



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

SEPTEMBER/OCTOBER 2024

SCAS September Lunch N' Life

Join us to hear renowned local Historian Mary Lipsey speak on The Pathway to Women's Suffrage.

She tells of how women have sought equality and especially the right to vote. She highlights the 1848 women's rights Seneca Falls Convention in NY.

Yesterday's Headliners

Copies of Mary's books:

Almost Forgotten Women:

Aviation: From Curiosity to Reality and

The ABC's of Flying

will be available to purchase (cash/check only)

Thursday, September 19, 2024 11:15am – 1:00pm

Mt. Pleasant Baptist Church

6477 Lincolnia Road. Alexandria, VA 22312

Open to the public. All are welcome.

To Register: Call the office at 703-941-1419 by

Monday, September 16th or send an email to

shepherdscas@vacoxmail.com

Cost of lunch and entertainment is \$15 per person.

Send Check To: SCAS.

SCAS OKTOERFEST



Join us to hear the King's Park German Band and eat some wonderful German food.

Open to the public. All are welcome.

Saturday, October 12th, 11:15 am– 1:00 pm.

Bethlehem Lutheran Church

8922 Little River Turnpike, Fairfax, VA 22031

Cost is \$20 per person for lunch and entertainment.

To Register: Call the office at 703-941-1419 by

Wednesday, October 9th or send an email to

shepherdscas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.

The event is catered so pre-payment is required.

Please bring a non-perishable food for the ACCA food pantry.

SCAS July Lunch N' Life

Harry A. Milman, PhD, bestselling Author and an international authority in toxicology spoke about his findings surrounding the death of famous people.



He autographed copies of "Forensics III: They Got Fifteen Minutes of Fame from the Way They Died"

Thank you to Barry Uhlig for a making a great lunch as always. He makes plenty to eat.

Thank you all who helped out at the beautiful sanctuary at **Little River United Church of Christ**. Come to the luncheons and you may win a \$25 VISA gift card.

SCAS August Lunch N' Life

Peggy Newhall played "Peggy's Favorites" on the grand piano at **St. Alban's Episcopal Church**.



We loved her commentary she gave before each piece And of course we loved everything she played.

St. Alban's even has a tuxedo cat.

Thank you to Reverend Jeff Shankles for saying the prayer to start our day.

Ruth H. was the lucky winner of the \$25 VISA gift card.

Thanks to all the volunteers who helped set up and clean up!

Philia Home Care

Philia Home Care was founded on the principle of "Philia," a Greek term that signifies brotherly love, friendship and deep care.

The agency's mission is to enhance the quality of life for individuals by offering compassionate, personalized care in the comfort of their own homes. Philia Home Care offers a broad spectrum of services. Each service is customized to meet the individual needs of their clients. These include personal care such as bathing, dressing, grooming, and mobility support, as well as housekeeping, meal preparation, medication reminders, and transportation. The agency also provides specialized care for conditions such as Alzheimer's, Dementia, Parkinson's disease and more.

All of Philia's caregivers are required to go through the Care Academy which trains caregivers in these specialty programs. Caregivers are carefully matched with each client and undergo extensive training and continuous education to stay updated with the latest and best practices in home care.

Philia provides a complimentary consultation and nursing assessment, and care can be changed or cancelled at any time.

If you or a loved one needs care or simply would like more information, please call Karen Brody, Director of Community Outreach, at (703) 507-3551. She is available to speak anytime, including evenings and weekends.

USPS INFORMED DELIVERY

Did you know you could find out what will be delivered to your mailbox that day or for the past week? USPS Informed delivery will tell you.

Just sign up for Informed Delivery at USPS. This is a great tool if you are on vacation or waiting for an important piece of mail.

Quote of the Month

"Have you ever noticed that anybody driving slower than you is an idiot, and anyone going faster than you is a maniac?" — George Carlin

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 and older in Annandale, Springfield, and sections of Alexandria, VA. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Volunteer Opportunities with SCAS

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

Drivers—volunteer transportation services

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

Board Members—help guide SCAS

Outreach—liaise with churches and businesses

Fundraiser/grant writer—help raise funds

Call the SCAS office today to begin giving back.

Call 703-941-1419 for details.

82nd Historic Alexandria Homes Tour

Join The Twig for the 82nd Historic Alexandria Homes Tour! The Tour will be held on September 21, 2024, and will showcase some of Alexandra's finest homes, and this year will include a bonus tour of Gadsby's Tavern.

10:00 am to 03:00 pm

106 N Columbus St, Alexandria, VA, 22314

Tickets are \$45 per person.

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 monetary contributions. 100% of all contributions stay within SCAS and pay for our programs.

Don't forget to Donate food and supplies

ACCA 7200 Columbia Pike, Annandale, VA

ECHO 7205 Old Keene Mill Rd, Springfield, VA

Taste of Annandale

Taste of Annandale is back at a new location! Join us for live music and dance performances, a chili cookoff, a certified 5K race, children's crafts and events, a pet contest, and of course food from local restaurants and food trucks.

