

Burke
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The BRADDOCK BEACON

703-425-9300

www.fairfaxcounty.gov/braddock/Braddock@fairfaxcounty.gov

SUPERVISOR COOK'S DOMESTIC VIOLENCE EVENT RAISES NEARLY \$700 FOR LOCAL CHARITIES



Supervisor Cook, along with Shelter House President Denise Miller (left), Chairman Sharon Bulova, and Shelter House's Deputy Executive Director Joe Meyer.

Supervisor Cook teamed up with Fairfax Court Appointed Special Advocates (CASA) and Shelter House to raise awareness about domestic violence in Fairfax County. Domestic violence is a blight on any community, with children bearing the greatest effects. As Supervisor Cook said during the event, "home is supposed to be where you go to relax and recharge, not a place to be scared of."

The event raised nearly \$700 total, which was donated directly to Fairfax CASA and Shelter House. Supervisor Cook would like to thank Kilroy's, the George Mason University Center for the Arts, the George Mason University Patriots, Barrel Oak Winery, Fairfax Corner, University Mall Theatres, and Kilroy's, for generously donating items to raffle.

For many men, women, and children domestic violence is a sad reality. Some stay with abusive partners because they don't know about the resources available through the County and private shelters.

Who is Affected?

•More than 1 in 3 women (35.6 percent) and

more than 1 in 4 men (28.5 percent) in the United States have experienced rape, physical violence and/or stalking by an intimate partner in their lifetime

•Children who experience domestic violence are twice as likely to hit their own spouse when they reach adulthood.

•Domestic violence was the No. 1 cause of homicide in Fairfax County last year. 8 out of 14 homicides were domestic violence related.

What can you do?

1. *Speak out against domestic violence*

This is a simple and easy step to take in the fight against domestic violence. We can help change our culture by continuously and vigorously talking about how unacceptable domestic violence is.

2. *Talk to your friend*

If you are suspicious that a friend or loved one might be experiencing domestic violence, ask and provide help if necessary. Who will help if not you?

MORE PHOTOS ON PAGE 2



Supervisor John C. Cook

ATTENTION HOMEOWNER AND CIVIC ASSOCIATIONS:

Please continue to let us know about your successful Community Engagement efforts. Keep up the good work!

Please call (703) 425-9300 or email Ann Sharp at ann.sharp@fairfaxcounty.gov with your latest information.

EMAIL SUBSCRIPTION TO THE BRADDOCK BEACON

If you would like the Braddock Beacon and the Cook Advisory electronically, instead of through mail, please contact us at braddock@fairfaxcounty.gov and write "BEACON" in the subject line.

BRADDOCK DISTRICT NOW ON FACEBOOK & TWITTER

Be sure to stay up to date on the Braddock District. See: <http://www.facebook.com/supervisorcook> and on <http://www.twitter.com/braddockoffice>

‘SCENES FROM AN IRISH RESTAURANT ...’

Supervisor Cook held an event to raise awareness about domestic violence in Fairfax County on October 17. With the help of Fairfax CASA and Shelter House, the event helped raise nearly \$700.



Supervisor Cook announces one of the raffle winners, with staff member Rhiannon Duck (left) and Fairfax CASA’s Executive Director Lisa Banks.



A general view of the event crowd. Kilroy’s hosted the evening, generously donating 10% of proceeds from food sales to the charities. Kilroy’s also furnished gift certificates for the raffle.



Supervisor Cook was inspired to host the fundraiser and awareness event after he was appointed to serve as the Board of Supervisor’s liaison to the Domestic Violence Policy, Prevention Coordinating Council.



Chairman Sharon Bulova delivered remarks about the importance of domestic violence awareness at the start of the evening.

Aging in Place: Taking Advantage of Resources

Each month in the Beacon we will feature an “aging in place scenario,” that uses a fictional call to the Area Agency on Aging to help showcase the many options aging adults have in Fairfax County.

