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SCNOVA NEWSLETTER

Winter 2024 Edition/ SCNOVA



The SCNOVA 3rd Annual Pickleball Festival was a huge success!



The 3rd annual SCNOVA Pickleball Festival went above and beyond our expectations this year! We want to thank all of our donors, sponsors, attendees, players, supporters, staff and volunteers for their tireless work in making sure this event was a success as well as their continued support of the Shepherd's Center of Northern Virginia.

SCNOVA supporters help to ensure that we can continue to provide essential free services and enrichment programs to older adults in our community. In fact, in a year-to-year comparison, SCNOVA volunteers have provided over 28% more rides and driven over 11,300 miles (up 2,215 miles) for isolated seniors in our community this year over last.



We are so grateful to know so many caring individuals share our mission and vision to see older adults in our community thrive. It takes many volunteers and many hours behind the scenes to make the Pickleball Festival run smoothly. Every year, undaunted, you jump in and help us reach our goals. This year we had the added surprise of Fox5 local news to help as well. Not only did we reach our fundraising goals but, over 149,000 unique viewers saw the live feeds!

Mark your calendars and join us next year: September 16, 2025 at Worldgate Athletic Club & Spa in Herndon VA for the 4th annual SCNOVA Pickleball Festival!

**Don't
Forget!**

****Please be advised that the Shepherd's Center of Northern Virginia will be closed in November from noon on the 27th through the 29th for the Thanksgiving holiday. SCNOVA will also be closed from noon December 24th through January 1, 2025 for the Christmas/New Year's holiday season and January 20th for MLK day. Please schedule your rides accordingly.**



and the
Vienna Community Center
Invite You to Our

Harvest Festival *Lunch*

THURSDAY, NOVEMBER 7, 2024

12:00pm - 2:00pm

VIENNA COMMUNITY CENTER

120 Cherry Street, SE

Vienna, VA 22180

\$20/person, featuring Blue Grass band - Hickory Grove

Sponsored by:



For Tickets and Questions

Call 703-281-0538

Purchase on-line at www.scnova.org -> special events



Holiday

Tea & Sweets

Join us for a special afternoon to celebrate a merry & bright holiday season!

Wednesday, December 11th, 2024

@ St. Mark Catholic Church

9970 Vale Rd, Vienna, VA 22181

12pm to 2pm

\$20 includes a variety of tasty sweets, holiday tea, and entertainment

Register online: www.scnova.org

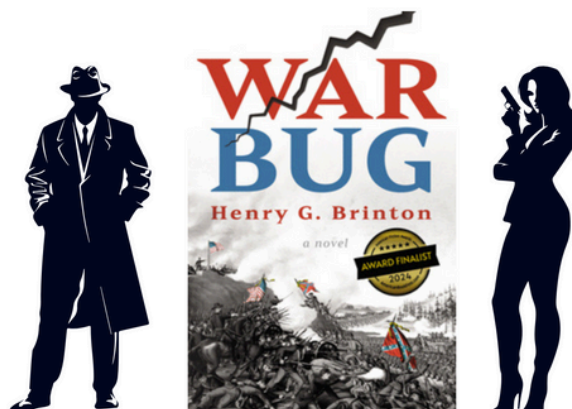
Register by phone: 703-281-0538

Sponsored By:



LUNCH.N.LIFE

THE LIFE OF AN AMERICAN SPY



Tuesday, January 28, 2025

12pm to 2pm

Vienna Presbyterian Church

124 Park St NE, Vienna, VA 22180

\$20 includes lunch & entertainment

Registration Coming Soon!

SCNOVA 2025 Calendar of Events

Jan 15 Volunteer Social Mixer & Fundraiser, (Location TBD)

Jan 28 American Spy - War Bug Lunch N Life, Vienna Presbyterian Church, Vienna VA, 12:00pm -2:00pm, \$20

Feb 17 Bingo Night at Foster's Grille - Vienna, VA, 4:00pm -6:00pm, \$10 for 10 games

Mar 4 Mardi Gras celebration with The Vienna Community Center, 12:00pm -2:00pm, \$20

Apr 21 Bingo Night at Foster's Grille - Vienna, VA, 4:00pm -6:00pm, \$10 for 10 games

May 13 Volunteer Social Mixer & Fundraiser, (Location TBD)

Jun 16 Bingo Night at Foster's Grille - Vienna, VA, 4:00pm -6:00pm, \$10 for 10 games

Jul 15 Appraisal Road Show Lunch N Life, St. John Neumann Catholic Church, Reston VA, 12:00pm -2:00pm, \$20

