



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/FEBRUARY 2017

SCAS Lunch N' Life **Friday, January 27th**



11:30 AM—1:00 PM

St. Alban's Episcopal Church

6800 Columbia Pike, Annandale, VA. 22003

Cost is \$10, which includes food, fellowship, entertainment and a chance to win a door prize.

The Olli Players present a very funny 1 act play called **"A Shotgun Wedding"**. **It's the 1950's and you have to tell Mom you are getting married.**

ACCA Food Pantry Donations wanted. Bring in any non-perishable food and we will deliver to ACCA.

Please **call the SCAS office** to reserve your seat by Monday, January 23rd at **703-941-1419** and send your check to the office. Pre-payment is required as our luncheons are catered.

Testimonial

A new rider, Roslyn S., took her first rides with our volunteer drivers in December. She called back to say that both John S. and Clyde S. were excellent, safe drivers and very kind, caring, and helpful. A bonus was very interesting conversation! She is thrilled with the service she has received from SCAS and plans future rides as needed.

It's so good to hear the appreciation the riders have for the great volunteer service our drivers give.

Save the Date

Lunch N' Life Thursday, March 23rd 11:30-1:00 pm. Join us to hear Pastor Chris Look talk about his days in Ireland. Then hear a few Irish tunes.

CARS—Donate your vehicle and help raise funds for SCAS!

Do you have a vehicle you no longer use or just want to get rid of? Vehicles can include autos, boats, RV's, motorcycles, or trucks. You may donate your vehicle whether it is running or not.

Donate your vehicle to SCAS by calling 1-855-500-RIDE (7433). You will need the title, but call anyway if you don't have it, as arrangements can be made. Once you call about the donation, you will receive a return call within 24 hours to schedule the pick-up of your vehicle within a week.

Since SCAS is a 501c3 non-profit organization, you will receive the paperwork for tax purposes after the vehicle has been towed and processed.

Fairfax County Health Course 2017

Every Wednesday February 1st through March 8th
Hosted by SCAS and United Baptist Church
7100 Columbia Pike
Annandale, VA 22003
10:00 am—12:00 noon

Six weekly 2-hour free workshops. Topics of discussion include: education on exercise based on individual needs and abilities, food portions and portion control, how to read and understand food labels.

In an interactive group setting, participants explore self-help tools such as relaxation, stress reduction techniques, peer counseling, and resources for keeping themselves well. Led by two facilitators at each session.

Snacks will be provided.

Sign up fast as seats are limited.

Call SCAS for reservations 703-941-1419
Monday—Friday 10:00 am—1:00 pm.

Important telephone numbers for your file:

Emergency: 911, for police, fire, and rescue (life-threatening emergencies only)

Snow Removal - VDOT: 1-800-367-7623,

Email: novainfo@vdot.virginia.gov

Status of plowing www.vdotplows.org. If your road is not plowed and you have an emergency, VDOT will coordinate with emergency personnel.

For real-time traffic updates and road conditions:

call 511; visit www.511virginia.org;
mobile.weather.gov for smart phones:

www.VirginiaDOT.org;

Public Safety Non-Emergency: 703-691-2131

Fairfax County Emergency Information:

703-817-7771

Dominion Virginia Power: 1-866-366-4357

Washington Gas: 1-800-752-7520

Fairfax Water: 703-698-5800

Verizon: 1-800-837-4966

Cox: 703-378-8422

Comcast: 1-800-934-6489

Fairfax County Storm Water Management:

703-877-2800

Fairfax County Wastewater Collection Division

Trouble Response Center: 703-323-1211

Weather forecast at www.weather.gov, type city and state, or zip code, and check the box "remember me."
<http://www.fairfaxcounty.gov/emergency/prepare>

Remember to have your cellular phones and portable electronics fully charged.

Volunteers Needed at SCAS

Do you have a few hours a month you can spare to help SCAS?

Volunteers are needed:

Adventures in Learning committee—help set up and clean up, locate speakers

Lunch N' Life committee— help set up and clean up, locate speakers

Board of Directors— help guide SCAS

Outreach— contact churches and businesses

Drivers for our transportation service are always needed.

Please call to volunteer or for more information.

Newsletter by Email

Please give us your email address so we can save some paper as well as printing and mailing costs. Get the news faster and in color by email.

If you do not wish to receive this newsletter, please let us know.

The Shepherd's Center of Annandale Springfield (SCAS)

SCAS is a non-profit interfaith organization sponsored by area congregations and community groups to serve seniors 50 and older in the Annandale and Springfield areas of Northern Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Recent Lunch N' Life:

The Lunch N' Life at Annandale United Methodist Church on December 1st was a huge success thanks to The Annandale High School Women's Chamber Ensemble let by Mr. Pat Vaughn. The young ladies have such beautiful voices. They chose such wonderful holiday songs to sing and did a great job singing them. Pat Vaughn, a very dedicated music director at AHS, as well as AUMC, was a very spirited leader. Thank you Pat and ladies!

