



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUGUST 2017

## SCAS "A Summer Tea"

**Thursday, August 24th**  
**1:30 pm – 3:00 pm**



Ravensworth Baptist Church  
5100 Ravensworth Rd., Annandale, VA

Join us for a very relaxing afternoon of tea tasting, light food and desserts, conversation, and a little music. Hosted by the Board and volunteers of SCAS.

Cost is only \$20 per person

**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, August 21st. Call **703-941-1419** and send your check **for \$20** to the office. Pre-payment is required.

## *Day Trips* *To Riverside Center Dinner Theatre* *Fredericksburg, VA*

*Join us to see two great shows:*

**Wednesday, July 12th.** See "Some Enchanted Evening" musical. Songs by Rodgers & Hammerstein. **Reserve your seat by June 30th.**

**Wednesday, August 2nd** see "Seven Brides for Seven Brothers". **Reserve your seat by July 21st.**

**Board the bus at 9:30 am and return around 4 from United Baptist Church, 7100 Columbia Pike, Annandale, VA 22003**

The cost for each trip is \$75 for the bus, 3 course dinner, gratuity, and the show.

## Fairfax County Health Course 2017

**Every Wednesday July 12th through August 16<sup>th</sup>**

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. Sign up by July 7th. Must attend first class. Snacks will be provided. Seats are limited. Call 703-941-1419 to reserve yours now.

## SCAS Oktoberfest in September



**Saturday, September 16th**  
**12:00 (noon) - 2:30 pm**

**American Legion Bicentennial Post # 1976**  
4206 Daniels Ave., Annandale, VA 22003

**Join us to hear the Alte Kumpel German Band and enjoy home cooked German Food.**

**Open to the public—all are welcome!**

Cost is \$20 for lunch, music, and fun.  
Drinks available at the cash bar.

Please **call the SCAS office** to reserve your seat by Monday, Sept. 11th, at **703-941-1419** and send your check to the office. Pre-payment is required.

## ***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 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. 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.

## ***Life Matters***

Lifematters coordinates and delivers customized care services to allow our clients to live at home longer, wherever home may be. Along with being Virginia's largest private duty provider of in-home care, our services include Care Management, Private Nursing, and our Friendly Visitor Program for social companionship. Our team members and caregivers are all employees of Lifematters – we do not hire independent contractors. With our extensive team of expert care managers, social workers, caregivers, friendly visitors and nurses, Lifematters knows how to navigate the full continuum of care and bring you and your loved ones peace of mind.

Please learn more at [www.lifemattersusa.com](http://www.lifemattersusa.com) or call the Lifematters office at 571-282-2600. We would be more than happy to meet you and your family for an in person conversation.

## ***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.

## ***Newsletter by Email***

Please send 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 and Volunteer Appreciation luncheon at Annandale United Methodist Church on May 25th** was a huge success thanks to The Deep Crater Boys. Hearing their classic country songs got the luncheon off to a fun start. They played some great songs throughout the day. What a great band! Thank you all for the great entertainment.

Thank you Pastor Eduardo Carillo for the use of the beautiful hall. Thanks to Bill and Lucylle and all the volunteers for your help in setting up and cleaning up. What a great job you all did!

Thanks also goes out to Barry Uhlig for catering the wonderful lunch buffet. The pork and chicken BBQ, potato salad, and beans were delicious and plentiful.

A big thanks to Alice Snitzer for set up, making sure the coffee kept flowing, and clean up. Thanks to her husband, Pete, for washing all the dishes.

If you missed this luncheon, you missed a great one. Check out the future Lunch N' Life luncheons.

## ***Hurricane Season Is Here: Are You Ready?***

June 1 is the official start of the Atlantic hurricane season, with the peak season from mid-August to late October, ending on November 30. Update emergency plans, refresh supplies, and be ready should a tropical storm affect our region.

Sign up for Fairfax Alerts at [www.fairfaxcounty.gov/alerts](http://www.fairfaxcounty.gov/alerts), or call 571-350-1000. Information about hurricane hazards is available at [www.fairfaxcounty.gov/emergency/hazards/hurricane.htm](http://www.fairfaxcounty.gov/emergency/hazards/hurricane.htm).

Remember to keep your cell phones charged when you hear a bad storm is on the way.