Aug 13 Volunteer Social Mixer & Fundraiser, (Location TBD)

Sept 16 4th Annual Pickleball Festival, Worldgate Athletic Club & Spa, Herndon VA

Oct 1 Volunteer Social Mixer & Fundraiser, Jimmy's, Herndon, VA

Oct 7 Fall Lunch N Life, 12:00pm -2:00pm, \$20 (Location TBD)

Oct 20 Bingo Night at Foster's Grille - Vienna, VA, 4:00pm -6:00pm, \$10 for 10 games

Nov 6 Harvest Festival with the Vienna Community Center, Vienna VA, 12:00pm -2:00pm, \$20

Dec 9 Holiday Tea & Sweets celebration St. Mark Catholic Church Vienna, VA, 12:00pm -2:00pm, \$20

Dec 15 Bingo Night at Foster's Grille - Vienna, VA, 4:00pm -6:00pm, \$10 for 10 games



Registration for each event opens 30 days in advance. Reservations will not be taken until registration opens.

Active Aging & Wellness

Wednesdays 10:45 -11:45 AM Via Zoom
8 Week Sessions \$50 per Session

1/15/25 thru 3/5/25
3/12/25 thru 4/30/25
5/7/25 thru 6/25/25
7/2/25 thru 8/20/25
8/27/25 thru 10/15/25
10/22/25 thru 12/10/25

Tai Chi / Qi Gong

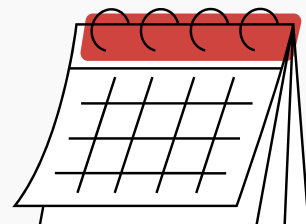
Every Monday and Thursday at 9 AM. **Monday's**
at Emmanuel Lutheran Church, 2589 Chain
Bridge Rd, (Rt 123), Vienna, VA 22181.
Thursdays at the Unitarian Universalist Church
of Fairfax, at 2709 Hunter Mill Rd, Oakton, VA
22124.

Winter Session (Jan - Mar)
Spring Session (Apr - Jun),
Summer Session (Jul - Sept)
Fall Session (Oct - Dec)

New participants are welcome with a suggested
donation of \$45 per session.

Contact Casey Tarr to register now, (703)
850-4131. Email: Eileen Tarr1@verizon.net

Call the office to register for Winter session
now, 703-281-0538.



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

Pickleball Festival - September 2024



Rosie the Riveter Lunch n Life - October 2024



Rosie the Riveter Lunch n Life Continued - October 2024



Share a Ride, Make an Impact, Be a Friend

The holiday season is approaching once again. While we pull out and dust off our home decorations, make our dinner menus, and write our letters to Santa, let us remember the holidays look very different for people who may not have the family, friends or resources to make their season merry and bright. This is the perfect time to give back to your community in meaningful ways.

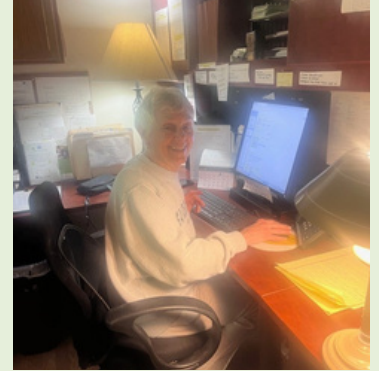
Doug W. is a volunteer and often drives **Ruth O.**, a client, to her medical appointments. They have a rapport such that they go for an ice cream or shake after her doctor visits. During the holidays Doug took his new friend, Ruth, to a nice sit-down meal at an elegant restaurant! Ruth's family lives out of the state and that meal was the highlight of her holiday.

The Shepherd's Center of Northern Virginia provides many ways to support older adults in their journey to age in place comfortably, and with dignity. Our vision will always be to transform aging into an empowering experience to live a life of meaning. Volunteer, Moira W. put it best when she said, "The Shepherd's Center is a home base, lifeline, social hub and support web. I love the people!" Please consider the following ways to participate with SCNOVA and give back this season:

1. Volunteer to drive an older adult to a much-needed medical appointment or grocery shopping trip. Many of our clients have no other option but to rely on the time and efforts of SCNOVA volunteers to pick up provisions, meet with doctors or simply socialize with their peers.
2. Become a friendly caller and/or visitor. Not only can you brighten someone's day with company and conversation but expect to learn, grow as an individual and more often than not, make a new, unexpected friend.
3. Sign up to be a handy helper. Some people would love to set up holiday decor but don't have the strength or physical ability to do so anymore. Help an older adult set up that Christmas tree, Menorah, Kinara, or holiday lights. They may not be able to do it without you.
4. Can you help fill our SCNOVA Wish List? Participate in **Giving Tuesday**. Donations of any amount are always welcomed. Your dollars support our programs and services to enrich the lives of older adults. No donation is ever "too small". We consider every donation to be a true blessing.

