



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

NOVEMBER/DECEMBER 2025

SCAS November Lunch N' Life

Join us to see Mary Ann Jung, professional actress, portray Rosie the Riveter.



When: Thursday, November 13th
11:15 am to 1:00 pm

Where: First Presbyterian Church of Annandale,
Activities Building

Cost is \$15 per person for lunch and entertainment.
Pre-payment is appreciated.

Open to the public. All are welcome.

To Register: Call the office at 703-941-1419 by
Monday, November 10th or send an email to
shepherdscas@vacoxmail.com.

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

**Please bring a non-perishable food for the
local food pantries to every Lunch N' Life**

Coffee for sale for \$20 each. See info on page 2.

SCAS December Lunch N' Life



Join us to start the Holiday season with songs by the Annandale High School Choirs. They are back by popular demand!

Enjoy a lunch of lasagna, salad, green beans, rolls and butter, coffee, tea, or hot apple cider. Then sit back and enjoy the wonderful music.

When: Thursday, December 4, 2025
11:15 am to 1:00 pm

Where: Annandale United Methodist Church
6935 Columbia Pike, Annandale, VA 22003

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

Open to the public. All are welcome.

To Register: Call the office at 703-941-1419 or
send an email by Monday, December 1st
to shepherdscas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive.

SCAS September Lunch N' Life

We enjoyed a fun time listening to Vince Borelli sing Italian and American songs while enjoying an Italian lunch. He sang the good old Italian songs everyone knows and he had fun doing it. We sent him home with some Italian Almond cookies just like his aunt used to make.



Lunch was prepared by the Board of Directors and everyone loved it.

Thank you St. Mark's Lutheran Church in Springfield for letting us use your lovely hall.

SCAS Oktoberfest



What a great time we had at our Oktoberfest!

Thank you Barry for fixing a great German lunch of brats, German potato salad, sauerkraut, red cabbage and apples. We had German chocolate cake to top off the lunch. We look forward to doing it again next year!

Thank you Bethlehem Lutheran Church for the use of their wonderful hall.

Three lucky people went home with gifts. What a fun day we had.

Coffee, Coffee, Coffee

Need gifts for family or friends? Want a really good cup of coffee?

Buy a 9 oz. bag of our specially blended coffee from Beanetics Coffee Roasters. This is not your grocery store coffee.

We have both regular ground Columbian and Mayan Decaffeinated Both are roasted and ground for us to enjoy and to help SCAS raise a little money. So help us raise funds and pick up some gifts at the same time.

Come to the Lunch N' Life in November and/or December to buy a bag for \$20, by cash or check payable to SCAS.



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

Administrative Assistant Wanted. A paid position—that will be available starting January 2026.

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

Items You Can Donate to Animal Shelters

By Madeline Buiano

Animal shelters are always searching for donations to improve the lives of furry friends in their care. While most people think about donating bags of food, worn blankets, old towels, pillows, or old toys, shelters rely on a surprising variety of items to keep their residents safe and comfortable. From office supplies for adoption paperwork to household items that make cleaning kennels easier, these are the unexpected items animal shelters will gladly take.

Canned Pumpkin
Yoga Mats
Fleece Scarves
Pens
Meat-Flavored Baby Food
Pop Up Tents
Baby Monitors
Baby Wipes
Muffin Tins
Vacuum Cleaners
Baby Slings
Empty Paper Towel Rolls
Squeeze Cheese
Flashlights

Knitting for the Needy

Have you always wanted to learn how to knit? Or would you just like to join a group to knit and socialize at the same time in a lovely setting instead of your living room?

Join the knitting group on the second Wednesday of each month at 2 pm at the Little River United Church of Christ, 8410 Little River Turnpike, Annandale, VA. Join other knitters from the Shepherd's Center of Annandale Springfield, the Rotary, and members of LRUC while helping to make hats, scarves, or mittens for the needy. No need to call ahead, just show up.

Supplies have been generously donated by the Rotary, District 76 of Annandale.



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.

Giving the Gift of a Ride



Thank you volunteers for your time, care and dedication to driving seniors to medical appointments.

Below is how active our drivers were in 2024:

1157 One way rides given to our seniors

11900 miles driven

1443 hours of time donated total

The Transportation Program is our primary mission. Can you help out with just a few hours per month? It's easy; just drive a senior to medical appointments or grocery shopping. You can get your shopping done at the same time.

You would be helping people over 50 years old who no longer drive. It is so hard for them to get around when they need to. Your help would be so appreciated and you may make a new friend.



The 53rd Alexandria Scottish Christmas Walk Parade will take place on December 6, 2024, 11 a.m. to 1 p.m. at 530 South Saint Asaph Street. Alexandria was founded in 1749 by Scottish merchants and was named after Scotsman John Alexander who owned the land that became Alexandria. The city continues celebrating its heritage with the iconic annual Parade. Come to see dozens of Scottish clans dressed in colorful tartans parade through the streets of Old Town, joined by pipe and drum bands, as well as terriers and hounds, community groups and more.



PAT SAWHNEY
RE/MAX 100

703.395.9214
PATSAWHNEY42@GMAIL.COM
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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!

Smart Ways to Give to Charity

And Keep More in Your Pocket
Brian Salcetti, AIF®, CIMA®

Giving back is personal but how you give can make a big difference, not only for the causes you support but also for your tax bill. Too often, I hear "I just wrote a check," which is generous, but not always the most tax-efficient approach.

Give Directly from Your IRA (QCDs)

If you're over 70½, you can send up to \$105,000 per year directly from your IRA to a qualified charity using a **Qualified Charitable Distribution (QCD)**. This counts toward your Required Minimum Distribution (if you're 73+) but doesn't count as taxable income — which may help lower taxes on Social Security and reduce Medicare premiums.

Example: Susan's \$20,000 RMD would normally push her into a higher tax bracket. By sending \$15,000 directly to her favorite charity, she satisfies most of her RMD and keeps that amount off her tax return.

Save the Date for the January Lunch N' Life

January 23rd (Thursday): speaker on brain health entitled "Six Pillars of Brain Health".

Urgent Need for Type O Blood Donors

Inova is facing a critical shortage of Type O blood due to multiple traumatic incidents and medical emergencies. While all blood types are needed, Type O is especially urgent to help patients in critical need.

Make a life-saving difference today by scheduling an appointment. Call 1-866-BLOODSAVES (1-866-256-6372) or visit inovablood.org.

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

Tony Wonkovich
Denise Campbell
Beth Barns
Ted Gatorian

Margo Bendery
Honora Daly

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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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.