

SHEPHERD'S HERALD: Volume 3, Issue 2—June 2017

Message from our Chairman

Dear Friends of SCMAFC

In all volunteer organizations there are those who are the backbone, the ones who keep the operation running. In our organization that group is known as the Ride Coordinators. They are our first responders, our front line, our anchors. They are the ones who take care of business every day and become our window to the needs of our clients. Sometimes they get cranky and frustrated, but that is a very temporary issue because the very next call will warm their hearts again. So for this column I would like to thank these 8 individuals who do such a great job making the lives of our clients easier (we hope) and richer. Tom Eversole, Denise Augustenborg, Michael Lerner, Irv Auerbach, Mary Highsmith, Rob Stotz, Christine Sheehy and Ed Schrock are your dedicat-



ed coordinators who use their time and energy to keep us running smoothly. It is a very interesting and rewarding job and anyone who would be interested in becoming a part of this

group just let us know. It's all done in your own home via your phone and computer. With summer coming and people going on vacations we can always use backups. Have a wonderful summer.

Austine Eversole

Chairman of the Board



Looking for comments and suggestions

If you have any comments or suggestions for this newsletter or for the operation and services of SCMAFC, please send them to SCMAFC at 1205 Dolley Madison Blvd, McLean, VA 22101. We would love to hear from you.

SCMAFC statistics

For the first time SCMAFC has not shown significant increase in ridership. For the first half year of 2017 we have given 1164 just about the same number of rides as we did for the same time period in 2016. Similarly the number of people provided rides was nearly the same. The second half of 2016 figures were similar to the first half, so it looks like we have reached a plateau. However the limiting factor in all of this is the number of volunteer drivers we have since we continue to have to turn down requests for rides due to no driver available. We are always in search for volunteers, so if you know anyone who might be interested in becoming one of our drivers, please have them contact us at 703-506-2199 or through email at info@scmafc.org.

Have you got talent you want to share?

Through the contacts our drivers and clients have made, we have learned that there is a lot of artistic talent hiding among you. We thought we ought to explore what is out there and maybe have you share your talents with the rest of us. So if you have any sort of artistic bent that you have expressed over the years, we want to hear about it. Have you been a painter, have you crocheted, made quilts, done stained glass, made ceramics, made lawn ornaments, whatever, leave us a message, send us an email, or write us a letter. Let us know who you are and what sort of art you have done. We aren't sure exactly what we will do it. Maybe we will feature it in a newsletter, maybe we will have an art show, maybe we won't do anything. But let's find out.

Sofia Rontaler is 2016 Volunteer of the Year

Our 2016 Volunteer of the Year is Sofia Rontaler. Sofia earned the award (a \$50 credit at ???) after providing 109 rides last year to a wide variety of our clients. She has been a driver for two and a half years. Sofia takes a personal interest in each person she works with and keeps in touch with many of them and even runs errands for



some of them. Her dedication to the ideals that Shepherd's Center espouses made her an obvious choice for the award.

Born in England to Polish immigrants after WWII, Sofia came to the US when she was 3 years old. Sofia became widowed after 23 years of marriage and ran a consignment shop in Vienna until 2014. Retirement provided Sofia with time to volunteer and she found "the flexibility to sign up for ride appointments that work

with my schedule" was appealing and she enjoys "the chance to strike up a conversation" as she drives her clients to their appointments. Sofia says "Finding out about the Shepherd's Center has been to me not a coincidence but a God incident. It can be so easy to get caught up in one's own life, but it is important to reach out and help others." We are privileged to have volunteers like Sofia in our organ-

Original Pancake House does it again

For the second year in a row, the Original Pancake House in Falls Church held a fundraising day for SCMAFC. Like last year they generously donated 15% of their earning for the day to our organization. We made sure to have someone on site throughout most of the day to thank the patrons and provide them with a brochure about our organization. So in addition to the funds that OPH gave us, we were able to inform more people about our mission.

What our clients are saying

Since we have initiated a program to send out birthday cards to our clients we have gotten several thank you responses including one saying:

"Thank you so very much for your fantastic service, beautiful B'day card and caring message! You made my day EXTRA SPECIAL."

