

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

### Message from our Chairman

Dear Friends of SCMAFC



*It's that time of year again; a new class of young people are graduating from high school and varying degrees of higher education institutions. They are ready to take on the world with all the expectations that youth has to give them. We on the other hand are*

*settling into the quieter but not less busy side of life and there are things we need to do to prepare for the inevitable. We all need to take the time to make sure we have pertinent information in place for our families. The first and most important is to have an "Advance Medical Directive" in place, make sure your doctor knows you have one; someone in your family knows where it is, and who is named to make the decisions. Next make sure ALL of your computer passwords are somewhere your executor can find them and has the ability to access them. Insurance policies, birth certificates, marriage certificates, Social Security numbers are just some of the necessary information needed. People sometimes feel this is a sad subject to deal with but if you realize it is just "information" you will feel better when you know it is in place when needed. We are in the process of updating our WEB page and are going to put a Survivor Checklist on it that you can download to make this easier. Please visit it at [www.scmafc.org](http://www.scmafc.org). Now, go have a nice day.*

*Austine Eversole,*

*Chairman of the Board*

### Performance in 2016

Our service keeps growing! Since January 1st of this year your Shepherd's Center has supplied 1176 one-way rides to 85 different clients. This is an increase in rides of 12% over the same period last year. Unfortunately this spring the number of ride requests we could not fill began to grow as well. In the period we had to turn down 199 of our requests because we had no driver available. This is too large a number and with drivers taking vacation in summer, the Board made the decision to suspend taking on new clients until we can recruit more volunteers. We hope this is temporary and that we will be able to open our roles to new clients in a few months. If you know anyone who you think might be interested in becoming a volunteer driver please have them contact us at 703-566-2199.

### Virginia Hospital Center Resources

There are a myriad of services available to all residents through the Virginia Hospital Center on George Mason Drive in Arlington. Of particular interest to seniors is the Phillips Lifeline Medical Alert and Emergency Response system which is offered throughout our area. No long term contract is required with financial assistance available for low income individuals. In addition the Virginia Hospital Center offers Mall Walking programs, Senior Health exercise classes, lecture series and one-on-one assessments of many health issues at low-cost.

The Senior Associates Membership Program which costs \$45.00 for a single and \$65.00 for a couple gives you complimentary parking for up to 50 visits, 1 annual blood chemistry screening, free activation towards the Virginia Hospital Center Philips Lifeline set-up fee and other benefits. If you are interested in learning more about any of these programs call, 703-558-6859.

## Helping, Fixing or Serving

Extracted from an article of the same name by Rachel Naomi Remen, MD, author of *Kitchen Table Wisdom: Stories that Heal*.

“Helping, fixing and serving represent three different ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole. Fixing and helping may be the work of the ego, and service the work of the soul.

Serving is different from helping. Helping is not a relationship between equals. A helper may see others as ... needier than they are, and people often feel this inequality. The danger of helping is that we may ... diminish their self-esteem, their sense of worth, integrity or even wholeness.

Service is not an experience of strength; service is an experience of mystery, surrender and awe. Helpers and fixers feel causal. Servers may experience from time to time a sense of being used by larger unknown forces. Those who serve have traded a sense of mastery for an experience of mystery, and in doing so have transformed their work and their lives into practice.”



## Shepherd's Center By-Laws Revised

By-laws help an organization do its job like the gears of a well-oiled machine. The by-laws of Shepherd's Center outline our purpose and goals, how our leadership is chosen, what services we are able to provide, and how we work to serve the older adults in McLean, Arlington and Falls Church.

This spring the Board of SCMAFC revised its by-laws so that they better reflect who we are, what we do, and how we provide services. SCMAFC has been around for several years now. We have grown. We do more. We have more clients and volunteers. Our Board has gotten larger. So we changed the by-laws to help the leadership of SCMAFC better function like that well-oiled machine.

## A new painless way to donate through Amazon

You can donate to your Shepherd's Center of McLean-Arlington-Falls Church by entering '[smile.amazon.com](https://smile.amazon.com)' instead of just 'amazon.com'. When you enter via 'smile...', the top of the screen will show two fields: 'Your business,' and 'Supporting.' If you hover over 'Supporting' and click on 'Change your charity,' you will be taken to a screen where you can type in '[The Shepherd's Center of McLean-Arlington-Falls Church](#)' and select that as your charity. Then continue on to Amazon. A donation equal to 0.5 percent of your eligible purchases (marked on each product detail page) will be made by The AmazonSmile Foundation at the end of your transaction. They accumulate and are transferred to your charity quarterly. Note that the donation is from Amazon and not yourself, so the tax deduction belongs to Amazon. To learn more about AmazonSmile, click on 'About AmazonSmile' instead of 'Change your charity.'

