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# SCNOVA NEWSLETTER

Fall PICKLEBALL 2024 Edition/ SCNOVA

## All About SCNOVA Pickleball Festival 2024



**Location: Worldgate Athletic Club & Spa**

**13037 Worldgate Drive, Herndon VA**

**Date: September 17, 2024**

**Time: 4:00 pm - 7:00 pm**



### Things to Know

- All levels of play are welcome to participate in playing pickleball or come enjoy the festival without play.
- There will be a silent online auction with fabulous items and experiences for bidding. Auction opens Sept 3rd and closes Sept 18th.
- SCNOVA will be raffling off specialty baskets from our community partners. Bring cash to purchase tickets. Tickets will be 1 for \$5.00 and 3 for \$10. Winners will be called at the end of the event.
- Fabulous golf simulation lounge on site. Certificates awarded for longest drive and closest to the pin. Join us and play Pebble Beach or any one of a variety of exclusive courses!!

### Silent Auction Teaser

- ★ Lunch with Mayor Linda Colbert at Carnegie Diner
- ★ Wine tasting packages at a few lovely Virginia vineyards
- ★ A week at a beautiful vacation home in the Outer Banks NC

**VOLUNTEERS  
NEEDED**

**If you are interested in  
Volunteering for SCNOVA  
during the event please contact  
us today!  
703-281-0538**

# Pickleball History, Benefits and Warm Up Tips

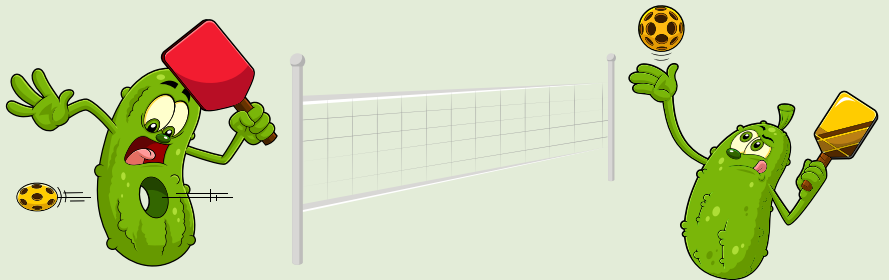
SCNOVA hosted their initial Pickleball Festival in 2022, shortly after the Covid 19 pandemic. Looking for an exciting alternative to the traditional gala fundraisers, SCNOVA decided on a different approach where they could raise funds to support their programs and services while also providing heart-healthy exercise, socialization and an afternoon of fun for their participants and partners. It was so well received Pickleball Festivals have become SCNOVA's largest annual fundraisers and September 17th will be the third annual year of festivities.

Pickleball has become quite the craze for older adults seeking some fresh air and rigorous exercise since the pandemic, but it has been around since 1965. After a game of golf one Saturday during the summer, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard's home on Bainbridge Island, WA to find their families sitting around bored in need of an activity. They had an old badminton court on the property so Pritchard and Bell looked for some badminton equipment but could not find a full set of rackets. They improvised with ping-pong paddles and a perforated plastic ball. At first, they placed the net at badminton height of 60 inches and volleyed the ball over the net. They continued to play throughout the weekend. The players realized that the ball bounced well on the hard, asphalt ground and the net was lowered to 36 inches. The following weekend, Barney McCallum was introduced to the game at Pritchard's home. Soon, the three men created rules, relying heavily on the concept of badminton. They kept in mind the original purpose, which was to provide a game that the whole family could play together.

This exciting game provides several positive aspects. Pickleball satisfies the tennis or badminton itch in a less intense way. Pickleball has proven to be beneficial to older adults because it helps to improve cholesterol levels, blood pressure, and cardiorespiratory fitness. It enhances balance, agility, and proprioception, which prevents falls and improves mobility. Playing pickleball can even elevate self-esteem and combat depression by releasing endorphins and other bioamines. Other benefits include, building strength and muscle mass in various parts of the body, improving hand-eye coordination, protecting against heart disease, hypertension, and stroke by reducing the risk of a heart attack and maintaining cardiovascular function. Like any other exercise, it is important to warm up properly to avoid injury. Check out the following info to stay safe and make sure you have a pleasurable pickleball experience!

