LaHaie
Toni Hoffmann Letaw
Rex H Reed
Dr William Schroth
Vaughn Family Giving Fund
Angie M Walsh

(\$500-\$999)

Nancy J Appler
Stephanie K Arnall
Leigh Banducci
Marilyn F Black
Claire C Davis
Ellen M Fahey
Fredrick G Hutchison
Susan Van Devant Infeld
Michelle M Kang
Bruce B Long
Terri Ann Lowry
Dr Patrick P McDermott
Jane E Purcell
William Rush
Linda B Silvas
Irwin L Smietan
Jack K Tarr
Westat Human Resources
Jayne P Young
Joe B Young

(\$250-\$499)

Rajendra Bhatnagar
Carolyn Blalock
Jim Brooker
Jeanne F Coleman
Bert Cullen
Kay DeMarco
Linda Derparseghian
Krista Eaton
Dave Hagopian
Faye Henris
Linda Holman
Gretchen Jacobs
Barbara Lewis
Patsy E Palmer
Renate G Pawlik
Philip Pifer
Scott Royal
Wanda H Snuggs
Barbara D Tate
Fred and Carol Wagner
Janice Wolf

(\$100-\$249)

Rita T Ahart
Suzanne M Amsbaugh
Diane Anthony
Stephen P Aubin
Dick H Banks
George Bergquist
Pamela Berry
Patricia Boland-Klein
Ramona Brandt
Kurt F Bredehorst
Robin Roberta Brown
Sally Bryan-Prell
Kathy T Campbell
Marti L Campo
John "Max" Carroll
Bill and Carolyn Carter
Ruth Carver
Carolyn Grefe Chappell
Rosalind Cohen
Peggy Coleman
Marilee A Davies
Karen J Denhof
Laura I Doyle
Eleanor M Duffield
Brenda L Ebeling
Jack Edelstein
Christopher Elwell
Bruce L Ericksen
Jane B Fahey
Joan Flanders
Marianne E Floyd
Denelle A Freund
Ellie Gage
Candace Gibson
Michael Gompertz
Marti Greer
Julie Griffin
Marlene Grim
Mary Ann Hankin
Daryl & Phyllis Haynor
Foundation
Barbara Muse Heard
Diane A Helbing
John J Hynes
Diana Phelps Johnson
Julie L Johnson
Michael Jones
Annie M Katz
Randall B Keener
Donald M Keys
Sami Khaldieh
Charles Kimball
Stanley L King
Marsha Komandt
Cara Koss
Beth Kraemer
George W Kralovec
Susan S Krawczyk
Katherine Hemlata Lepperd

Dale L Lestina
Sam A Madonia
Susan L Maiello
Roena B Markley
David P Martin
Linda Masterson
James McCaffrey
Marianne McKittrick-Grant
Estelle M McNeil
Kathleen Moore
Richard A Morford
Michael Mulreany
Carol F Murphy
Adrianna Napoli
Ursula C Ney
Ellen M Nichols
Victoria K O'Brien
Karen A Ostensoe
Victoria Photos
Barbara Pilling
Ken Plum
Betty Pogerman
Brian Prioletti
Linda Puff
Ellen J Purks
James O Rauch
Norma Reck
Mark Richards
Hyacinth Rodrigues
Laura Romstedt
Wolf Scherer
Sylvia Joan Seigel
Anne F Shea
Dore H Skidmore
Doug E Smith
Dr Richard Snively
Sue Sottile
Dorothy L Staebler
Cathlene Jo Stangler
Robert Strand
Kathryn Sutkus
Kathleen C Swink
Elna A Swofford
Karen P Thompson
Evelyn H Turner
Patti C Verrocchio
Victoria C Viets
Susan Lee Voss
Carolyn S Wandless
Helen Whelan
Susan L Williams
Norma Williamson
Nancy A Wormeli
Thomas Yeeles

(\$50-\$99)

