

Dear Friends of our Shepherd's Center,

May 1, 2021

What a year! We started the year so innocently, attending to the multiple services and programs that enable our volunteers and clients to live a life of meaning and engagement. And then, COVID-19 hit!

In order to protect an especially vulnerable sector of our society, i.e., older adults, we had to discontinue all of the person-to-person activities we enabled. We had to suspend our medical and companion transportation services, Handy Helper program, AIL, Lunch N Life events, trips, Great Decisions meetings, Lunches with Dorothy, fundraising events, caregivers' sessions and more. Like everyone else in our society, we were taken aback and suspended from the life we knew and the relationships that nourished us.

The key word of the day, and one that we internalized, was "PIVOT". The leadership team of your Shepherd's Center responded by pivoting our resources and making our programs and services available in different ways.

We modified our transportation service to deliver groceries to our most dependent clients. We re-energized and expanded our Friendly Caller program by engaging members of the board of directors and new volunteers to help reach out to those most isolated by the pandemic. After a brief pause, we introduced a new technology Zoom-based alternative to offer our Adventures in Learning and Caregivers Support programs. And we added other online offerings including wine tastings with Vienna Vintner and cooking classes with Culinaria. In addition, we collaborated with local restaurants and willing volunteer drivers to provide meals for Thanksgiving and Christmas to clients who were alone during the holidays. And, later in the year, we re-started our transportation services under strict COVID-prevention guidelines.

***We are so proud of the leadership team and dedicated volunteers for what they were able to accomplish during these trying times!***

In the meantime, our Executive Director, Susan Garvey, moved to a new position at the Reston Kensington in October which left us with a key position to fill as we moved into the new year. Jayne Young very graciously agreed to serve as our interim Executive Director as we began a search for a new operations leader. In addition, Scott Schroth and Jayne (again) agreed to take on the role of Chair and Vice-Chair respectively of our organization as of the first of the year. We can assure you that these leadership changes are being effectively managed and will bring new life and energy to our organization. Patti and I are remaining on the board of directors to ensure that these changes (some may say upgrades) will be done seamlessly.

What a year! Thank you volunteers for all you give to our Shepherd's Center. Thanks to those who took on a leadership role in getting us through this challenging time. Special thanks to Mike Mulreany for revitalizing AIL and Great Decisions through Zoom. Thanks to Jack Tarr for doing the same with our Caregivers Support group. And a special thanks to Jayne Young for serving as the interim Executive Director for us.

Stay safe as we overcome this pandemic and stay connected with our Shepherd's Center as we move into the new year stronger and more committed than ever!

**William Farrell**  
2020 BOD Chair



**Scott Schroth**  
2020 BOD Vice-Chair



**Patti Vaughn**  
2020 BOD Vice-Chair



**What is the Shepherd's Center of Northern Virginia (SCNOVA)?** We are a volunteer-based non-profit organization dedicated to promoting and supporting purposeful, independent living for mature adults through: volunteer opportunities, transportation assistance, support services, lifelong learning and cultural enrichment opportunities. Founded in the Oakton-Vienna area in 1998, we are one of 55 Shepherd's Centers in the United States. Over 250 volunteers organize and administer the activities of the Shepherd's Center. To learn more about the Shepherd's Center please view our web site at [www.scnova.org](http://www.scnova.org).

## Financial Statement

	<b>2020 Actuals</b>
<b>Revenue and Other Support:</b>	
Contributions	
Individuals	\$61,634
Memorial bequest*	233,073
Faith groups	22,600
Grants	50,700
Corporate and other non-profits	11,300
Other fundraisers	3,122
Sponsorship	10,400
In-kind contributions	10,200
Program revenue	8,612
Investment income	<u>13,981</u>
<b>Total Revenue and Other Support</b>	<b>425,622</b>
<b>Expenses:</b>	
Program services	107,189
Management and general	36,303
Fundraising and development	<u>60,700</u>
<b>Total Expenses</b>	<b><u>204,192</u></b>
Change in Net Assets	221,430
Net Assets, beginning of year	<u>241,738</u>
Net Assets, end of year	<u>\$463,168</u>

