



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/ FEBRUARY 2021

## Thoughts from the Chair,

I hope you had a safe and happy holiday! I am thankful for all your support during this unusual pandemic time. 2020 has certainly changed our lives!

SCAS took steps to maintain and even expanded our services. We added Friendly Callers and contactless food delivery for people who have Covid-19. We have given over 1000 rides to medical facilities, pharmacies, and food banks. Our drivers are the best!!

Our mission continues into 2021. Though the future is uncertain we hope to enjoy Lunch N' Life and Day Trips again this year.

Our Support Staff and Board of Directors wish you and yours a safe, healthy, and happy "New Year" right into the new year.

Best wishes from Barbara, Tony, Diane, and Margo and the Board Members.

*Barbara Gaterian, Chair*



## Definition of a Volunteer

**vol·un·teer; noun**  
- a person who freely offers to take part in an enterprise or undertake a task.

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

**Lunch N' Life committee**—help set up and clean, locate LNL speakers and plan fun events.

**Board Members**—help guide SCAS.

**Outreach**—contact churches and businesses.

**Fundraiser/grant writer**—help raise funds

**Drivers**—volunteer transportation services are always needed.

*Call the SCAS office today to begin giving back.*

## Become an SCAS Member in 2021

Now is the time to show your support by beginning or renewing your SCAS membership in 2021. 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 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!**

## Winter is still here

Remember to keep your cell phones charged and flashlight and batteries at hand.

Important numbers to have handy:

- \* Report **all** power outages to Dominion Virginia Power at **1-866-DOM-HELP (1-866-366-4357)** or online at [www.dominionenergy.com/virginia/report-outage-or-emergency](http://www.dominionenergy.com/virginia/report-outage-or-emergency)
- \* Fairfax County Emergency Information Line: 703-817-7771; TTY 711
- \* Fairfax Water: 703-698-5800
- \* Verizon Customer Service: 1-800-837-4966
- \* Cox Customer Service: 703-378-8422
- \* Report unplowed roads, hazardous conditions to 1-800-367-7623

## 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, Springfield, and sections of Alexandria, Virginia. Since 2004, SCAS has been providing Services for transportation, and programs for socialization and learning for senior adults.

## ***Check out the County's Virtual Center for Active Adults***

view it here and share with others:

<https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>

## ***Cars 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. Donate your vehicle whether it is running or not. No title, no problem.

Donate your vehicle to help SCAS by calling 1-855-500-RIDE (7433).

## ***BORED? RESTLESS? DO YOU NEED SOMETHING TO DO?***

This is a perfect time for you to become a Citizen Archivist for the National Archives. Most historical records were handwritten and cannot be transcribed into the archives until entered digitally, but the Archives cannot do it all on their own. They have a wonderful program that you can become a part of by going to [www.archives.gov/citizen-archivist](http://www.archives.gov/citizen-archivist) or google "Get started Transcribing". The subjects are varied and many, such as:

- Records of enemy submarines sunk in WWII
- Disbarred Attorneys and their misdeeds
- Letters from WWII soldiers
- Certificates of Registry for Livestock

If you can think of a subject, I'm sure it is on the list. Just think, this will get your name in the National Archives forever as a contributing archivist.

## ***Be careful***

The Fire Department urges you to follow these safety tips:

- ♦ Never leave burning candles unattended.
- ♦ Keep all combustible materials away from open flames.
- ♦ Do not burn candles near windows or doorways.
- ♦ Place candles in a glass or ceramic container on a flat, sturdy non-combustible surface.
- ♦ Never leave candles burning when children or pets are present.

## ***ECHO***



Donate food, clothing, money  
Donation Hours  
M, T, W, Th, F - 9:30am to 12:30pm  
T, Th - 7:00 to 9:00pm

7205 Old Keene Mill Road, Springfield, VA 22150  
[admin@echo-inc.org](mailto:admin@echo-inc.org) Call 703-569-7972

## ***Boost your Immune System***

Your immune system defends you against the viruses that cause colds and flu.

These eight steps can help support your immune system so it's ready to fight those viruses.

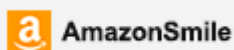
1. Eat plenty of fruits, vegetables, and whole grains.
2. Get at least 30 minutes of exercise most days of the week. It helps reduce stress
3. Get enough sleep 7-8 hours per night if possible.
4. Wash your hands frequently. Use hand sanitizer if soap is not available.
5. Keep up with your vaccinations. Almost everyone who's at least 6 months old should get a flu vaccine every year.
6. Keep your weight healthy.
7. Don't drink too much alcohol.
8. Don't smoke.
9. Stay calm and enjoy life!

