



**shepherd's center**  
OF ANNANDALE SPRINGFIELD

## ANNUAL REPORT 2019

### Seniors Serving Seniors

#### The Board of Directors

From left to right: (Back row)  
Martha Lowe, Dick Stewart, Barbara  
Gatorian, Nancy DeVera, Martha  
Lowe, Pat Sawhaney.

(Front row) Fred Chatelain, Dolores  
Vestrich.

Not shown: Nellie Al-Saigh



Dear Friends of SCAS,

As we look back at 2019 as our 17th year serving the local community, we can say "it was a pretty good year." Our Transportation Program was energized with new volunteer drivers to transport our local Seniors to doctors visits, chemotherapy treatments, dialysis, dentists, physical therapy, grocery stores and food banks. Our veteran drivers continue to hit the road, piloting the new Transportation clients, as well as our 'frequent flyers.' We continue to seek more volunteer drivers to help the ever-growing demand to combat transportation insecurity in Annandale, Springfield, and parts of Alexandria.

We hosted a plethora of wonderful engagements at our monthly Lunch N' Life's (LNL), including many delightful speakers, Irish dancers, Oktoberfest band, and end of year holiday music. We have another year of fun filled, diverting and amusing education and entertainment. If you have never been to a LNL, we welcome you to join! A well prepared, hot lunch, great conversation with fellow Seniors, and a fantastic time to learn something new for an affordable price that just can't be beat!

We had rave reviews about our Day Trips from Laurel, Maryland to the Blue Ridge Mountains to our capital of Richmond, Virginia. A small band of 15 day trippers travel in the bus from United Baptist Church to local places of interest. We have more interesting places planned for 2020; check out our improved website for the list!

As we make this transition into 2020, I want you to know that my belief in SCAS has never been stronger. It is a great privilege for me to help lead this outstanding Non-Profit into the future. I would like to thank our employees for their tireless dedication, our clients for their trust in us, our partners, sponsors, and churches in the community for their continued support, and our donors for their belief in helping local Seniors in need.

Though all of this would not be able without our dedicated volunteers. The Board of Directors, made up of 10 intelligent, kind Seniors, care about the mission of SCAS and our commitment to its future. We have recently had a change in leadership. Dick Stewart served 9 years as Chairman of the Board. He decided it was someone else's turn so he handed the baton over to me. We all continue to rely on Dick's expertise as he continues to serve on the Board. New Treasurer, Margo Bendery, has volunteered in the office for the past 3 years and will pick up duties to keep the books. New Office Director, Erin O'Reilly, joined us in June 2019, and is a valuable asset to SCAS. Erin brings a new vitality to the organization. You can speak to her when you call the office.

We look forward to the challenges of 2020. We want to make 2020 another "bold and fantastic year, " continuing the successful growth of our transportation, socialization and engagement programs. We know that our vision is attainable if we all work together.

Thank you for your support.

Sincerely,

*Barbara Gatorian*

Barbara Gatorian  
Board Chair

## Mission

*To provide opportunities for adults 50 and above to live independent, meaningful lives through programs of enrichment and service.*

## *Financial Statement*

<b>Income</b>	2019 Actual	2020 Budget
Lunch N' Life	\$ 5493	\$ 6000
Day Trips	\$ 1548	\$ 1500
Personal Letter Donations	\$ 4850	\$ 4000
Faith Group Donations	\$ 6393	\$ 5000
Business Donations	\$ 93	\$ 500
Membership	\$ 1838	\$ 700
Newsletter Ads	\$ 1193	\$ 1200
Miscellaneous	\$ 280	\$ 150
Total Income:	\$26,463	\$22,100

### **Expenses**

Lunch N' Life	\$ 5233	\$ 4000
Day Trips	\$ 874	\$ 500
Postage	\$ 1167	\$ 1200
Printing	\$ 97	\$ 400
Office Supplies	\$ 1125	\$ 800
Insurance	\$ 1038	\$ 1200
Web site/PC	\$ 779	\$ 300
Telephone/Internet	\$ 1204	\$ 1200
Payroll	\$ 8765	\$12500
Miscellaneous Fees	\$ 168	\$ 150
Total Expenses:	\$21,645	\$22,940

In kind printing by Greenspring

In kind office space

**In 2019 volunteers contributed 3,796 hours, valued at \$96,532.**

## ACCOMPLISHMENTS

The Shepherd's Center of Annandale Springfield volunteers:

- **Celebrated 17 years of serving Seniors in our community**
- Donated approximately over 3,796 hours of their time to serve our Seniors. These hours were given by volunteer board and committee members, drivers, office staff, for piloting Seniors to medical facilities and shopping, Lunch N' Life, Special Events, and Day Trips.
- Provided approximately 1,111 rides for local Seniors, taking them to medical appointments, grocery shopping, banking and food bank.
- Served over 420 lunches at our 12 Lunch N' Life programs
- Day Tripped with Seniors to statewide and local attractions including: The Bedford Boys Tribute Center & WWII Monument in Bedford, VA, Lincoln's Cottage & the National Cryptologic Museum
- Sponsored the annual AARP Smart Drivers Course.
- Promoted a fundraising event on social media with Facebook.