SCNOVA Volunteer Highlight Corner

If you have called to schedule a ride on a Wednesday morning more than likely you had a great conversation with **Peggy Coleman**. Peggy goes above and beyond to not only fill her regular Wednesday morning shift as an office volunteer, but to cover other open shifts as a substitute. She is always full of fun stories, warm smiles and great advice. We are so thankful for our time with Peggy.



Marsha Komandt is our Congregational Advisory Council representative for Emmaus Church. Marsha is also our resident photographer and an active member of the SCNOVA Development Committee. Marsha worked tirelessly to obtain sponsorships for our Pickleball Festival. She is present at all of our events, snapping great photos with a bright smile. We are grateful for everything Marsha contributes to our SCNOVA team.

Nancy Appler, Kay DeMarco and Melinda O'Brien are integral members of our Development Committee and provided so much support for our 2024 Pickleball Festival. They helped with several aspects including but not limited to, decorative aesthetics, fundraising, and working hard to set up and make sure things ran smoothly the day of the event. These ladies have proven giving back to a worthy cause can really be a lot of fun.



Our **Hospitality Committee** formerly and affectionately known as the **SCNOVA Kitchen Krew**, are present at all of our events big or small. They help plan, serve, set up and clean up with the SCNOVA staff. Their input, help and dedication to our organization is truly invaluable.

Interested in volunteering with the Shepherd's Center of Northern Virginia? Give us a call and let's go over all the great opportunities to give back to your community that are available to you.



Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth

On behalf of the SCNOVA Board of Directors I would like to thank all the many volunteers, supporters, and community partners who made our 3rd annual Pickleball Fundraiser such a huge success. It was a wonderful event that showcased our organization and provided an opportunity for fun and fellowship in support of our mission to support older adults with opportunities for service, social connection, individual well-being, and independent living.

As I mentioned in prior newsletters, the board is also actively engaged in a strategic planning process. We have identified several key areas for focused efforts over the next 1-5 years. These include development, volunteer recruitment and retention, data management, program development and expansion, and enhanced board governance capabilities. This is an opportunity to engage new leadership from our volunteers and the community as we work to enhance our organization's capacity in these areas. We are recruiting volunteers or prospective board members to join us in this effort.

If you have interest or expertise in one or more of these areas, I hope that you will reach out to me so that I can engage with you in a conversation about how you can make a difference for SCNOVA and our many volunteers and clients throughout the Northern Virginia area. I can be reached at wschroth@gwu.edu or by calling the Shepherd's Center at 703-281-0538. I hope to speak with many of you as we move forward with the strategic plan.

Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington

Shepherd Center founder, Dr. Elbert Cole, believed in the richness and diversity of the human spirit, the excitement of new adventures, the stimulation of new ideas, the thrill of investing time, energy, skills and money into something that promised to outlast them. I am so privileged to work with such a group - our staff, the Board, volunteers, committee participants, individual supporters, and community and corporate partners who help us accomplish so much. In a strong non-profit organization, every person and every group plays an important role in creating an inclusive and caring community for all.

Since the beginning of the year, we have welcomed new Board members, new staff, new participants, and new volunteers. And the year is not over yet! This is your invitation to join us. Share your talents, make new friends, help others and be proud of your contribution, knowing it all counts, it all makes a difference. Let me share another suggestion, support SCNOVA on Giving Tuesday on December 3rd. Giving Tuesday is a worldwide day of recognition and action to support the causes and efforts that make a community impact. This is a day where **#Giving Tuesday** will steal the headlines. Let them speak for SCNOVA. SCNOVA is participating on behalf of older adults in our community, on behalf of health care access for all, on behalf of those who cannot drive and need transportation help for food, groceries, and other critical supports for daily living. Let these headlines speak to you.

Dr. Cole spoke about undiscovered gifts that were revealed only when individuals were inspired to reach higher, think deeper, and discover solutions in service to others. In this season of gift-giving, may you be richly blessed and in the words of Dr. Cole, reach for those actions that bring life to your years and a legacy worth living.

We Appreciate You!



December 3, 2024, we ask you to please keep the Shepherd's Center of Northern Virginia in mind. As a non-profit we rely solely upon the support of community partners, grants and donations. To put your generosity into perspective, remember this, our funds go to enriching the lives of older adults in the communities we serve. Donating \$100 would equal 5 free Lunch N Life tickets for isolated older adults. There is so much we can do with a donation of any size, but one thing is for sure, we can't do anything without it. Consider participating this season and thank you in advance.