## ***Donating IRA Funds to a charity in 2021***

If you are 70 1/2 and above and are required to take your RMD you can roll over IRA funds as a donation. Retirees can give up to \$100,000 to charity tax-free from an IRA anytime during the year and have it count as their required minimum distribution for the year. The money isn't included in your adjusted gross income.

Ask your IRA administrator and the charity (**such as SCAS**) about making a direct transfer, or you can have the IRA administrator send a check from your account to the charity.

## Amazon Smile

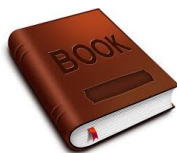


### What is AmazonSmile?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop on Amazon, at no cost to you. To sign up go to [smile.amazon.com](https://smile.amazon.com) on your web browser or it can be activated in the Amazon Shopping app for iOS and Android phones. When you shop AmazonSmile, you'll find the exact same low prices, vast selection and shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice.

When first visiting [smile.amazon.com](https://smile.amazon.com), customers are prompted to select a charitable organization such as SCAS. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. So please choose Shepherd Center of Annandale Springfield from the list.

## BOOK REVIEW



If you are looking for something fascinating and educational to read, I must recommend the book "My Dear Hamilton", by Laura Kaye and Stephanie Dray.

After watching the play "Hamilton" on Disney I have become obsessed with all things Hamilton. Eliza (Betsy) Hamilton was born on August 9, 1757 and died November 9, 1854. This is a life span from the beginning of the Revolutionary War to the rumbles of a Civil War. Eliza met and interacted with many of the most important men of that time including at least 12 of the first 16 presidents of the new U.S. Using information from some of the 8000 letters of Alexander Hamilton and a few hundred of Eliza's held by the National Archives this novel both educates and entertains us.

This is definitely a good winter read! By A. Eversole

## Newsletter by Email!

Please send us your email address so we can save paper, 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 Annandale Christian Community for Action (ACCA) is a volunteer organization serving neighbors in dire need of assistance, including food and providing furniture.

Please call 703-256-9513 for a pick-up of your donated furniture. The most needed items are mattresses/box springs (all but king size), sofas (not sleeper types), kitchen/dining tables, and chairs, chests of drawers/dressers, coffee & end tables, and microwaves.

See the web site for more info:  
<https://accacares.org/> on food donations.

## Thank You for Your Support

We realize that much of our work would not be possible without your generous and dedicated support.

We would like to let you know how much we recognize and appreciate your continuing contributions.



**Pat Sawhney**  
RE/MAX 100  
[patsawhney42@gmail.com](mailto:patsawhney42@gmail.com)  
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See my video ad at:  
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Pat is a Senior  
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- Getting your home organized and renovated as needed
- Guidance on what types of housing for downsizing
- Unique Marketing for the best price and terms
- Negotiating and advocating for your best interests
- Taking extra special steps to safely market during COVID-19

I have over 45 years' experience and am a Senior Real Estate Specialist with many satisfied clients!



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### *Quote of the month*

"When you reach the end of your rope, tie a knot in it and hang on." Anonymous



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](http://fairfaxcounty.gov/OlderAdults).



7610 Newcastle Drive  
Annandale, VA 22003

## SUPPORTING ORGANIZATIONS

AARP  
ACCA  
Annandale Women's Club  
Ar Rahman Foundation  
Arden Courts Memory Care Community  
Assisting Hands Home Care  
Brightview Woodburn Assisted Living  
Fairfax Agency on Aging  
Home Instead  
Leewood Healthcare Center  
NV Rides  
Serving Together  
Silver Dragon Studio  
Shepherd's Center of Fairfax Burke Reston  
Shepherd's Center of Oakton Vienna  
Shepherd's Center of America

## BOARD OF DIRECTORS

Barbara Gatorian, Chair  
Martha Lowe, Vice Chair  
Margo Bendery, Treasurer  
Gail Fewell, Assistant Treasurer  
Dick Stewart  
Fred Chatelain  
Dolores Vestrich  
Nellie Al-Saigh  
Nancy DeVera  
Pat Sawhney  
Tom Eversole

ADDRESS SERVICE REQUESTED

## 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  
Little River Church of Christ  
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 VOLUNTEERS

Tony Wonkovich  
Diane Levesque

### Email Address:

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

### Website:

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



**Telephone: 703-941-1419**

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**Office hours 10-1 Mon-Fri**

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