Concern: Charlotte S., age 62, called the Aging and Disability Resource number (703-324-7948) after her 83-year-old widowed father moved from Ohio to live with Charlotte in Fairfax County. Charlotte shared with the social worker who answered the phone that she is employed full time and cannot stay home with her father. She stated her father appears to be at loose ends about what to do during the day, needs assistance to use the bathroom, has difficulty ambulating in a safe manner and will sometimes forget to eat lunch. In addition, Charlotte’s father needs new doctors who accept Medicare. She did not know quite where to begin in deciding what level of care her father needed. Charlotte is afraid he may need nursing home level of care but she wants to keep him at home.

Response: We often receive calls from adult children who are still employed full time but now have the added responsibility of caring for an aging parent. Often this responsibility falls on the adult child suddenly, when they move a declining parent from another state.

The intake social worker assured this caller that Fairfax County Department of Family Services, Adult and Aging Unit would be glad to send a nurse and social worker out to spend one to two hours with the family to define the level of care her father currently required.

It appeared from the initial information that Charlotte’s father would be confirmed as nursing home level of care, in which case the social worker on



the phone began to tell her about Fairfax County’s best kept secret: The PACE Program, Program of All-Inclusive Care for the Elderly, which was implemented in Fairfax County a few years ago by INOVA HealthCare Systems partnering with the Department of Medical Assistance Services (DMAS) and the Centers for Medicare and Medicaid Services.

PACE is conveniently located on the same campus as Braddock Glen Assisted Living, Olley Glen and Little River Glen independent living off Little River Turnpike in Fairfax. It is a comprehensive day program for those who meet the nursing home criteria. The program includes an on-site physician, dental, audiology, optometry, podiatry, physical and occupational therapies, nursing and social work, Adult Day Care, meals and more. Transportation is also provided to and from medical appointments. This program allows participants to authorize INOVACares for Seniors to administer the participants’ Medicare and Medicaid benefits. PACE is a one-stop-shop for elder care, meeting all daily needs and additional assistance should a participant require more help when returning home for the evening. Currently there are 46 people in the PACE program with room for several more. PACE accepts Medicaid, Medicare and of course you may privately pay for this program. The hours are Monday through Friday, 8am to 5pm. The ADCR social worker encouraged Charlotte to stop by or give them a call at 703-239-5888.

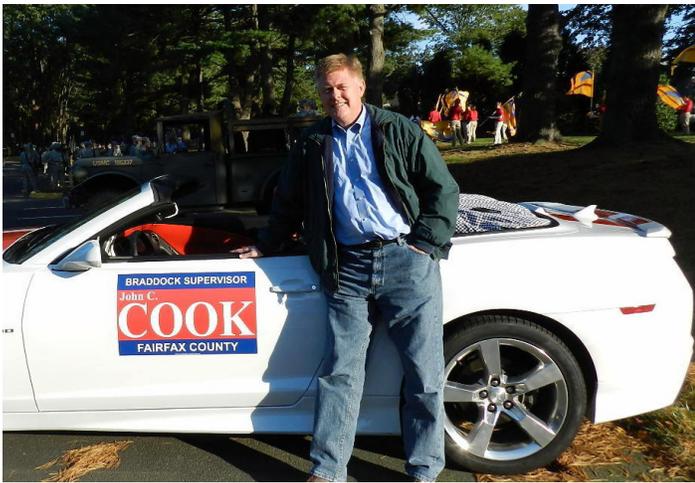
Braddock District Office: 703-425-9300 (M-F, 9 a.m. to 5 p.m.)
Area Agency on Aging: 703-324-7948 (M-F, 8:30 a.m. to 4:30 p.m.)
<http://www.fairfaxcounty.gov/dfs/olderadultservices/>

SUPERVISOR COOK IN THE COMMUNITY

On October 2nd, Supervisor Cook hosted a meeting at the Kings Park Library for the University Community Forum, a group that centers itself on the issues in and around George Mason University.

