



## JUNE/JULY 2011 NEWSLETTER

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### *Looking for Friendly Callers*

According to a consultant we heard recently, one of the worst scenarios for seniors is isolation, and for many reasons, seniors are often alone. While that isn't always a problem, there comes a time when everyone needs a friendly voice to talk to and someone to check on them.

Fortunately, this doesn't require a lot of energy or skill, just some time and a phone. The Shepherd's Center of Annandale-Springfield would like to start a *Friendly Caller* program, something advocated by the Shepherd's Centers of America.

I knew a woman at our church who was an invalid by any definition, but she dedicated herself to calling to arrange rides people who couldn't drive. In that way she gave back to the community. Like her, we all need to give something back and we can all work within our limitations.

What we need now is someone with the time and dedication to get this program off the ground. We also need some "friendly callers." If you are interested in either of these options, please call the Shepherd's Center at 703-941-1419 and speak to Marge Miller, our Office Director. There is someone out there right now whose life would be changed by your friendly voice on the line.

— Fred Chatelain, SCAS Board Member

*Thanks to all our generous supporters who have responded to our annual fundraising appeal*

### *Inside the CIA with SCAS*

Take a look inside the national intelligence establishment with Patrick Eddington, author and former CIA analyst, whose new book, *Long Strange Journey: An Intelligence Memoir*, has been called a "must-read for anyone who wants to know how the intelligence community really works."

Mr. Eddington will be the featured speaker at our next Lunch N' Life on **Thursday, June 30**. His book looks largely at the role of the CIA in the events leading to the first Gulf War, and in it he charges that President George H. W. Bush and his senior advisors ignored a steadily growing stream of alarms from intelligence agencies in the week before Saddam Hussein's invasion of Kuwait. The author will bring and sign copies of his book.

Join us from 11:30 AM to 1:30 PM at the Annandale United Methodist Church, 6935 Columbia Pike. The cost is \$9.00 per person. To make a reservation, call the SCAS office at 703-941-1419 and send a check (made out to SCAS) to our office at 7610 Newcastle Drive, Annandale, VA, 22003.

### *A Night of Lovely Harmony*

Join us in September to enjoy lovely harmonies served up by the *Harmony Heritage Singers*, a group of 89 gentlemen who sing songs old and new in the barbershop style. The show is scheduled for **Friday, September 23**, at 7:30 PM at the Annandale United Methodist Church and will be a fund raiser for the Shepherd's Center. Tickets are only \$15 and may be reserved by calling the SCAS office at 703-941-1419

## *Volunteer Opportunities – Seniors Helping Seniors*

The success of SCAS is built on the volunteers who support this organization with their time and their talents. We have many great volunteers, but they need help, and we really need more hands to share the load. There is something for everyone. **For more information about any of these opportunities, contact the SCAS office at 703-941-1419.**

We need **Drivers** to take seniors to medical appointments. If you have some time and a car, this is a great chance to make a real difference in someone's life. Drive only when and as often as your schedule will allow.

**Help out in the SCAS office**—We can use additional volunteers to help with basic office tasks, one day each week, or just an occasional day as needed. No special skills are needed, just a willingness to pitch in.

**Helping Hands and Friendly Callers**—Do minor repairs or chores for someone who needs just a little help to stay in their home. Or, just provide a friendly voice by checking up on someone alone at home. We have had to suspend these services due to a lack of volunteers, but we know there is a real need. Help us to meet these needs. These are easy ways to touch a life.

**We need you!**

## *Elsewhere...*

### **Dementia Care Givers Support Groups**

Sponsored by the Shepherd's Center of Fairfax Burke. One group meets the 2nd Tuesday of each month, the other meets the 4th Tuesday, both at 1:15 PM at the Lord of Life Lutheran Church, 5114 Twinbrook Rd., Fairfax. For information, call SCFB at 703-323-4788.

### **Oakton-Vienna Lunch N' Life**

Monday, June 13, Noon to 2:00 PM at the Emmanuel Lutheran Church, 2589 Chain Bridge Rd. Featuring John Gilstrap, best selling author of eight thrillers.

## *Did You Know?*

In 1917, suffragist leaders were arrested for peacefully picketing the White House and imprisoned in the Occoquan Workhouse, where they were subjected to force-feeding and other inhumane treatment. Their story eventually became public, and is looked upon as a major "turning point" in the fight to secure the vote for women.

