

## Message from the Chair

A huge advantage of living in Northern Virginia is that there are so many community-based programs and services. It is actually overwhelming to discover all the housing, nutrition, healthcare, transportation, care-giving, legal, financial, educational, and recreational offerings that exist, many of which are specifically designed for older adults. So why do so many of us not take advantage of these services? Mostly because we do not know about them. Or we don't know how to find out about them.

The **Fairfax County Area Agency on Aging** for residents of McLean and Falls Church is a good place to start. Their website can be found at <https://www.agingcare.com/local/fairfax-county-area-agency-on-aging-fairfax-area-agency-on-aging-va>, and their phone number is 703-324-5411.

For **Arlington** residents, your **Area Agency on Aging** can be found at <https://www.agingcare.com/local/arlington-aaa-arlington-area-agency-on-aging-va> and 703-228-1700.

The **Golden Gazette** is a free newsletter available for all Fairfax County and Falls Church residents and is full of information about services available. To subscribe, call 703-324-5633.

The **McLean Senior Source** ([www.McLeanCVA.org](http://www.McLeanCVA.org); 703-300-1751) offers free information and referrals to community resources. If you or those you love need help that you aren't getting, check out these resources and take advantage of the benefits of living in this amazing place.

Betty Douglass  
Chairman of the Board

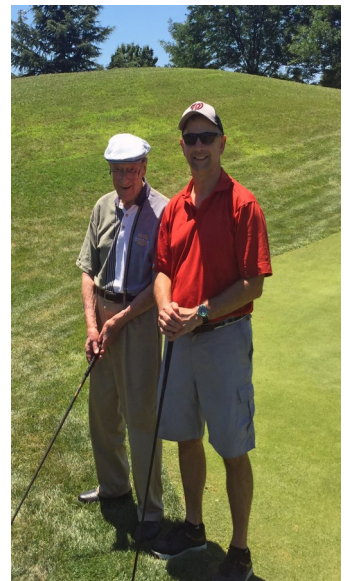


## SCMAFC Ride Statistics

During the summer months of 2018 (June-August), volunteers for the Shepherd's Center of McLean-Arlington-Falls Church provided 559 rides for our clients. Of these, 234 were for medical appointments, 11 for dental appointments, 51 for trips to the grocery store, 5 for handy helpers, 178 for therapy appointments (both physical therapy and psychotherapy), and 32 friendly visits/calls. There were 28 requests for rides for which we were unable to provide drivers (which accounts for about 4% of the total requests received). It should be noted that there tend to be fewer drivers during the summer months, when many volunteers take their vacations and are not available to drive.

## A Rider and a Driver

Driver and Board member Dave Hagigh shown playing golf at Oakmarr with long time Rider Tor Eide, who has been riding with SCMAFC for five years. Dave reports that "We played with two others and all of us marveled at Tor's vigor. He walked all nine holes that they played and Tor had two pars while most of us had bogies (over par). That's not supposed to happen at 97. Amazing! "



## A New Board Member - Kate H. Caldwell, MA, CMC

Kate found her passion in working with seniors in high school when she worked in a local nursing home. She was inspired to make a difference in elder care, to help seniors have the best quality of life with the dignity they deserved. To build the expertise she would need, she pursued a master's degree in gerontology and long-term care administration. Kate is a gerontologist and a Certified Care Manager through the National Academy of Certified Care Managers. She has directed 3 memory care communities as well as mentoring and training new memory care directors for a national company. Kate has also served as a volunteer ombudsman, hospice volunteer, and as a board member at Insight Memory Care.



In 2004 Kate founded ElderTree Care Management Services serving the DC metro area. She has built a team of exceptionally qualified care managers. All of the team members are highly trained, experienced professionals who combine their expertise with heartfelt compassion. In 2014, the Aging Life Care Association recognized Kate as a "Fellow of the Leadership Academy". The fellowship recognizes Aging Life Care Professionals™ who have demonstrated themselves to be advanced practitioners and experts in the field of Aging Life Care.

## Locker Room and SCMAFC

The Locker Room will again be your hosts for a FUNdraiser on **October 17th, 5 to 10 PM**. The Locker Room (502 W Broad St., Falls Church ) returns 15% of their gross receipts from that evening to our Shepherd's Center. We invite our clients, volunteers and friends to share good food and a good time for a good cause!!!! See you there!!!

