

SHEPHERD'S HERALD: Volume 4, Issue 1—Winter 2018

Message from our Chairman

Dear Friends of SCMAFC

I am honored to be the new Chair of the SCMAFC Board, and I am humbled to be following in the footsteps of Austine Eversole who has served so wonderfully as Chair for the past three years. I look forward to helping guide this chapter of Shepherd's Center as we serve older adults in McLean, Arlington, and Falls Church.

This Shepherd's Center is truly an amazing organization. *Do you know that ours is the only one of the 6 Shepherd's Center chapters in Northern Virginia (and one of the few in the nation) that has no paid staff?* All of our work is accomplished through the volunteer efforts of about 90 individuals who serve as Board members, committee members, ride coordinators, drivers, friendly visitors or callers, and handy helpers.

Our volunteers come from churches and synagogues, from people hearing about us at community events and through friends, from notices we post in local publications. We always need more volunteers, because the demand for our services every single week is greater than we are able to fulfill. You can drive as much or as little as you want; scheduling is always flexible. Please join us!

In future issues of this newsletter we will continue to introduce our services, our devoted volunteers, well as those whom we are grateful to serve—our clients.

Betty Douglass
Chairman of the Board



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SCMAFC Ride Statistics

In the calendar year 2017 SCMAFC provided 2,510 rides for 125 clients by 80 volunteer drivers. Rides provided grew by an average annual rate of 19% over the last three years. Although we cannot guarantee to provide a ride, in 2017 we fulfilled 90% of rides requested. 1,248 of the rides provided were for medical or dental appointments, and 639 for therapy. Grocery shopping accounted for 264 rides, and handy helpers were called up 23 times. We additionally provided 191 Friendly Calls or Visits. Our volunteers drove over 15,392 miles and devoted more than 1,735 hours to meet the needs of our clients in 2017.

SCMAFC Friendly Visitor & Caller Program

Would you feel safer or less alone if a Shepherd's Center Volunteer visited or called you regularly?

The Shepherd's Center of Mclean-Arlington-Falls Church provides volunteers who will either visit or call our clients on a regular basis.

Call us if you would like to learn more about this service. 703 506-2199

No one ever injured their eyesight by looking on the bright side of life.

Schrock Honored at Luncheon

The 2017 SCMAFC Board of Directors honored Ed Schrock on January 29 at a luncheon, marking his retirement from the leadership of this Shepherd's Center chapter. The event was held at J. Gilbert's Steak House in McLean and was also attended by Gina Cocomello, the Marketing and Outreach Coordinator for NVRides.

Ed was presented a scrapbook with tributes from each of the 2017 Board members and several previous Board members. It was announced by Tom Eversole, SCMAFC Executive Director, that the annual award given to an outstanding volunteer is being named in honor of Ed—the Edward Schrock Volunteer of the Year Award. In addition, Ed was informed that he has been designated Executive Director Emeritus by the Board.



The Board members shared with Ed their appreciation for his dedicated service to SCMAFC and its many clients who have benefited from the care and generosity that Ed has provided for over eleven years.



Carol Edelstein, on our Board of Directors, holds an ornament from the tree we decorated for the Falls Church Tree Fest. The tree generated funds for the Shepherd's Center through a silent auction.

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). Services are provided for the elderly (60 yrs+) and/or low income (up to \$54,000) clients, with the focus noted for each tax preparation site:

Site	Client Focus	Dates & Hours Available/ Access in 2018
Sun Trust Bank 515 Maple Ave 3d floor Vienna, VA 22180 703 713-8521	Elderly	Feb 1 thru April 17 M-F 10AM-2PM Closed Presidents Day First come, first served
Arlington Central Library 1015 N Quincy St, Arlington, Va 22201	Elderly	Feb 1 thru April 17 Tues 10-7PM Thurs 10-4PM First come, first served, or For appointments call 703 829-6192
Thomas Jefferson Library 7415 Arlington Blvd. Falls Church, VA 22042	Low income	February 3 thru April 14 Saturdays, 2:30 to 5:30 PM First come, first served
Homestretch Inc. 303 South Maple Ave. Falls Church, VA 22046 703 237-2035	Low income	January 27 thru April 14 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

Thanks to 3 Special Volunteers

We want to offer special words of appreciation to Ed Schrock, Austine Eversole, and Rob Stotz. All three have served on the SCMAFC Board for the past 5+ years and have now rotated off. These three have served in many capacities: chair, vice-chair, treasurer, secretary, newsletter editor, executive director, handy helper coordinator, fund-raiser, community outreach representative, ride coordinator, driver—too many to list. Austine, though no longer serving on the Board, will head up our volunteer recruitment efforts.