### Expressions of Gratitude for our volunteers:

*"I contacted the center for a neighbor needing transport to a medical appointment. Lovely volunteer took care of the need."*

*"My wife and I are very happy with the services and activities sponsored by The Shepherd's Center of Annandale. We really enjoy the monthly luncheons held at different churches in our area."*

*"SCAS has been one of the greatest gifts I've ever been given. I have had six surgeries in two years, and found SCAS on my fourth go round. My family is out west, my church is in Pennsylvania, and my friends are scattered all over the tri-state area. In other words, I have no one to drive me to my doctor's appointments and surgical procedures. Metro Access and Fast Tran are great for getting from point to point, but only Shepherds Center drivers can pick me up after being given anesthesia from an outpatient surgery. Without your service, I don't know what I would have done to get treatment. Thank you is such a small word, but I offer it with my whole heart."*



**Our 2019 Volunteers:**

Alice Butte  
Alice Carlson  
Alicia Duenas  
Ann Hudson  
Arthur Negrin  
Barbara Chatelain  
Barbara Gatorian  
Barry Newman  
Betty Podzius  
Beverly Hirschfeld  
Bo Tomasz  
Carol Webber  
Charlotte Peterson  
Cindy Miller  
Clyde Sexton  
Diane Levesque  
Dick Stewart  
Dolores Vestich  
Fred Chatalain  
Fred MdEldowney  
Gail Coleman  
Gail Fewell  
Gerald Malovany  
Gilda Rodrigues  
Ginny Lenaghan  
Holly Inders  
Jane Shapiro  
Jeff Shearer  
Jeff Zarkin  
John Sears  
Jeani Rasmussen

Kay Tarazi  
Kelly McDermott  
Kristanne Littlefield  
Lisa Rameriz-Capers  
Margo Bendery  
Martha Lowe  
Mary Arnold  
Mary Swingler  
Melvin Ishii  
Nancy DeVera  
Nellie Al-Saigh  
Pat Sawhney  
Patsy Vandiver  
Ray Hanlein  
Rick Priest  
Rob Ambroso  
Robert Earp  
Shelly Brosnan  
Sheryl Jackson  
Susan Bigman  
Ted Gatorian  
Ted Torsch  
Theresa Lagueux  
Tom Mulvey  
Tony Wonkovich  
Valor Christiansen  
Virgil Bodeen  
Whitney Oliver  
Jeff Shearer

**SUPPORTING CHURCHES**

Annandale United Methodist  
First Presbyterian Church of  
Annandale  
Prince of Peace Lutheran Church  
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. Matthews United Methodist  
St. Mark's Lutheran Church  
Sleepy Hollow United Methodist  
United Baptist Church

**SUPPORTING  
ORGANIZATIONS**

AARP  
ACCA  
Annandale Women's Club  
Brightview Woodburn  
Fairfax Agency on Aging  
Greenspring  
Reunion Music Society  
Right At Home  
Silver Dragon Studio  
S. John Davis Culinary School



Reverend Dr. Chris  
Looker; First Presbyterian  
Church Annandale



Lunch N' Life hosted at  
United Baptist Church



Reverend Pam Moyer;  
United Baptist Church

## Faith Sponsors

We gratefully acknowledge the use of Fellowship Halls for our Lunch N' Life, Special Events, and the AARP Smart Driver Course. Not only do the Faith Sponsors donate the use of their space, but assist with the set up and clean up of the event. **Thank you:**

- First Presbyterian Church of Annandale for providing our business office
- Greenspring Retirement Village for printing the bi-monthly newsletter
- Annandale United Methodist Church for hosting the holiday season show of Annandale High Women's Choir led by Pat Vaughn & Solo Guitarist Dave Stugress
- Little River United Church of Christ for hosting Board of Supervisor John Cooke
- St. Mark's Lutheran Church for hosting the annual Volunteer Appreciation luncheon with the Nitehawks Swing Band
- St. Alban's Episcopal Church for hosting the AARP Smart Driver Class, Lunch N' Life's Pianist Peggy Newhall & Ron Wiersma on "Loneliness"
- Timberman Masonic Lodge for hosting the Oktoberfest
- Mount Pleasant Baptist Church for hosting the Female Re-enactors of Distinction
- Hope Lutheran Church for hosting Elain Flynn portray "The Four Wives of Hemingway"
- Ravensworth Baptist Church for hosting Maddie Sharpe for a "Medicare Discussion"
- United Baptist Church for hosting the GMU OLLI Players in "From South Dakota to Bali Hai," & the Irish Dance Presentation Lunch N' Life
- St. Barnabas Episcopal Church hosting Gabriel Abaso about "Enlightening Entertainment"



