



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUG2025

## ***SCAS July Lunch N' Life***



Join us for a "Coffee Brunch" on Thursday, July 31st. Enjoy some brunch foods while learning more about roasted coffee. We will taste 3 different types of coffee presented by Jason Llorenz and Sao Petcharoen from Beanetics of Annandale. Get a \$5 coupon for a free cup of coffee from Beanetics for attending.

At The United Baptist Church  
7100 Columbia Pike, Annandale, VA 22003  
11:15 am—1:00 pm

Cost is \$15 per person for brunch and tasting. Bring a new friend and both get in free.

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

**To Register:** Call the office at 703-941-1419 by **Monday**, July 28th or send an email to [shepherdschas@vacoxmail.com](mailto:shepherdschas@vacoxmail.com).

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

**Please bring a non-perishable food item.**

## ***SCAS August Lunch N' Life***

Join us to hear myofascial therapist, Nancy Shaw. Do you have any aches or pains? If so, see if myofascial therapy could help you. Learn all about it on Thursday, August 28th.

At The United Baptist Church  
7100 Columbia Pike, Annandale, VA 22003  
11:15 am—1:00 pm

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 or send an email by **Monday**, August 25th. to [shepherdschas@vacoxmail.com](mailto:shepherdschas@vacoxmail.com).

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

**The event is catered so pre-payment is requested.**

**Please bring a non-perishable food for the local food pantries.**

## ***SCAS May Lunch N' Life and Volunteer Appreciation Luncheon***

We celebrated our volunteers with a special musical event by J Train jazz trio performing a Frank Sinatra Tribute. What a great show! The audience loved it.

A big thank you to all our drivers and all other volunteers!!

We were honored to have Supervisor Jimeniz and Supervisor Lusk join us on our special day.

Thanks to St. Alban's Episcopal church for the use of their wonderful hall and grand piano.

Thanks to Barry Uhlig for catering our event.

## ***SCAS June Lunch N' Life***

We heard singer and keyboard player and local professional Tom Saputo. He performed tunes from the 60's and 70's. He invited the audience to sing a long and some brave people did! What fun!

Thanks to St. Barnabas for letting us use their beautiful hall. The staff and volunteers are wonderful!

Thanks to Barry Uhlig for making a yummy lunch of Sloppy Joes and pasta salad. His brownies are so chocolatey they melt in your mouth!

Thanks to the SCAS Board for their help in setting up and cleaning up.

## ***Thrive At Home***

Thrive at Home is the premiere home care agency of Northern VA and has been providing outstanding care since 2010. Their goal is to enable older adults to live a life of dignity and independence while aging in place safely, comfortably and positively.

They offer individuals compassionate, personalized care in the comfort of their own homes. Services are customized to meet the individual needs of each client and include personal care such as bathing, dressing, meal preparation, laundry and light housekeeping, and support after hospitalization.

All caregivers are required to have at least 2 years of experience, are fully insured and bonded, and have additional specialized training in Alzheimer's/ Dementia care. Caregivers are carefully matched with each client and a complimentary nursing assessment and care plan are provided. Care can be changed or cancelled at any time.

If you or a loved one needs care or would simply like more information, please call (703) 383-9300. Someone is always available to take your call, including evenings and weekends.

## ***Pasta al Limone***

Chef David Nayfeld shares his kids' favorite pasta dish. Adults love it too!



Pasta al limone, a simple Italian pasta dish that only requires pasta, lemons (the zest and juice), butter and some block Parmigiano-Reggiano cheese.

Boil salty water and add some spaghetti. While the pasta is cooking, melt some butter in a skillet and stir in some lemon zest. Remove the skillet from the heat, then add in your pasta when it's about a minute shy of al dente (reserve about a cup of pasta water). Add the water to the lemony, buttery pasta and stir over high heat until the sauce is creamy. Stir in some lemon juice and cook for about a minute, then remove the skillet from the heat and add a generous amount of freshly grated Parmesan. Stir, working from the center of the skillet, until the sauce is smooth and creamy. That's it!

