



AUGUST/SEPTEMBER 2011 NEWSLETTER

September—a Busy Month for SCAS

September will be a great month for getting involved in SCAS activities. You can take a trip to the Manassas Civil War battlefield, listen to the sounds of the Harmony Heritage Singers, and attend a free yoga class when you register for the Fall Adventures in Learning on **September 28 (10:00 AM—noon)**.

If you haven't heard the music of the Harmony Heritage Singers, you are in for a treat. This group, of 50 gentlemen, sings songs old and new in the barbershop tradition. **Join us at 7:30 PM on Friday, September 23, at the Annandale United Methodist Church, 6935 Columbia Pike.** Tickets are only \$15 and all proceeds will benefit the Shepherd's Center of Annandale-Springfield.

Join SCAS on a day trip to the Manassas Battlefield, one of the region's premier historical attractions, on **Wednesday, September 21**. A bus will leave from the Annandale United Methodist Church at 10:00 AM. The cost of \$15 includes the battlefield admission fee and soft drinks for lunch. Bring a sandwich for lunch.

While at the battlefield you can watch a film about the battle and visit the museum, with an electronic battle map and bookstore. You also can take an **optional** 45 minute guided walking tour of the battlefield. This trip is a great lead-in to our Fall AIL class on the Civil War.

To sign up for the concert or the trip call the Shepherd's Center office at 703-941-1419. See the enclosed flier for information about AIL registration and the free yoga class on **September 28**.

August Lunch N' Life

They say that everything in Washington stops in August, but not SCAS. If you're looking for a cool respite from those late-August dog days, join us on **August 25** from 11:30 to 1:30 at St. Alban's Episcopal Church, 6800 Columbia Pike in Annandale, for Lunch N' Life. Our speaker will be from the U.S. Postal Inspection Service.

Did you know that the Postal Inspection Service was founded by Benjamin Franklin? That Postal Inspectors played an integral role in the arrest of the Unabomber, the result of one of the largest and most extensive criminal manhunts in modern history? There's much more to learn at Lunch N' Life.

Call SCAS at 703-941-1419 to sign up. The cost is only \$9.00.

Got Wheels? Want to Save Money?

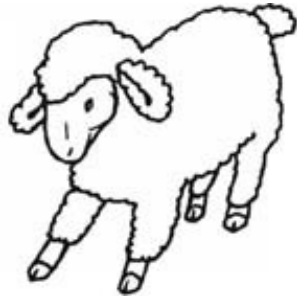
Take an AARP Driver Safety Course and get a discount on car insurance.

Most car insurance companies will give a discount to drivers who complete this course. Upon completion of the course, the certificate issued by AARP is valid for three years.

What are the other benefits of the course? Refresh your memory. Learn tactics to avoid hazardous situations. Become a defensive driver.

SCAS will be sponsoring an AARP Driver Safety Course soon. Watch the SCAS newsletter and website for details.

Our Sheep—Where? Who? Why?



Lunch N' Life. I soon found the sheep carefully wrapped and ready to put on the tables.

"Who donated the sheep?," asked some of our new members, as I placed a sheep at each table. I was happy to tell about our first Lunch N' Life on September 30, 2004. Over 100 people gathered at the United Baptist Church of Annandale. **Tina Svensen** of Sleepy Hollow United Methodist Church not only catered the lunch, along with **Nancy Koehler** of Ravensworth Baptist Church, but also made each of the lovely white sheep by hand and donated them to the new Shepherd's Center.

For many years **Betty Beal**, of First Presbyterian of Annandale, cared for the sheep, making sure they were brought to each Lunch N'Life and then carefully wrapped and packed afterward. But lately one sheep had both back legs broken off. **Fred Billups**, who is very handy with glue (our family calls him "Dr. Fix It") took the injured sheep home and mended its wounds. It is now carefully wrapped and packed for its trip to the next Lunch N' Life.