On October 3rd, Supervisor Cook started out the day at a Legislative breakfast, which was sponsored by the Northern Virginia Aging Network. After a full day of meetings in the Braddock office, he spoke at the annual meeting of the Middlebridge Civic Association which was held at Bonnie Brae Elementary School

On October 4th, Supervisor Cook participated in the Woodson High School Homecoming Parade, which wound its way throughout the surrounding neighborhoods.



On October 5th, Supervisor Cook attended the Library Foundation's annual Library Jubilee!, which was held at the Burke Centre Library.

On October 10th, Supervisor Cook hosted a Volunteer Fair at Little Run Elementary School. Over 20 non-profit organizations were on hand to share information with the many attendees ways that they can volunteer in their community.

On October 11th, Supervisor Cook joined Jolie Smith, the Director of Development for Shelter House, for an interview helping raise awareness for domestic violence. The program aired on radio station WFAX.

On October 12th, Supervisor Cook attended two events at the Burke Volunteer Fire and Rescue Station. First of all he spoke at the annual Burke History Day Ceremony and then went to the Fire and Rescue Station's open house.

On October 15th, Supervisor Cook attended the Champions of Character Awards Ceremony at the Government Center. This awards program honors youth, coaches and parents for extraordinary service in pursuing victory with honor. This year, the Braddock honorees were: Zachary Talamoa, Male Athlete, Braddock Road Youth Club Volleyball, Victoria Clinch, Female Athlete, Fairfax Police Youth Club, Matt Elrod, Coach, Burke Athletic Club and Ellen Kiely, Parent, Burke

Athletic Club.

On October 16th, Supervisor Cook attended the NVCC/Wakefield Forum which was held at Wakefield Forest Elementary School.

On October 18th, Supervisor Cook participated in the Lake Braddock Secondary School Homecoming Parade, which wound its way around the neighborhoods of Lake Braddock.

On October 19th, Supervisor Cook said a few words before the start of the annual CROP Walk at Lake Accotink Park which helps raise awareness and funds for world hunger. After that, he went to George Mason University to take part in a packing event that Braddock partnered with Troop Treats, an organization that successfully collects, packs and ships thousands of items to our deployed troops.



On October 23rd, Supervisor Cook spoke at the annual meeting of the Bonnie Brae Civic Association.

On October 28th, Supervisor Cook gave comments to the citizens who came out to take part in Parks 101, a presentation hosted by the Braddock Office and presented by the Park Authority. This was a chance for people to learn and ask questions about the workings of our Fairfax County Park Authority.

On October 29th, Supervisor Cook addressed members of the Greenfield Farms HOA at their Annual Meeting.

VOLUNTEER FAIR DRAWS A CROWD



It is true that the best way to find yourself is to lose yourself in the service of others. On October 10, Supervisor Cook hosted a volunteer fair and showcased some

of the nonprofit organizations in the Braddock District. The event connected thoughtful, engaged citizens with various op-

portunities to volunteer in right here in the neighborhood.

More than 60 Students, parents and community members came out on a rainy evening and explored the many possibilities to give back to the community. Over 20 organizations participated. Already, we received word that some of the charities have found fantastic helpers. Volunteers are the life line of any nonprofit and your service and skills are badly needed. Especially with the winter holidays quickly approaching. Please take a moment to review our Give Back to Braddock PDF to look at some of the opportunities that await you: http://www.fairfaxcounty.gov/braddock/pdfs/volunteer_fair_doc.pdf.

UPCOMING DATES TO SAVE

Taste of Braddock on December 4!

Supervisor Cook invites you to join us for the annual Taste of Braddock on Wednesday, December 4 from 5:30 p.m. until 7:30 p.m. Please join your friends and neighbors in the Braddock District at our annual Open House to mark the start of the holiday season. Enjoy food donated by Braddock area business and share in the spirit provided by our residents. Please RSVP by calling 703-425-9300 or email us at braddock@fairfaxcounty.gov

Braddock District Council Meets Wednesday, November 13 at 7:30 PM in Braddock Hall.