Keep important phone numbers handy just in case.

### **Wireless Remote Outlet Control system**

Ask us about our remote outlet system. Tired of walking across the room to turn the light on or off? We have a device that will let you do this remotely. For just \$10 you can make it easier on yourself. Great gift. Great for someone in assisted living rooms or with mobility restrictions.

### **Bingo**

Greater Springfield Volunteer Fire Department, Community Hall  
7011 Backlick Road, Springfield, VA 22150  
7:00 pm - 10:00 pm  
Play BINGO every Sunday and Tuesday night  
The night contains 34 games of early bird, progressives, jackpots and regular games.  
Instants/pull-tabs also played.  
Early bird games begin at 7 p.m.

### **Shepherd's Center Oakton-Vienna Lunch N' Life**

**When: June 12, 2017, 12 Noon - 2 pm**

Where: Emmanuel Lutheran Church,  
2589 Chain Bridge Road, Vienna, VA  
Program: Alex Hassan will be playing melodies from the Golden Age of popular music between World War I and World War II.  
Cost: \$10 per person.  
Call 703-281-0538 to register.  
Deadline for reservation and prepayment is June 6th.

### **Shepherd's Center Fairfax-Burke Lunch N' Life**

**When: July 20, 2017 from 12 noon to 2 pm.**  
Where: Burke Presbyterian Church,  
5690 Oak Leather Drive, Burke VA  
The luncheon speaker, Elizabeth Gray, Esq. Elder Law Attorney, will speak on estate planning and legal issues that concern older adults and their families.  
Cost: \$10.00 per person. Contact Bea Stephenson for reservations at 703-273-5730.  
Deadline for reservations is July 14, 2017.




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### **National Night Out**

When: Tuesday, August 1, 2017  
Time: 6:00-9:00 PM  
Where: Annandale Shopping Center,  
7042 Columbia Pike, Annandale,  
VA 22003 (by Aldi's Grocery Store)  
Bring your own lawn chair or blanket, the family, your neighbors and friends to enjoy this evening of family fun, and the opportunity to meet local fire and police officers.

### **Quote of the month:**

"Spread more smiles than tears" 2Pac



**Vivian L. Muccio, M.A., CCC-A, FAAA**  
Audiologist/Hearing Aid Specialist  
Board Certified

3930 Pender Drive, Suite 140  
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## UPCOMING EVENTS

7/12 Day Trip Dinner Theatre  
7/12-8/16 Health Workshops  
8/2 Day Trip Dinner Theatre  
8/24/17 Summer Tea  
9/16/17 Oktoberfest



Our thanks to Greenspring Village for printing this newsletter.



Proud member of the  
Annandale Chamber of  
Commerce



SCAS supports the transportation initiatives of Fairfax County's 50+ Community Action Plan. Find out more at [fairfax-county.gov/Older Adults](http://fairfax-county.gov/Older_Adults).



7610 Newcastle Drive  
Annandale, VA 22003

## SUPPORTING ORGANIZATIONS

AARP  
ACCA  
Annandale Women's Club  
Ar Rahman Foundation  
Arden Courts Memory Care Community  
Brightview Woodburn Assisted Living  
Fairfax Agency on Aging  
Greenspring Village  
Hearing Solutions of Fairfax  
Home Instead  
Leewood Healthcare Center  
Lifematters  
Serving Together  
Silver Dragon Studio  
Shepherd's Center of Fairfax Burke  
Shepherd's Center of Oakton Vienna  
Shepherd's Center of McLean Arlington FC  
Shepherd's Center of Western Fairfax  
Shepherd's Center of America

## BOARD OF DIRECTORS

Dick Stewart, Chair  
Fred Chatelain, Treasurer  
Gail Fewell, Assistant Treasurer  
Martha Lowe  
Beth Mason  
Dolores Vestrich  
Nellie Al-Saigh  
Nancy DeVera

## SUPPORTING CHURCHES

Annandale United Methodist Church  
Capital Baptist 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

## OFFICE STAFF

Barbara Gatorian, Office Director  
Tony Wonkovich  
Marge Miller  
Patsy Vandiver  
Diane Levesque  
Margo Bendary

### Email Address:

[shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com)

### Website:

[www.shepherdscenter-annandale.org](http://www.shepherdscenter-annandale.org)



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