## Events

### Spring Volunteer Appreciation Luncheon a Success

The Shepherd's Center Board hosted a luncheon on May 12 to thank our many volunteers for their dedicated service to older adults in McLean, Arlington, and Falls Church. The event was held at Temple Rodef Shalom in Falls Church, with over 40 persons attending. A delicious catered luncheon with desert donated by Harrison Safeway was followed by a presentation of comic sketches by the OLLI Players from George Mason University's Osher Lifelong Learning Institute. Door prizes from area businesses were awarded in raffle drawings, and the beautiful tabletop flower arrangement were given to the person at each table who had lived in the Washington area the longest. Committee chairs briefly described their work and the need for volunteers to assist with activities such as the production of the chapter newsletter, assisting with friendly visiting and calling, and interviewing new clients. This annual springtime event grows each year as the number of our volunteers and the number of clients we serve expands.



### McLean Day—Damp but productive

Despite wet and windy weather, SCMAFC manned a booth at McLean's annual event in Lewinsville Park. The wind kept blowing over our large sign until we were able to secure it to our table with the help of a folding chair. The turn-out was muted by the rain but we had a very positive response from those who came by. There was agreement among all our visitors that we provide a much needed service.

Several people showed interest in becoming volunteers and we already have trained one new driver. The event served our purpose of getting the word out about the needs of our elderly community and Shepherd's Center role in serving those needs.

### Original Pancake House

On May 26 many of our volunteers and friends visited the Original Pancake House in Falls Church for a meal or a snack and thereby helped SCMAFC. The owner, Jeff Bulman, donated 15% of his income that day to our cause. The food was delicious and our Shepherd's Center was rewarded with a check for \$350. Thank you, Original Pancake House and Kubo Gibson, who designed our flyer.

## Meet a Board Members

### Tom Eversole

Tom Eversole has been an active member of the SCMAFC board of directors since the beginning in 2012. He is the treasurer and RideScheduler Coordinator. He also was instrumental in setting



up SCMAFC as a 501(c)3 organization. A 1965 graduate of the Naval Academy, Tom completed a twenty-three year Navy career in 1986 and began a second career in industry that same year. He started an aviation consulting business in 1995 where he served as the Executive Director of the American Helicopter Services and Aerial Firefighting Association, providing services to compa-

nies involved in aerial wildland firefighting activities. Using the knowledge gained in running his own company he expanded his expertise to include financial services and was the Chief Financial Officer of a defense contracting firm in Arlington, VA. Tom was instrumental in helping organize NV Rides (a coalition of transportation providers) and serves on the NV Rides advisory council. We are lucky to have Tom on our Board.

### Volunteer of the Year—Nancy Murray

Congratulations to Nancy Murray who was declared our Volunteer of the Year for 2015. Nancy took 159 rides. She was awarded a gift certificate to Safeway for gas or groceries. When asked what motivated her to devote so much of her time serving our clients she said “I like to drive for the Shepherd's Center because it helps the riders maintain their independence when they are no longer able to drive. I had surgery ten years ago and couldn't drive for about a year afterwards so I know how important that can be! I also thoroughly enjoy getting to know the people who ride with me. They always brighten my day and I really enjoy talking to them.”

Nancy is from Midland, Michigan, graduated from St Marys College of Notre Dame, Indiana and then completed her MBA at Va. Tech in Northern Virginia. She and her husband have one daughter who recently graduated from Purdue. After retiring from Verizon in 2009 Nancy is pursuing her quest to visit all 50 states with only 3 left to



## Good Reading

The Golden Gazette is a free monthly newspaper dedicated to serving the senior population of Fairfax County and the cities of Falls Church and Fairfax. It is full of informative reading for seniors — topics can include county services, law tips, gardening, park and recreation programs, etc., plus many advertisements pertinent to senior life.

Send your request to be added to their mailing list to Golden Gazette, Fairfax Area Agency on Aging, 12011 Government Center Pkwy, Suite 708, Fairfax, VA 22035-1104. The Gazette is free; however they accept contributions (usually in the \$10 range) sent to the above address.

## Let's Go to the Movies

Our local cinemas, always a source of good entertainment, have also been the source of considerable senior discounts, and in some cases reduced prices for all ages. Most theatres charge \$7.00 to \$7.50 before noon. Several, including AMC at Tysons 1 and Angelika at the Mosaic Center, have special rates from noon to 4:00 PM.



Two special senior days are notable. Cinema Arts Theatre is a favorite of seniors, whose special day is Wednesday with all tickets \$5.50 all day. It is an older theatre, located at the corner of Little River Turnpike and Prosperity Ave in a shopping center with several restaurants appealing to the “mature set”.

The Bow Tie Reston Theatre at Reston Town Center offers a special “55+ day” the fourth Wednesday of each month, sponsored by the Reston Association and the merchants of Reston Town Center. The show is free, with the doors opening at 9:15 AM for refreshments and prizes with the show starting at 10:00 AM. There is abundant free parking at the Town Center and many shops plus a variety of restaurants.

All are ADA compliant including hearing assistance. You can check on shows and times by searching the computer using the name of the theatre.



# Shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

## SHEPHERD'S HERALD—June 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  
Our Lady Queen of Peace Catholic Church  
St Luke's Serbian Eastern Orthodox 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

Sandy Eyerly

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.