Rebecca Anderson
Esther Benson
Brian Bochicchio
Catherine S Botz

Carole A Broadbent
Elizabeth Brooke
Barbara Cox
Stephen J Crosby
Margaret Davenport
Margaret A Dellinger
Joe DePalma
Theresa DiBlasi
Gloria Engstrom
Mary Ellen Estes
Robert A Gehring
Kathy R Geiger
Barney Goodman
Pamela Grim
Ken R Haas
Belkis Hazera
Katharine Heberg
Richard G Henninger
Connie M Herrmann
Judy C Hylan
Robert Juenger
Dr John Karickhoff
Markey Keeney Family Fund
Cameron King
Ed J LaClare
Helene Lederer
Liz Lertora
Susan B Lubert
Gail Andrews McCarthy
Gail E McKirdy
Cindy B Miller
Jill Miller
Andy Mitchell
Dora H Mitchell
Patrice Moore
Brian W Obert
Ghanshyam Patel
Bob D Philipp
Cheri Reid
Maureen E Reilly
Julie A Rooney
Zaiton Rugh
Chris A Ryan
Lillian L Sanchez
Pam B Schultz
Michelle L Scott
Lola Seidl
Gloria Steiner
Ana J Stevens
Ikuko Strayer
Anne C Sumser
O'Niel Sween
Ernest T Takafuji
Mary Pat Tessier
Aparna C. Trivedi
Marge H Van Lierde
Rosa A West
Jim Whitcomb
Robert Williams

Organizational Financial Supporters 2023

We gratefully acknowledge grants and contributions of \$50 or more received from foundations, trusts, businesses and organizations during 2022.

Donations

(\$1000 and over)

Belong!
Lafayette Group
Rotary Club of Vienna

(\$500-\$999)

AARP Virginia
Town of Vienna

(\$250-\$499)

Microsoft
Shepherd's Centers of America

(\$100-\$249)

Health2 Resources
LMI
New Trail Cycling
Vale Club

Grants

Fairfax County Consolidated
Community Funding Pool (CCFP)
Fairfax County Nonprofit Sustainability
Grant Program
The Closet of the Greater Herndon
Area
The Sunshine Foundation

Event Sponsors

Brightview Senior Living
Cherry Blossom Pace
Hunters Woods at Trails Edge
Sunrise of Vienna
The Providence Fairfax

Fundraiser Sponsors

Foster's Grille of Vienna
Great Falls Assisted Living
Sunrise of Hunter Mill

Pickleball Sponsors 2023

Visionary Partner (\$10,000)

The Adler Foundation
Tom & Robin Portman

Strategic Sponsor (\$5,000)

Navy Federal Credit Union

Community Partner (\$2,500)

Family Cares LLC
Greenspring Village Retirement
Community
Heavenly Paws Cremations
Money & King Funeral Home
Ortho Virginia
United Bank Vienna
Vienna Presbyterian Church
Virginia University of Integrative
Medicine
VLP Financial Advisors Inc

Premier Sponsor (\$1000)

Dennis & Rebecca Pick
BrightStar Care
Comfort Keepers Sterling
Health2 Resources
Hina Anwar Ali
Jean Watterson
Kensington Reston
M2 Strategy
Vienna Rexall Drug Center Inc
Virginia Cancer Specialists

Benefactor Sponsor (\$500)