Looking Ahead to 2018

The Shepherd's Center is busy making plans for 2018 activities.

* We hope you'll mark **May 24** on your calendar because that's the day of our fundraiser at the Old Pancake House. It will run all day – from 7 am until 3 pm, so please bring your friends and stop by for breakfast or lunch (or both). The Old Pancake House will donate a portion of all of its sales that day to the Shepherd's Center.

The Old Pancake House is located at 7395 Lee Highway, Falls Church, VA. It's next to the Safeway.

* We also look forward to running a fundraiser at the Locker Room in Falls Church again this year. The Locker Room is a sports bar and grill with a diverse menu located at 502 W. Broad St. in Falls Church, VA. They kindly offered us the opportunity to promote the Shepherd's Center and our services at their establishment during the month of our fundraiser.

Plans for this event are currently being finalized so please watch your e-mails and our website (www.scmafrc.org) later this spring for the exact date of our event.

* We'll be participating at McLean Day in Lewinsville Park once again this year. It will be held on **May 19**. We'll be there at a table to spread the word about the Shepherd's Center and hopefully, to find some additional new drivers. Please stop by to say hi.

Ed Schrock Steps Down as Executive Director of Shepherd's Center

Edward "Ed" Schrock has stepped down from his longtime role as Executive Director of the Shepherd's Center of McLean-Arlington-Falls Church (SCMAFC), an organization he founded in 2006.

Ed retired from the Navy in 1988 and worked as an investment broker at Kidder Peabody. He was elected to the Virginia Senate where he served from 1996 to 2001. He then was elected to represent the Second Congressional district of Virginia in the U.S. House of Representatives.

Upon moving to McLean, Ed looked for a way to help those in his community and began giving rides to seniors who needed help getting to their doctors. In the course of giving them rides, he grew close to them and realized that there had to be many people (especially seniors) who needed that kind of help. After investigating the Shepherd's Center of Oakton-Vienna, he set up a Shepherd's Center to service McLean, Arlington and Falls Church in 2006 operating with a handful of volunteers. In 2013 SCMAFC was incorporated as a 501(c)(3) organization and now has a 12 person Board of Directors, almost 100 volunteers, over 200 senior clients and provides over 2,000 rides a year free of charge.

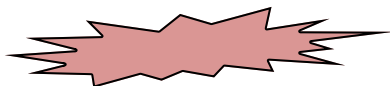
The personal relationships between riders and drivers make Shepherd's Center special since many of the seniors do not have family nearby. "That's where we fill the bill," says Ed. "I don't know who gets more out of it – riders or drivers." Ed Schrock leaves a strong, still all-volunteer organization behind to continue his original objective of helping seniors live their lives with dignity.



Volunteers Honored at Holiday Party



SCMAFC volunteers were honored by the Board at a party in December at Ed Schrock's McLean home. Holiday refreshments, beautiful decorations, and lively conversations made for a wonderful opportunity for volunteers to become acquainted and to be thanked for their faithful service to older adults in our community.





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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
Saint Agnes Catholic Church, Arlington
Faith Lutheran Church, Arlington
Memorial Baptist Church, Arlington
McLean Baptist Church, McLean
Our Lady Queen of Peace Catholic Church, Arlington
St Luke's Serbian Eastern Orthodox Church, McLean
Trinity United Methodist Church, McLean

SCMAFC Organization

Board of Directors

Betty Douglass—Chairman
Michael Lerner—Vice Chairman & Newsletter Editor
Carol Edelstein—Secretary
Bob Clark—Treasurer
Denise Augustenborg-Volunteer Event Chair
Mimi Coogan & Carol Edelstein-Community Outreach Co-Chairs
Tom Eversole-Executive Director (ex officio)
Laura Hicks-New Client Assessment Chair
Mary Highsmith-Transportation Coordinator
Nancy Murray- Marketing & Social Media Chair
Christine Sheehy—Client Advocacy Chair

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, by email to info@scmafc.org, on Facebook at SCMAFC or by phone at 703-506-2199.