

## SHEPHERD'S HERALD: Volume 2, Issue 1 - February 2016

### Message from our Chairman

*Dear Friends of SCMAFC*

*When I first became involved with the Shepherd's Center of McLean-Arlington-Falls Church, I never realized how much my life would change. Not only have I met some extraordinary people, many of whom have become good friends, but I have also learned so much about the community where I live. By being involved, I am more aware of the needs of many different groups and definitely of the needs of our senior population. I have come to appreciate the cooperation between both volunteer and professional entities. This year our Board has become more involved in the community by attending many functions that have brought rewards in both volunteer and financial support. We will be having our Volunteer Appreciation luncheon in May and we hope that if you are a volunteer, you will definitely come, and please bring a friend who may be interested in volunteering. You are why our organization is a success.*

*Austine Eversole,*

*Chairman of the Board*

### Some Interesting Facts about Retirees

Although they account for less than one-third (31 percent) of the adult U.S. population age 25+, retirees contribute 42 percent of all dollars donated to charity and nearly half (45 percent) of total volunteer hours.

Today's retirees are three times more likely to say that "helping people in need" brings them greater joy than "spending money on themselves."

Retirees who give--either through financial contributions or volunteering--are more likely than those who don't to say they feel a "strong sense of purpose," "have high self-esteem," and are "happy and healthy."

### Summary of 2015

2015 proved to be a busy and productive year for SCMAFC. We set a new record for number of rides given to clients (2,089). In addition the center expanded its presence within the community through a number of presentations to churches and organizations in the area, participating in McLean Day, becoming members in the Chambers of Commerce in McLean, Arlington and Falls Church, and taking a leading role in the launch of NV Rides volunteer transportation program. We had a successful fund-raising campaign in December. Thanks to all who gave. Michael Lerner joined the Board of Directors in November, replacing Sharon Levy who resigned and moved to North Carolina.

### Volunteer Holiday Party

On December 10 our Executive Director hosted a Holiday party for all volunteers and Board members. It was a festive occasion with good food and good company and provided a chance for Board members to thank our drivers personally for the wonderful service they provide.



### Coffee Hours

SCMAFC held two informal "coffee hours" for new volunteers, one in May and one in October. These provided a chance for the volunteers to meet each other and members of the Board, as well as an opportunity to discuss their experiences driving clients to their appointments.

## Being there for Shepherd's Center Clients

Late on a recent Tuesday afternoon, a long-time client called to schedule an emergency ride to her doctor the next morning as she had fallen the day before and was experiencing difficulty walking and had slurred speech. Minutes after the ride request was put into the RideScheduler system, a volunteer accepted the ride. Within minutes of that, the volunteer called the Ride Coordinator to say she was unable to reach the client on the phone.

The local police were called immediately and police officers and EMT personnel arrived at the client's residence. They managed to gain entry into her residence where they found her unconscious. EMT personnel began emergency procedures, then took her to the hospital. Following an overnight hospital stay and several tests, she was released late that evening to return home. Thanks to the quick work of the SCMAFC team, a potentially life-threatening situation was avoided. The client said that "Shepherd's Center volunteers take their responsibility seriously and can be counted on at all times. They work very hard and serve the community tirelessly and make all their clients feel very special".

## Shepherd's Center Offers Two New Services

The Shepherd's Center of McLean-Arlington-Falls Church is now offering two new services for older adults in addition to our transportation program. They are the Friendly Caller and Friendly Visitor programs.

The **Friendly Caller** program matches a volunteer with an older adult who would like a phone call on a regular basis. This program will appeal to volunteers who have limited time in their day but would like to call someone just to let them know they haven't been forgotten.

The **Friendly Visitor** program will do the same with those who would like an occasional visit in their homes. The volunteer and the senior adult can decide when the time is right for the visit and plan accordingly.

Volunteer Monica Darnell & Client Irene Strack enjoy a Friendly Visit together.



## Upcoming Events

### Volunteer Appreciation Luncheon

A volunteer Appreciation Luncheon will be held May 12, 2016 at 12 noon at Temple Rodef Shalom, 2100 Westmoreland St, Falls Church. Come and meet your fellow drivers. We encourage each volunteer to bring a friend (as our guest) who might be a candidate to become a volunteer for Shepherd's Center.

### The Original Pancake House "Eat Out" Event

Save the date, **Thursday, May 26**. It is when The Original Pancake House in Falls Church will hold a special day honoring Shepherd's Center of McLean-Arlington-Falls Church. The Original Pancake House will donate 15% of all sales on that day to SCMAFC. The hours of operation are from 7:00 AM to 3:00 PM. So bring a friend and a hearty appetite. The Original Pancake House is located at

395 Lee Highway  
Falls Church, VA  
(Next to the Safeway)  
703.698.6292



### Volunteer Handbook

The Shepherd's Center Board has completed the drafting of a 7-page handbook to guide our volunteers as they faithfully serve our clients. Each volunteer will be receiving a copy of the handbook that provides guidance on topics such as the list of volunteer opportunities available, what to do in case of illness or emergencies, the importance of confidentiality, and how to handle any expenses incurred while serving as a volunteer. Volunteers who have not received a copy of the handbook by the time this newsletter is distributed may request a copy from Tom Eversole (teversole@scmafc.org).

