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# SCNOVA NEWSLETTER

Summer 2025 Edition/ SCNOVA



## Welcome New Volunteer & Operations Manager - Nikita Mutter Riverson



Some of you may have already met, scheduled a ride or simply chatted with SCNOVA's newest staff addition, Nikita Mutter Riverson. Nikita has been with us since February but is already an integral part of the SCNOVA team.

Nikita joins SCNOVA with over 8 years of experience in operations and sales in the senior living and home care industry. Nikita carries a Bachelor of Arts in Public Policy, Nonprofit and Public Administration from the University of Delaware and a Bachelor of Arts in Healthcare

Management & Communication from the University of Maryland.

She has served as the Chair of the Gamma Sigma Sigma White Rose Foundation Board of Directors and served as a member at large for over five years. Nikita is passionate about helping others, especially seniors and she is eager to work hand-in-hand with SCNOVA participants, partners, and volunteers. "Working for SCNOVA has been a true pleasure so far. Getting to know the participants as well as volunteers and staff has really shown me a great dynamic of selflessness and gratefulness. I am excited to see what my future with this awesome organization holds."

Meet Nikita in person, and learn more about volunteer opportunities with SCNOVA at our next volunteer social May 21, 2025, at Pure Green Vienna (136 Maple Ave., Vienna, VA 22180).

# SCNOVA 2025 Calendar of Events

**May 21** - Volunteer Social - Pure Green Vienna, 10:00am - 12:00pm, free event please call to register, 703-281-0538.

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

**Jul 22** - 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, Bear Branch Tavern - Vienna 4:00pm to 6:00pm.

**Sept 16** - 4th Annual Pickleball Festival, Worldgate Athletic Club & Spa, Herndon VA 4:00pm - 7:00pm.

**Oct 7** - Murder Mystery 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.

**\*Registration opens 30 days before the event. To register please call 703-281-0538.**

## 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  
Meileentarr1@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 Summer session  
now, 703-281-0538.**

## Walking Club with Casey Tarr



The Walking Club meets every Tuesday at 2:00 pm EST.  
Meet at the main, front entrance of Vienna Baptist Church -  
541 Marshall Rd. SW, Vienna, VA 22180.  
Contact Casey Tarr to register now, (703) 850-4131.  
Email: Eileen Tarr1@verizon.net.



# SCNOVA Volunteer Appreciation Luncheon

On April 23rd, 2025, from 12:00 p.m. to 2:00 p.m. the Shepherd's Center of Northern Virginia hosted its annual Volunteer Appreciation Luncheon at St. John Neumann Catholic Church in Reston, Virginia. Reverend Alyssa Densham of Provision Church graciously donated the delicious lunch, The Purple Onion donated a yummy raspberry-lemon cake for dessert and the Ayr Hill Garden Club donated lovely green arrangements for the tablescapes.

The theme for this event was SCNOVA Volunteers are Out of This World. We were entertained by skilled actress Mary Ann Jung of History Alive! Mary Ann Jung performed a fitting interpretation of Sally Ride, the first American female astronaut. SCNOVA is well known for giving free rides to older adults, hence the play on words.

We at SCNOVA were especially thrilled to welcome local Representatives: Jimmy Bierman, Dranesville District Supervisor; Walter Alcorn, Hunter Mill District Supervisor; Fatima Malik, Deputy Director of Outreach for the office of Gerry Connolly; and Karen Keys Gamarra, Virginia State Delegate. Year after year, these representatives show up with kind words of encouragement and support for our deserving volunteers. Their presence is always greatly appreciated.

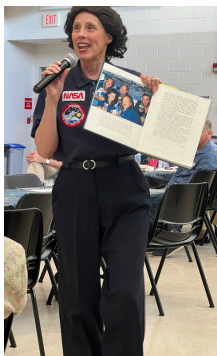
The Shepherd's Center of Northern Virginia volunteers are known for going above and beyond with their service. The following volunteers were presented with awards for exemplary service in the following categories:

**Town of Vienna Awardees** - Jack Roney, Joseph Stone, Sam Ghanaim, Michelle Barrett Shea (awarded at the Town of Vienna Volunteer Awards as well as the SCNOVA Volunteer Appreciation Luncheon)

