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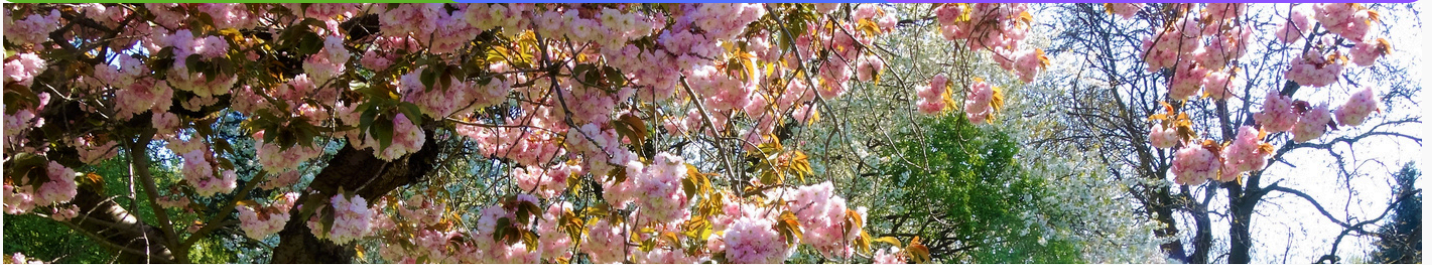
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SCNOVA NEWSLETTER

Spring 2025 Edition/ SCNOVA



Volunteering - Enriching Lives Through Service



When you have a passion for service, the greatest satisfaction comes from the testimonials of the participants you have worked with. Each quarter we call our participants for feedback on how well our programs are meeting their needs.

The following are some of the wonderful testimonials participants have given us in regards to their experiences with the volunteers of the Shepherd's Center of Northern Virginia.

“Brian A. is a SCNOVA participant who received cataract surgery to alleviate partial blindness. He expressed, “The drivers are fantastic, and I am very appreciative of these services.” Brian was so impressed by SCNOVA’s services that he said, “If I could drive, I would volunteer.” Helen B. said, “The drivers are always very nice. They care about whether I get a ride or not. It makes me feel good that people care about me.” Tom M. expressed that his journey as a cancer patient with loneliness has proven to be a real struggle for him. He has come to look forward to a 10-15 minute ride with a SCNOVA volunteer driver. “SCNOVA volunteers are so nice and cheerful, and they are never grumpy. They want to not only pick you up but cheer you up as well.”

SCNOVA is so much more than just programs and services. We strive to be an ear to listen, a caring friend, and a support system for older adults who may not have one. The effect of human interaction, genuine care, or even small talk and a smile can have on a person who is otherwise isolated makes an immeasurable difference in their lives. SCNOVA volunteers in turn receive new friendships, enriching conversations/experiences, and the satisfaction of knowing that their actions have reminded someone who may feel alone in this world that they are indeed not alone but loved, appreciated, and cared for.

Inclement Weather Policy

Please be advised that SCNOVA follows the Fairfax County Public School closing and delay schedule for inclement weather emergencies.

SCNOVA rides during the time FCPS is closed or delayed will be canceled as well. Example: If FCPS is delayed until 10 am, all SCNOVA rides scheduled before 10 am will be canceled.

Staff will be answering calls. You are welcome to call between 10:00 am and 4:00 pm. Please call (703) 281-0538 with any questions

Thank you and stay safe and warm!

-Shepherd's Center of Northern Virginia

The Shepherd's Center of Northern Virginia and Vienna Community Center Present

MARDI GRAS CELEBRATION

2025

Tuesday, March 4, 2025
12:00pm-2:00pm

Vienna Community Center
120 Cherry Street SE
Vienna, Virginia

Registration is \$20 for lunch and entertainment
Call (703) 281-0538

shepherd's center OF NORTHERN VIRGINIA

BINGO NIGHTS AT FOSTER'S GRILLE

(138-A MAPLE AVE, VIENNA VA, 22180)

FEBRUARY 10, 2025
APRIL 21, 2025
JUNE 16, 2025
OCTOBER 20, 2025
DECEMBER 15, 2025

4:00 PM TO 6:00 PM

10\$ for 10 Games. Fun prizes and great food for purchase. Register at the door!

shepherd's center OF NORTHERN VIRGINIA

APPRAISAL ROADSHOW

~Save The Date~

Join us July 22nd at St. John Neumann Church as we welcome back Steve Gouterman of Paradigm Experts to appraise your prized possessions!
*Guests are encouraged to bring one special item to be appraised during this critically acclaimed Lunch N Life.

