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SCNOVA NEWSLETTER

Summer 2024 Edition/ SCNOVA



The Shepherd's Center of Northern Virginia has some of the best volunteers in Virginia on our team. Sure they are giving, caring, dependable and hardworking but what really stands out is how active they are in their communities. They are not just active with SCNOVA but countless other organizations as well. Volunteer appreciation month ushered in the annual Town Of Vienna Awards and once again some of our very special volunteers received their due accolades.

Congratulations are in order for Shepherd's Center of Northern Virginia volunteers: **Marsha Komandt, Peggy Coleman, Margaret Davenport and Larry Gibson**. Each have various duties and volunteer positions with SCNOVA. Marsha is a leader and representative for our Congressional Advisory Council, health advocate, photographer, often represents SCNOVA at health fairs, and is an active supporter of SCNOVA events. Peggy is a driver and an office volunteer. If you have ever scheduled a ride with us you have probably had a charming conversation with Peggy. Margaret is a skilled pianist, band leader, and has provided wonderful entertainment for several SCNOVA events/classes. Larry is a driver who has dedicated many hours and many miles to help clients in need of transportation get to important appointments. To have all of these great people with various different talents and strengths choosing to dedicate their time to the Shepherd's Center of Northern Virginia has been a true blessing. All of these volunteers as well as 14 other service pin awardees were honored at our 2024 Volunteer Appreciation luncheon at Maggiano's Tysons Corner. SCNOVA would like to extend a warm thank you to all that made the event possible including: Maggiano's Tysons Corner, The Ayr Hill Garden Club, The Purple Onion, The SCNOVA Board and Staff, Delegate Holly Seibold, Congressman Gerry Connolly, Deputy Director Maddy White, District Supervisor Walter Alcorn, Supervisor Jim Biermann, Mayor Linda Colbert and all of the amazing SCNOVA volunteers!



VOLUNTEER!

SCNOVA IS IN NEED OF:

OFFICE VOLUNTEERS

- FLEXIBLE SCHEDULE
- VARIOUS IN-OFFICE DUTIES

SUPPORT THE SHEPHERD'S CENTER
OF NORTHERN VIRGINIA IN A BIG WAY!

SCAN THE CODE W/
YOUR CAMERA TO
SIGN UP TODAY!



OR CALL 703-281-0538



Instructor:

Rob Gehring

2 sessions Per Week:

Mondays

9:00 am - 9:45 am
Emmanuel Lutheran
Church: 2589 Chain
Bridge Rd, Vienna,
VA 22181

Thursdays

9:00 am - 9:45 am
Unitarian
Universalist
Congregation of
Fairfax: 2709 Hunter
Mill Rd, Oakton, VA
22124

**INTERESTED IN
JOINING SCNOVA
TAI CHI?**

JOIN NOW!

Email Rob :

ROB GEHRING
rgehring9@yahoo.com

or give us a call:
703-281-0538

*Free Classes - Donations to SCNOVA accepted



shepherd'scenter
OF NORTHERN VIRGINIA

UPCOMING EVENTS

SUMMER

July **Lunch & Life - Appraisal Roadshow**

10 Join us for lunch and appraising of personal items you feel are valuable. Featuring professional appraisers- Paradigm Experts! 12:30-2:30 pm at Emmanuel Lutheran Church. Registration online at www.scnova.org. - > special events.

July **Bingo @ Foster's Grille - Vienna**

22 Join us for our fan favorite, Bingo night! \$10 for 10 games. Great prizes and 20% of refreshment proceeds benefit SCNOVA. 4:00 pm to 6:00 pm. Register at the door

August **Volunteer Meet & Greet Potluck Breakfast**

13 Join us for a potluck breakfast and informational session. This is an opportunity to learn more about our programs and services, sign up as a volunteer and meet new friends in the community. 10 am - 12 pm @ Vienna Baptist Church

September **Pickleball Festival 2024**

17 Join us for our biggest fundraiser of the year! 10 indoor courts, pickleball pros on-site, golf simulation lounge, raffle, silent auction, refreshments and lots of fun! 4:00 pm to 7:00 pm. Registration coming soon.



703-281-0538

WWW.SCNOVA.ORG

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



Looking for ways to make the most out of your summer? Consider the following options for low impact fun in the sun: gardening, have a picnic, fishing, swimming, start a book club, visit museums, attend community events, bird watching, play basic yard games, water aerobics, take a walk, kite flying, reading, volunteering, outdoor movie nights, Tai chi, visit a farmer's market. * Take a picture and send it to communications@scnova.org and you may be featured on our social media pages!