Come join interested residents from other Braddock District communities to find out about what is going on in the area and to discuss topics that may be of concern to all residents. Braddock Hall is located adjacent to Supervisor Cook's Office, 9002 Burke Lake Road, in the same building as

the Kings Park Library.

Lake Accotink Master Plan

On January 13th at 7:30 pm in the Kings Glen Elementary School Cafeteria, we will be hosting a joint meeting with the Park Authority and the Lee and Springfield District offices to begin the process of creating a new Master Plan for Lake Accotink Park. We will be looking for citizen input and ideas for what the future of the park should look like. More information will be included in the December Beacon.

Community Information Kickoff Meeting on Fairfax Center Transition Area

Land Bays T, U and V on the South side of Lee Highway! December 10, 2013 at 7:00 p.m. Fairfax County Government Center Rooms 4 and 5.

HUMAN SERVICES CORNER

It is open enrollment for Medicare from October 15 - December 7, 2013. Virginia Insurance Counseling and Assistance Program provides assistance in understanding Medicare, Medigap, drug plans and long-term care insurance. For more information, please call 703-324-5851, TTY 711 or visit online at <http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap-tips.htm>

Technology Seminar

Date: Wednesday, November 06, 2013

Start Time: 11:00 a.m.

Kings Park Library

Description: Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids.

Friends of the Kings Park Library Book Sale

Date: Thursday, November 07, 2013

Start Time: All Day

Library: Kings Park

Description: Thursday, November 7: 10:00am to 8:00pm; Friday, No-

ember 8: 10:00 a.m. to 6:00 p.m.; Saturday, November 9: 10:00 a.m. to 5:00 p.m.

Nov. 15 event explores work opportunities for people with disabilities

Do you or someone you care about have a disability and want to work in federal or state government? Check out this FREE, day-long event on November 15 at the Fairfax County Government Center – Be Prepared: Employment Strategies for People with Disabilities. Keynote speaker is Michael Murray from the Office of Personnel Management. Workshops are designed for job seekers with disabilities, their family members, employers, and vocational rehabilitation professionals. Learn about the federal "Schedule A" hiring process; how to fill out applications and create resumes, and much more! Event is sponsored by the Fairfax Area Long Term Care Coordinating Council. Advance registration is required – register online or call Alison Kron at 703-324-5414, TTY 703-449-1186.

BRADDOCK DISTRICT LAND USE UPDATES

Fairfax Center Planning Begins. About 75 residents and business owners from the Fairfax Center Suburban Center met on October 7, 2013 to launch the first systematic replanning of this area since 1982. Although it has been amended multiple times through the Area Plan Review process, Fairfax Center is the first activity center planning study initiated under the Fairfax Forward pilot work plan. The planning study, which is scheduled to last almost three years, has been initiated to provide general guidance about the long term vision for this 5,500 acre land bay which includes Fair Oaks Mall, the Fair Lakes area, Fairfax Towne Center, Fairfax Corner and the Fairfax County Government Center. It will attempt to “vision” what Fairfax Center should look like in the next 20 years.

Fairfax Center is home to over 39,000 residents, offers over 42,000 jobs, and has 21,369 dwelling units, 82 percent of which are townhomes or multi-family units. It is bisected by several major roads, including Route 50, I-66, Lee Highway, Shirley Gate Road and Stringfellow Road and is part of four Magisterial Districts: Braddock, Springfield, Sully and Providence. Between 2000 and 2010, Fairfax Center’s population grew by 74%, making it one of the fastest growing areas in the region. The current median age for the population is 33.9 years, and 64 percent of the households have two or less people. 58 percent of residents 25 or older have a bachelor’s degree or higher. More information on Fairfax Center can be found in the Existing Conditions Report, released at the end of September, available online at: <http://www.fairfaxcounty.gov/dpz/fairfaxcenter/presentations.htm>.

