

Golden Gazette

www.fairfaxcounty.gov/OlderAdults

THE WEDDING SINGER'S MAGICAL MOMENT

by Mary Jane Dye, Editor, Golden Gazette, Department of Family Services

It is nearly impossible to steal the spotlight from a bride on her wedding day, but for a few minutes, that's exactly what 91-year-old Dick Orndorff succeeded in doing.

Introduced as the groom's grandfather, many guests anticipated that he'd give a speech to honor the new couple, Mark and Joanna McDonald. But when Dick took the microphone off its stand, turned to look at the bandleader, and then listened for his cue, wedding guests knew something special was about to happen.

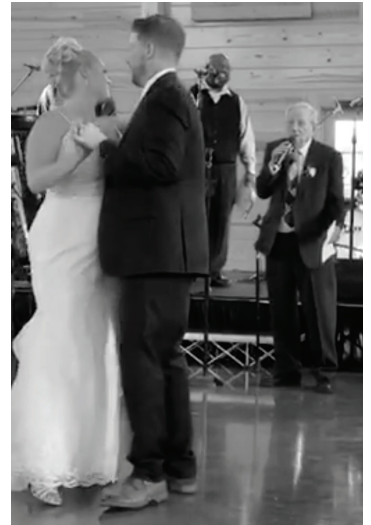
As the newlyweds came to the floor for the first dance, the instrumental intro began. Right on cue, Dick began to croon Elvis Presley's "Can't Help Falling in Love." It was a magical moment for everyone to witness. Forty-two years earlier, he sang the exact song at his daughter's wedding, and his granddaughter's wedding eight years ago. He has sung at many weddings throughout the years,

but he says, "This was my best performance ever! I remembered all the words," he laughs.

Although a longtime government worker and proud jack of all trades, Dick is no stranger to singing and dancing. He even met the love of his life, Maureen Quill, on the dance floor in 1950. According to Dick, both were immediately smitten, and three consecutive dance dates ensued. "We started going steady on date four," he says.

He was serving in the Navy and says that he asked her to marry him before deploying on the USS Robert F. Keller (DE-419) at the beginning of the Korean War. She was just 18, and he was 22. "I couldn't risk losing her," he sighs. They danced together for 67 years as husband and wife until last spring when Maureen unexpectedly passed from pneumonia.

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Dick Orndorff crooning at his grandson's wedding.



Wife Maureen was the love of his life.



Dick and one of his great-grandchildren.

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GOLDEN GAZETTE

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We'd like your feedback! What topics would you like to see in future issues? How can we make this publication even better?

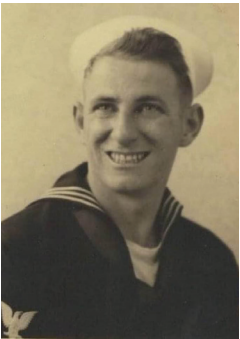
Email your suggestions to DFSGoldenGazette@fairfaxcounty.gov or call **703-324-GOLD**.

The Wedding Singer

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The photo is crackly, but Dick's memory of singing with the Tiny Meeker Orchestra remains unbroken.



Dick proudly served in the Navy during the Korean War.

Dick likes to recall a few of his early entertaining singing engagements. He once sang with Jimmy Dean's band, The Texas Wildcats, in 1949 at a popular club in Bladensburg, Maryland. "Jimmy asked if anyone wanted to come up and sing, so naturally, I volunteered." On occasion, he sang with the Navy Jazz Band, too. "It was quite an honor," he says proudly. He also sang with the local Tiny Meeker Orchestra that performed at a variety of night clubs throughout the area until 1983.

Dick's singing repertoire was complemented by acting roles in musicals performed by local theater groups. He even helped Jerry Lewis with a comedy skit while visiting Las Vegas. "He burned my handkerchief and had to buy me a new one."

Dick chuckles. "Of course, it was all part of the act and a lot of fun."

His favorite song is, "You Belong to Me" by Jo Stafford. Dick says that every time he sings this number, he thinks of Maureen. While in the Navy, he signed all his letters to her with that song title, making it personally significant to them, always.

Dick comes from a family of seven children and was born and raised in Washington, D.C. He says that he has lived in Fairfax



Keeping busy at a National's baseball game along with family.

County longer than anywhere else. "We bought our first house here in 1961 to raise our two children, son—Rick, and daughter—Mari Jo. Can you imagine we spent just \$18,000 for our home?" They remained in this house for many years.

Dick spreads joy wherever he goes. He has performed singing programs at multiple senior centers in the Fairfax area for 20 years. Now living at an assisted living center in Falls Church, he has an instant audience and sings often.

