

**SHEPHERD'S HERALD: Volume 4, Issue 2—Summer 2018**

**Message from the Chair**

Aging brings with it many gifts: the pleasure of grandchildren, less pressure to advance one's career, more flexibility in one's daily schedule. But aging also brings many losses. One of the greatest losses is the ability to drive a car or easily take public transportation.

In our community are many older adults who find that the loss of easy transportation is not just a minor inconvenience, but rather a crisis. Maybe they have no family or friends nearby whom they can ask for a ride. Maybe their limited finances prohibit them from taking taxicabs to needed appointments. The inability to get "out and about" is isolating, dangerous, and frightening.

This is why Shepherd's Center plays such a critical role. The free transportation that our wonderful volunteer drivers provide our clients to medical and dental appointments, therapy sessions, pharmacies and labs is life-saving for those who otherwise would be truly home-bound.

We are so grateful for our approximately 100 volunteers. And we desperately need more of you! We ask that you talk with friends and family about becoming SCMAFC volunteers. Almost 25% of our current volunteers came to us through the invitation of a friend. Please help us better serve our neighbors who are so dependent on our services.



Betty Douglass  
Chairman of the Board

**SCMAFC Ride Statistics**

In the first four months of 2018, SCMAFC provided 781 rides. Although we have over 200 clients in our database, these rides were given to just 68 clients by 57 volunteers. During this period, we took on 23 new clients, but unfortunately only gained 7 new volunteers. Although we cannot guarantee a ride, during this same period we fulfilled 89% of our clients' requests. Of the fulfilled requests, there were 366 to go to medical or dental appointments; 237 to go to therapy; 62 to go grocery shopping; 5 to have a handy helper come to the client's home; 65 to have a friendly call or visit; and 18 for other miscellaneous reasons. Our volunteers drove over 4663 miles and spent more than 492 hours tending to the needs of our clients in this first trimester of 2018.

**McLean Day**

To celebrate "ALL THINGS MCLEAN," McLean had a special Fair Day highlighting the town and its special unique programs on May 19th. In a prominent display booth, our Shepherd's Center was touting its mission of aiding seniors, particularly by offering friendship and transportation in time of need with the help of volunteer "Shepherds."

Our display included information on volunteer positions, other information pertinent to seniors, referrals to other Shepherd's Centers, plus a "give-away" basket with a Chesapeake Crab theme. Despite the stormy weather the feeling was-----Mission Accomplished!!!!



## 2017 Donors

We very much appreciate the individuals, religious organizations, and businesses that supported us financially and through in-kind services in 2017.

### Individuals

Diana Artemis	Deborah Kosciw
Irv Auerbach	Michael Lerner
Thomas Callanen	Patricia Matheson
Robert Clark	Richard May
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Carol Horton	Merriel Thorp
Rachel Hyatt	Sylvia Truxa
Eileen Jackson	Estate of Johanna Witzen
Barbara Kane	Steven Wertime
Stanley Kettering	Jean Wetrich
Ronald Krieger	

### Faith Groups

Immanuel Presbyterian Church, McLean  
Lewinsville Presbyterian Church, McLean  
Lutheran Church of the Redeemer, McLean  
McLean Baptist Church  
Our Lady Queen of Peace Church, Arlington  
St Luke's Catholic Church, McLean  
Women of Temple Rodef Shalom, Falls Church

### Businesses and Organizations

Amazon  
The Locker Room Grille  
Old Pancake House

**Donations may be made to SCMAFC, 1205 Dolley Madison Blvd, McLean VA 22101 or through our website SCMAFC.org.**

## A New Board Member- Christine Sheehy

Christine Sheehy is a Registered Nurse with a PhD in Health Policy Analysis from Virginia Commonwealth University. She has held a variety of positions in management, quality and performance improvement, and education across the US, and served as a consultant for the World Health Organization in the Western Pacific Rim. Her particular area of expertise is in the area of aging. She is (nearly) a Virginia native and has worked and volunteered in community health. She is passionate about keeping older people connected in their communities by facilitating access to resources that can sustain them, and by reaching out with a personal and caring touch. She joined the Board in 2018 but had already been an active member of Shepherd's Center for many years in other volunteer activities.



## Yet Another New Board Member - Mary Highsmith

Mary Highsmith has lived in the Northern Virginia area for most of her life. She graduated from The George Washington University in 1970 with a BA in Russian Language and Literature. She had a career in the Federal Government, retiring from the Defense Intelligence Agency in 2003. She is active in volunteer work, especially with Knox Presbyterian Church in Falls Church as an elder and the Receipts Treasurer, and with the Shepherd's Center of McLean, Arlington, and Falls Church as a driver, coordinator, and board member. In this latter capacity, Mary hopes to help seniors whom we serve to believe that they have a network of helpers who are looking out for them.



Never be afraid to try something new.  
Remember, amateurs built the Ark.  
Professionals built the Titanic.

## Volunteer Honored at Volunteer Lunch

SCMAFC held its annual volunteer appreciation luncheon on Thursday, June 7, at the Italian Café in Falls Church. About 30 of our volunteers were present for a festive occasion and delicious meal.



Mary Lee

During the luncheon Mary Lee was announced as the 2017 Volunteer of the Year and was presented, in absentia, a certificate and gift card. Mary is one of our friendly visitors. During over 100 visits in 2017 she spent more than 200 hours with one client. In addition to visiting, she has become a friend, helping this client with shopping, cleaning out closets, and bringing healthy food. Our client feels more secure now because she knows she can call on Mary if she has a need for assistance other than a ride. We want to thank Mary and commend her for her selflessness and dedication to enriching the life of another.

## A painless way to donate through Amazon Smile

Amazon Smile is a simple way for you to support the Shepherd's Center of McLean-Arlington-Falls Church every time you shop. Sign up by entering 'smile.amazon.com' instead of just 'amazon.com' then enter your ID info. 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 the website, which has the same content/prices as the plain Amazon website. Amazon then contributes a donation equal to 0.5 percent of your eligible purchases at the end of each transaction so long as you sign on through Amazon Smile. Once you insert your charity name and your normal ID, Amazon Smile remembers the charity's name. Every time you want Amazon, just sign in at Amazon Smile.



## Thanks to all our Volunteers!

### IN-HOME HEALTH CARE

While helping one of our clients, we came across something we thought would be beneficial to many of you. It's called Inova Housecalls. This is a wonderful professional program for home based medical care for patients who have trouble leaving the home or who do not drive. The group consists of doctors, nurse practitioners and others who come to help you in your own home and provide services such as chronic disease management, blood work, EKG, x-ray and more. They accept most patients 65 or older and accept Medicare, Medicaid and most Insurance plans. To enroll in the group or to just get more information call 703-698-2431.



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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 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)  
Dave Hagigh - Volunteer Recruitment Chair  
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](http://SCMAFC.org), by email to [info@scmafc.org](mailto:info@scmafc.org), on Facebook at SCMAFC or by phone at 703-506-2199.