One of the first areas that will be studied in depth is an area identified by Planning Staff as the “transition area” south of Route 29 between Shirley Gate Road and an area just west of the Fairfax County Parkway. I hope to have a kickoff meeting to discuss the future of this area before the end of the year.

To stay informed, visit the study webpage at <http://www.fairfaxcounty.gov/dpz/fairfaxcenter>; send an email to: DPZFairfaxCenter@fairfaxcounty.gov, or join the study listserve <http://www.fairfaxcounty.gov/email/lists>

Decision Deferred on Ox Road Estates (RZ/FDP-2012-BR-020). At the end of the public hearing before the Planning

Commission on October 16, at which eight speakers presented testimony, Planning Commissioner Nell Hurley announced her intention to defer a decision on the application to October 30 to allow the applicant time to address comments and concerns from the community. This decision has now been postponed further into November. Comments related to stormwater, including the adequacy of the outfall to Woodglen Lake, tree preservation, sewer easements, density and compatibility, and traffic were the primary topics addressed by speakers. The full hearing can be viewed at the following link: http://www.fairfaxcounty.gov/cable/channel16/pc_meetings.htm and clicking October 16. A further hearing before the Board of Supervisors will still be required.

Residential Studio Dialogue Continues. On September 25, October 2, and again on October 28, the Planning Commission held workshops on the proposed Residential Studio Ordinance. A website has also been created to keep the community updated on the information provided at those meetings: <http://www.fairfaxcounty.gov/planning/rsu/rsu.htm>. Numerous questions have been raised by the community on issues such as on-site parking requirements, whether collector roads are appropriate locations for RSU’s, what are the standards for compatibility with an existing community; why communities with no sewer are excluded; what type of transit must be available and what kind of waivers would be considered in the RSU Special Exception process. A complete list of questions and answers can be found at the following site: http://www.fairfaxcounty.gov/planning/rsu/workshop_questions_answers.pdf

The next meeting of the Planning Commission subcommittee on RSU’s will be November 20, 2013 at 7:00 p.m. in Conference Rooms 106/107 of the Herrity Building. All meetings are open to the public. Planning Commissioner Nell Hurley is a member of this subcommittee. If there are questions you would like to see raised at one of the workshops, contact her at: BraddockPlanning@gmail.com. Regular updates on the Ordinance are also being provided by the Braddock District Council. To receive this information or to join the Braddock District Council, contact Cliff Keenan at cliff.keenan@gmail.com

SHARE YOUR IDEAS ON TRANSPORTATION IMPROVEMENT IN FAIRFAX

The Fairfax County Department of Transportation (FCDOT) will kick off a series of four community meetings on the “Countywide Dialogue on Transportation.”

The Fairfax County Department of Transportation (FCDOT) is hosting a series of community meetings on the “Countywide Dialogue on Transportation.” These meetings will give residents an opportunity to share their thoughts, ideas and suggestions on improving transportation in the area.

The first meeting was held Oct. 30 in the cafeteria at Hayfield Secondary School.

All members of the community are welcome to attend the

meeting to submit comments, either in favor or against a project, or suggest other projects not currently on the list. Projects with the most support will receive attention for funding.

Upcoming Meetings:

- Monday, Nov. 4 at 7:00 p.m.

Falls Church High School

- Tuesday, Nov. 12 at 7:00 p.m.

Fairfax County Government Center

Conference rooms 2/3

- Wednesday, Nov. 13 at 7:00 p.m.

Forest Edge Elementary School

ENVIRONMENTAL UPDATE

Upper Pohick Creek Fall Clean Up

The Upper Pohick Creek/ MiddleridgePark/Woodglen Lake Park Fall Clean Up will be held Saturday, November 16, 2013, from 10:00 am to noon.

Where: Meet at Middleridge Park for supplies and area assignments. From the intersection of Rt. 123 (Ox Road) and Braddock Road, go south on Rt. 123 for 1.2 miles and turn left onto Paynes Church Drive. Go to the second intersection and turn right on Gov. Yeardeley Drive. Park entrance is on the left, opposite Clara Barton Court.