## ***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

### **Office Manager Wanted-Paid Position**

**See our website for the Job Description** or call the office.

*Call the SCAS office today to begin giving back.*  
Call 703-941-1419 for details.

## ***Volunteering at SCAS by Honora Daly***

### **How did you find the Shepherd's Center?**

About 3-4 years ago my longtime friend, Eileen Myers, asked me if I would join her at a LNL. I had a great time and enjoyed the food and the people. Eileen and I attended often until she got too sick to attend. I kept coming because I enjoy it.

### **Why did you want to volunteer here?**

This is a way for me to give back to the "community" at large.

### **What do you get out of volunteering personally?**

I like to interact with people. I am very fortunate to be able to drive here (I call it my field trip), and get around. This is my small effort to improve someone else's situation.

### **Why would you recommend volunteering at SCAS?**

What a wonderful opportunity to help people who are no longer able to drive, shop, and in general do so many things we used to do.

## NOVA Symphony Orchestra

A Collaborative Partnership  
between Northern Virginia  
Community College and the Reunion  
Music Society



Summer 2025 Pops Concerts— Free to attend!

- ♦ Sunday, July 20th, 4 p.m., Lord of Life Lutheran Church, 5114 Twinbrook Rd., Fairfax, VA
- ♦ Wednesday, July 23rd, 7:30 p.m., Fine Arts Building, Room 118, Northern Virginia Community College, Alexandria Campus
- ♦ Friday, July 25, 2025, 7:30 p.m., Mason District Park Columbia Pike, Annandale.

Good will donations are gratefully accepted.

## Quote of the Month

“You only live once, but if you do it right, once is enough.” Mae West

## FOOD ASSISTANCE PROGRAM FOR OLDER ADULTS

Apply for Virginia’s Senior Farmers Market Program if you’re 60+, a Virginia resident, and earn \$2,413/month (for 1 person) or less or (\$3,261 for two-income households). You may be eligible for the Senior Farmers Market Nutrition Program (SFMNP).

Eligible residents get a one-time \$50 electronic benefit to purchase fruits and vegetables at a local farmers market through Nov. 30.

Go to <https://bit.ly/45LXFkE> to apply and see the rules.



**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!

## Senior Cool Care Program



Cooling Assistance is a program designed to help keep vulnerable Fairfax County residents cool during the summer months. **To be eligible, at least one household member must be:** 60 or older, 5 or younger, or disabled according to Social Security, Medicaid or 100% Veteran’s Administration.

Cooling assistance can help with:

- Payment of electric bills to operate cooling equipment.
- Payment of security deposits for electricity to operate cooling equipment for accounts in danger of being disconnected or when a deposit is needed to begin service.
- Repair of a central air conditioning system or heat pump.
- Purchase of a whole-house fan, including ceiling or attic fans when there is no other working cooling equipment in the home.
- Purchase and installation, or self-pick-up, of one air conditioning unit (window or portable) for households when there is no other working cooling equipment in the home.

**If you’re 60 or older, you may also be eligible for a fan or air conditioning unit through the Senior Cool Care Program.**

To learn more, please call the Aging, Disability & Caregiver Resources Line at 703-324-7948.

Applications for Cooling Assistance will be accepted from June 16 - August 15.

From The Lusk Report, Supervisor Lusk

## A Fond Farewell



We are sad to say goodbye to a long time Board Member—Dolores Vestrich. Dolores has resigned after many years of service to SCAS. She always loved the speakers and luncheons. She will be sorely missed!!

## 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**

Honora Daly

Tony Wonkovich

Denise Campbell

Ted Gatorian

Margo Bendery

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**

Barbara Gatorian, Chair  
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Dick Stewart  
Nancy DeVera  
Tom Eversole  
Beth Barns  
Denise Campbell  
Hanora Daly

**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  
Unite Us

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