**\* In 2020, Shepherd's Center of Northern Virginia unexpectedly received a significant bequest. While unrestricted, the Board of Directors is evaluating the establishment of an endowment fund with proceeds of the gift thereby limiting operating funds to future earnings on the investments.**

# 2020 Accomplishments

## Services

**Medical Transportation:** Drivers provided 645 round-trip rides safely for medical and physical therapy appointments and picking up prescriptions with CDC guidelines in place.

**Companion Transportation:** Volunteers provided 156 round-trip rides safely for non-medical errands, such as trips to the grocery store, food bank, pharmacy, hairdresser, and bank with CDC guidelines in place.

**Friendly Callers:** At the height of the COVID-19 pandemic, 53 volunteers made regular contact by phone with individuals who had limited contact with others and who enjoy friendly conversation.

**Friendly Visitors:** Prior to the COVID-19 pandemic, volunteers visited individuals who felt isolated in their homes and desire companionship, conversation and contact with their community.

**Handy Helpers:** Minor outside home repairs were made in a contactless manner to help older adults keep their home and yard safe and livable.

**Health Care Advocacy:** A volunteer health advocate, along with the Health Team, provided individual health counseling, referral to community resources, and blood pressure readings.

**Caregivers Support Group:** Facilitated by SC volunteers, this group met twice a month virtually to provide support from family caregivers who have traveled the road before and to share ideas and resources.

## Programs

**Adventures in Learning (AIL):** Three eight-week sessions with some presented over Zoom offered a variety of classes such as tai chi, health education, arts and entertainment, travel, and world affairs.

**Active Aging Exercise Class:** Five eight-week exercise some sessions were held over Zoom to promote balance, wellness and care by an exercise physiologist, focusing on low impact aerobics, balance, coordination and stretching for seniors.

**Great Decisions Discussion Group:** Facilitated by SC volunteers, 21 participants met 8 times over Zoom during the year to discuss important global issues.

**Volunteer Appreciation Luncheon:** Held on Zoom format on August 5<sup>th</sup>, we recognized the contributions made by our wonderful volunteers along with a drive-thru box lunch pick up.

**Clergy Breakfast:** On August 26th we hosted a Zoom breakfast that enabled local ministers and their Congregational Advisory Council (CAC) representatives to discuss the importance of the connection with SC staff and Board Members to alleviate loneliness.

**Caregivers Treat:** Not held this year due to the pandemic, this annual event previously provided a day of respite and socialization for adult caregivers.

**Fundraising Events:** All events were virtual and a great success. We held 2 wine tastings, a cooking class, 2 Kendra Scott jewelry trunk shows, Facebook Live event with Reston Community Players, and a Chipotle restaurant fundraiser. The events were well attended and enjoyed by participants.

**Holiday Food Delivery:** Volunteer drivers delivered Thanksgiving and Christmas meals from local restaurants which included goodies bags and caring cards to cumulatively over 80 isolated seniors for both holidays to bring cheer and connection during the pandemic.

**Intergenerational Activities:** Greeting cards were created by both the 5th grade Girl Scout troop at Wolf Trap Elementary and the students at The Newtown School. Snack bags were compiled by the K-6th graders at Emmaus Children's Ministry for the holiday meals deliveries. This is a wonderful example of everyone of all ages in the community helping each other.

**Lunch n' Life:** Luncheon program provided a presentation by Vienna-Falls Daytimers singers on March 9<sup>th</sup>.

**Senior Social:** Partnered with the Vienna Community Center to sponsor a Valentine Party for local older adults. We also hosted 2 "Dining with Dorothy" lunches at local restaurants.

