



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH /APRIL 2025

## ***SCAS March Lunch N' Life***



Join us to hear this 3 in 1 bonus:  
**Pat Sawhney** of RE/MAX Realty Group can help you prepare to sell, list and sell your home for the best price,  
**Jenny** of BerryFineGoods can help you to sell, donate or repurpose vs. adding to the dump.  
**Laurie Beth** of Ace of Space DC can help you organize any space. She also helps with downsizing, packing and unpacking/set up.

**Thursday, March 27th, 2025 11:15 am– 1:00 pm.**

Elmer Timberman Masonic Lodge  
6911 Columbia Pike, Annandale, VA 22003

Cost is \$15 per person for lunch and lecture.

**Open to the public. All are welcome.**

**To Register:** Call the office at 703-941-1419 by **Monday March 24th** send an email to [shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

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

## ***SCAS April Lunch N' Life***



Join us to hear Tim Anderson, singer and guitarist. Burke, VA local musician sings and performs interactive pop tunes from the 60's and 70's.

**Thursday, April 24th 11:15 am– 1:00 pm.**

Little River Church of Christ 8410 Little River Turnpike, Annandale, VA 22003

Cost is \$15 per person for lunch and entertainment. to [shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com).

**Open to the public. All are welcome.**

**To Register:** Call the office at 703-941-1419 by or send an email by Monday, April 21st.

**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 local food pantries. Locations change monthly.**

## ***SCAS January Lunch N' Life***

Do you carry your keys in your hand when you head to your car? Do you protect and change your passwords?

Is your house safe?

We learned safety tips from the experts- "Safety for Seniors" by PFC Liam May, Springfield Division of Fairfax County Police.

He also reminded us that you can call for a free home safety inspection.

We want to thank St. Barnabas Episcopal Church for the use of their lovely hall.  
Thanks to the Board of Directors of SCAS for making a wonderful lunch of comfort food.

## ***George Mason Library Spring Book Sale***



Preview day April 23rd,  
**Sale Days April 24-27.**

Support the George Mason Friends of the library by donating books and cd's by April 15th.

This is an amazing event. There are tables and tables of organized affordable books and cd's!

## ***Save the Date***

Our May Lunch N' Life and Volunteer Luncheon with a **Frank Sinatra Tribute**. This will be a real treat! Reserve your seat asap.

## ***“Finding Credible Medical Information on the Internet.”***

There are many “red flags” which would indicate unreliable information on commercial sites, including:  
lack of updates, claims of a scientific breakthrough, undocumented case histories, missing or obscure references,  
product only available from one source, web addresses from China (cn), Mexico (mx), or India (in.)

Here is a list of highly respected and reliable resources, listed for your convenience:  
[nlm.nih.gov](http://nlm.nih.gov) - National Library of Medicine (NLM)  
[pubmed.ncbi.nlm.nih.gov](http://pubmed.ncbi.nlm.nih.gov) PubMed, a component of the NLM  
[medlineplus.gov](http://medlineplus.gov) - MedlinePlus is also part of the NLM

Three commercial websites that are also trustworthy are:  
[webmd.com](http://webmd.com) For WebMD  
[medicinenet.com](http://medicinenet.com) MedicineNet  
[medscape.com](http://medscape.com) – has latest medical news, but geared toward professionals.

When searching a topic on the Internet, we will get thousands of hits, even when we have narrowed down the topic with qualifiers.  
It is recommended that you use the following three meta-search engines, which compile probable sites of interest:  
[dogpile.com](http://dogpile.com) Searches [Google](http://Google.com), [Bing](http://Bing.com), [Yahoo](http://Yahoo.com), and [Ask](http://Ask.com), [startpage.com](http://startpage.com). and [duckduckgo.com](http://duckduckgo.com). Some people prefer DuckDuckGo because it doesn't have trackers like Google.

by Christine Winter

## ***First Presbyterian Church Christian Childcare Center***



Parents or Grandparents—need a break?

Enroll your child today. There is room in the safe, fun, affordable care in a nurturing environment.

