



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUG 2021

SCAS Lunch N' Life In person!

Thursday, July 22nd, 2021,
11:30am – 1:00pm at the
United Baptist Church, 7100
Columbia Pike, Annandale, VA.



Join the group and sit back to hear
Art Hildebrand play acoustic guitar. Listen to
folk music and oldies from the past.

Cost of Lunch: \$10 per person

**Should be fully vaccinated and present your
COVID-19 Vaccination Record Card for
admittance. To Register:** Call the SCAS Of-
fice at (703) 941-1419. Monday, July 19th or
send an email to shepherdscas@vacoxmail.com

Send Check To: SCAS, 7610 Newcastle
Drive, Annandale, VA 22003. **The lunches are
catered so pre-payment is required.**

Seeking new Office Director

SCAS has an opening for a part-time Office
Director which is a paid position.
Hours: 9:30 am—1:00 pm Monday through Friday.

For more information please call the office. A Job
Description will be emailed to you or you can view it
on our website.

Best Picks

Best Pick Reports is an annual guide featuring
independently researched and recommended local
home service providers. You receive free, objective,
third-party data that enables you to hire top-quality
companies servicing your neighborhood.

How does a company get into the report? They are the
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Lunch N' Life



Our first in-person Lunch N' Life
was a huge success. Debra Morelli,
Rene Drummond, and Fred Ashcraft from the
Eisenhower, Alexandria office of AAA Travel
Agency spoke about "What is new in the travel
industry?" **Thanks for all the gifts and prizes!**
It was very interesting, fun, and informative.

Thank you Bill and Lucylle Dubbert for bring-
ing flowers for the head table. They were lovely.
Thanks to the following:

Diane who worked so hard for cleaning the hall
then clean up and set up on Thursday
Daphne who worked the office and the clean up
Margo who also made the delicious cup cakes
Barry Uhlig who made the tasty sandwiches
Nancy who said the prayer and set up and
cleaned up
Teddy who helped clean, set up and clean up
Nellie who set up and cleaned up.

Board and staff recommendations

Here are a few personal recommendations:

"Our home computer suffered a major crash a few
weeks ago. **Nerds To Go** in Alexandria ([https://
www.nerdstogo.com/location/alexandria-va/](https://www.nerdstogo.com/location/alexandria-va/))
came to our home and to our rescue. It's a first-rate
computer repair company, quick to respond and profes-
sionally run with a warm customer service orientation."
Margo

"I love **M.E.Flow** for HVAC and plumbing services. I
have used them for years. The price is right, they are
very professional and courteous, show up on time, do
the job right the first time." Barbara

"Check out **"In the nick of time"**, a company that will
go to your house and cut hair, do a mani-pedi,
or manicure. A great idea for people who cannot go
out." inthenickoftimespa.com Daphne

4th of July



The Declaration of Independence, announcing the separation of the 13 North American colonies from Great Britain, was largely drafted by Thomas Jefferson. Although the vote to accept it was taken on July 2nd, the formal adoption of the Declaration happened on July 4th.

Throughout history many events and commemorations have occurred on this date.

Philadelphia held the first celebration on July 4, 1777 while the war was still ongoing.

George Washington issued double rations of rum to all soldiers to mark the anniversary in 1778 and 1781.

Massachusetts became the first state to make it an official holiday and the U.S. government made it an official paid holiday in 1941.

Thomas Jefferson and John Adams both died on July 4, 1826, after 50 years of independence.

Five years later James Monroe also died on the 4th. Calvin Coolidge, born in 1872, is the only president born on the 4th of July.

The Star Spangled Banner, written during the War of 1812, became the National Anthem in 1931.

The tradition of fireworks for the 4th began in Philadelphia and Boston on the first Anniversary in 1777.

On Independence Day in 1866 in Portland, Maine, a firecracker caused a fire that destroyed over 1800 buildings leaving over 10,000 people homeless.

The One World Center building in New York City pays tribute to the year of our independence by being 1776 feet tall to represent the year 1776.

For one of the most important facts, Americans eat approximately 150 million hot dogs on the 4th of July.

The Shepherd's Center of Annandale Springfield (SCAS)

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

Definition of a Volunteer

vol·un·teer; noun

a person who freely offers to take part in an enterprise or undertake a task.



Volunteer Opportunities with SCAS

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.

Ensembles in the Park

The NOVA Annandale Symphony Orchestra small ensembles will return to the stage for the first live performance of 2021. See the fantastic lineup of popular and rarely-heard music by diverse composers. Dvorak, Mozart, Joplin, Holst, George Walker, and more.

Friday, July 16, 2021, 7:30 - 8:30 p.m.

Mason District Park Amphitheater

6621 Columbia Pike, Annandale, VA 22003

Free. Sponsored by Fairfax County Parks.

The Annandale Brass will play in Fairfax County Parks' Nottaway Nights at Nottaway Park concert series. Sit on the lawn and enjoy music from the 16th-century to Broadway show tunes.

Thursday, August 5, 2021, 7:30 - 8:30 p.m.

9537 Courthouse Road, Vienna, VA 22181.

Free. Sponsored by Fairfax County Parks.

Human Services Resource Guide (HSRG)

What a great Fairfax county resource!

Anyone with an Internet connection has immediate 24/7 access to detailed information on thousands of nonprofit and government services available to Fairfax County residents.

Listings include detailed service descriptions, eligibility requirements, locations (maps and directions), and contact information.

Check it out at <https://www.fairfaxcounty.gov/HSRG/>.

Blood donations needed

The American Red Cross needs blood and platelets to help others.



Did you know

- that 1 donation can save 3 lives?
- Every 2 seconds someone needs blood.
- Severe shortage not seen in 30-40 years.
- 12500 per day needed, especially type O.
- 2700 platelets needed per day.
- Blood has short shelf life and can not be frozen for long periods of time.

Call your local Red Cross now to donate!

Save the Date!

Oktoberfest fun coming Saturday, October 2nd with music from the Kings Park Band.



Join us at the Masonic Lodge in Annandale, VA and enjoy German food and music.

BYOB and SCAS will supply the set ups. See you there!

Thank You for Your Support

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

Donate IRA Funds to SCAS in 2020

If you are 70 1/2 & above & are required to take your RMD you can rollover IRA funds as a donation. Retirees can give up to \$100,000 to charity tax-free from an IRA anytime during the year & 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 & SCAS about making a direct transfer, or you can have the IRA administrator send a check from your account to SCAS.

Quote of the Month:

"The way I see it, if you want the rainbow, you gotta put up with the rain."
Dolly Parton

Cars for SCAS! Donate Your Vehicle!



Help SCAS by calling 1-855-500-RIDE (7433). Running or not, call today.



Pat Sawhney

RE/MAX 100
patsawhney42@gmail.com
703-395-9214
See my video ad at:
GetMovingWithPat.com

Pat is a Senior helping Seniors with:

- 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!

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.



inDependent

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Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Visit Us on Facebook

Office hours 10-1 Mon-Fri



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.

OFFICE VOLUNTEERS/STAFF

Tony Wonkovich
Diane Levesque
Daphne Van Tiem
Margo Bendery

SUPPORTING CHURCHES

Annandale United Methodist Church
Capital Baptist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
Hope Lutheran Church
Little River Church of Christ
Mount Pleasant Baptist Church
Ravensworth Baptist Church
Parkwood Baptist Church
Prince of Peace Lutheran 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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