



ANNUAL REPORT 2009

February 2010

Dear Friends,

It has been my privilege to work closely with the wonderful Shepherd's Center of Fairfax-Burke (SCFB) volunteers during the past year. All SCFB programs are run by older adult volunteers who use the skills they have acquired over a lifetime to help others in the community. Only three years old, SCFB already has more than 65 volunteers serving 500 older adult clients in the Fairfax- Burke area. Many thanks to all of these dynamic, hard working people, without whom there would be no Shepherd's Center.

SCFB is dedicated to helping older adults continue to live independently, and to providing enrichment and social networking opportunities that keep life exciting and rewarding for them. Programs include Accompanied Medical Transportation (for older people who are no longer able to drive), Friendly Callers/ Visitors program (for people who are mostly homebound), and Lunch N' Life, Adventures in Learning, and Wednesday at the Movies which provide mental stimulation and socialization opportunities for older adults.

SCFB is committed to partnering with individuals, faith communities, civic groups, local businesses and local government to provide services for older adults. In 2009, SCFB became a founding partner of the Burke-Springfield Senior Center without Walls and established a cordial working relationship with the Area Agency on Aging.

For the first time in 2009, SCFB ventured into the non-profit funding world, submitting two grant proposals --- one for start-up costs for the Burke-Springfield Senior Center without Walls and one to fund a new outreach program for low-income seniors. Both proposals are still pending. We look forward to expanding our services as more funding becomes available.

Looking to the future, we are in the final planning stages of a new program, Companion Shopping (for older people who no longer drive and need transportation to grocery or drug stores). Our clients tell us they really need this kind of help. Plans are also underway for a Caregivers' Respite program to help those who are taking care of loved ones in their own home. Both of these new programs will become operational in 2010.

The year 2009 was a great year for SCFB. Our programs grew stronger and reached more people than ever. We look forward to the year 2010 and the opportunities it will bring for SCFB to serve older adults in our community.

Sincerely,

Arlene Darke
Chairman, Board of Directors

Shepherd's Center of Fairfax-Burke Annual Report 2009

The Shepherd's Center of Fairfax-Burke (SCFB), founded in 2006, is a nonprofit organization made up of individuals, faith communities, civic organizations, and businesses committed to supporting and enriching the lives of older adults in the Fairfax-Burke community. The Center provides life enrichment opportunities and life support services for older adults so they can continue to live independently and to live with a sense of purpose and dignity. All of the Center's programs are planned and executed by volunteers. SCFB empowers its volunteers to use their talents and skills to help their peers in the community.

To learn more about the Shepherd's Center, go to our website, www.fairfax-burkesc.org

FINANCIAL STATEMENT 2009

Income

Organization Donations	\$ 5,940.00
Annual Appeal Personal Donations	\$ 2,865.00
Other Personal Donations	\$ 4,223.00
Lunch N' Life Registrations	\$ 3,612.00
Adventures in Learning Registrations	\$ 3,000.00
Total Income	\$19,640.00

Expenses

Office Operation	\$ 1,607.65
Postage and Printing	\$ 1,258.26
Insurance	\$ 1,386.00
SCA Dues	\$ 100.00
Adventures in Learning	\$ 1,379.26
Lunch N' Life	\$ 3,360.00
Total Expenses	\$ 9,091.17

Net Income **\$10,548.83**

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ACHIEVEMENTS 2009

The Shepherd's Center of Fairfax-Burke (SCFB) celebrated its third anniversary on September 16, 2009, the day of its incorporation in 2006. The Center also celebrated a number of achievements and some firsts.

Lunch N' Life

The Lunch N' Life program, started in 2006, continued to attract older adults for fellowship, entertainment, and education. Over 507 seniors attended the Center's six bi-monthly Lunch N' Life programs. Luncheon programs included presentations by Supervisor John Cook, Randolph Bragg on George Washington's Distillery at Mount Vernon, the Asian Americans in Fairfax County History Project, the Secrets of the Washington Monument, and Rick Newman on the *Firefight and Battle to Save the Pentagon on 9/11*.