**400 + Hours Awardees** - Jean Bastien, Wolf Scherer, Jayne Young, and Doug White

**New Board Member** - Marcia Komandt

## Volunteer Appreciation Luncheon - April 2025



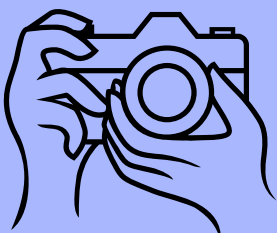


## Special Events Recaps & Photos - Don't Miss the Next Event. Join Us!

### Volunteer Appreciation Luncheon - April 2025



### Mardi Gras - March 2025



If you happen to take any snapshots of the SCNOVA events you attend, please feel free to submit them via email to, [Communications@scnova.org](mailto:Communications@scnova.org) to be featured in the next edition of the SCNOVA newsletter!



## What Volunteerism Means to Our Participants

Each quarter we have the benefit of surveying participants who have recently used the SCNOVA transportation program. Each time we receive some of the most endearing testimonials that remind us why we are here at SCNOVA, and how our services benefit volunteers and participants alike:

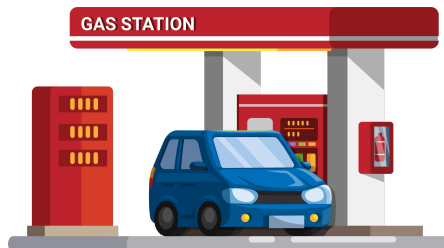
“The Shepherd’s Center is such a Godsend. I wish everyone who needed a ride would find out about SCNOVA.” said participant **Carolyn B.**

“I could be a spokesperson for SCNOVA, I just love y’all so much.” said participant **Letha F.**

“My friendly caller could not have been more perfect! We are almost best friends at this point.” said participant **Jeanne S.**

When our participants are comfortable, happy, and benefitting from SCNOVA services the joy and satisfaction fills the cups of our volunteers as well. If our mission resonates with you, and you are looking to bring joy and comfort to the lives of older adults in your community please consider one of the many ways to volunteer with the Shepherd’s Center of Northern Virginia. You’d be surprised how quickly one ride, one phone call or one visit can turn into a lifelong friendship. Give us a call to sign up today - 703-281-0538

## SCNOVA Gas Card Program



As a thank you to all of our wonderful drivers and a welcome to our new drivers, we are excited to give out 10 \$60 gas cards per month! Every month our new drivers are welcomed to the SCNOVA community with a gas card followed by our amazing drivers who complete the most rides for the month. We can't thank these drivers enough for their dedication and passion for the participants they drive and the communities we serve!

## SCNOVA Volunteer Highlight Corner - Tim Dodd

### Furthering the SCNOVA Mission through Service

**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**



Tim Dodd retired in August 2022 after serving the higher education community for nearly 40 years as an instructor and administrator. He had 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. 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.

After the culmination of an impressive career in education, Tim was seeking to not only remain active but influential as well. Tim initially heard about the Shepherd's Center of Northern Virginia from a post via the social media site, Meet Up, advertising a volunteer social. This event served as an opportunity to meet existing SCNOVA volunteers and hear firsthand about their experience. Tim attended the event and was very impressed by the presentations as well as the empathy in the room for the older adult community. Tim was a caretaker for his father during the end of his life and these feelings resonated with him as well. Tim was moved to volunteer but wanted to contribute more. Tim joined the Shepherd's Center of Northern Virginia as not only a driver volunteer but a member of the Board of Directors.

Tim expressed that the highlight of his experience volunteering with SCNOVA thus far has been the gratitude from participants and being a direct beneficiary of that gratitude. "The entire experience has been quite meaningful. One participant even packed me lunch! We are meeting a tangible need that is directly extending the independence of the older adults in the communities we serve. Witnessing the gratitude firsthand has been such a pleasure."

Tim hopes that voicing his experience will edge SCNOVA closer to gaining more volunteers and truly fulfilling the vision of transforming aging into an empowering experience for older adults to live a life of meaning.



# SAVE THE DATE

## SEPTEMBER 16, 2025

4:00 PM TO 7:00 PM

@WORLDGATE ATHLETIC CLUB & SPA

13037 WORLDGATE DR., HERNDON, VA

SHEPHERD'S CENTER OF NORTHERN  
VIRGINIA PRESENTS:

# PICKLEBALL

# &

# GOLF

# FESTIVAL

# 2025



POWERED BY:



WORLDGATE  
ATHLETIC CLUB & SPA



FEATURING MULTI-LEVELS OF PICKLEBALL PLAY, AWESOME GOLF  
SIMULATION CONTESTS, GREAT PRIZES, WORLD-FAMOUS  
COURSES, RAFFLE SPECIALTIES, AND A SILENT AUCTION  
WITH FABULOUS ITEMS & EXPERIENCES!