Presents

Pickleball Festival 2024

Tuesday, September 17

4:00pm-7:00pm

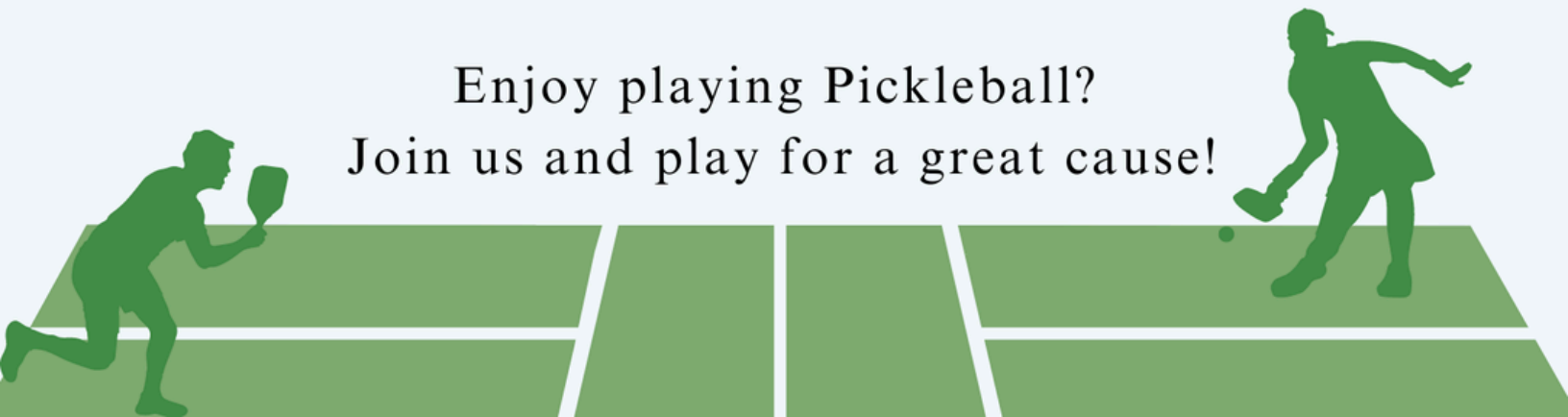
Worldgate Athletic Club & Spa

13037 Worldgate Drive, Herndon Va.

All Levels of Play Welcome
Refreshments served, Mocktail Bar,
Silent Auction, Raffle,
& Golf Simulation Lounge!

Registration Coming Soon!

Enjoy playing Pickleball?
Join us and play for a great cause!



We are currently in need of sponsors for the SCNOVA Pickleball Festival 2024

Details below. Give us a call today if you are interested!



The Shepherd's Center of Northern Virginia is a volunteer-based organization dedicated to promoting and supporting purposeful, independent living for mature adults through volunteer opportunities, transportation assistance, support services, lifelong learning and cultural enrichment opportunities



PICKLEBALL FESTIVAL 2024 September 17, 2024

Worldgate Athletic Club & Spa
13037 Worldgate Drive
Herndon Va. 20170

* Include your business card in our
Community Services Guide for \$100

Levels of Sponsorship	Joint press release announcing partnership in local press	Retractable banner with logo present at all events or logo displayed in zoom tile at virtual events	Video Clip announcing partnership on SCNOVA and Partner's website & Social media	Special event sponsor presence-exclusive marketing table & opportunity to speak at the event	Name/logo recognition & promotion of your events in our newsletter, E-Blasts & social media	Tickets to events & zoom invites for virtual events	Name, Logo, hyperlink & contact info on SCNOVA Website & Social media	Coordinated volunteer opportunities for your company employees	All ads will be in color only (no black & white)
Visionary \$10,000	✓	✓	✓	4 Events	Unlimited Events	10	✓	✓	✓
Strategic \$5,000			✓	2 Events	2 Events	6	✓	✓	✓
Community \$2,500			✓	1 Event	1 Event	4	✓	✓	✓
Premier \$1,000						2	✓	✓	✓
Benefactor \$500						1		✓	✓
Patron \$250								✓	✓

*All tiers receive: An SCNOVA presentation to your company's employees about our services and programs that may be beneficial to them and swag bags with specialty items!



All proceeds from the event will benefit the Shepherd's Center of Northern Virginia (SCNOVA), a non-profit organization dedicated to providing programs and free services for mature adults. SCNOVA is a 501 c(3) organization. All contributions for sponsorships are tax deductible under applicable laws.