12:00 pm to 2:00 pm
St. John Neumann Church
11900 Lawyers Rd,
Reston, VA 20191

SCNOVA 2025 Calendar of Events

- Feb 19** Volunteer Social at Bear Branch Tavern, 4:00pm -6:00pm, free event please call & RSVP
- 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, (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 **Sponsored by: Hunters Woods at Trails Edge**
- Aug 13** Volunteer Social, (Location TBD)
- Sept 16** 4th Annual Pickleball Festival, Worldgate Athletic Club & Spa, Herndon VA
- Oct 1** Volunteer Social - Jimmy's Old Town Tavern, Herndon, VA
- Oct 7** Fall Lunch N Life, Floris United Methodist Church, Herndon VA 12:00pm -2:00pm, \$20
- 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

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

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



Tai Chi / Qi Gong

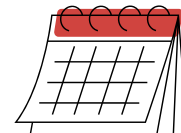
*Registration Required

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.

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

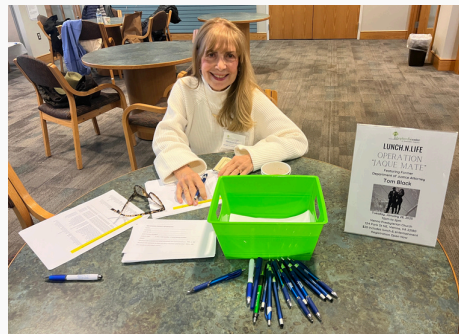


Special Events Recaps & Photos - Don't Miss the Next Event. Join Us!

Holiday Tea & Sweets - December 2024



Operation Jaque Mate Lunch n Life - January 2025



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

Will You Be My Bingo Valentine - February 2025



SCNOVA Gas Card Program



SCNOVA is so grateful for our amazing volunteers. Our drivers made a record number of trips last year and we still have a high demand. Throughout 2025, at the end of each month, the top drivers will receive a gas card in appreciation. Happy driving!

SAVE THE DATE

SEPTEMBER 16, 2025

@WORLDGATE ATHLETIC CLUB & SPA

13037 WORLDGATE DR. HERNDON VA

SHEPHERD'S CENTER OF NORTHERN
VIRGINIA PRESENTS:

PICKLEBALL

FESTIVAL

2025

4th

ANNUAL



FEATURING AN AWESOME GOLF SIMULATION LOUNGE,
RAFFLE SPECIALTIES, AND SILENT AUCTION
WITH FABULOUS ITEMS & EXPERIENCES!

REGISTRATION COMING SOON

**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.
703-281-0538**



Casey Tarr is a longtime friend and volunteer for the Shepherd's Center of Northern Virginia. Casey has dedicated an immeasurable amount of time and effort supporting SCNOVA. She first applied as a volunteer in May of 2006, initially as a friendly caller/visitor and companion shopper. Her extensive background in nursing and healthcare was a wonderful asset for SCNOVA and, Casey went on to serve as lead volunteer and health advocate for both the Active Aging & Wellness group and the Friendly Visitor/ Friendly Caller volunteer program. Casey has always been available for fall prevention testing and blood pressure screenings at SCNOVA events. Casey's husband, Jack Tarr leads the SCNOVA Caregiver Support group. Both Casey and Jack have been proud volunteers for the Shepherd's Center of Northern Virginia for almost 20 years! Casey is now starting a new exercise program for SCNOVA. Check out the details below and get in shape with Casey Tarr this spring!