You do know this if you attended our April Lunch N' Life, where historian Kathleen Pablo told the stories of the brave women who led this struggle.

Today, in Occoquan Regional Park, a site has been dedicated for a memorial to honor these valiant women. (For more information go to [www.suffragistmemorial.org](http://www.suffragistmemorial.org) )

## *Get Ready for Fall All*

Our next ALL classes will meet each Wednesday morning from **October 5 through November 16**. Registration day, Wednesday, **September 28** (10:00 to noon) will feature **free Easy Does it Yoga** from 9:15 to 10:30 AM.

We've got great classes planned for the fall:

- *Easy Does It Yoga* is returning with teachers **Bonnie Kendrick** and **Pamela Wilson**.
- **John Rybicki** is returning with *The Christian Church, the Third Three Hundred Years*.
- Local historians and archeologists will present *Revisiting the Civil War*.

To register, just call SCAS at 703-941-1419.

## *Thank You SCAS Supporters!*



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## *Save these Dates*

There's lots more coming up at the Shepherd's Center of Annandale-Springfield.

**August Lunch N' Life**—Thursday, August 25 at St. Alban's Episcopal Church, Annandale. We'll hear about the surprising work of the Postal Inspection Service.

**An evening of vocal harmony with the SCAS.** Friday, September 23, featuring the barbershop harmonies of the *Harmony Heritage Singers*.

## *SCAS Needs a New Computer*

As technology has moved forward, ours has not. The computer in our office is ready to go the way of the manual typewriter, but first we need a replacement. We don't need cutting edge technology, just something with a reasonably up-to-date operating system that will allow us to use more advanced software.

If you are considering upgrading your desktop or laptop computer, please consider donating your (not too) old one to the Shepherd's Center. Please call our office for more information.

Thanks!

## *Keep a Healthy Mind with an Active Social Life*

A Kaiser Permanente researcher found that seniors with a large social network were much less likely to develop dementia. The study was published in the *American Journal of Public Health*.

Researchers found that, among the women they studied, those with at least daily contact with friends had a lower risk of dementia, even if that contact was not face-to-face. Even phone calls or e-mails made a difference.

So, keep your brain healthy by joining us at the next Lunch N' Life or Day Trip. And, to help others stay healthy, consider becoming a *Friendly Caller* (see page 1).

## *Spring Adventures in Learning*

What do yoga, outer space, archeology, the First Baptist of DC, and writing your life's story have in common?

They were all part of our Spring Adventures in Learning classes. At the start of each class we learned how to breathe, relax, stretch and twist under the guidance of two skillful and cheerful yoga instructors, Bonnie Kendrick and Pamela Wilson. All the while we marveled at the views of spring flowers out the wide windows of the social hall. Good news! Bonnie and Pamela are coming back in the fall.

Next, we stretched our minds with scientists from the Air and Space Museum, NASA and the Goddard Space Center. Through their presentations, we explored Mars, Venus, and worlds beyond our solar system as well as our own Earth.

After having lunch together, a group of us learned how to remember, organize and write our life stories under the guidance of Bea Fones. Best of all was sharing those stories with each other.

Included in ALL this spring were two special programs. On April 20, we took a tour of the Fairfax Archeological Center, hosted by Liz Crowell, the director of the Cultural Resource Archeological Center. On May 18, Joy McIntire spoke about the history of the First Baptist Church of DC and its part in the city's history.

Thanks to all the people who made this great program possible:

- Volunteers **Bea Fones, Dick Stewart, Mary Lou and Ed Fry, Roberta Head, Maurice and Dolores Drury, Nina Gustafson, Dolores Vestrich, Bill Lewis, Amy Harris, and Lucyann Billups;**
- The staff of John Calvin Presbyterian; and
- Yoga leaders, **Bonnie Kendrick** and **Pamela Wilson**, NASA speakers **Erika Vic, Jack Kaye**, and **Steve Dick**, Goddard Space Center leader, **Harley Thronson**, Air and Space Museum Geologists **Bob Craddock** and **Jim Zimbelman**, **Joy McIntire** from First Baptist Church, and **Liz Crowell**, of Fairfax County.

## UPCOMING EVENTS

6/30 - Lunch N' Life  
8/25 - Lunch N' Life  
9/23 - Harmony Heritage Singers  
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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## SUPPORTING ORGANIZATIONS

ACCA  
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Shepherd's Center of Oakton Vienna  
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