Thank You to Our 2024 SCNOVA Pickleball Festival Sponsors and In-Kind Donors
for helping us reach our 2024 Fundraising Goals!

Visionary Sponsors



Robin Portman

Strategic Sponsors



Community Sponsors



*Melinda & Jake
O'Brien*



*Rebecca & Dennis
Pick*



Premier Sponsors



Benefactor Sponsors



Patron Sponsors



Visit Our Community Partners -

Scnova.org -> Sponsorship Opportunities

To Clients Requesting Rides, here are a few important reminders:

- Clients receiving transportation from SCNOVA volunteers must have a working mobile or landline phone that accepts voicemail messages for communication with drivers.
- All clients must be able to ambulate from their home to the car and to their destination without assistance.
- Please call us directly and speak to someone in the office for all requests. We cannot accept requests by email or voicemail. We take calls from **10:00 am to 4:00 pm Monday - Friday**.
- We need **3 business days** in advance to schedule a ride for you.
- Our drivers are volunteers, and they choose the rides depending on their availability. Therefore, it is not a guarantee that all rides will be picked up for that day.
- We do give 2 days notice call if a volunteer has not picked up the ride.
- Drivers will call the client to confirm the ride.



A fan favorite and top dessert pick at our Lunch N Life events has been Carrot Cake! This delicious dessert is the perfect fall treat and satisfies your sweet tooth as well as your vegetable intake. If you missed the Rosie the Riveter Lunch n Life and didn't get your slice from the Davis Center caterers you are in luck! Try this yummy recipe at home: <https://www.lifeloveandsugar.com/best-carrot-cake-recipe/print/36591/>



Office volunteer, **Pauline Solomita**, recommends Great Country Farms at Bluemont Winery. "In addition to year-round produce picking, Great Country farms puts on a fabulous fall fair. The scenery is beautiful, the fair is fun for the whole family and the winery is just charming." Pauline recommends a fun afternoon with the family on the grounds.

SCNOVA Recommends...



Health Advocate and Lead Friendly Caller/Visitor volunteer, **Casey Tarr**, recommends Hamrock's. "My choice is a restaurant in Fairfax, Hamrock's, located in an historic home, the Moore-McCandlish House - 3950 Chain Bridge Road, Fairfax. They have great food, a wrap-around porch for outside dining, and special lobster Sundays. We love it."

Have a suggestion "SCNOVA Recommends..."? Email - communications@scnova.org



Client Advocate and BOD liaison, Alexandria Sullivan is all geared up and ready for duty. With an extensive background in the areas of public and women's health as well as older adult wellness and aging, Dr. Sullivan has already treated patients who are or currently are participants of SCNOVA. This has given her a ground-floor perspective of their wants, needs and concerns.

If you find yourself in need of an advocate, have questions/concerns about your current care or would like to discuss healthy aging options give us a call today so we can schedule you an appointment with Dr. Sullivan. **703-281-0538**

Special Thank You to Our Congregational Advisory Council Members

*Next Meeting zoom & in person: 1:00pm - 2:15pm Nov. 12th at Church of the Holy Comforter (543 Beulah Rd., Vienna VA, 22180) -all are welcome to join. RSVP and let us know if you are joining via zoom or in person: **cacscov@gmail.com** - zoom link will be sent out prior to meeting

* 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



New SCNOVA Volunteers!



DRIVERS: Melanie Marinaro, Rita Perre-Davis, Karen Hager, Jeffrey Kroesse, Michael bell, Joseph Stone. **Handy Helper:** Steve Baker, **Friendly caller:** Jill Robins Belsky

Shepherd's Center Tai Chi/Qigong Class Welcomes New Members

By Contributing Writer: **Rob Gehring**

Where Else Can You Have a Good Time Doing Something Good for You?

The Shepherd Center Tai Chi/Qigong class is a fun-loving group that meets on Mondays and Thursdays at 9 (Mondays at Emmanuel Lutheran Church in Vienna and Thursdays at the Unitarian Church in Oakton.) The class is open to all Shepherd Center members.

Qigong (pronounced “chee-gung”) is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. As a gentle, low impact form of exercise, it is ideal for seniors. Tai chi is a slow-motion martial arts form of Qigong. It has been called a moving meditation. Tai Chi employs flowing, rhythmic, deliberate movements, with carefully prescribed stances and positions. There are many recognized forms of Tai Chi; we do a style called Yang Long Form.