Wednesday At The Movies

The Center's Wednesday at the Movies program, started in 2008, proves that people never outgrow their love of going to the theater to watch a good movie. Over 140 seniors went to the monthly events, seeing the movie as a group, and staying after the film for discussion. Eager senior movie buffs who no longer drive were picked up and driven to the theater. Films seen over the course of the year included *Amelia*, *Julie and Julia* and *The Blind Side*.

Adventures In Learning

"You can improve the quality of your life by taking charge of your mental and physical health," says Dr. Ken Dychtwald, psychologist and gerontologist. Learning, mental or physical, is a lifelong process that is not just for the young. Over 100 seniors, ranging in age from 60-85, challenged both mind and body and attended the two six-week Spring and Fall sessions of Adventures in Learning. Registrants brought a bag lunch and stayed for a full day of classes and socializing, or chose the classes that interested them the most. Classes included gentle exercise for flexibility and balance; the health benefits of self-reflexology massage, acupuncture, and drinking tea; as well as presentations on astronomy, women in Pakistan, the murder at the Old Keene mill; and small group activities of canasta, bridge, and book discussion.

Accompanied Medical Transportation

Providing free transportation to older adults in the Burke-Fairfax area for visits to doctors, dentists, and rehabilitation procedures was a major on-going effort of the Shepherd's Center of Fairfax-Burke during 2009. The Center's Accompanied Medical Transportation Service had enormous growth over the course of the year in number of clients served, and number of drives accomplished. The program has increased to over 140 clients and 35 volunteer drivers, backed by 15 volunteers that staff the office, taking and filling seniors' requests for transportation service. In 2009, 669 drives were

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completed, consuming 1871 hours and covering 13,819 miles. Since the inception of the program in July 2007, 1525 drives have been completed, covering 29,564 miles for 3420 hours. This is a door-to door service, with volunteer drivers accompanying seniors who no longer drive, to the doctor's office and remaining with them throughout the appointment.

In March and October at the Lunch N' Life luncheons, volunteer drivers and office workers were recognized for their contributions. John Taylor and Paul Holtz were the most frequent drivers and Carol Cannava spent the most hours in the office. In April, AARP presented a two-day Driver Safety course to 35 of the Center's volunteer drivers.

Friendly Callers/Friendly Visitors Service

Isolation is a major problem for seniors living independently and often living alone. Initiated in 2008, the Friendly Callers/Friendly Visitors Service provides volunteers who regularly phone or visit older adults for friendly conversation, to show them that someone cares, and to keep them connected to the community.

Volunteer Appreciation

A Volunteer Appreciation Luncheon was held in September to thank the Center's volunteers for their dedication and support of the Center's programs and services.

Fundraising

One of the firsts for the Center this year was SCFB's first fundraising effort, an appeal letter mailed in October. The positive response from users of the Center's programs and services was overwhelming and reflected the gratitude of so many seniors in the Fairfax-Burke community for our activities. The total amount of annual appeal donations made by December 31, 2009 was \$2,865.00.

Community Outreach

The Shepherd Center's volunteers did 19 presentations on SCFB's programs and services to seniors groups and faith communities in the Fairfax-Burke area. The Center also welcomed three new sponsoring faith communities: Fairfax Christian Church, St. Ambrose Church, and Church of the Nativity. In collaboration with the Fairfax County Department of Community and Recreation Services and other community organizations, SCFB began development of the Burke-Springfield Senior Center Without Walls, an innovative strategy that promotes bringing together different service providers and community leaders to provide programming for seniors in the Burke-West Springfield community.