## Meet our two new Board Members

### Michael Lerner

Michael Lerner, new to SCMAF's board in 2015, brings us a wealth of experience in both the business and non-profit worlds. Armed with degrees from the University of Wisconsin, Madison, and the University of California, Berkley (Ph.D economics), he expanded his interests via the government, working



with the Environmental Protection Agency and the new Department of Energy. He left the government to cofound and lead his own company, specializing in energy and environmental issues. He has been active on the Board of Directors of Temple Rodef Shalom for a number of years. The Chain Bridge Forest Homeowners Association benefitted from his expertise in computers, streamlining their data base and community directory, as well as participating in the Association's involvement with Arlington and Fairfax counties. He

enjoys travelling, spending time with his wife, two children and four grandchildren and keeps physically active swimming and biking.

### Laura Hicks

Laura Hicks became a member of the SCMAFC Board of Directors in January 2016 and is leading our revised Friendly Visitor program. She is a native Washingtonian, who grew up in the City of Falls Church. She had an active career as a legal assistant in a number of defense law firms.



Since retiring she has been active in her church, St. James Catholic. She has worked with respite care for a family who cannot leave their mother alone. She is also active in housing affairs in the City of Falls Church. When Laura isn't busy with her many volunteer activities, she loves

walking, reading, and traveling.

### **Replace, duplicate your Social Security Card**

A major program of Social Security benefits is Medicare, which require that you have a Medicare card to establish your eligibility. Therefore, the Medicare card is a necessary part of senior life. If your card is lost or worn, a new one is easily obtainable.

If you would prefer to do this personally, call 1-800-772-1213 weekdays, 7 a.m.-7 p.m. The closest office in this area is at 11212 Waples Mill Road. Or you can do it on-line, but first, you must have a social security account. You can do this by Googling "my social security account" and opening "Sign in or create an account." Follow through the "create an account" process. Next log back into "my social security account" and selecting "Replacement Documents" tab. You should receive your new card by mail within 30 days.

## Free Tax Preparation and Filing During Tax Season

Help in tax preparation is provided, **free of charge**, by volunteer organizations. These groups prepare your tax return with you present and providing needed information (see below).

The focus is on elderly (60 yrs+) and or low income (up to \$54,000) clients, with the focus noted for each tax preparation site listed:

Site	Client Focus	Dates & Hours Available/Access in 2016
Sun Trust Bank 515 Maple Ave 3d floor Vienna, VA 22180 703 713-8521	Elderly	Feb 1 thru April 18 M-F 10AM-2PM Closed Presidents Day First come, first served
Arlington Central Library 1015 N Quincy St, Arlington, Va	Elderly	Feb 2 thru April 14 Tues 10-7PM Thurs 10-4PM First come, first served, <b>or</b> For appointments call 703 829-6192
Thomas Jefferson Library 7415 Arlington Blvd. Falls Church, VA 22042	Low income	February 6 thru April 9 Saturdays, 10AM to 2 PM First come, first served
Homestretch Inc. 303 South Maple Ave. Falls Church, VA 22046 703 237-2035	Low income	January 30 thru April 9 Saturdays, 10AM to 1PM First come, first served

### **What to bring with you**

Proof of identification (photo ID), such as drivers license, your address & contact information

Social Security cards for you, your spouse and dependents

An Individual Taxpayer Identification Number (ITIN) assignment letter may be substituted for you, your spouse and your dependents if you do not have a Social Security number

Proof of foreign status, if applying for an ITIN

Birth dates for you, your spouse and dependents on the tax return

Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers

Interest and dividend statements from banks (Forms 1099)

A copy of last year's federal and state returns, if available

Proof of bank account routing and account numbers for direct deposit such as a blank check

To file taxes electronically on a married-filing-joint tax return, **both spouses must be present** to sign the required forms

Total paid for daycare provider and the daycare provider's tax identifying number Forms 1095-A, B or C, Affordable Health Care Statements

Health Insurance Exemption Certificate, if received

Copies of income transcripts from IRS and state, if applicable,

Forms 1095-A, B or C, Affordable Health Care Statements



# Shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## SHEPHERD'S HERALD—February 2016

### Thanks to the faith groups that support our services

Immanuel Presbyterian Church, McLean  
Lewinsville Presbyterian Church, McLean  
Lutheran Church of the Redeemer, McLean  
St. Luke Catholic Church, McLean  
Temple Rodef Shalom, Falls Church  
Trinity United Methodist Church, McLean  
Saint Agnes Catholic Church, Arlington  
Faith Lutheran Church, Arlington  
Memorial Baptist Church, Arlington  
McLean Baptist Church, McLean

### SCMAFC Organization

Executive Director—Ed Schrock

#### Board of Directors

Austine Eversole—Chairman

Rob Stotz—Vice Chairman

Mimi Coogan—Secretary

Tom Eversole—Treasurer

Denise Augustenborg

Betty Douglass

Laura Hicks

Michael Lerner

Shepherd's Center thanks McLean Baptist Church for printing and mailing this newsletter.

Shepherd's Center of McLean – Arlington - Falls Church is a nonprofit 501c(3) licensed in the state of Virginia. Donations may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22101. We can be contacted through our Website [SCMAFC.org](http://SCMAFC.org), by email to [info@scmafc.org](mailto:info@scmafc.org), on Facebook or by phone at 703-506-2199.