Another client left us a phone message saying "Thank you for remembering my birthday yesterday and sending my very lovely little card. I am very appreciative.

211 service

Mimi to provide

SCMAFC meets the public

The month of May provided several opportunities for our Shepherd's Center to meet the public and spread the word about our work and our need for more volunteers. We want to thank the 20 volunteers who helped out at these events.

McLean Day

May 20 was McLean's festival day and SCMAFC was there with a booth featuring ...



Falls Church Day

Then on May 29 Falls Church had their annual celebration with a parade and other stuff.



Gala Luncheon Honors Volunteers

The annual Volunteer Appreciation Luncheon was held this year at The Italian Cafe in Falls Church to honor the dedicated volunteers of the Shepherd's Center of McLean-Arlington-Falls Church. A delicious lunch was provided by a favorite restaurant of many in the area and we were treated to dessert by the Harrison Street Safe-way. After lunch the SCMAFC Board President, Austine Eversole, thanked the 30 guests present for their faithful service to older adults in our



community. She presented the Volunteer of the Year award to Sofia Rontaler, who provided 109 rides in 2016. By popular demand, the SCMAFC Executive Director Ed Schrock gave a brief history of the founding of this chapter of Shepherd's

Center. Beautiful flower arrangements decorating each dining table were provided by Denise Augustenborg, the luncheon coordinator, and were given away as "door prizes" at the end



of the event. This annual luncheon provides an opportunity not only for volunteers to be thanked, but also for us to become acquainted with others who are helping to carry out the mission of our Shepherd's Center.

Come July 12 to The Locker Room

Fall Prevention

Each year, thousands of older Americans fall at home. Many of them are seriously injured and some are even disabled. Here are some things you can do to help prevent a fall.

Review your list of all medications with your doctor or pharmacist on an annual basis. Medication can affect the likelihood you will fall.

Preserve bone mass by incorporating aerobic exercise in to your daily routine, eating healthy meals and getting plenty of Vitamin D and calcium every day.

Get an annual vision exam and hearing exam. Changes in vision and hearing can impact our ability to move about safely.

Check your home regularly for hazards such as throw rugs, wires or cords, poor lighting on stairs or items left on the floor which can cause you to trip and fall.

Install grab bars in the bathroom along side the toilet and in the shower. Keep the items you use frequently on the lower shelves of your kitchen.

Leave a night light on at night so you can see clearly to walk to the bathroom. Don't get up out of bed quickly. Roll to your side and get up slowly.

Keep emergency numbers near each phone.

We welcome our newest Board Member

Bob Clark has joined the SCMAFC Board of Directors this month. Bob brings to our organization a strong financial background to the team, having held a number of jobs relating to non-profit and church business operations. We anticipate he will take over as our Treasurer later this summer, after he finishes current commitments at another organization.





shepherd's center

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard

McLean, VA 22101-3109

SHEPHERD'S HERALD—February 2017

Thanks to the faith groups that support our services

Immanuel Presbyterian Church, McLean
Lewinsville Prebyterian Church, McLean
Lutheran Church of the Redeemer, McLean
St. Luke Catholic Church, McLean
Temple Rodef Shalom, Falls Church
Saint Agness Catholic Church, Arlington
Faith Lutheran Church, Arlington
Memorial Baptist Church, Arlington
McLean Baptist Church, McLean
Our Lady Queen of Peace Catholic Church, Arlington

SCMAFC Organization

Executive Director—Ed Schrock

Board of Directors

Austine Eversole—Chairman

Michael Lerner—Vice Chairman

Betty Douglass—Secretary

Tom Eversole—Treasurer

Denise Augustenborg

Laura Hicks

Sandy Eyerly

Rob Stotz

Mimi Coogan

Nancy Murray

Carol Edelstein

Bob Clark

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. Donation may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean, VA 22102. We can be contacted through our Website SCMAFC.org, by email to info@scmafc.org, on Facebook at SCMAFC or by phone at 703-506-2199.