REGISTRATION COMING SOON

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

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



April is National Volunteer Month, and SCNOVA joins local and regional entities in recognizing our wonderful volunteers. On April 23rd we will celebrate our SCNOVA volunteers at the Annual Volunteer Luncheon, graciously hosted by St. John Neumann Catholic Church in Reston. In addition to celebrating all our volunteers, we will make special note of newer volunteers who have made outstanding contributions (the SCNOVA “Pin” Awards) and all volunteers who have contributed large numbers of service hours. On the 22nd, the town of Vienna will recognize local volunteers at the firehouse, and several notable SCNOVA contributors will be introduced at that event. Finally, our recently retired Office Manager and Volunteer Coordinator, Marianne Monek, will be recognized by Fairfax County with an Impact Leadership Award for her long and productive career as a volunteer management professional.

As I’ve mentioned in prior messages, a key focus of our current strategic plan falls on improving the recruitment and retention of volunteers and volunteer leaders across our many important service areas and program offerings. A committee including current volunteers, board members, and staff is working on expanding our recruitment efforts and experimenting with new and better ways to reward and incentivize our volunteers for the wonderful work that they do. We’ll be reaching out to other volunteers to get ideas about these efforts. However, if you have a great idea about how to better recruit and retain volunteers, we’d love to hear about it! Feel free to contact me ([wschroth@gwu.edu](mailto:wschroth@gwu.edu)) or the office staff if you have thoughts or questions.

## Message from the SCNOVA Executive Director

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### SCNOVA Executive Director—Carolyn Pennington



Celebrating volunteers during April is such a joy for us here at the Shepherd’s Center of Northern Virginia. As a volunteer-led organization, you all exemplify the mission to create a healthy and age-inclusive community. It is important to take the time to honor the impact you all make in the lives of people in our community every day. In the words of one transportation participant, “the volunteers are miracles! I do not know what I would do without you!” April event highlights included recognizing SCNOVA volunteers at the annual Volunteer Lunch at St. John Neuman’s church and the Town of Vienna Awards. During the Luncheon, Scott Schroth, Board Chair, received the 2024 Ed Lowery Award from 2023 awardee, Mike Mulreany. Notable recognition also went to the following volunteers who gave over 400 hours of service in 2024: Jean Bastien, Wolf Scherer, Doug White, and Jayne Young. More information can be found on the SCNOVA 2024 Annual Report, posted on our website. Thank you for all you do to support the Shepherd’s Center on behalf of the people we serve!



## Thank you to our current 2025 Community Partners



The  
**Adler Foundation**

Robin  
Portman



Melinda & Jake O'Brien    Rebecca & Dennis Pick



HUNTERS WOODS  
AT TRAILS EDGE



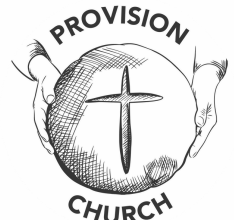
WORLDGATE  
ATHLETIC CLUB & SPA



Anthem. HealthKeepers Plus  
Offered by HealthKeepers, Inc.  
Virginia Medicaid Plan

GREAT FALLS  
Memory Care  
by ARTIS

Honoring Yesterday  
Celebrating Today<sup>SM</sup>



**NOLAN & MROZ, PLC**  
Northern Virginia Lawyers  
Serving the Metro D.C. Area



This year the Shepherd's Center of Northern Virginia has created a Community Partner Seal 2025 for all of our community partners, donors and sponsors to use on their social media platforms as well as in their establishments. When choosing a service, shop or program, please look for the SCNOVA Community Partner Seal and support those who support the Shepherd's Center of Northern Virginia.