Thank you Pastor Edwardo Carrillo for taking time to say the opening prayer for us to start the luncheon. Thank you Bill and Lucylle Dubbert for providing the lovely poinsettia table decorations and for help setting up and cleaning up. What a job!

And many thanks go to Alice Snitzer and her husband for setting up and cleaning up. All those dishes had to be washed, what a big job.

Thanks goes out to Lavern McGrail and the students of S. John Davis Culinary School for the catering the wonderful lunch buffet. The food was delicious and plentiful. The winner of the gift card to Bob Evans was Ms. Joan Crofford. A card is given away at every Lunch N' Life, so join us in January and maybe you will be the next lucky winner.

Consider SCAS in your estate Planning or IRA payout.

Over 70 1/2 and taking funds from your IRA? If you need to make donations SCAS could use your help. Your donation will be put to work to provide services that assist senior adults (50+) in our area to live independently. All donations are greatly appreciated!

Are any of your stocks perpetually underperforming? If so, now is a perfect time to dump them. You can deduct up to \$3,000 in net capital losses from your income, and can donate them to charities. Make a gift of stock to your favorite 501(c)3 organization like SCAS. Then, take a deduction for its full value. You avoid the capital gains tax by making a donation and potentially reduce your tax liability with the deduction.

New Around Town

Among other new developments around our area: Long Horn Steakhouse opened in Bailey's Crossroads, the Home Depot in Seven Corners was expanded, Glory Days is coming to Barcroft Plaza, and Pinecrest Plaza is getting a new TD Bank. New eateries in The Block are getting to ready to open. The Block is a food court-like establishment next to Kmart on John Marr Drive in Annandale. It features six food vendors. The Snowcream Company is already open.

Become an SCAS Member in 2017

Now is the time to show your support by beginning or renewing your SCAS membership in 2017. Your membership dues help support our transportation program, Lunch N' Life, Adventures in Learning, Day Trips, Special Events and other programs.

The cost of an annual membership is only \$15.

Just return the enclosed [membership form](#) to the Shepherd's Center along with your check. Please fill in the form to update your contact information. A copy can also be found on our web site.

Thanks for your faithful support! We could not do it without you!

Shepherd's Center Oakton-Vienna

Vienna Parks and Recreation in collaboration with the Shepherd Center of Oakton-Vienna invites adults age 55+ to a Valentines holiday dance and lunch. Entertainment from the Tallwood Trio. Must register by January 20th.

Friday, February 3rd 3:00 pm.-5:00 pm

Our Lady of Good Counsel Church, DeSales Hall

8601 Wolftrap Rd, Vienna, VA

\$10 Per person.

To register call the Shepherd's Center 703-281-0538.

Shepherd's Center Fairfax-Burke Lunch N' Life

When: January 19, 2017 12 noon - 2 PM

Where: The Lord of Life Lutheran Church,
5114 Twinbrook Rd., Fairfax, VA 22032

Osher Lifelong Learning Institute (OLLI) Players from the George Mason University

Cost is \$10.00 per person. Please contact Bea Stephenson at 703-273-5730 for a reservation. See <http://www.scfbva.org> for more details.

Thank You for Your Support

We realize that much of our work would not be possible without your generous and dedicated support, and we would like to let you know how much we recognize and appreciate your continuing contributions.

Quote of the month:

"Don't rush things; when the time is right it will happen". Spirit Science



Vivian L. Muccio, M.A., CCC-A, FAAA
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UPCOMING EVENTS

1/27/17 Lunch N' Life

2/16/17 Day Trip

3/23/17 Lunch N' Life



Proud member of the Annandale Chamber of Commerce



Our thanks to Greenspring for printing this newsletter.



7610 Newcastle Drive
Annandale, VA 22003

SUPPORTING CHURCHES

Annandale United Methodist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
Hope Lutheran Church
John Calvin Presbyterian Church
Mount Pleasant Baptist Church
Ravensworth Baptist Church
Parkwood Baptist Church
St. Alban's Episcopal Church
St. Barnabas Episcopal Church
St. Mark's Lutheran Church
St. Matthews United Methodist Church
Sleepy Hollow United Methodist Church
United Baptist Church

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A NON-PROFIT INTERFAITH ORGANIZATION TO SUPPORT AND ENRICH THE LIVES OF ADULTS 50 and OLDER. SEE OUR WEB SITE FOR OUR ANNUAL REPORT.