J.D.A. Custom Homes
Melinda & Jake O'Brien
Rae Anne Fischer
Virginia Heart

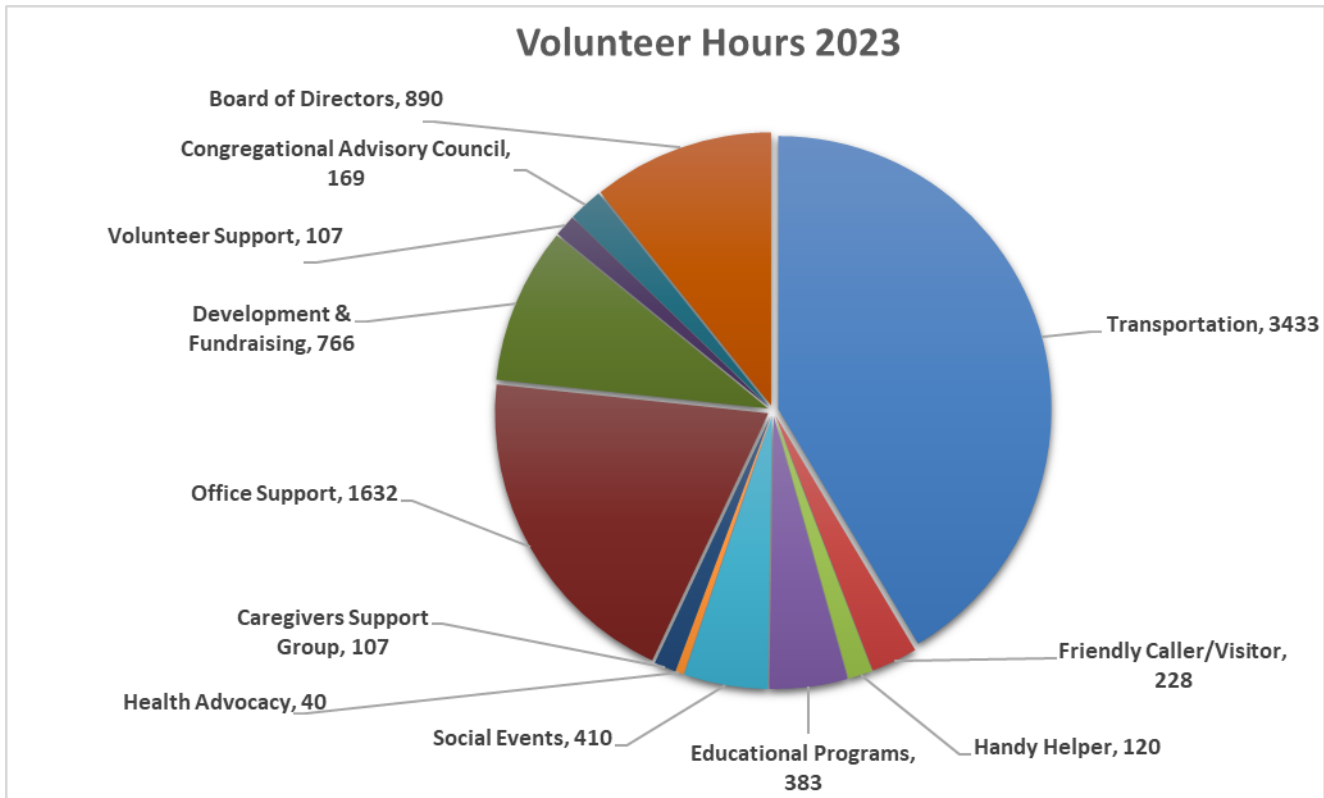
Patron/Friend (\$250)

Caffe Amouri
Ed Mize
Finn's Pool & Spa
Fresh Nails & Day Spa
Hopwood Financial Services Inc
Nolan & Mroz, PLC
Residence at Colvin Run
RHC Realty LLC
Trublue House Care of Vienna
Vienna Manor Holdings LLC

Supporting Congregations 2023

Andrew Chapel United Methodist Church
Antioch Christian Church
Christ the King Lutheran Church
Church of the Good Shepherd United Methodist
Church of the Holy Comforter Episcopal
Emmanuel Lutheran Church
Emmaus United Church of Christ
First Baptist Church of Vienna
Oakton United Methodist Church
Our Lady of Good Counsel Catholic Church

St. Francis Episcopal Church
St. John Neumann Catholic Church
St. Mark Catholic Church
Unitarian Universalist Congregation of Fairfax
Unity Church of Fairfax
Vale United Methodist Church
Vienna Baptist Church
Vienna Presbyterian Church
Wesley United Methodist Church



2023 Volunteers

The Shepherd's Center is extremely grateful to our many volunteers who are the heart, hands, and soul of the Center. In many different capacities they share their time, talents and experience. Their extraordinary contributions to others are a tribute to older adults everywhere who bring new meaning to community service.

In 2023, 132 volunteers contributed 8,283 hours, conservatively valued at \$269,943.

500 and over hours

Jean M Bastien
Wolf Scherer
Jayne P Young

Wanda H Snuggs
Pauline L Solomita
Ann C Streb
Patrick Joseph
Tansey
Casey Tarr
Susan Lee Voss

Chowdhry
Jeanne F Coleman
Irene Coyne
Margaret Davenport
Kay DeMarco
Timothy Dodd
Mei Chou Donovan
Roger K Doughty
Jude Mollenhauer

Robert A Gehring
Gailmarie Goldrick
Bobbi L Goldsmith
Donald Graves
Rebecca Greene
Steve Gurney
Bruce Warren Halper
Beth Harkaway

Cherie Tripp Lejeune
Marta Linares
Candice Liu
Kathryn MacGowan
Leigh Mallis
Kerry Massie
Perry Mathis
Lois McCormick