## Tips for a proper pickleball warm-up:

- Do lower-body strength exercises
- Warm up before playing
- Work on agility and balance
- Wear proper footwear, such as cushioned cross training or court shoes with good lateral support
- Use lightweight paddles to avoid muscle fatigue
- Maintain proper form
- Take frequent breaks
- Know your limits



-<https://time.com/6209400/is-pickleball-good-exercise-seniors/>  
-<https://usapickleball.org/what-is-pickleball/history-of-the-game/>  
-<https://pickleballunion.com/pickleball-injuries>

# Registration Now Open!



## Pickleball Festival 2024

Tuesday, September 17

4:00pm-7:00pm

Worldgate Athletic Club & Spa

13037 Worldgate Drive, Herndon, VA

### Visionary Sponsors



The Adler Foundation Robin Portman

gazetteleader

\*\*\*

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

Register at [www.scnova.org](http://www.scnova.org) -> special events -> Pickleball  
or

Register via QR Code:



# Register Early to Secure a Ticket

Thank you to Our 2024 SCNOVA Pickleball Festival Sponsors  
Visit our Community Partners - [Scnova.org](https://scnova.org) -> Sponsorship Opportunities



Robin Portman

gazetteleader



WORLDGATE  
ATHLETIC CLUB & SPA



Melinda & Jake  
O'Brien



Rebecca & Dennis  
Pick



Dr. James Covell DDS





# We are currently accepting 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. For more information go to: [www.scnova.org](http://www.scnova.org)



### 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	✓	✓	Full page
Strategic \$5,000			✓	2 Events	2 Events	6	✓	✓	Full page
Community \$2,500			✓	1 Event	1 Event	4	✓	✓	Full page
Premier \$1,000						2	✓	✓	Half page
Benefactor \$500						1		✓	Quarter page
Patron \$250								✓	Quarter page

**\*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: (8" x 5" LIVE AREA)

**Payment And Artwork Due by August 1st.**

Email your print-ready JPEG or PNG format ad to:

[Communications@scnova.org](mailto: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.**



## UPCOMING EVENTS

September

17

### Pickleball Festival 2024

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 open now. [www.scnova.org](http://www.scnova.org)

October

10

### Lunch N Life - History Alive!

Join us for an exciting show highlighting American legend, Rosie the Riveter! 12 pm - 2 pm @ St. John Neumann Catholic Church. \$20 includes lunch. Registration coming soon.

October

28

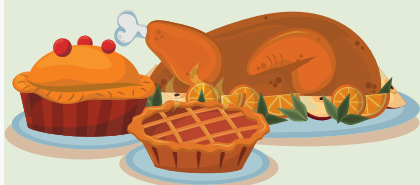
### Bingo Night at Foster's Grille - Vienna

Join us for fall Bingo at Foster's Grille Vienna! 4 pm - 6 pm @ Foster's Grille 138-a Maple Ave, Vienna, VA. \$10 for 10 games + fun prizes. 20% of all refreshment proceeds go to SCNOVA and our programs. Registration always at the door.



703-281-0538

[WWW.SCNOVA.ORG](http://WWW.SCNOVA.ORG)



**Save the Date:** November 7, 2024 is the SCNOVA Harvest Festival Lunch N Life, at the Vienna Community Center. Join us for lunch and great entertainment! Registration Coming Soon!

## Message from the SCNOVA Chairman of the Board of Directors

### SCNOVA Chairman of BOD—W. Scott Schroth



As I mentioned in my last message, the SCNOVA Board of Directors is engaged in a strategic planning process to assess our current capacity and future goals. This is taking place in the context of strong leadership, stable staffing, increasing service delivery, and strong financial results. That certainly makes planning easier and allows us to focus on growth and improvement rather than mere survival! Having said that, we are cognizant of challenges to maintaining the relevance and appropriateness of our services and programming for the older adults in our community. These issues will be a major focus of our work going forward. Another issue that we have begun to address is redefining our

relationship with The Shepherd Centers of America (SCA), now rebranded as Aging Forward. While the fundamental aspects of this relationship have not changed, Aging Forward is seeking to enlarge the umbrella of affiliated organizations and expand its reach into the world of older adult services and programs. For now, we will remain the Shepherd's Center of Northern Virginia, but we look forward to working with Aging Forward and the other regional Shepherds Centers to consider new opportunities and relationships that may arise from their expanded focus.

