

NV RIDES

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NV Rides Newsletter

December 2015

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NV Rides featured in AARP Bulletin



Eileen Boone, a volunteer driver for NV Rides - Reston, helps Joan Allen get to an appointment in Reston. Photo by Lexey Swall.

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Give the "Gift of a Lift"

This Holiday Season consider giving a senior in your community the "Gift of a Lift" by becoming a volunteer driver.

Visit the [NV Rides](#) website and select a driving program near where you would like to drive.



Volunteers:

- Set their own schedule and destinations
- Use a convenient, web-based scheduling system
- NV Rides will pay for your criminal and DMV background check
- Must be at least 21 years of age

Our volunteers accumulate miles and miles of positive impact helping senior adults age-in-place. Sign up to become a volunteer driver and give the "gift of lift" this holiday season.

Seated Yoga Classes for Seniors

Shepherd's Center of Annandale-Springfield offers seated Yoga classes for seniors led by professional yoga instructors. Give your body and spirit a lift with this gentle, seated yoga.



Wednesdays January 13, 20 and 27, 9:30- 10:45 am

Cost: \$30 for three classes

703.537.3071

Volunteer Testimonial

"I have been a driver for the Shepherd's Center for over two years. I have found the experience very rewarding from several perspectives. First, is the knowledge that I am helping people who cannot drive themselves to important medical appointments when the need to. Second, it is an important use of my time. Being a retired person, it would be easy to sit back and squander time and have little to show for it at the end of the day. So there is a lot of satisfaction knowing that when I drive clients to appointments I am using my time well. And, for me, I get back something that I would not have otherwise had and that is the company and sometimes even the friendships of people who I would otherwise never have met."

Mary

**Location: The United Baptist Church, 7100 Columbia Pike,
Annandale, VA 22003**

For more information or to pre-register call SCAS at 703-941-1419 or email Shepherd's Center Annandale-Springfield.

Destination Rides: *Be an NV Rides Ambassador in your neighborhood*

**Wed., January 27,
11:45 am - 12:45 pm**



Destination Rides is an informational session discussing how volunteer driver programs help older adults "age-in-place" in the community. Learn how the NV Rides program works, services offered by the NV Rides network of providers and issues facing non-driving seniors in our community.

You will not be asked to make a financial contribution. Coffee and dessert will be served.

**Location: Jewish Community Center of Northern Virginia,
8900 Little River Turnpike Fairfax, VA**

For more information or to RSVP, please contact NV Rides at 703.537.3070 or email [Gina Cocomello](mailto:Gina.Cocomello).



In partnership with Fairfax County and Jewish Council for the Aging (JCA), with additional support from The Community Foundation for Northern Virginia, the Jewish Community Center of Northern Virginia (The J) is administering this community-wide initiative so that more non-driving older adults will be able to get where they need go at no cost, and "age in place" for as long as possible.