SCNOVA Walking Program for Better Health with Casey Tarr

Can you walk your way to fitness and better health? Yes! Get started with the SCNOVA walking group on Tuesday, March 25, at 2:00 pm at the Vienna Baptist Church, SCNOVA entrance.

Did you know that outdoor exercise improves thinking, health, happiness, fitness, and motivation? "Green Exercise" is a physical activity in nature, and it improves memory and concentration more than doing the same activity indoors. (Washington Post Health Section, Gretchen Reynolds)

There are many more benefits of walking, according to the Mayo Clinic. Walking can prevent or manage heart disease, stroke, high blood pressure, cancer, and type 2 diabetes, strengthen bones and muscles, increase energy levels, improve balance and coordination, and reduce stress and tension.

Join us each Tuesday beginning March 25, at 2:00 pm, weather permitting. To register for this group, please contact Casey at eileentarr1@verizon.net or call the SCNOVA office at 703-281-0538.

Message from the SCNOVA Chairman of the Board of Directors

SCNOVA Chairman of BOD—W. Scott Schroth

On behalf of the Board of Directors I would like to wish everyone a happy new year for 2025. However, I would like to look back on a highly successful year in 2024 and offer my congratulations to our wonderful volunteers and dedicated staff. Our 2024 Annual Report will come out soon and it will highlight a banner year for programs, services, and fundraising. Thanks to our uber-busy volunteer drivers we dramatically increased our transportation program year-over-year. We had a busy year filled with outstanding social and entertainment events, partnering with community supporters including the Town of Vienna, Emmanuel Lutheran Church, and St. Marks and St. John Neumann Catholic Churches.

All of this was assisted by a very strong fundraising year. Our Grants Committee had unprecedented success obtaining external funding from the County of Fairfax, INOVA, Kaiser Permanente, and other private philanthropic organizations. In addition, our wonderful individual donors provided a record amount of charitable donations. Our affiliated congregational partners also continued their long-standing support. In all, this has allowed us to add additional staffing and outreach capacity, particularly in our newer service areas of Reston and Herndon.

We are moving forward optimistically for 2025, hoping to continue the successes of the past year. We are also initiating our 5-year strategic plan which is designed to leverage our strong position to provide an even higher level of services and programming. I look forward to seeing many of you throughout 2025!

Message from the SCNOVA Executive Director

SCNOVA Executive Director—Carolyn Pennington

By the time you receive this newsletter, January of 2025 will be behind us. Before jumping ahead to the exciting opportunities in 2025, let me speak for the staff in expressing our heartfelt appreciation for our wonderful volunteers, donors, supporters, Board of Directors, advocates and partners in 2024. Because of you, we have reached record numbers in our transportation program. The result of these efforts means more people are getting to their doctors, grocery stores, banks, and other important destinations. Most of these participants rely on the Shepherd's Center for transportation. This service is vital to their health and well-being. By creating a healthier community, we all have an opportunity to live our best lives. Thank you!

We are excited for the events lined up for the spring, namely the Bingo Fundraiser at Fosters, on February 10th, the Volunteer Social at Bear Branch Tavern on February 19th, and a Mardi Gras Celebration on March 4th at the Vienna Community Center. We are also kicking off our planning for the 4th Annual Pickleball Festival on September 16th so please save the date and join in the fun of planning this and other special events with the Shepherd's Center. Please check our website for details.



Salute to Service

Celebrating the Shepherd's Center's Sacrifice and Service

Synergy HomeCare of Leesburg's mission extends beyond providing exceptional home care to its clients. Through their "Salute to Service" program, they applaud local organizations that make a meaningful difference in the community. This month, Synergy Homecare of Leesburg recognized the Shepherd's Center of Northern Virginia (SCNOVA) and their incredible contributions to improving the lives of older adults in our area.

Synergy Homecare of Leesburg's Commitment to Giving Back

"Salute to Service" is Synergy HomeCare of Leesburg's way of recognizing and supporting organizations whose values align with Synergy Homecare of Leesburg's values of empathy, compassion, and service. The team at Synergy Homecare of Leesburg believes that "unless we lose ourselves in service to others, our lives have little purpose." They believe that by uplifting organizations, such as the Shepherd's Center, we can make our community a better place for everyone.