Finally, I want to wish our volunteers and participants a wonderful summer break! I hope that travel, engagement, and adventures have all resumed for you in our post-pandemic life. SCNOVA will continue to provide events and services with our most exciting event of the year just before the fall solstice: The Second Annual Pickleball Fundraiser on September 17th!

## Message from the SCNOVA Executive Director

### SCNOVA Executive Director—Carolyn Pennington



As we reflect on the accomplishments so far this year, I am filled with immense gratitude and pride for the remarkable dedication and hard work of our volunteers. Your selfless contributions have been the driving force (pun intended) behind our success, enabling us to make a significant impact in our community. From organizing events, providing handy helpers (even in the office!), being a friendly caller or visitor, to providing essential services, your commitment has been truly inspiring. Thank you. We are so pleased to share that in July 2024, SCNOVA crossed a milestone in providing over 24,000 rides since

tracking began in 1999. These numbers represent our neighbors, often home-bound, who rely on the Shepherd's Center to provide critical connections. Without your support, we would not be able to serve our community as well as we do.

As you may know, this is the time of year for our Annual Appeal. Please open the letters and read about the significant impact that you have made and can continue to make in our community. SCNOVA has welcomed 88 new clients so far this year. Needs continue to grow and we are determined to meet those needs.

The third annual Pickleball Festival will be held on September 17th at Worldgate Athletic Club & Spa. From people who have never played to advanced players, we have something for everyone, even golf simulators. We will have raffles, a Silent Auction, prizes, food and a great time for all. We look forward to seeing you there!



## SCNOVA Volunteer Highlight - Pauline Solomita

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I was born in Albany NY and moved 8 times before settling here. I have now lived in northern Virginia for over 40 years. I retired 2 1/2 years ago from nursing. I had worked in Neonatology for my entire 50 year career. I absolutely loved my job and it was very difficult for me after my retirement. I kept searching for something I could do to make a difference in the lives of others. I had also become the caretaker for my older sister that had lived with me for 35 years. watched her struggle with activities of daily life, especially arranging the many doctor appointments she now had to go to. I knew I needed some help with her daily schedule and fortunately I contacted Marianne

Monek who is the volunteer & operations manager for the Shepherd's Center of Northern Virginia. I was able to not only set my sister up as a client for transportation, but I also learned of the many volunteering opportunities that SCNOVA has to offer. The time I have spent there volunteering has been a true blessing for me. It has given me purpose, and I believe I am making a difference in the lives of those I encounter. Even a short phone call can brighten their day. I have spent my entire career helping babies as they come into this world and now, I am assisting those at the other end of the spectrum. My purpose in life has gone full circle. I am so blessed to have been given this opportunity. I am passionate about both age groups and volunteering at the Shepherd's Center as well as the NICU at Fair Oaks Hospital has continued to "fill my bucket".



We are currently in search of volunteer drivers to provide transportation for SCNOVA clients to and from medical and non-medical appointments. The schedule is totally flexible, and you can drive when you have the time. You must have your own reliable transportation. Please reach out to the Shepherd's Center of Northern Virginia. **Apply online [scnova.org](https://scnova.org) -> volunteer, or call 703-281-0538, or email [Office@scnova.org](mailto:Office@scnova.org)**

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## SCNOVA Volunteer Highlight - Nancy Appler

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I retired from the Department of the Interior in the winter of 2007 after working over 41 years. During the winter boredom and after failing at piano lessons, and no gardening yet, I thought I should do something useful. I had read in the newspapers of the Shepherd's Center of Vienna/Oakton (now of Northern Virginia). I decided to try and help with some of the constituent activities and signed up to be a driver, a handy helper, and an office volunteer. I liked the fact that I could do things on my timeline and my activity choice.

My other driving, office work, and fixit work has lasted now about 15 plus years. I have met many clients and workers who have been interesting to work with and for as a volunteer. Some relied heavily on the Center's assistance, and as some individuals lived close to me, I became a lifeline for them. I then turned to fundraising for SCNOVA, volunteering again on my own time which does keep me active while expanding my acquaintances in the Vienna business community, getting me out of my comfort zone and meeting people, which is just fun.