**Just Breathe:** A series of three FREE webinars, via ZOOM. Seniors, their adult children and friends attended to learn how to get started with the next chapter in life, or in the life of their loved one. Each session had presentations by professionals.

## Individual Financial Supporters 2020

The Shepherd's Center gratefully acknowledges the following individuals  
for their cumulative gifts of \$50 or more, received during 2020.

### **(\$1000 and over)**

Stephanie K Arnall  
Michael Bronson  
Lee Curtis  
Richard Duesterhaus  
Bill F Farrell  
Christopher Gafvert  
Scott A Honiberg  
Dale L Lestina  
Toni Hoffmann Letaw  
Bruce Long  
Marcia K Mau  
Tom J Portman  
Scott Schroth  
Marie Knight Teets  
Patti Vaughn  
Angie Walsh  
Gordon H West  
Jayne P Young

### **(\$500-\$999)**

Jean S Andrews  
Jeanne Coleman  
Pat Connarn  
Claire C Davis  
Carolyn A Ducca  
Julius T Hankin  
Steve Haracznak  
Michelle M Kang  
Bill A Kirby  
Sue Lorand  
Mark Lowry  
Terri Lowry  
Margaret Lunge  
Patricia Ann Maenner  
Anna McDonald  
Barbara D Tate

### **(\$250-\$499)**

Florence P Andrews  
Nancy J Appler  
Mary D Cowden  
Jay S Creswell  
Karen J Denhof  
Jerry Giaccai  
Stella Gieseler  
Frank Gomes  
Connie M Herrmann  
Anthony Integlia  
Hey-Jin Kong  
Emily B McPhie  
Ellen M Nichols  
Patsy E Palmer  
Sunny Grace Park  
Eileen V Shaw

Patrick Sheridan  
Ram Singh  
Victoria C Viets

### **(\$100-\$249)**

Mark Allen  
John Arens  
Rosemary R Arnolds  
Stephen P Aubin  
Charlie A Balch  
Dick H Banks  
Shirley R Barnett  
Linda R Bayer  
George Bergquist  
Lyn F Black  
Mary P Boyle  
Marge A Bradley  
Margaret Brady  
Jean E Browne  
Sally Bryan-Prell  
Drew Caplan  
Eric Chabinsky  
Marguerite L Choate  
Bill Crenshaw  
Kay DeMarco  
Carol M Downs  
Pari S Ebrahimi  
Gloria Engstrom  
Judith Flynn  
Julia Ford  
John Gage  
Patricia Gross  
Jyoti Gujral  
Joan M Guzi  
Steve Haracznak  
Ann Hattori  
Robin Hattori  
Cathy Hudgins  
Barbara A Hunt  
Maryanne T Ibach  
Patricia Kennedy  
Stanley L King  
Bill A Kirby  
William H Kirby  
Paula Lamagra  
Michael Lambek  
Kamlesh Lele  
Elaine Stahl Leo  
Katherine Lepperd  
Rona Leyman  
Joan K Lillis  
Sam A Madonia  
Diane E Maroney  
David P Martin  
Don Martin

William McAndrew  
Mary Mills  
Richard A Morford  
Carol F Murphy  
Pauline T Narcavage  
April Nease  
Tom A Nelson  
Penny Newsome  
Mary B Noll  
Valerie P Olson  
Kathryn S O'Toole  
Ray Otten  
Patsy E Palmer  
Darrel W Parke  
Mary Jo Patterson  
Ken Plum  
Heidi Powell  
Linda Puff  
Rama Rajakumar  
Ann Rayburn  
Jean Reiter  
Donna K Repetski  
Phyllis R Ross  
Suzanne E Rothwell  
Florence Santore  
Jim Saunders  
Helen V Schmidt  
Norma J Sedgwick  
Sylvia Joan Seigel  
Eileen V Shaw  
Lilburne D Sheats  
Linda B Silvas  
Ram Singh  
Doug E Smith  
Wanda H Snuggs  
Peter Spivack  
Rebecca Stephenson  
Catherine Straley  
Virginia Strunk  
Shamim Verjee Talib  
Kathy A Tardiff  
John B Tate  
Robert L Testwuide  
Karen P Thompson  
Howard C Turnage  
Evelyn H Turner  
Suzanne Wayner  
Evelyn B Willey  
Norma Williamson