250-499 hours

Leigh Banducci
Michael Mulreany
Dr William Schroth
Douglas White

Less than 100 hours

Akram Aleahmad
Darla Anderson
Nancy J Appler
Dick H Banks
Monjed Barakat
Joanne Beck
George Bergquist
Pixie Biddle
Joe M Bock
Craig Bradley
Bob Brennan
Tina Cardenas
Nikita Chawla
Georgia Chirieleison
Attaul Mujeeb

Duesterhaus
Richard Duesterhaus
Francys Duniven
Jack Edelstein
Peyton Ehmke
Stan M Ellis
Frieda Errico
Kent Gerry Fielden
Michelle Fisher
Christopher Joseph
Fitzgerald
Bill Fowkes
G. Don Fowler
Robert Gambarelli
Mike Garcia

Phyllis E Haynor
Scott A Honiberg
Janet Hylton
John Conrad Jarosz
Margot L Jones
Michelle M Kang
Justin Kim
Young Ju Kim
Belinda King
Robert E Kirschman
Bonnie Kotapish
Diane LaHaie
Patricia LaRoche
Lynn Latimer
Annice Lee

Robert McCormick
Carol Nasiatka
Anne V Nelson
Ellen M Nichols
Melinda M O'Brien
Jerry O'Shaughnessy
Pete Palermo
Carolyn Pennington
Diane Pizzano
Tom J Portman
Kristin Prillaman
Linda Puff
Lynn Rafferty
Mark Richards
Hyacinth Rodrigues
Rita Schoka

*The estimated dollar value of volunteer time in VA is \$32.59 per hour for 2022, according to the [Independent Sector](#). Many of our volunteer contributions have a higher valuation. Value of volunteer time for 2023 is not yet available.

Volunteers 2023 continued

Michelle Barratt Shea	Sue Sottile	John B Tate	Margaret L Welsh	Mary Williamson
Linda Shearer	Jamieson Stride	Jasmine Trannguyen	Gordon H West	Janice Wolf
Mark Sierakowski	Alexandra Sullivan	Patti Vaughn	Helen Whelan	Le Le E Wrigley
Ann Smith	Jack K Tarr	Moira Wait	Katherine Wight	
Richard Solano	Barbara D Tate	Richard Walter	Kristen Marie Williams	

In addition to financial support, the Shepherd’s Center gratefully acknowledges the following in kind contributions:

- Emmanuel Lutheran Church** for its contribution of space for Summer Lunch n Life
 - Navy Federal Credit Union** for printing the newsletter and Pickleball community guides
 - St. Mark Catholic Church** for its contribution of space for the Holiday Tea & Sweets and Fall Lunch n Life
 - Unitarian Universalist Congregation of Fairfax (UUCF)** for their contribution of classroom space for Adventures in Learning classes
 - Vienna Baptist Church** for housing Shepherd’s Center offices and providing meeting spaces
 - Vienna Community Center** for hosting the Mardi Gras and Thanksgiving luncheons
 - Donors of Silent Auction items** for the Pickleball Fundraiser
 - Giant Food, Harris Teeter, and Wegmans** for donating gift cards
- Contributions for Volunteer Luncheon included floral arrangements from **Ayr Hill Garden Club** and refreshments from **Maggiano’s Little Italy** and **Purple Onion Catering Company**





541 Marshall Road SW, Room 203
Vienna, VA 22180

Dedicated to improving quality of life as we age, through supportive programs and services, personal enrichment and volunteer engagement.

Transforming aging into an empowering experience to live a life of meaning

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

Annual Report 2023

Shepherd's Center of Northern Virginia

Staff

Executive Director	Carolyn Pennington
Operations/Volunteer Mgr	Marianne Monek
Marketing/Events Mgr	Ambre Tomlinson

Contact

703-281-0538
office@scnova.org
www.scnova.org
facebook.com/scnova.org
instagram.com/shepherds_center_nova/
youtube.com/@scovorg

Board of Directors

Scott Schroth, Chair	Richard Duesterhaus
Jayne Young, Vice-Chair	Scott Honiberg
Leigh Banducci, Treasurer	Anna Marie Mariani-Huehn
Michelle Kang, Secretary	Philip Pifer
Akram Aleahmad	Robin Portman
Joe Bock	Alexandra Sullivan