The festival features food and entertainment that showcase the diverse cultures of the community, beer and wine, entertainment, local businesses and organizations. This event has FREE admission!

WHEN: 10:30 a.m. to 6 p.m. Saturday, Sept. 21

WHERE: Eileen Garnett Civic Space 7200 Columbia Pike, Annandale, VA 22003. We'll be at a new location this year. In case of rain, we'll move inside the Annandale Fire Station's social hall.

The Taste of Annandale is a project of the Annandale-Mason Roundtable, co-chaired by Joe Do of the Annandale Rotary Club and Anna Ko of the Korean American Association of Greater Washington. RAMP Optimal Performance & Wellness is sponsoring the Taste of Annandale 5K. The ACCA Child Development Center is the organizer of the children's program. The chili cookoff pits the Mason Police District against the Annandale Volunteer Fire Department. www.TasteofAnnandale.com for more info.

Artisans United Gallery of Gifts

At the gallery, you will find a wide variety of reasonably priced hand-crafted items by [local artisans](#). If you can't visit in person, call to arrange for a virtual tour and shopping at 703-941-0202. Staff can take payments over the phone and provide curbside pickup. Mailing or delivery to your home may be available.

Visit at the Packard Center (Annandale Community Park), 4022 Hummer Road, Annandale.

Open Tuesday-Saturday, 10:00 a.m. to 4:00 p.m.

Call 703-941-0202 to check on current hours.



PAT SAWHNEY
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[SEE MY VIDEO: GETMOVINGWITHPAT.COM](http://GETMOVINGWITHPAT.COM)



HERE'S WHAT PAT SAWHNEY CAN DO FOR YOU:

- GUIDE THE ORGANIZING AND RENOVATING AS NEEDED
- ADVISE ON TYPES OF HOUSING FOR DOWNSIZING
- PROVIDE UNIQUE MARKETING FOR BEST PRICE AND TERMS
- NEGOTIATE AND ADVOCATE FOR YOUR BEST INTERESTS

I HAVE OVER 45 YEARS EXPERIENCE AND AM A "SENIOR REAL ESTATE SPECIALIST" WITH MANY SATISFIED CLIENTS! I LOOK FORWARD TO WORKING WITH YOU OR THOSE WHO YOU REFER TO ME!

Springfield Fall Festival



The Springfield Fall Festival community celebration of good food, exhibitors, performances and LIVE music is back!

ADMISSION TO EVENT IS FREE!

Pumpkin decorating, characters, face painting and MORE! This family-friendly event allows you to stroll at your leisure through the dozens of fun exhibitors outdoors at the beautiful Springfield Town Center while sampling some of the delicious offerings of participating food vendors. Entertainment for ALL AGES!

At the entrance of the Springfield Town Center
6500 Springfield Mall, Springfield, VA

Event hours 11am to 5pm.

George Mason Regional Library Book Sale

Preview Sale: \$20 per person

Wednesday, September 25th 5:00 - 8:00 p.m.

General Sale: No fee

Thursday– Sunday

September 26-29, 2024

10:00 a.m. - 5:30 p.m. each day

Find Books, Movies, and Music at the
George Mason Friends Used Book Sale.

Thousands of items are organized into 60+ categories for your browsing convenience -- PLUS an entire separate room dedicated to children's titles, sorted by subject and reading level. Volunteers and maps are available to help you find what you're interested in.

7001 Little River Turnpike, Annandale, VA 22003

Cars for SCAS! Donate Your Vehicle!



Help SCAS by calling 1-855-500-RIDE (7433) to pick up your car for free. All vehicle sale proceeds will benefit SCAS. Get that old car, motorcycle, or boat out of your driveway or garage, **running or not.**



7610 Newcastle Drive
Annandale, VA 22003

ADDRESS SERVICE REQUESTED

Non-Profit Org
US Postage Paid
Permit No. 7264
Merrifield, VA

Email Address:

shepherdscas@vacoxmail.com

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

Selma Quarles, Office Manager
Tony Wonkovich Margo Bendery
Diane Levesque Denise Campbell
Ted Gatorian Barbara Gatorian

SUPPORTING CHURCHES

Annandale United Methodist Church
Bethlehem Lutheran Church
Capital Baptist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
Hope Lutheran Church
Little River United 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
The United Baptist Church

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Denise Campbell

SUPPORTING ORGANIZATIONS

AARP
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Aging Forward (Formerly SCA)
American Legion Post #1776
Annandale Women's Club
Ar Rahman Foundation
Brightview Senior Living—Woodburn
Elmer Timberman Masonic Lodge
Fairfax Agency on Aging
NV Rides
Serving Together
Silver Dragon Studio

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 the newsletter, please let us know.