



Dranesville Happenings

January 2015

*Announcements and Upcoming Activities in and
Around the Dranesville District*



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Welcome to the Dranesville Happenings, providing you with information about upcoming events and activities around the County and in the Dranesville District.

EVENTS

January 6: Great Falls Senior Center Civil War History Event

With Don Hakenson

The Great Falls Senior Center is once again welcoming Don Hakenson as the guest for the Center's January meeting. In his talk, Mr. Hakenson will discuss interesting incidents concerning the Civil War in Fairfax County. Hakenson has spent countless years researching obscure Civil War incidents and sites in Fairfax County.

Event details:

Tuesday, January 6 from 11:00 a.m. to 1:30 p.m.
St. Catherine of Siena Catholic Church
1020 Springvale Road
Great Falls

Program includes lunch. A modest contribution is appreciated.

This event is sponsored by the Dr. and Mrs. William M. Busey family. Reservations are a must. To reserve, email Polly Fitzgerald at pollyfitz1@verizon.net or call 703-759-4345.

Please note:

A special meeting will be held immediately following the regular monthly event to vote on amended bylaws. Please be aware that only paid up members will be eligible to vote. You will be able to pay 2015 dues at the meeting before the vote.

Great Falls Senior Center is partnered with the Fairfax County Department of Neighborhood and Community Services in all ventures and events.

January 13: McLean Historical Society Event

With Brad Gernand

On **January 13 at 7:30pm at the McLean Community Center**, the McLean Historical Society will welcome Brad Gernand to discuss his book *A Virginia Village Goes to War: Falls Church During the Civil War*. This book includes references to several familiar families, including the Crockers, Minors and Magaritys. Mr. Gernand is currently the Manager of Library and Information Services at the Institute for Defense Analyses, and has formerly worked for the Library of Congress and the National Archives and Records Administration. He is the longtime Chair of the Board of Trustees of the Mary Riley Styles Public Library in Falls Church, and co-author, with Nan Netherton, of *Falls Church: A Virginia Village Revisited*. A book sale/signing will follow this free program. The

community is invited.

For more info, contact Paul Kohlenberger at 703-980-0885 or PaulKohl@msn.com.

January 17, 24, 31 & February 16: Stuff the Bus Food Collection Events

Help Fairfax County Families in Need

As the holiday decorations come down and the cold winter months settle in, many people continue to go hungry in our community. For many local, nonprofit food pantries, this is the time of year where donations drop to one of the lowest points. To help address this need, Fairfax County is promoting its annual "Stuff the Bus: Helping Fairfax Families" program at 13 locations from Jan. 17 to Feb. 16, 2015. This collaborative program, now in its fifth year, is a partnership among Fairfax County Government, local grocery stores and nonprofits to restock the shelves.

Each week a Fastran bus will be parked at a different location to collect food donations. The campaign kicks off Jan. 17, 2015, the weekend leading up to the Martin Luther King Day of Service, and will run each weekend until President's Day, Feb. 16, 2015.

All donation hours are from 9:30 a.m. to 4:30 p.m.

Dranesville area "Stuff the Bus" locations:

<p><u>Saturday, January 17</u></p> <p>Fox Mill Giant 2551 John Milton Dr. Herndon, VA 20171 <i>Benefiting Helping Hungry Kids</i></p>	<p><u>Saturday, January 31</u></p> <p>Falls Church Giant 1230 W. Broad St. Falls Church, VA 22046 <i>Benefiting Falls Church Community Service Council</i></p>	<p>Monday, February 16</p> <p>Village Center at Dulles Shoppers 2425 Centreville Road Herndon, VA 20171 <i>Benefiting Cornerstones</i></p>
<p><u>Saturday, January 24</u></p> <p>McLean Giant 1454 Chain Bridge Rd. McLean, VA 22101 <i>Benefiting Share, Inc.</i></p>	<p>Oakton Giant 2932 Chain Bridge Road Oakton, VA 22124 <i>Benefiting Committee for Helping Others</i></p>	

[Follow this link for other Fairfax County Stuff the Bus Locations.](#)

January 23: Training for McLean Senior Source

Do you love living in McLean? Do you want to help make it easier for friends, neighbors and yourself to continue to live in this great community and "age in place"?

You can help make it happen by volunteering with the McLean Senior Source (MSS),

winners of the 2014 Greater McLean Chamber of Commerce Top Non-Profit of the Year Award. MSS connects residents with services and resources that help make it possible to live active, independent, and social lives in a familiar, multi-generational neighborhood.