### **(\$50-\$99)**

Rita T Ahart  
Patricia H Allensworth  
Judy Anthony  
Lexie Armao

Leigh Banducci  
Pam Barbour  
Marcella J Barnes  
Margaret Beatty  
Howard J Bender  
Mary Anne C Bender  
Faith Boettger  
Marilyn Anne Boyd  
Dottie Brinker  
Alvin Brown  
Robin Brown  
Judith S Carter  
Peggy Coleman  
Lauren Crum  
Margaret Davenport  
Andrea Demsey  
Molly Dias  
Audrey M DiSilvestre  
Diane L Donnelly  
Francys Duniven  
Jane M Dwyer  
Krista Eaton  
Pari S Ebrahimi  
Jayne E Eckloff  
Mary Ellen Estes  
Ellen M Fahey  
Mary Foster  
Yvonne Frank  
Ann Marie Frederick  
Susan d. Garvey  
Maria N Gillard  
June Giordano  
Bobbi L Goldsmith  
Jacquelyn Goldsworthy  
Mildred Gutschenritter  
Ken R Haas  
Susan P Hall  
Cliff Hamal  
Naida Harrington  
Fredrick G Hutchison  
Judy C Hylan  
William Irvin  
Christina James  
Jean Jonnard  
Lynn Jordan  
Edmund Karoly  
Susan M Kirby  
Brenda Klimavicz  
Nancy C Kredel  
Joan M Krick  
Sugar Lake  
Larry E Lassman  
Helene Lederer  
Lauren Lloyd  
Shirley A Lucas

**The Shepherd's Center apologizes for any omissions of donors or volunteers. Please let us know if we have overlooked your generosity so we can recognize you in a future newsletter.**

## Individual Financial Supporters 2020 continued

Marilyn J Lyles ( <i>continued</i> )	Ruth Munk	Marian J Reeves	Kathy A Tardiff
Diane D Lyons	Jasper Napoli	Lynn L Rhoads	Mary Pat Tessier
Mary Anne Mahin	Joan Nelson	Julia A Ricker	Connie J Thompson
Leigh Mallis	A Joseph O'Brien	Bernadine Riddell	Marge H Van Lierde
Roena B Markley	Valerie P Olson	Bob Rogers	Carin Walther
Jill P Maroney	Carolyn Peterson	Carolyn B Root	Carolyn S Wandless
Gail Andrews McCarthy	Bob D Philipp	Daniel Rothbart	Masako Weintraub
Robert McCarthy	Julio Porcell	Chris A Ryan	Jim Whitcomb
Elaine M Meyer	Annette M Porter	Pam B Schultz	Susan T Wilkinson
Elizabeth Mignani	Mary Prioletti	Lynda B Sielaty	Philip Zettle
Janey A Mink	Ellen J Purks	Jackie Stephens	
Diane C Moran	Gary Rasmussen	Carolyn Sutterfield	
Richard A Morford	Connie Reda	Rocio O Tantoco	

## Organizational Financial Supporters 2020

We gratefully acknowledge grants and contributions of \$50 or more received from foundations, trusts, businesses and organizations during 2020.

See the back page for a list of our Supporting Congregations.