Qigong and Tai Chi can help:

- Reduce stress
- Improve balance and reduce the risk of falling
- Reduce hypertension
- Enhance the immune system.



Note: In good weather we often meet at Nottaway Park. To confirm the meeting location, or ask other questions about the class, send a message to robinrestson@verizon.net.

Mondays at 9AM at Emmanuel Lutheran Church: 2589 Chain Bridge Rd Fairfax, Va.

Thursdays at 9AM at Unitarian Universalist Congregation of Fairfax: Vienna VA 2709 Hunter Mill Rd., Oakton VA

Looking for a brine to make that perfectly juicy turkey for the holidays? Try this recipe by Ree Drummond the “Pioneer Woman”.

Ingredients:

- | | |
|--------------------------------|--|
| • 3 cups | • 5 cloves |
| • Apple Cider (or apple juice) | • Garlic (minced) |
| • 2 gallons | • 1 ½ cups |
| • Cold Water | • Kosher Salt |
| • 4 tablespoons | • 2 cups |
| • Fresh Rosemary Leaves | • Brown Sugar |
| | • 3 tablespoons Peppercorns |
| | • 5 Whole Bay Leaves |
| | • add 5 Large Oranges (peels of three) |



Directions:

1. Combine all of the ingredients in a large pot and bring to a boil, stirring until the salt and sugar dissolve. Turn off the heat, cover, and allow the brine to cool completely.
2. Place the uncooked turkey in a large brining bag or pot, pour in the brine solution to cover the turkey, and refrigerate for 16 to 24 hours.
3. Before roasting, remove the turkey from the brine (discard the brine) and submerge the turkey in a pot or sink filled with fresh, cold water for 15 minutes. This removes excess salt from the outside.
4. Remove the turkey from the water, pat very dry, and cook according to your normal roasting method.

Tips for Older Adults To Stay Safe in Cold Weather

Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use the information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.

Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.





AARP Virginia: Navigating the Journey: Adjusting the Sails in Dementia Caregiving, -
Saturday, Nov 2, 2024 8:30 a.m. to 3:45 p.m. Address - **Fairfax County Government Center
12000 Government Center Parkway Fairfax, VA 22035.** Register and save your seat today at
visit nvdcc.com. The \$35 conference fee includes keynote speakers, breakout sessions, access
to the resource fair, continental breakfast, lunch, snacks, materials, and a certificate of
attendance.

Congregational Advisory Council: **Interfaith Community Thanksgiving Service**

Supported by the Shepherd's Center of NOVA **Sunday, November 24, 2024 at 7:00 pm**
Hosted by Emmaus United Church of Christ **900 Maple Ave East, Vienna, VA,**
www.emmausucc.org

Vienna Presbyterian Church: We'd love to invite all to participate in the Committee for
Helping Others Christmas Party that VPC hosts. We will be collecting \$25 Walmart gift
cards for the event from **Nov. 3 – December 1.** Cards can be mailed or dropped off at VPC.
Info: <https://cho-va.com/services/christmas-program/>

All are invited to our Annual Glorious Sounds Christmas Concert on **December 15th at 4
PM.** Featuring our wonderful Choirs and the award-winning Cathedral Brass, this event is
VPC's gift to the community each year!

Brightstar Care: Join us the 1st Tuesday of each month from 6:30 pm – 8:00 pm at Inova
Center for Personalized Health (ICPH) for the Inova Parkinson's and Movement Disorder
Center) monthly educational series co-hosted by Brightstar Care - Fairfax. Location is the
**Conference center (8100 Innovation Park Drive, 2nd floor, Entrance 3 – front door under
Pedestrian Bridge Fairfax, VA 22031)** *The closest surface parking to 8100 is Lot F, and
there's a place to drop off folks with mobility difficulties at the F pullover. Come inside the
front door and go through next set of glass doors to the elevator, take it to second floor.
You'll find us in room 6F: **703-267-2384**

Sunrise Senior Living of Vienna: Dine and discover the best in memory care. You're invited
to join us for a delicious brunch or lunch where you'll get a special look at our two Memory
Care neighborhoods, featuring one exclusive to the early stages of memory loss. Enjoy the
opportunity to learn about our innovative programming from our own memory care
experts. **Saturday Nov. 16th 11am to 1pm and Sunday Nov. 17th 1pm to 3pm.** For more
information and to RSVP call **703-272-6397** or email **kelsie.lenartz@sunriseseniorliving.com**



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.

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

SCNOVA Spotlight - Winter 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
Outreach Associate - Christi Clark-Bell - 703-281-0538, 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