"Why Sheep?" To answer this question, I explained the Shepherd's Center purpose: "to provide opportunities for older adults to help one another by volunteering as a driver, a handy helper, or friendly caller, by volunteering in the office or by helping with programs, such as a Lunch N' Life, Adventures in Learning, Day Trips, and fundraisers.

Thank you Tina Svensen for the sheep. And thank you Betty Beal and Fred Billups and all of those who volunteer their time, their efforts, and their gifts to help others through this wonderful organization.

— *Lucyann Billips*

Looking Ahead to Fall AIL

We have some good news and some bad news about this fall's Adventures in Learning classes. The bad news first—John Rybicki will not be with us in the fall to lead a study of the third 300 years of the Christian Church. The good news is that he will be with us for the winter AIL session (February 5-March 14.)

More good news—we have planned a very timely class for the fall on *The Civil War Revisited*, led by historians, archeologists, and authors. Take a fresh look at the Civil War (and not just the battles) as we commemorate the War's 150th anniversary.

Come early for *Easy Does it Yoga*, chat with speakers over lunch and check out our book sharing table, then delve into the Civil War. A third class (to be announced) will end each session. Please share the enclosed Fall Adventures in Learning Flyer with your neighbors and friends.

Looking for Day Trip Drivers

The Shepherd's Center of Annandale-Springfield is looking for a commercially-licensed driver who would volunteer to drive for our Day Trips. Our supporting churches generously donate the use of their vans, but their drivers are usually only available on weekends. Please call the SCAS office if you can help—703-941-1419.

Thank You SCAS Supporters!



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Call now to reserve your seats for an evening of traditional barbershop music with the Harmony Heritage Singers

Friday, September 23, at 7:30 PM at the Annandale United Methodist Church, 6935 Columbia Pike
Tickets are only \$15 and proceeds will benefit the Shepherd's Center of Annandale-Springfield.
Call the SCAS office: 703-941-1410.

Be Alert for Home Repair Scams

The Fairfax County Police have asked citizens to be aware of increased activity of home repair scam suspects in our area and to remember:

- All solicitors should have a license;
- Never pay upfront for work to be done at a later date; and
- When possible consult with a neighbor or family member if the price of a job seems high or unreasonable.

Stay Active! Bowl!

A new seniors bowling league is now forming in Annandale. Adults 55 and over are welcome to join this league, which will meet at 10:00 AM on Mondays, Tuesdays, and Fridays from Labor Day through early May. New and experienced bowlers are welcome. Interested? Call Jim Allision at 703-323-8132

Care-Givers Corner

Arden Courts is offering the ***Take Time for You Tuesday*** respite program for anyone caring for a loved one with Alzheimer's or similar conditions. For more information, call 703-256-0882.

Fairfax County also offers resources for care-givers. The County offers a free telephone support group for family caregivers that meets by phone on the first Tuesday of each month. To find out more call 703-324-5484 or [register on-line](#).

Fairfax County also has trained volunteers to give caregivers of older adults a break for a few hours on a regular basis. Contact Kristin Martin at Kristin.Martin@fairfaxcounty.gov or 703-324-7577 for more information.

Thank You SCAS Supporters!

Memory Care
We know. We understand. We can help.
It's all we do.

Arden Courts
Memory Care Community
7104 Braddock Road
Annandale, VA 22003
(703) 256-0882

Call today to speak with one of our dementia specialists and ask about our respite program.

UPCOMING EVENTS

8/25 - Lunch N' Life
9/21 - Manasas Day Trip
9/23 - Barbershop Concert
9/28 - Fall AIL Registration
10/5 - Fall AIL Begins

SUPPORTING CHURCHES

Annandale United Methodist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
John Calvin Presbyterian Church
Ravensworth Baptist Church
Parkwood Baptist Church
St. Alban's Episcopal Church
St. Barnabas Episcopal Church
St. Mark's Lutheran Church
United Baptist Church

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Shepherd's Center of America
Tina Williams Photography

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