Annandale High Women's Choir singing Holiday Songs



OLLI Players acting in full costume



Les Jackson, AARP Smart Driver Course Instructor

**2019**

**Contributors**

Duong G. Georgescu  
Shelley C. Brosnan  
Claire A. Randall  
Sheila Caulfield  
Elizabeth Q. Kelly  
Elizabeth E. Yeary  
Linda A. Vretos  
Gertrude L. Roat  
Elizabeth F. Caron  
Susan Watson  
Theresa Lagueux  
Melvin Ishii  
Barbara & Al Gilbert  
Elizabeth Kadera  
Nancy Robins  
Sabina Tomasello  
Jacqueline Waldron  
Loretta Nester  
Col. Barbara Roy  
Michelle Scott  
Ruby Osia  
Dale Jensen  
Anita O'Dea  
Sheila Massey  
Paul Newcombe  
Lillian Wachter  
Ravensworth Church  
Doleres Vestrich  
G.J./Kay Tarazi  
Ruth Hartman  
Donald Redding  
Shirley Sinclair  
S.C. Castillo  
M/M Virgil Bodeen  
Sabina Tomasello  
Doris Douglass  
Mary Revere  
Elizabeth Haynes  
Mary Revere  
Dick Stewart  
LNL Donations  
Erma Blassic  
Michelle Scott  
Carol Dandy  
Janet E. Miller  
United Baptist Church  
Elisabeth Mills  
Joseph A. Budzynski

Loretta Nester  
Pat Sawhney  
St. Alban's Episcopal  
M/M Dubbert  
Jenai Rasmussen  
Cindy Miller  
St. Matthew's  
Theresa Lagueux  
Loretta Nester  
Lillian Frances Larson  
Helen Reiser  
Valerie Andricos  
Hortencia Martinez  
Mary Revere  
Emaline Crewell  
Paula Santen  
Ming Cribbs  
Raymond Cribbs  
Ann Hensler  
Liz Caron  
Ann Hudson  
Tony DeVera  
Mia Bowmaster  
Susan Bowmaster  
Carol Rubin  
Ed Fry  
Paypal Giving Fund  
Gisela Harrison  
Network for Good  
Charitable Adult Rides  
Jenai Rasmussen  
Mary Atkinson  
Josephine Giorgianni  
Elise Patak  
Elizabeth Norman  
V.M. Clark  
Ernie Hohman  
Irene Mills  
Jeremiah Hazlett  
Carol Schuffler  
Irene Westbrook  
AR Rahman Foundation  
Jeff Shearer  
J A Burwell, MD  
Janice Wright  
Sheila Caulfield  
Wanda Cassell  
C.I. Alvarez  
Lorraine Marie Rabil

Claire Randall  
Wanda Mendez  
Zelda Porter  
Ann Merrigan  
James Shipley  
Gail E. McKirdy  
Phyllis Huene  
Elizabeth Caron  
Lanphuong T. Ngugen  
Judith Fitton  
Ruth Ann Kovach  
Hortencia Martinez  
M/M Fred Chatelain

Individual donations to the  
Lunch N' Life and baskets  
very appreciated.

If we neglected to  
include your name or  
misspelled a name, please  
accept our apologies.

## **SCAS is part of SCA**

The Shepherd's Center of Annandale Springfield (SCAS) has been affiliated with The Shepherd's Center of America (SCA) since 2003. It is a partnership of individuals, faith communities, civic organizations and local government working together to provide support and enrichment for adults in our community.

Founded and organized in 1973, The Shepherd's Center of America is now composed of almost 60 centers in North America. Shaping a new image for aging, it provides an opportunity for senior adults to be creative and productive throughout later years. Participants discover they are needed and valued.

## ***2020 Goals***

To assist Seniors we will:

- continue to work together and expand our partnerships with our local supportive congregations, sponsors, businesses and community centers
- continue to expand our transportation program and expand our marketing to potential Senior clients in need
- provide interesting and diverting speakers and top notch entertainment at Lunch N' Life and plan expansive, overnight day trips for SCAS members
- increase the opportunities for socialization and camaraderie among Seniors
- welcome new volunteers to enhance our services and programs and work on a new volunteer toolkit to engage neighbors as volunteers, along with Seniors
- reach out to the community by sponsoring community theatre, driver education, and other fundraising events