# Activities to Engage & Inspire Older Adults this Summer

- **Kite Flying** – Fun, gentle outdoor activity with minimal exertion.
- **Water Aerobics** – Low-impact pool exercise improves mobility without strain.
- **Swimming** – Full-body workout with cardiovascular benefits.
- **Fishing** – Engaging hobby for varied mobility levels.
- **Picnics** – Chance to enjoy meals outdoors with loved ones.
- **Hobbies in Nature** – Soothing activities like birdwatching and hiking.
- **Walking Through Community Gardens** – Skills building and social engagement.
- **Visiting Zoos/Parks** – Change of scenery and walking paths.
- **Stargazing** – Astronomy hobby and constellation hunting challenges memory and recognition.
- **Book Clubs** – Reading and literary discussions exercise critical thinking.
- **Board Game Competitions** – Memory, concentration, and problem-solving benefits.
- **Puzzle Races** – Fun, competitive way to challenge cognition.
- **Arts and Crafts** – Creative outlets improve well-being.

-Exerpt <https://www.grayingwithgrace.com/summer-activities-seniors-elderly/>

## SCNOVA Recommends... ❤️

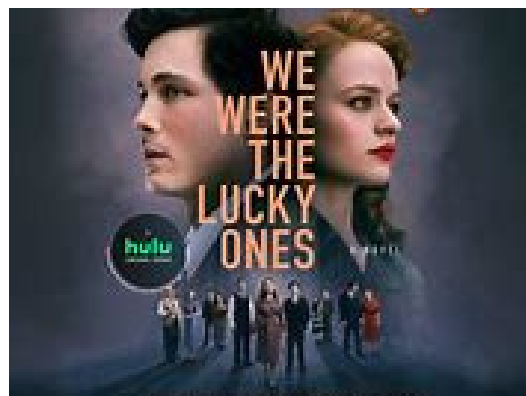


“I think Meadowlark Gardens in Vienna is a treasure for our community. But you know I also love to dine out. I have several favorites, for Mexican I love Mama Tigre in Oakton. In Vienna, I split my time between Bear Branch Tavern, Evelyn Rose and of course the Vienna Inn!!!” - Jayne Young, SCNOVA Vice Chair of the Board of Directors

“Expand your reading repertoire from authors around the globe and with these awe-inspiring novels”:

- *We Were the Lucky Ones* by Georgia Hunter
- *The Henna Artist* by Alka Joshi
- *Before the Coffee Grows Cold* by Toshikazu Kawaguchi
- *Black Cake* by Charmaine Wilkerson

-Anne Nelson, SCNOVA Development Committee Volunteer



“I'd like to recommend the Maple Room owned and operated by my dear friends Christos and Effie Sarantis. It is a really lovely, upscale restaurant right here in Vienna VA. The decor, ambiance and food make for a wonderful, romantic date night.”

- Megan Hilal, SCNOVA Office Volunteer

Have a suggestion for SCNOVA Recommends... ?

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



**Ingredients:**

- 1 cucumber, thinly sliced into half-moons
- 1/2 red onion, thinly sliced
- 1 pt. grape or cherry tomatoes, halved
- 1 cup halved Kalamata olives
- 6 oz. feta, cut into 1/2" cubes
- 2 Tbsp. red wine vinegar
- Juice of 1/2 lemon
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 1/4 cup extra-virgin olive oil



**Directions:**

1. In a large bowl, toss cucumber, onion, tomatoes, and olives. Gently fold in feta.
2. In a small bowl, whisk vinegar, lemon juice, and oregano until combined; season with salt and pepper. Slowly stream in oil, whisking until dressing is smooth and emulsified.
3. Drizzle dressing over salad and toss again to combine.

**Special Thank You to Our Congregational Advisory Council Members & Supporters**

If you are interested in participating in the next meeting, please reach out to the office for zoom and/or in person information - (703)-281-0538. All are welcome to join.

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



**New SCNOVA Volunteers!**



**Beth Lannon, Sean Crites, Susan Rieth, Ellie Bechtle, Kim Carroll, Mourin Ebron, Joe Cowden, Linda Meer, Bob Silber**



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 and parts of Fairfax North of Rt. 50

## SCNOVA Spotlight - Summer 2025



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 - Nikita Mutter Riverson, 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)

### 2025 Board of Directors

Scott Schroth -Board Chair  
Jayne Young - Vide-Chair  
Leigh Banducci -Board Treasurer  
Michelle Kang -Secretary  
Alexandra Sullivan - Client Representative  
Akram Aleahmad  
Tim Dodd  
Richard Duesterhaus  
Scott Honiberg  
Marsha Komandt  
Annamarie Mariani-Huehn  
Robin Portman