Volunteers are needed to staff the Resource Desk at the McLean Community Center during operating hours, Tuesday, Wednesday and Thursday. Volunteer for a few hours a month to respond to information requests from Seniors and Adults with Disabilities. Join your neighbors in contributing your time, energy and good ideas to make McLean a connected and supportive community for all.

Training session details:

Friday, January 23 from 1:30 p.m. to 3:30 p.m.

Dolley Madison Library

1244 Oak Ridge Avenue

McLean

To register for training, email McLeanSeniorSource@gmail.com or call 703-300-1751.

February 1: Deadline for Receipt of Applications for McLean Community Foundation Grants.

The McLean Community Foundation (MCF) is accepting proposals for its current grants cycle until February 1, 2015. Applications can be found on the MCF's website at mcleancommunityfoundation.org.

MCF is pleased to announce the following grants recently awarded to organizations benefiting the citizens of McLean:

- **Share of McLean** received a donation that will help fund the purchase of a new truck to support Share's services for families in need.
- A grant to **SPARC** will fund the purchase of specially-adapted photography equipment and art supplies for its programs benefiting adults with disabilities.
- **McLean Orchestra** will receive funds to replace out-of-date computer equipment.
- **Longfellow Middle School PTA** received a grant to support Longfellow's participation in the **National Wildlife Federation's Green Flag Award** program promoting the cultivation of sustainable school grounds, the reduction of waste and promotes energy savings.
- **Redeemer Renaissance After-School Program** was awarded a challenge grant toward the purchase of a bus to transport students from area elementary schools.
- MCF will support **Volunteer Fairfax with a sponsorship of Give Together: A Family Volunteer Day** on January 19, 2015, which will bring together area non-profits with volunteer opportunities for children and families, providing meaningful, service projects while promoting service to the community and fostering a philanthropic spirit.

- MCF was a **proud sponsor of Winterfest 2014 Parade** in downtown McLean.

MCF is a non-profit established by the McLean Citizens' Association to meet the philanthropic needs of a growing McLean community. Our focus is entirely and specifically on non-profit efforts that benefit the residents of the McLean Planning District of Fairfax County.

February 6: Senior Safety Summit: Eastern Dranesville Meeting

Supervisor Foust is pleased to sponsor Senior Safety Summits on the subject, "Safety in our Community - Preventing the 911 Call". Older adults are invited to attend and learn about safety topics such as fire and injury/fall prevention, home and personal safety, Project Lifesaver (keeping at-risk residents safer and reducing care giver anxiety), File of Life, disaster preparedness and how to defend yourself from scams and other frauds. Participants will be invited to take part in a question and answer session and enjoy refreshments and socializing.

An earlier summit, held on December 5, focused on the **western Dranesville district and Reston**, and was also sponsored by Hunter Mill Supervisor Cathy Hudgins.

The final summit focuses on the **eastern Dranesville district**.

Event details:

Friday, February 6, from 10:00 a.m. to 12:00 noon
McLean Community Center
1234 Ingleside Avenue
McLean

With presentations by:

Fairfax County Fire and Rescue Department
Fairfax County Sheriff's Office
Fairfax County Office of Consumer Affairs
Fairfax County Health Department
Fairfax County Office of Emergency Management
Fairfax County Police Department for both summits
Town of Herndon Police Department for the Western summit

For more information, please call Jenny Phipps in the office of Supervisor John Foust at 703-356-0551 or email Jenny.Phipps@FairfaxCounty.gov.

February 7 and 8: Tysons-Pimmit Library Book Sale

Donations Welcome

Friends of the Tysons-Pimmit Regional Library is holding a book sale to benefit the Tysons-Pimmit Regional Library on February 7 and 8. Choose from a large selection of

books, magazines, DVDs and other media for all ages.

Event details:

Saturday, February 7, 10:00 a.m. to 4:00 p.m.

Tysons-Pimmit Regional Library

7584 Leesburg Pike

Falls Church

(Bag Sale/Clearance will be on Sunday, February 8, from 1:00 p.m. to 4:00 p.m.)

The library is also accepting donated media.

For more information please email TysonsLibraryFriends@gmail.com or call 703-790-4031.

ANNOUNCEMENTS

Volunteering: Fairfax County Division of Adult and Aging Services

Volunteer Solutions of Fairfax County Division of Adult and Aging Services provides meaningful volunteer opportunities to improve the lives of older adults and adults with disabilities in Fairfax County.