Contact: Sarah Mayhew. Phone: 703- 582-7374; email sarah.mayhew@yahoo.com. Please RSVP to email. Sponsored by the Middleridge Civic Association. Supplies furnished Clean Fairfax Council.

During this event, the community cleans up local parks and stream valleys. It is a good service project students and scouts who can earn the Eco-Action Badge. Scouts are also welcome to take some of the trash back to make "found object art." Middleridge Park backs to a stream which will be the starting point. There are also areas around Woodglen Lake Park that need to be cleaned, so parents will need to remain to transport any young participants to the lake after supplies are distributed. All ages can be accommodated, as the difficulty of the terrain varies from moderate to easy. Wear clothes and shoes/boots that can get dirty. Bring something to drink. We have gloves to lend, but they are all adult size large. Garbage bags supplied.

Give the Gift of Trees with Reforest Fairfax

Looking for a unique gift for a friend, family member or client? Consider a gift that will last a lifetime: the gift of trees. Through Reforest Fairfax, a partnership between The Fairfax County Restoration Project and Fairfax ReLeaf, five native trees will be planted in Fairfax County in honor of your recipient, and a beautiful card and certificate will be sent to notify them of the dedication. By giving trees, you will be helping to ensure a beautiful and healthy Fairfax County long into the future. Each gift costs \$35 and all proceeds benefit Fairfax ReLeaf's tree planting efforts. To order, visit the Restoration Project's <http://fcrpp3.org/reforestfairfax>

Rain Garden Guide for Northern Virginia Homeowners

Are you interested in preventing pollution from flowing to our local creeks and rivers by installing a runoff-reducing rain garden on your property? The Conservation District's booklet Rain Garden Design and Construction: A Northern Virginia Homeowner's Guide may be just what you need to get started. It takes a step by step approach through design, materials, and construction. The booklet is available at <http://www.fairfax-county.gov/nvswcd/raingardenbk.pdf>

Art, Ecology and Infrastructure

Thursday, November 7

Time: 6:00 p.m.

Location: George Mason University, Research Hall Rm. 163, Fairfax, VA

This will be the inaugural event of George Mason University's EcoScience+Art Initiative. The Initiative's mission is to bring together individuals working across the boundaries of ecosystem science, art and the design fields to creatively engage in the pursuit of a sustainable future. Towards that goal, the Initiative would like to welcome you to participate in a special evening with internationally acclaimed eco-art pioneer Patricia Johanson. Since the 1960s, Johanson has incorporated art into functional infrastructure such as flood control structures, water treatment systems, sewers and restored habitats. There is no cost for the event. For more information and to get directions, please visit the Initiative's website: <http://ecoscienceplusart.wordpress.com>.

Thanksgiving Centerpiece Workshop

Friday, November 22

Time: 7 - 8:30pm

Location: Walker Nature Center, 11450 Glade Dr., Reston, VA 20191

Make a beautiful Thanksgiving centerpiece of our native plant materials while enjoying mulled cider, music and seasonal treats as you work. \$20 for Reston Association Members, \$25 for non-members. Please RSVP by November 19th to naturcenter@reston.org or 703-476-9689 and press 5. Please include the number of people attending and the number of centerpieces you want to make.

Planning for Climate Resiliency in the Urban Forest: Putting the Right Tree In the Right Place In an Uncertain World

Tuesday, November 19

Time: 8:30am - 3pm

Location: Algonkian Regional Park, 47001 Fairway Dr., Sterling, VA

A wide range of evidence indicates that the earth has been warming over the past century. Likely changes in temperatures, precipitation and the distribution of tree pests and disease will affect the management of urban forest resources. Join five expert speakers as they detail the challenges - and potential solutions - to the hardships that urban forests may face in the future. Lunch is included with registration. For more information and to register, please visit www.treesvirginia.org.