## Another New Board Member - Dave Hagigh

Dave became a driver with Shepherd's Center in early 2017 and joined the Board in March 2018. He's currently a Realtor with RE/MAX Allegiance. Prior to that, he worked at UUNET (MCI WorldCom) and started his career with the Department of the Army as a civilian intelligence analyst and liaison. He's a graduate of Washington and Lee University, George Washington University, and the Defense Intelligence College. Dave has been a long time member of Ducks Unlimited/Alexandria Chapter (wetlands conservation) and previously sat on the Boards of Lift Me Up (handicap therapeutic riding) and the Falls Church Kiwanis Little League. Originally from Baltimore, Dave moved to the D.C. area in 1984. He and wife have lived in Falls Church City since 1995 and have three kids. He loves to play golf and tennis whenever he can.



## Fund Raiser at Choolah Restuarant

Elizabeth and Mark Turco enjoyed a delicious meal at our recent fundraiser at Choolah, an Indian barbecue restaurant located at [2911 District Avenue](#) in the Mosaic District. We are pleased that Choolah, which serves a varied menu of clay-oven baked Indian dishes, partnered with us for this event. Mark also volunteers with the Shepherd's Center as a driver who brings our clients to doctor's appointments.



**Thanks to all our  
Volunteers!**

## Help in Voting in Person on Nov. 6

Although we strongly advocate that everyone vote, our Shepherd's Center does not provide rides to election centers. However there are ways to get there. If you live in Arlington County and need a ride to vote, you can call Arlington County Democratic Committee (703-528-8588) or the Republican Committee (703-677-8217). To determine your polling place call 703-228-3456. In Fairfax County the Democratic Committee number to call is 703-573-6811. The Republican Committee number is 703-766-4467. To find your polling place in Fairfax County call 703-222-0776. You should call these people several days before the election so they can arrange a schedule for your ride.

## High School Volunteer Fair in Falls Church

On September 19, 2018, the Shepherd's Center of McLean-Arlington-Falls Church participated in the City of Falls Church Volunteer Opportunities Fair. Students in grades 8-12 attended the fair seeking volunteer opportunities they have for this year. It was heart-warming to see the genuine interest they showed. Hopefully, this will lead them to a life-long involvement in volunteerism. We were successful in getting the names of six interested students. Shown just below is Mary Beth Connelly, Vice Mayor City of Falls Church and Outreach Director for the public schools, with Shepherd's volunteers Carol Edelstein (left) and Laura Hicks. At the bottom, a photo of Julie, a prospective volunteer, with the ladies from Shepherd's Center of McLean-Arlington-Falls Church.



## Voting by Absentee Ballot Before Nov. 6

Your vote can be counted on Election Day if you vote by Absentee Ballot. You can vote early in person using an absentee ballot but it may be easier for you to vote by mail. The deadline for **receipt** of your application to vote absentee by mail is 5:00 PM the Tuesday before the election. Steps to follow:

- First check your voter registration status to ensure your registration is up-to-date. You must be registered in order to vote. You can call 804-864-8901 go online at [www.vote.virginia.gov](http://www.vote.virginia.gov) to check and update your registration information if necessary. The **deadline to update your registration status is October 15.**
- You can apply for your absentee ballot online at the same website [www.vote.virginia.gov](http://www.vote.virginia.gov) (in the same "registration" section, under "State forms" click on the line "Virginia Absentee Ballot Application"). Then you print out the form and fill out the application (you will need your Social Security # and information from your VA driver's license although use of other ID's is provided in the application). You can also obtain this form at your local library. There are 20 valid reasons that allow you to vote absentee but the ones that are most likely to apply are: My disability or illness (code 2A), I am primarily and personally responsible for the care of a disabled/ill family member confined at home (code 2B) and you will need to identify family relationship to the disabled person, and Personal business or vacation outside County/City of residence on election day (code 1D).
- Then mail this application to **your** general registrar listed on page 2 of the application. You may also submit your application by fax or scanned email attachment. Once your completed application is received, your absentee ballot will be sent to you in three (3) business days.
- Then fill out your ballot, mail it in to the designated office. **It must be received by 7PM on Election Day.**

## Financial Assistance To Folks on Medicare

There is financial help available to some older adults to help pay for Medicare. People must qualify based on individual or combined married income and resources (e.g., savings accounts). Each case is individual so call a qualified Medicare representative at 1 800 633-4227 or go to [www.Medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs](http://www.Medicare.gov/your-medicare-costs/get-help-paying-costs/medicare-savings-programs) for details.





**Shepherd's center**

OF MCLEAN-ARLINGTON-FALLS CHURCH

1205 Dolley Madison Boulevard  
McLean, VA 22101-3109

## **SHEPHERD'S HERALD — Fall 2018**

### **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 & Community Outreach Co-Chair  
Bob Clark - Treasurer  
Tom Eversole- Executive Director (ex officio)  
Denise Augustenborg-Volunteer Event Chair  
Kate Caldwell - Client Advocacy Co-Chair  
Mimi Coogan - Community Outreach Co-Chair  
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 Co-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.