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VOLUNTEERS

Ruth Becker	Gretchen Kirsch	Faye Quesenberry
Desmond Browne	Jim Kirsch	Virginia Reid
Anna Butt	Carole Kuhns	Ed Reinsel
Carol Cannava	Robin Lanning	Robert Schmiesing
Nuala Cohen	Carolyn LaRosa	Peter Shaulis
Pat Coleman	Ann Leggio	Pauline Sibbald
Patti Cook	Dottie Leonard	Carol Smalley
Joe Cottrell	Jean Leshko	Victoria Smith
Mary Crowder	Joan Lipera	Bea Stephenson
Alan Darke	Glenn Loop	Mary Swierenga
Arlene Darke	Diane Lumpkin	Kathy Tamilin
Richard DeVaughan	Joan Mahal	John Taylor
Marian Drohan	Joan Makurat	Peggy Toomey
Marion Essig	Mary-Helen McGrath	Ginny Walters
Anna Evans	Vic McGrath	John Walters
Beverly Fleming	Kim Moden	Bob Wesolowski
Marla Gadsby	Ralph Moden	Ann Wickersham
George Gallimore	Leonor Myers	Barry Wickersham
Edna Goldsmith	Peg Noel	Robert Wiles
Anne Harper	Valerie Olson	Jack Woodard
Robert Harper	Joan Osborne	Polly Woodard
Sue Harsel	Mary Petit	Jack Zimmerman
Paul Holtz	Ronald Qualley	

All Shepherd's Center of Fairfax-Burke (SCFB) programs and services are planned and executed by volunteers. **In 2009, volunteers contributed over 5600 hours to SCFB.** Thank you to each and every volunteer of the Center. Through your dedication and generosity, you have made a difference in the lives of older adults in the Fairfax-Burke community.

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ANNUAL APPEAL SUPPORTERS 2009

The Shepherd's Center appreciates the generosity of the following donors to its 2009 Annual Appeal. The list reflects donations received as of December 31, 2009.

Alice Baxter	Agnes Macias
Donna M. Berndt	Ruth McGuire
Helen Carr	N. Mortimer
Nancy Collier	Ken and Lee Myers
Alan and Arlene Darke	Jean and Bob Nay
Joyce DeLong	Barbara Norris
Jean G. Downey	Ron and Lois Page
Anna Evans	Mary Petit
Elva Fones	Eileen Phillips
Elisabeth Franklin	Irene Pierce
Joyce Fuller	Judy Pilley
Edna Goldsmith	Barbara Roop
Frances Graben	Claire Sheehan
K. Joy Grubmeyer	Betty Skiffington
Bob and Anne Harper	Elvira Sparks
Tom and Terry Holman	Dorothy Staebler
Paul Holtz	Jeanie Streng
Maxie Hopkins	Kathleen Tamilin
Leota Huguenin	Peggy Toomey
Dorothy Kelch	Bob and Gretchen Wesolowski
Mary LaClaire	Barry and Ann Wickersham
Jean Leshko	Chris and Lynn Wiles
Steven Wiles	Jack Zimmerman
Jeanie and Michael Wydo	
Eve and Rod Young	

We apologize for any omissions of supporters or volunteers. Please bring them to our attention so we can properly recognize you.

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The Shepherd's Center is grateful to the following organizations for their financial and in-kind support to SCFB in 2009.

FINANCIAL SUPPORT

- Burke Presbyterian Church
- Church of the Nativity
- Fairfax Baptist Church
- Lord of Life Lutheran Church
- St. Mary of Sorrows Church

IN-KIND SUPPORT

- Bethlehem Lutheran Church for housing the Shepherd's Center office
- Lord of Life Lutheran Church for its contributions of space for Adventures in Learning, Lunch N' Life, and SCFB meetings and supplies and copying
- St. Mary of Sorrows Church for its contribution of space for Lunch N' Life and supplies and copying
- Burke Presbyterian Church, Church of the Good Shepherd, Fairfax Presbyterian Church, and Jubilee Christian Center for providing space for Lunch N' Life
- Little River Glen residents for helping with mailings

SPONSORING ORGANIZATIONS 2009

- Publicize SCFB's programs and services within their organization
- Provide volunteers and clients
- Appoint a member to the SCFB Council of Representatives

Burke Presbyterian Church
Church of the Nativity
Fairfax Baptist Church
Fairfax Christian Church
Fairfax Presbyterian Church
Knollwood Community Church
Lord of Life Lutheran Church
St. Ambrose Church
St. Mary of Sorrows Church