### (\$1000 and over)

Rotary Club of Vienna  
The Adler Foundation  
Vaughn Family Giving Fund  
VLP Financial Advisors Inc  
Whole Foods Market - Vienna

### (\$500-\$999)

Mount Tabor Catholic Community  
Oakton Woman's Club  
Vienna Manor Holdings LLC

### (\$250-\$499)

Mosby Woods Community Association  
The Balch Family Fund

### (\$100-\$249)

Carol and Fred Wagner Charitable Fund  
Tom Dillon Charitable Fund

### (\$50-\$99)

Vienna Moose Lodge 1896

### Grants

Clark-Winchcole Foundation  
Greater Washington Community Foundation  
Kropat Trust  
Northrop Grumman  
Peter & Barbara Manchester Charitable Trust  
Vienna Business Association  
Walmart Foundation

## Sponsors 2020

### Fundraiser Sponsors

Arbor Terrace of Herndon  
Chipotle Mexican Grill - Oakton  
Culinaria  
Dignity Memorial  
Druscilla French & Stephen Cumbie Charitable Fund  
Kendra Scott Jewelry  
Odin, Feldman & Pittleman PC  
Vienna Vintner

### Event Sponsors

AARP Virginia  
Balance Art Acupuncture  
Brightview Great Falls  
Chick-Fil-A  
Clear Captions, LLC  
Eldementals  
Linda Shearer  
Navy Federal Credit Union  
Planning for Senior Life  
The Kensington Reston



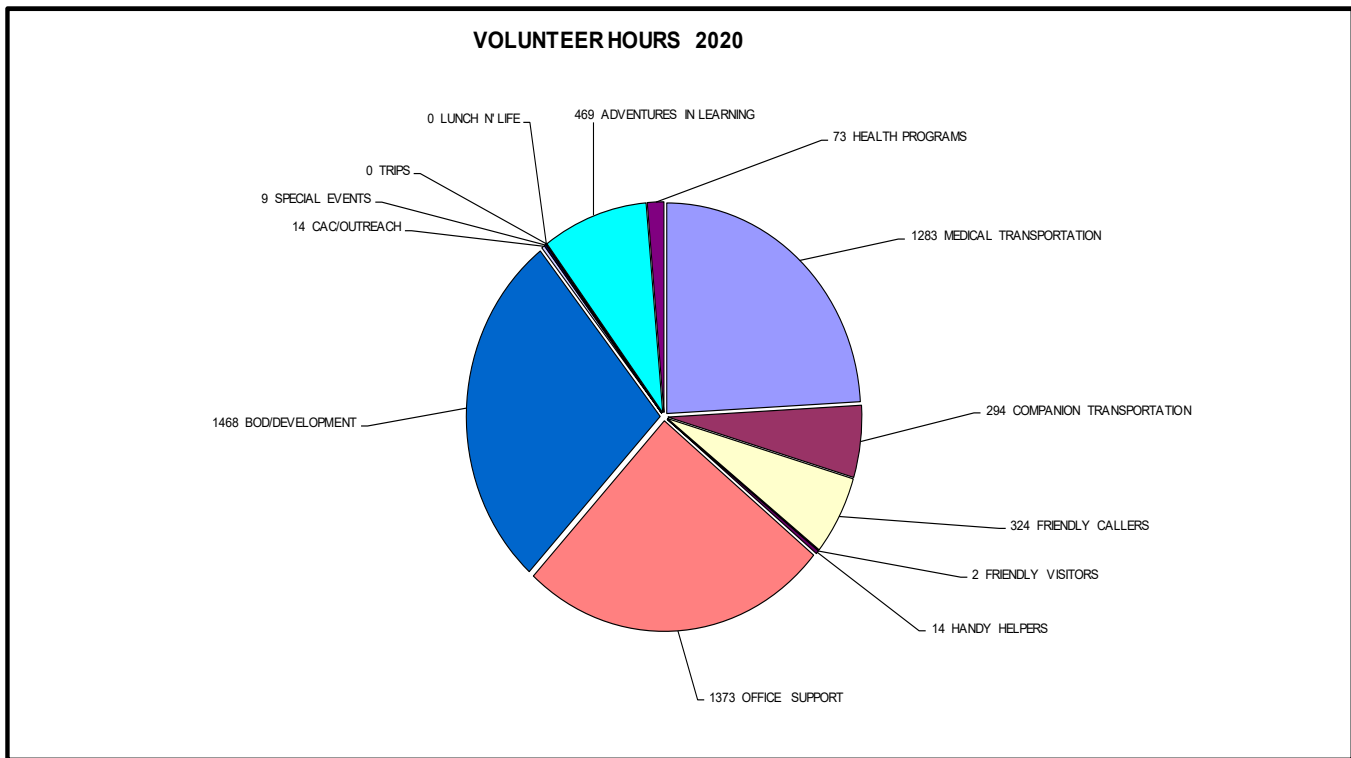
Volunteer Appreciation 2020  
Lunch (Chick-Fil-A) & Zoom  
celebration