- Ages 3 months to 12 years
- Monday-Friday 7 am to 6 pm
- School break program available.

Call today to schedule a tour 703-941-1418.  
7610 Newcastle Dr. Annandale, VA 22003

## ***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.

### ***Volunteer Services Presents: Stitch for Good - Pozez JCC***

Join us for a monthly knitting group sponsored by the Annandale Rotary Club, Shepherd's Center of Annandale Springfield, and the Pozez JCC!

Whether you're a seasoned knitter or a brand-new beginner, this is a welcoming space to learn to create handmade items like scarves, hats, and blankets to share with our homeless neighbors. We will have seasoned knitting instructor, Sophia Spike, on hand to teach you the basics or guide intermediate and advanced stitchers through projects. All supplies are generously provided by the Rotary Club of Annandale. Come stitch, chat, and make a meaningful impact in our community. Free Refreshments.

March 21, Friday at 1:00 pm

April 25th Friday at 1:00 pm

May 9th Friday at 1:00 pm

### ***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.

## ***AARP Fraud Watch Network***

AARP Fraud Watch Network™ is a free resource for all. With eAARP as your partner, you'll learn how to proactively spot scams, get guidance from our fraud specialists if you've been targeted, and feel more secure knowing that we advocate at the federal, state, and local levels to protect consumers and enforce the law.

If you've been targeted by scams or fraud, you are not alone. Our trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future. The AARP fraud helpline, 877-908-3360, is free and available to anyone.

### **Fraud Prevention Resources**

Look up a scam in AARP's Fraud Resource Center, with dozens of tip sheets on how to recognize and avoid common scams, including videos that break down how scams work.

See or report scams in your area with our Scam-Tracking Map.

Get regular updates on the latest scams by signing up for biweekly Watchdog Alerts or text FWN to 50757 to receive text alerts.

## ***Positive Words to Live By***

"Whatever happens, stay alive. Don't die before you're dead. Don't lose yourself, don't lose hope, don't lose direction.

Stay alive, with yourself, with every cell of your body, with every fiber of your skin.

Stay alive, learn, study, think, read, build, invent, create, speak, write, dream, design.

Stay alive, stay alive inside you, stay alive also outside, fill yourself with colors of the world, fill yourself with peace, fill yourself with hope.

Stay alive with joy. There is only one thing you should not waste in life, and that's life itself."~Virginia Woolf



**PAT SAWHNEY**  
**RE/MAX 100**

703.395.9214  
PATSAWHNEY42@GMAIL.COM  
SEE MY VIDEO: 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!

## ***Times Up—Get Real ID Now***



On May 7, 2025, travelers will need a REAL ID to board a domestic flight in the United States.

Travelers without a REAL ID would need another form of government ID, like a passport, to fly.

REAL IDs look similar to a standard driver's license, but officials said it comes with improved security. "There's a higher threshold of requirements that you need in order to prove who you are, from the documents that you need. So that builds a higher level of confidence for TSA, that you are who you say you are with your ID," per Richard Hartman, with the TSA in Richmond. The process to get a REAL ID starts online before setting up an appointment at the DMV.

"Right now about 50% of Virginians have a real ID, that's about 3.5 million people in the Commonwealth," Department of Motor Vehicles Commissioner Gerald Lackey said. "It's human behavior that we're seeing in the service centers right now going up by one to 3,000 people per day. We know it's going to get worse." Officials encourage everyone to start the process online. Then carve out about 30 minutes to finish the process in-person at the DMV. It takes about 10 business days for the ID to arrive once processed.

## ***How to Dispose of an old Flag***



We would love to help you if you have a tattered or dirty flag to dispose of. You can bring the flag to Annandale American Legion Post 1976. They have a flag mailbox out front or you can bring it inside. They have a retirement ceremony for all US flags. Or bring it to SCAS at a LNL.

## ***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](http://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

**BOARD OF DIRECTORS**

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Denise Campbell

**SUPPORTING ORGANIZATIONS**

AARP  
ACCA  
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.**