**Special Thanks to the Appler family for hosting a garden party "friendraiser" for SCNOVA. We appreciate you!**



# Annual Appeal

Thank you to the wonderful SCNOVA supporters who have donated to our Annual Appeal. If you have not done so already, and you are interested in helping to further our mission and support our programs please visit [www.scnova.org](http://www.scnova.org) -> [Donate](#) -> [Annual Appeal](#) to give today! Or use your camera phone to follow the QR code below.



## Testimonials



Carolyn B. said, “I do not know where I would be without the drivers. I am scared of Lift and Uber!”

Chris D. said, “if it wasn’t for you (SCNOVA) I’d have nothing. I have no family. SCNOVA volunteers keep me in touch with the outside world.”

Outer Banks  
North Carolina



“My favorite vacation spot is the Outer Banks, NC in the fall. There are picturesque long sandy beaches, friendly people, fine dining, sunsets over the sound and lots of opportunities for water activities. Our family has sailed Hobbie Cats on the sound, fished and kayaked. We have seen everything from dolphins to the Milky Way. I have hundreds of shells sitting around my home to remind me that the beach magic is waiting for me.”

**-Executive Director, Carolyn Pennington**

## SCNOVA Recommends...

Raouche Cafe  
Falls Church, VA



“This Lebanese restaurant is awesome. My family loves eating here. The food is reasonably priced and absolutely delicious!”

**-Sam Ghanaim (SCNOVA Office Volunteer)**

**Have a suggestion “SCNOVA Recommends...”?**

**Email - [communications@scnova.org](mailto:communications@scnova.org)**



### **Careasy.org**

Have a vehicle you no longer drive taking up space at your residence? Why not donate it to a great cause?

Check out **CARS** website to see how you can donate today:  
**[careasy.org/Shepherd's-Center-of-Northern-Virginia](https://careasy.org/Shepherd's-Center-of-Northern-Virginia)**

### **Reston for a Lifetime**

Justice in Aging Director Eric Carlson leads this Reston for a Lifetime webinar focused on advocacy for high quality care in long term care. Carlson will discuss federal protections provided for consumers, sharing consumer tips and a critique of federal assisted living policies that are still under development. **Tuesday, August 27, @ 12 NOON. Follow QR Code to register**



## Special Thank You to Our Congregational Advisory Council Members

**\*Next Meeting Sept. 10th at Emmaus United Church of Christ -All are Welcome to Join  
RSVP with Christi Clark-Bell via Email: [Outreach@scnova.org](mailto:Outreach@scnova.org)**

- \* 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



**Angela Palmieri, Megan Hilal, Joy Choi, Mary Ellen O'Connell, and  
Nancy Limprecht**



## Special Events Recaps & Photos - Don't Miss the Next Event. Join Us!

### Friendraiser at the Appler's - June 2024



### Bingo at Foster's Grille Vienna - July 2024



### Appraisal Roadshow - July 2024







541 Marshall Road SW, Room 203  
Vienna, VA 22180

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Merrifield, VA  
22081

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 - Fall 2024



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

### Staff

Executive Director - Carolyn Pennington, 703-281-0538, [carolynpennington@scnova.org](mailto:carolynpennington@scnova.org)  
Operations/Volunteer Manager - Marianne Monek, 703-281-0538, [office@scnova.org](mailto:office@scnova.org)  
Marketing/Events Manager - Ambre Tomlinson, 703-281-0538, [communications@scnova.org](mailto:communications@scnova.org)  
Outreach Associate - Christi Clark-Bell - 703-281-0538, [outreach@scnova.org](mailto:outreach@scnova.org)

### 2024 Board of Directors

Scott Schroth - Board Chair  
Jayne Young - Vice-Chair  
Leigh Banducci - Board Treasurer  
Alexandra Sullivan - Client Representative  
Michelle Kang  
Akram Aleahmad  
Tim Dodd  
Annamarie Mariani-  
Huehn  
Joe Bock  
Richard Duesterhaus  
Scott Honiberg  
Philip Pifer  
Robin Portman