

# NEWS



PHOTO COURTESY OF SCOV

**The Shepherd's Center of Oakton-Vienna (SCOV) hosted their annual Caregivers Treat event in November. Pictured are students from American Massage and Bodyworks giving massage for those in attendance. For more information about SCOV and their programs for seniors visit [www.scov.org/](http://www.scov.org/).**

## Shepherd Center Provides Treat for Caregivers

Being a caregiver for a family member with dementia is exhausting, whether the person is at home, a nearby facility or in another state. The caregiver must deal with medical and personal issues of the loved one, all the while losing him or her a little bit every day.

For 14 years, Shepherd's Center of Oakton-Vienna (SCOV) has hosted a free half-day for caregivers to give them a break and to recognize their sacrifice. Our Lady of Good Counsel Church in Vienna provided the venue. Additional support was provided by sponsors AARP and Arden Courts. This year's SCOV event had 41 caregivers. SCOV staff and volunteers assisted during the four-hour event.

Attendees were caregivers of parents, siblings, aunts and uncles. Some of the caregivers were in the early stages of realizing that their family member had a form of dementia.

The loved one of several attendees' had passed away, but the incredibly difficult journey is not over when the patient dies. Those whose loved ones have passed away have experiences and feelings that help other members of their support groups. A dedicated

group of volunteers took care of the care receivers in a separate room to give the caregivers a much needed break.

Free massages were again provided by American Massage & Bodywork and were the highlight of the day. The students of the Massage School gave in-chair massages to everyone.

Tony Haney of Senior Helpers gave the attendees some workable ideas for caregiving. Christi Clark, Insight Memory Center, talked about A Person Centered Approach to Care. Cheryl Harlan led a relaxation session that left caregivers smiling. A question and answer period led by support group leaders got everyone involved and provided useful information.

Caregivers had a chance to exchange ideas with each other. The value of a support group such as the one sponsored by SCOV was emphasized. A highlight was the music of the Hunter Mill Bog Trotters, a bluegrass band of four that had everyone tapping their feet. One of the Bog Trotters had attended the SCOV support group previously.

To volunteer, donate or learn more about how you can help, visit [www.scov.org/](http://www.scov.org/) or contact the office at 703-281-0538, [office@scov.org](mailto:office@scov.org).

## FAITH NOTES

*Faith Notes are for announcements and events in the faith community. Send to [vienna@connectionnewspapers.com](mailto:vienna@connectionnewspapers.com). Deadline is Friday at noon.*

**Vienna Assembly of God**, 100 Ayrhill Ave, NE, Vienna, will hold Christmas Eve, Dec. 24, and New Year's Eve, Dec. 31, services on Sunday morning at 10:30 a.m. There will be no evening services. Installation of new Pastor Brenda Burns will occur on January 7, 2018 during the 10:30 a.m. service.

**Wesley United Methodist Church** located at 711 Spring St., SE, Vienna, Virginia 22180, at the corner of Spring Street and Moore Avenue. 10:30 a.m. fellowship time in the fellowship hall; 11 a.m. traditional family worship in sanctuary. If you are seeking a church home which encourages: caring and supportive fellowship, an active and devoted prayer life and study of scripture, support for local and world missions, an open, responsive awareness to the presence and power of God's Holy Spirit.

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## JANUARY 13<sup>TH</sup> REMODELING + DESIGN SEMINARS

*Are You & Your Family Enjoying the Most From Your Home?*

**We Hope You Will Join Us!**

**Saturday, January 13<sup>th</sup>, 2018- 10am-2pm**

Where: Sun Design Corporate Office  
5795B Burke Centre Pkwy, Burke, VA 22015  
(located behind the Kohl's shopping center)

Seminars run from 10am-12pm. Lunch to follow.  
Please arrive at 9:45am for check-in.  
Seating is limited!

**RSVP: [info@sundesigninc.com](mailto:info@sundesigninc.com) or  
call Erin at 703.425.5588**



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