



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/FEBRUARY 2018

SCAS Lunch N' Life



**Thursday, January 26th
11:30 am - 1:00 pm**

Hope Lutheran Church
4604 Ravensworth Rd., Annandale, VA 22003

Join us to hear Carol Papp speak on
"Something for Everyone" She will present a
lively discussion on a number of topics of interest
to seniors.

Open to the public—all are welcome!

Cost is \$10 for lunch, speaker, and fun.

Support **ACCA Food Bank** by bringing a non-
perishable food.

Please **call the SCAS office** to reserve your seat by
Monday, January 22nd, at **703-941-1419** and send
your check to the SCAS office.

SCAS Lunch N' Life –Save the Date!

**Thursday, February 22nd
11:30 am - 1:00 pm**

St. Alban's Episcopal Church, 6800 Columbia
Pike, Annandale, VA 22003

In honor of Black History month, join us to see the
Female re-enactors of Distinction: African
American Ladies of the Civil War. Learn about
the accomplishments of the African American
Civil War Soldiers and the women who supported
their fight for freedom.

Open to the public—all are welcome!

Cost is \$10 for lunch, speaker, and fun.

Please **call the SCAS office** to reserve your seat

Memory Care



**JOIN US TO LEARN MORE
ABOUT MEMORY**

Living with Alzheimer's Series:

**Saturday, January 13 - For Caregivers - Early
Stage, # 1, 10:30 a.m. - 12 noon**

**Saturday, January 27 - For Caregivers - Early
Stage, #2, 10:30 a.m. - 12 noon**

**Saturday, February 10 - For Caregivers - Early
Stage, #3, 10:30 a.m. - 12 noon**

Jane Priest, from the Alzheimer's Association, is the
presenter for the workshops which are co-sponsored
by the Shepherd Center of Annandale/Springfield
and Ravensworth Baptist Church (RBC).

The workshops are held at Ravensworth Baptist,
5100 Ravensworth Road, Annandale, VA 22003.
There is no charge for the workshops; no registration
required; just come.

**Coffee and light refreshments prior to the
program.**

For more information, please call RBC at
703-941-4113.

Thank you Beth Mason!

Beth Mason, a long time Board member, retired from
the Board as of December 31st to become a lady of
leisure starting January 2018. Beth began her tenure
on the Board of Directors way back in January of
2009. Beth was on the Day Trip Committee and was
instrumental in organizing many of the fun and
educational Day Trips over the years.

Beth assures us that she will continue to help us at
Lunch N' Life and Oktoberfest.

Testimonial

Regina Fox called the office in December to say how grateful she was that SCAS drivers took her to many medical appointments 5 years ago to help her get healed. She said she is no longer on oxygen and off some medications. She sent us all a big hug and her blessings for the holidays. She said someday she will come by the office and meet us in person.

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Donations of Gift Cards

Did you receive any gift cards during the holidays but you don't want them? Just send them to SCAS, we will use them.

We will give you a gift donation letter for your taxes.

Become an SCAS Member in 2018

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, Day Trips, Special Events and other programs.

The cost of an annual membership is only \$15. Just fill in and return the enclosed [membership form](#) to the Shepherd's Center along with your check. A copy can also be found on our web site.

Thanks for your faithful support!

We could not do it without you!

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 Event:



The December LNL was a huge success thanks to the Annandale High School women's choir. They sang heavenly holiday songs with voices of angels. What a great group of singers. Thank you all for the great entertainment.

Thank you Reverend Dr. Clarence Brown for the use of the beautiful hall. Thanks to Bill and Lucylle Dubbert for setting up and cleaning up the hall. They also brought all the poinsettias that adorned the tables. Thanks to the Alice Snitzer for setting up and cleaning up too. And thanks to her husband Peter for washing all the real dishes.

Thanks goes out to the S. John Davis Career School for catering the wonderful lunch of lasagna, salad, green beans, and a huge amount of Christmas cookies.

Thanks to Teddy and Margo for taking pictures for Facebook. Thanks to all the volunteers for helping. What a great job you all did!

If you missed this luncheon, you missed a good time. Jean Stonesifer won the door prize of a \$25 gift card to Bob Evans. You may win a door prize so join the fun.

ACCA Challenge Campaign



ACCA, a non-profit is an alliance of 26 churches in the Annandale community and helping low-income families.

The Annual Challenge Campaign has a goal to raise \$120,000 by January 31, 2018. Funding from the Annual Challenge Campaign will enable ACCA to continue to respond to neighbors in need by helping with rent and utilities, prescription drugs, food, furniture and affordable childcare.

Checks to ACCA should be marked "Challenge" and mailed to 7200 Columbia Pike, Annandale, VA 22003.

Fairfax County's Family Caregiver Telephone Support Group

Meet by phone on Tuesday, January 9, 7-8 p.m. This month's topic is When Your Loved One is Hospitalized. Share your experiences, gain support and get important information without having to travel. To register, call 703-324-5484, TTY 711.

My Home Companion

My Home Companion is a full service, fully insured, licensed Home Care Organization (HCO), focused on the care of your loved one. We provide on-site, in-home care for individuals of all ages who need some personal assistance. We are loving, caring individuals who provide short or long-term companion and personal care.

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My Home Companion is a local company staffed with local people from around your community. From our owners to our part-time caregivers, everyone at My Home Companion is someone who lives and works among the clients we serve. For those who desire we have special relationships, at discounted rate, with many faith-based organizations, Christian and non-Christian.

Better Caregivers

My Home Companion hires only the best caregivers after conducting national background checks. We require each caregiver to complete monthly, web-based continuing education.

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First Presbyterian Church of Annandale Concert Series

January 14th 4:00 PM Felipe Dominguez

February 25th 4:00 PM Brian Marhias

March 4th 4:00 PM Ron Freeman

First Presbyterian Church of Annandale,
7610 Newcastle Blvd, Annandale, VA

Admission is free; donations are welcome.

Quote of the month:

The Five Ethics of Life:
Listen—Before you Speak
Earn—before you Spend
Think—Before you Write
Try— Before you Quit
Live— Before you Die



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Memory Care Community

UPCOMING EVENTS

1/26/18 LNL

2/22/18 LNL



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 fairfaxcounty.gov/OlderAdults.



7610 Newcastle Drive
Annandale, VA 22003

SUPPORTING ORGANIZATIONS

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Annandale Women's Club
Ar Rahman Foundation
Arden Courts Memory Care Community
Brightview Woodburn Assisted Living
Fairfax Agency on Aging
Greenspring
Hearing Solutions of Fairfax
Home Instead
Leewood Healthcare Center
Lifematters
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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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