Showing our appreciation to  
Skorpis Restaurant for supporting our  
Holiday meal drive.



Wine Tasting November 2020



### 2020 Volunteers

The Shepherd's Center is extremely grateful to our many volunteers who are the heart, hands, and soul of the Center. In many different capacities they share their time, talents and experience. Their extraordinary contributions to others are a tribute to older adults everywhere who bring new meaning to community service.

**Even during a pandemic in 2020, our active volunteers contributed 5,323 hours, conservatively valued at \$155,112\*!**

Bob Abbott	Katie Clover	Mary Harrigan	Carol Nasiatka	Donna Sorek
Darla Anderson	Peggy Coleman	Phyllis Haynor	Anne Nelson	Ann Streb
Florence Andrews	Kay Demarco	Helen Heaton	Jack Nihill	Heather Stride
Nancy Appler	Ronald Dietrich	John Holley	Melinda O'Brien	Jamieson Stride
Lexie Armao	Roger Doughty	Roger Holtorf	Jerry O'Shaughnessy	Richard Sullivan
Stephanie Arnall	Carolyn Ducca	Scott Honiberg	Carolyn Pennington	Casey Tarr
Leigh Banducci	Richard Duesterhaus	Mary Jablonski	Patricia Phillips	Jack Tarr
Dick Banks	Richard Dukes	Michelle Kang	Diane Pizzano	Barbara Tate
Monjed Barakat	Francys Duniven	Marsha Komandt	Tom Portman	John Tate
Jean Bastien	Stan Ellis	Bonnie Kotapish	Lynn Rafferty	Nancy Totten
George Bergquist	Frieda Errico	Linda Kozero	Paula Reeves	Patsy Vandiver
Paul Berry	Mandy Faber	Diane LaHaie	Lynn Rhoads	Patti Vaughn
Pixie Biddle	Bill Farrell	Meg Lay	Mark Richards	Alison Walisko
Mary Jane Blodgett	Kyle Ferris	Sau Thong Lee	Warren Robinson	Joanna Walker
Faith Boettger	Dorothy Flood	Cherie Lejeune	Laxana Rowe	Gordon West
Ann Booker	Brad Frison	Becky Litwin	Nina Savitz	Mary Williamson
Marilyn Boyd	Irma Gennaro	Shirley Lucas	Wolf Scherer	Mario Winterstein
Bob Brennan	Cara Gordon	Ryan Madden	Barbara Schipper	Trish Witschi
Kathleen Caggiano	Kim Greer	Anna McDonald	Scott Schroth	Jayne Young
John Capps	Cathy Greulich	Emily McPhie	Trish Schulz	
John "Max" Carroll	Bill Grove	Anu Mittal	Eileen Shaw	
Eileen Cavanagh	Steve Haracznak	Bobbie Montano	Neena Shenoy	
Georgia Chirieleison	Beth Harkaway	Mike Mulreany	Wanda Snuggs	

\*The estimated dollar value of volunteer time in VA is \$29.14 per hour for 2020, according to the [Independent Sector](#). Many of our volunteer contributions have a higher valuation.