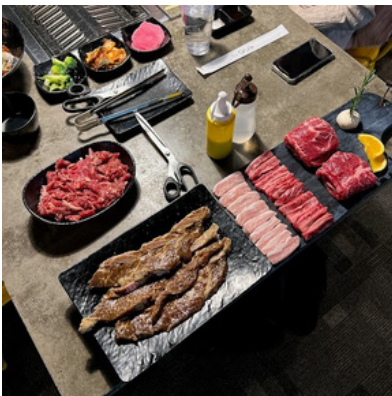
Synergy Homecare of Leesburg is honored to be a Community Partner with the Shepherd's Center of Northern Virginia. Thank you to the Shepherd's Center of NOVA for your unwavering dedication to serving our older adults. Together, we salute you! To learn more about SCNOVA, visit their website at www.scnova.org.

Thank you to our current 2025 Community Partners



To Participants Requesting Rides, here are a few Important Reminders:

- Participants receiving transportation from SCNOVA volunteers must have a working mobile or landline phone that accepts voicemail messages for communication with drivers.
- All participants must be able to ambulate from their home to the car and to their destination without assistance. Canes and walkers are accepted.
- Please call the office directly. 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.
- Our drivers are volunteers. 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 participant to confirm the ride.
- We accept medical and non-medical ride requests.
- You may schedule up to 3 rides per week.



“I recommend The Qui Korean BBQ and Bar (10160 Fairfax Blvd Ste #116, Fairfax, VA 22030). I had dinner with my family and it was such a fun experience. The food was delicious (your server cooks the raw items you choose from the menu in front of you similar to Hibachi yet this is unlimited), The staff was attentive and we had a great time!” - **Ambre Tomlinson, SCNOVA Marketing Manager**

SCNOVA Recommends...



“I'd like to recommend Royal Nepal Bistro which is tucked away on a side street next to Pure Pasty behind Bards Alley book store. It is a true hidden gem! Address: 131 Maple Ave W. Friendly staff, good service and great cuisine. Space is adequate for groups which I've hosted 12-14.” - **Marsha Komandt, CAC Liaison & Development Committee Volunteer**

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

NY Life Agents Organize a Volunteer Day for SCNOVA Participants



January 2025, the team at NY Life, Vienna, Virginia, coordinated a volunteer greeting card-making activity to benefit older participants at the Shepherd's Center of Northern Virginia. Over 50 agents wrote encouraging notes and sent warm wishes to SCNOVA participants. "The general feeling was one of excitement to bring joy to older adults in our community," says agent, Chanmuny Dy. "Being a caretaker to my mom that is

mostly homebound, I understand the vital need of the transportation and socialization services provided by The Shepherd's Center. I'm happy to be able to help SCNOVA and *hopefully* brighten someone's day with the cards.", said Chanmuny. SCNOVA would not be able to have the vast reach or impact that we enjoy without individual and corporate support. In addition to the card-making, New York Life was our February Bingo fundraiser sponsor at Foster's Grille in Vienna. Thank you, NY Life for your generosity!

Special Thank You to Our Congregational Advisory Council Members & Supporters

*Next Meeting zoom & in person: 1:00pm - 2:15pm Feb. 18th 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 the Good Shepherd

Unity of Fairfax

Vale United Methodist Church

Vienna Baptist Church

Vienna Presbyterian Church

Wesley United Methodist Church



WELCOME

New SCNOVA Volunteers!



Drivers: Debbi Osganian, Elena Hamman, Lu Cousins, and Jennifer Youngen. **Office:** Susan Cervola. **Friendly Caller/Visitor, Handy Helpers, and/or Grants Committee:** Irene Park, Hailee Perdue, Palavi Salavi, Nancy Chung, Lauren Longshore,



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 - Spring 2025



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 - Secretary
Akram Aleahmad
Tim Dodd
Annamarie Mariani-Huehn
Joe Bock
Richard Duesterhaus
Scott Honiberg
Robin Portman