Sponsorship

The Shepherd's Center of Northern Virginia is supported by local businesses, individuals, community organizations, congregations and grants. Benefits of becoming a sponsor include:

- An opportunity to give back and support local older adults
- Targeted outreach
- Improving company image and heightened visibility in the community

Sponsor Sign Up -----

- ☐ Visionary \$10,000 ☐ Strategic \$5,000 ☐ Community \$2,500
☐ Premier \$1,000 ☐ Benefactor \$500 ☐ Patron \$250

Contact Information (Please print clearly)

Company Name: _____

Contact Name: _____

Email Address: _____

Phone Number: _____

Address: _____

Commitment Signature: X _____

Please complete and mail along with a check payable to:

Shepherd's Center of
Northern Virginia

Address: 541 Marshall Dr. SW
Vienna VA. 22180

703-281-0538

Logo/Advertisement Information FULL PAGE: (5" x 8" LIVE AREA)

Payment And Artwork Due by August 1st.

Email your print-ready JPEG or PNG format ad to:
Communications@scnova.org

Dimensions of Community Guide: 8.5 X 5.5"
1/4 margin space for all ads.
Please size your ad accordingly

1/2 PAGE HORIZONTAL - 5" X 3.875"

1/4 PAGE - Business card size

*Email all \$100 business cards submissions. No physical copies will be accepted.

Welcome New SCNOVA Board Members, Tim Dodd and Annamarie Mariani-Huehn



Tim Dodd retired in August, 2022 after serving the higher education community for nearly 40 years as an instructor and administrator. He has served as dean or director at The George Washington University, the University of Michigan, Duke University, Case Western Reserve University, Gettysburg College, St. Lawrence University, and the University of Pittsburgh. Since retiring, Tim continues to teach a course or two at The George Washington University. Of particular relevance to the Shepherd Center, Tim served on the Board of Directors, chaired the Board, and later served as executive director of the nonprofit Center for Academic Integrity and associate director at the Kenan Institute for Ethics at Duke University.

Tim served as a national expert on academic integrity issues, honor codes, and academic integrity policies and as a primary contact for universities, colleges, and high schools seeking information and counsel on academic integrity. Tim was a frequent guest on local NPR programs around the country and was quoted in a number of national media, including the New York Times, Wall Street Journal, and Time magazine. Tim earned his BA and MA at Fordham University and also completed Ph.D coursework at the University of Pittsburgh.



Annamarie Mariani - Huehn is an experienced Executive Director with a demonstrated history of working in the hospital & senior health care industry. She is skilled in operations and project management, fiscal responsibility, results oriented customer centered care, analytics, problem solving, strategic planning, policy development and implementation and public speaking. Annamarie is an outstanding communicator and trainer. She is a strong business development professional with a Master of Arts (M.A.) focused in arts & sciences from University of Pittsburgh.

In her personal time Annamarie runs a business called The Art & Science of Tea. Annamarie throws lovely tea parties with delicious refreshments as well as a plethora of historical facts pertaining to the tea she is serving and the culture of tea parties throughout history.



May is Older Americans Month and what a time to show some of the most important people in society that we care. As a non-profit founded by older adults for older adults, May is a particularly special month for SCNOVA. As a non-profit that exclusively serves adults over 50 we cannot say enough about the endless contributions of older Americans. Our lives are richer for the blessing of having our elders around to consult, give love and pay homage to. Our mission is to enrich the lives of these important Americans. We will always strive to create meaningful opportunities for service, lifelong learning, social connection, individual well-being, and independent living for older adults in the communities we serve. How will you remind older Americans what they mean to you? Act out your gratitude this month and every month after.

Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth



Spring has sprung, and with the season comes our annual Volunteer Appreciation Luncheon. Our volunteers rarely seek recognition or reward for their work with SCNOVA and older adults in the community, but their services are immensely important to a vulnerable group of seniors and the families and friends trying to help them age in place gracefully and with meaning. So, it is fitting that Maggiano's has been a wonderful and generous supporter of SCNOVA along with The Purple Onion (tasty cake!) and the Ayr Hill Garden Club (beautiful hand-made centerpieces). This year, entertainment was graciously provided by Tom Kylo of Vienna's outstanding Hawk and Griffin Pub.

He led us in a fun-filled trivia contest, pitting tables of volunteers, staff, and visiting dignitaries against one another. Several teams achieved perfect scores, and the winning team was selected by a final tie-breaking question: What was the length of the Titanic in feet (closest answer won). The board is now embarking on a new capacity assessment and strategic planning process over the next several months. As a mature non-profit organization we need to carefully assess our current strengths and potential challenges. It is not appropriate for us to rest on the successes of the past 25 years. It is time for us to renew our focus on the mission, assess the appropriateness and value of our services, and strive to be nimble in responding to the needs of our growing group of participants. To support this effort, we are pleased to welcome two new board members, Annamarie Mariani-Huehn and Tim Dodd. Along with our dedicated and talented current members, we are confident that Annamarie and Tim will add depth and valuable experience to the board!

Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington



I always look forward to April. The winter weather breaks and becomes spring. And best of all, April is widely recognized as Volunteer Appreciation Month. I am so inspired and appreciative of the SCNOVA volunteers. I cannot say enough about their achievements. To our volunteers: you are amazing! In the words of Norman A., a transportation client, "At 85 years old, you have given me new life!" Our volunteers are making a significant impact through driving, office support, friendly callers and visitors, handy helpers, and health advocacy. Our organization is blessed to have dedicated committee participation like the Kitchen Crew, the Development Committee, the Congregation Advisory Council, and the Grants Committee.

Did you know that President John F. Kennedy designated May as Senior Citizens Month in 1963? Historically, Older Americans Month has been "A time to honor the contributions of past and current older persons to our country, in particular, those who defended our country," according to the Administration for Community Living (ACL). This year's theme is Powered By Connections. The National Academy of Sciences Engineering and Medicine cites that "four decades of research have produced robust evidence that a lack of social connection is associated with a significantly increased risk for early death from all causes." Since Dr. Elbert Cole started the first Shepherd Center in 1972, connection has been a foundational theme of the SCNOVA mission. Let's make an effort to make more social connections in the coming months. There are many opportunities for connection with SCNOVA weekly Tai Chi, Active Wellness Zoom classes, Bingo at Foster's Grille, the Appraisal Roadshow Lunch N Life in July, volunteering, Friendly Callers and Friendly Visitors, and soon, a new walking group. Grab a friend and be sure to join us! If you have other ideas for social connections reach out to us. We want to hear from you!

Special Events Recaps & Photos

Volunteer Meet & Greet Potluck Breakfast 2024



Bingo at Foster's Grille 2024



Volunteer Appreciation Luncheon 2024



Community Partner Events & 2024 Sponsors

Reston For A Lifetime

It's Time for Elder Justice

Join Reston for a Lifetime June 18 at 12:00 pm to hear Robert "Bob" Blancato, National Coordinator of the bipartisan, 3,000-member Elder Justice Coalition.

Learn about the struggle for elder justice from the nation's leader in the ongoing fight against elder abuse, neglect and exploitation.

Produced in partnership with Positive Aging Community and sponsored by KB Healthcare Services and the Kensington Reston.

Register at www.RestonforaLifetime.org/webinars

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SCNOVA Recommends...



Riverbend Park - W. Scott Schroth says its cool because: "It is close, free, beautiful, fully accessible, has a neat visitors center with a small zoo, you can walk/hike, picnic, kayak, and they sponsor nature programs (wildflower walks, birding walks, etc.)"



Magnolias at the Mill - Linda Puff says its cool because: "My husband and I love to drive down Route 11 in the Shenandoah Valley, stop along the way in the little towns to shop or have a bite to eat. We love to stop in Purcellville and eat at Magnolia's Restaurant, one of our favorites."

Driving for SCNOVA is a great position that provides lot's of flexibility. When you are on the road with a client, how do you pass your time? Here is a list of 10 things to do:

Shop for groceries - Run errands like dry cleaning - Read a book or magazine - Talk to someone on the phone - Play music - Meditate - Pray - Walk somewhere new - Eat lunch/ breakfast depending on the time - Organize or delete emails or photos on your phone - Take a nap - Hone your skills with Soduku - Do a word search - Complete a crossword puzzle





Neighbors Susan Voss and Jonathan D'Cruz (The young man who nominated her to be featured) in Voss' home in Vienna.

Follow the link below to read more about Susan's rich, full life. She is a testament to not only true community service and selflessness but aging well indeed.

<https://www.fairfaxcounty.gov/familyservices/older-adults/golden-gazette/2024-05-susan-voss-is-a-role-model-for-aging-well>



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 of Vienna
- * 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



**Cynthia Workosky, Jasdeep Kaur, Joanne Gryski, Ellen Grealish
Kasandra Hanney-Smith, Christian Scheid, Jeanette Sykes, David
Polak, Krishna Vijh**



541 Marshall Road SW, Room 203
Vienna, VA 22180

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Merrifield, VA
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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 - Summer 2024



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

Staff

Executive Director Carolyn Pennington 703-281-0538 carolynpennington@scnova.org
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

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
Tim Dodd - Board Member
Annamarie Mariani-Huehn - Board Member
Joe Bock - Marketing/ Social Media Comm.
Richard Duesterhaus - Chair; Advisory Comm.
Scott Honiberg- Chair; Grants Comm.
Philip Pifer - IT Communications, Marketing/ Social Media Comm.
Robin Portman - Board Member
Alexandra Sullivan - Board Member, Client Liaison