In addition to financial support, the Shepherd's Center gratefully acknowledges the following in kind contributions:

**Emmanuel Lutheran Church** for its contribution of space for Lunch n' Life

**Navy Federal Credit Union** for printing the newsletter

**Oakton Church of the Brethren** for providing space for our Active Aging and Wellness Classes

**Service Source** for providing space for the BOD annual retreat

**Sunrise at Hunter Mill** for providing refreshments for the AIL Winter Open House

**Tzu Chi Foundation** volunteers for their assistance at the Lunch n' Life program

**Unitarian Universalist Congregation of Fairfax (UUCF)** for their contribution of classroom space for Adventures in Learning classes and the Caregivers Support Group meetings

**Vienna Baptist Church** for housing Shepherd's Center offices and providing meeting spaces

**Vienna Presbyterian Church** for providing space for the Great Decisions Discussion Group

**Gerri Webb, Oakton Women's Club, Ava Dowdy and Mai Hoang** for creating and donating face masks



Clergy "Breakfast" August 26, 2020



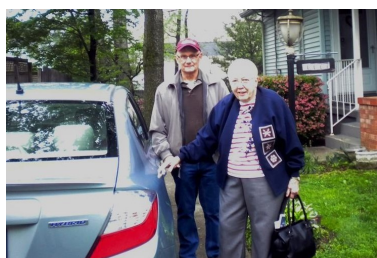
Volunteer, Ava Dowdy and her handmade masks



Valentine Senior Social February 2020



Patti Vaughn, BOD, helps SC deliver Holiday meals to clients.



Brad Frison, SC Volunteer Driver and Mary, Client



Girl Scout Troop 6084, Fifth Grade, Wolftrap Elementary School delivered hand-made Thanksgiving greeting cards and SC volunteers delivered lunch to clients

Pictured (l-r) Alison Gramann, Troop Leader & SC's Jayne Young

## COULD NOT WAIT TO SHARE THE NEWS!!

So many good things are happening at the Shepherd's Center in 2021, we didn't want to wait until the 2021 Annual Report to share with you. Effective February 15th we merged with the Shepherd's Center of Great Falls, thus expanding our service area to include Great Falls.

As a result of our enlarged service area, we changed our name. We are now the Shepherd's Center of Northern Virginia!

We are pleased to see volunteers and clients returning as they are vaccinated. The future looks bright for the Shepherd's Center of Northern Virginia.





541 Marshall Road SW, Room 203  
Vienna, VA 22180

# Annual Report 2020

## Shepherd's Center of Northern Virginia

### 2020 Board of Directors

William Farrell, Chair	Stephanie Arnall
Patti Vaughn, Co-Vice-Chair	Richard Duesterhaus
Scott Schroth, Co-Vice-Chair	Tom Portman
Leigh Banducci, Treasurer	Kimberly L. Greer
Michelle Kang, Secretary	Steve Hazacznak
	Scott Honiberg
	Anna McDonald
	Jayne Young

### 2021 Staff

Interim Executive Director	Jayne Young
Operations/Volunteer Manager	Erin O'Reilly
Marketing/Comm. Manager	Irma Gennaro

### Supporting Congregations

Andrew Chapel United Methodist Church  
 Antioch Christian Church  
 Bruen Chapel United Methodist Church  
 Church of Jesus Christ of Latter-day Saints,  
 Oakton Ward  
 Church of the Good Shepherd United Methodist  
 Church of the Holy Comforter Episcopal  
 Emmanuel Lutheran Church  
 Emmaus United Church of Christ  
 First Baptist Church of Vienna  
 Oakton United Methodist Church  
 Our Lady of Good Counsel Catholic Church  
 St. John Neumann Catholic Church  
 St. Mark Catholic Church  
 Unitarian Universalist Congregation of Fairfax  
 Unity of Fairfax  
 Vale United Methodist Church  
 Vienna Baptist Church  
 Vienna Presbyterian Church  
 Vienna Seventh-day Adventist Church  
 Wesley United Methodist Church

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