To volunteer for any of the following positions, please complete an online registration form at

<http://www.fairfaxcounty.gov/dfs/volunteer/VolReg/VolunteerRegistration.aspx>. For more information please call 703-324-5406, TTY 711, email

VolunteerSolutions@FairfaxCounty.gov or visit <http://fairfaxcounty.gov/olderadults> and follow the link to "Volunteer Solutions".

Volunteer Opportunities:

- The Lewinsville Senior Center in McLean needs an office assistant on Tuesdays and Thursday from 10 a.m. to 2 p.m. and instructors for the following classes: Current Events, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom Dance, Square Dance, and Tai Chi.
- The Kingstowne Center for Active Adults in Alexandria needs a Van Driver to take participants on outings and instructors for the following classes: Mosaic Art or Jewelry Making and Belly Dancing.
- The Gum Springs Senior Center in Alexandria needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m. to 1 p.m.
- Korean Meals on Wheels needs Korean-speaking volunteers to deliver meals 11 a.m. to 1 p.m. Monday, Wednesday and Friday in Centreville, Reston and Annandale.

- [Meals on Wheels](#) - Transport meals to older adults or adults with disabilities Monday, Wednesday and Friday, midday. Program also needs driver coordinators and group coordinators. Commitment: two hours/month and longer. Volunteer opportunities are available near where you work or live. Employee groups are welcome to share a delivery commitment. Check us out on [YouTube](#) now!
- The Annandale Adult Day Health Care Center in Annandale needs Spanish-speaking social companions Monday-Friday from 3 p.m. to 5 p.m.
- Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area.
- The Hollin Hall Senior Center in Alexandria needs a DJ to provide a wide array of music from ballroom to line dancing, Wednesdays from 2 p.m. to 4 p.m., a Ballroom Dance Instructor to teach a class on Thursday afternoons and an Italian Instructor.
- The Wakefield Senior Center in Annandale needs Bilingual English/Spanish Activity Leaders, Tuesday-Friday, 10 a.m. to 2 p.m. to assist in engaging Spanish-speaking and English-speaking participants in center activities. They also need certified instructors for classes in Ballroom Dance, Pilates, Chair Exercise and Ballroom Dance. Volunteer instructor positions could lead to part-time employment.
- The Sully Senior Center in Centreville needs a certified personal trainer, preferably with experience working with older adults, for one hour, twice a week.
- Volunteers, who are fluent in American Sign Language, are needed in Reston, Herndon and Vienna to provide clients with direct assistance (not interpretation) with computers, grocery shopping, or social visiting.
- Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Emmy Thompson at 703-324-7404, TTY 711, or Maura.Thompson@fairfaxcounty.gov.
- [Adult Day Health Care and Senior Centers](#) - Visit centers to assist with fitness activities, arts and crafts, meal time, entertainment and much more.
- Grocery Shopping - Shop for an older adult or accompany them to the grocery store. Commitment: two hours every other week.
- Household Services - Unpack boxes, change light bulbs, paint small areas, straighten cupboards or closets, organize paperwork, write letters. Commitment: varies.
- Nutritional Supplement Delivery - Pick up and deliver nutritional supplements to an older adult's home. Deliveries are made early in the month. Commitment: a six-month commitment is requested. Two to three hours per month.
- Regional Volunteer Office Managers - Help Volunteer Solutions recruit and train volunteers, track status of new volunteers, collect and enter volunteer hours. Must be highly skilled with computers, data entry, records management, phone etiquette, communication (both oral and written). Must be able to volunteer in the office, use county database, and maintain confidentiality. Commitment: 10-15

hours per week.

- [Senior Centers](#) - provide assistance to program managers or offer activity programming
- Social Visits - Visit older adults who need company. Commitment: once a week visits for one hour at a time. A one-year commitment is requested.
- Community Ambassador Program: Bilingual volunteers are needed to plan seminars and resource fairs that inform older adults of county services. There is a special need for volunteers who speak Arabic, Cambodian, Chinese, Farsi, Korean, Laotian, Spanish, Urdu and Vietnamese. Commitment time varies.
- [Fairfax Pets on Wheels](#) - Visit residents of nursing homes and assisted living facilities with your pets. Provide companionship and compassion through pet therapy. Pet orientation and temperament testing is required. Commitment: one time weekly or monthly.
- [Northern Virginia Long-Term Care Ombudsman Program](#) - Advocate for the rights and quality of life of residents in nursing and assisted living facilities.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call the Dranesville District office at 703-356-0551, TTY 711.

If you would like your community announcement included in Dranesville Happenings please send an email to Dranesville@FairfaxCounty.gov.