"I am always thrilled when people ask me to sing for them," he says. "I'll even break into song when they don't ask." He recently performed at the center in July with his son-in-law accompanying him on guitar.

Unsure of why he has lived so long, Dick recommends, "Clean living, no excessive drinking, no smoking, and always keeping busy." (Currently he is running for president of the residents' council and singing in a newly-formed chorus.)

I feel so blessed to sing in weddings, especially when it's family.

Dick Orndorff

He also stresses the importance of family. He has seven grandchildren and three great-grandchildren. Dick relays that he truly misses the love of his life and looks forward to being reunited with her. "Until then, I will keep busy with family, singing, and spreading joy." 🌟

Hollin Hall Senior Wins Big at Local Film Festival

from Neighborhood and Community Services

It's never too late to realize your dreams. This is something one of our senior center participants recently learned firsthand. Bonnie Jourdan, a longtime member of Hollin Hall Senior Center in Alexandria, won Best Supporting Actress in a short film at the 2021 Northern Virginia International Film Festival. Jourdan, 97, won the award for her very first film, though she's been a mainstay at the Little Theatre of Alexandria for years.

Jourdan's winning performance is part of the 35-minute film, "The Legacy Sessions," written and directed by freelance filmmaker David Ashton, who is based in Arlington. The dramatic short film is about two "seniors," a troubled 17-year-old

high school student, Darby, and a 95-year-old retirement home resident, Flora (played by Jourdan), who are brought together when Darby has to perform a monologue as Flora for a theater class.

Jourdan, who has recently moved to North Carolina to live with her daughter, told Northern Virginia Magazine of her award, "What a wonderful surprise—it was so marvelous." 🌟



*Bonnie Jourdan, Hollin Hall member, won best supporting actress in *The Legacy Sessions*.*

RESOURCES

COVID-19 Resources for People with Disabilities

The Disability Information and Access Line (DIAL) is available to people with disabilities looking for assistance in scheduling their COVID-19 vaccination and finding accessible transportation to the appointment. Call 888-677-1199 or email DIAL@n4a.org.

If you have trouble leaving your home and are on Medicare, you may qualify to get the COVID-19 vaccine at home. The Vaccine Equity Clinic in Alexandria offers free transportation to those who want to get vaccinated at their clinic. For information, call 703-324-7404.

The CDC has several videos available in American Sign Language on COVID-19 and COVID-19 vaccinations. Find playlist at [Youtube.com/watch?v=KEuEl682DUE](https://www.youtube.com/watch?v=KEuEl682DUE)

Everyone in the Fairfax area who is 12 or older is eligible for a COVID-19 vaccine. This vaccine is free to people living in the U.S., regardless of immigration status. No health insurance is needed.

The vaccine is available at locations throughout the Fairfax Health District, including private healthcare providers, pharmacies, grocery stores, urgent cares, and the Health Department. To schedule a vaccination appointment, go to [Vaccines.gov](https://www.vaccines.gov) or [Vacunas.gov](https://www.vacunas.gov) (Spanish) for the widest selection of vaccination locations or visit [Fairfaxcounty.gov/health/novel-coronavirus/vaccine](https://www.fairfaxcounty.gov/health/novel-coronavirus/vaccine). If you need assistance in another language or are not able to schedule an appointment online at a Fairfax County Health Department clinic, contact our Vaccine Call Center at 703-324-7404.

The COVID-19 Language Portal at [Fairfaxcounty.gov/covid19/language-portal](https://www.fairfaxcounty.gov/covid19/language-portal) has select information about COVID-19 translated into the top languages spoken in Fairfax County.

Learn more about COVID-19 at [Fairfaxcounty.gov/health/novel-coronavirus](https://www.fairfaxcounty.gov/health/novel-coronavirus). Call the County's Health Department at 703-267-3511 with Coronavirus questions or call 703-324-7404 for questions about COVID-19 vaccines. 🌟

COVID-19 Related Funeral Assistance from FEMA

from Fairfax County Emergency Information

Residents may apply to the Federal Emergency Management Agency (FEMA) for financial assistance to help cover funeral costs incurred by COVID-19-related deaths. This assistance is available to all residents (U.S. citizens, non-citizen nationals and qualified aliens) who incurred expenses after Jan. 20, 2020, for a death attributed to the virus.

Who Is Eligible?

In order to be eligible, the COVID-19-related death must have occurred in the United States. Family members or other individuals may apply together to receive funding for a single funeral, and applicants may also apply for multiple deceased individuals.

Assistance is limited to a maximum of \$9,000 per funeral and a maximum of \$35,500 per application. The assistance received is intended to help with expenses for funeral services and interment or cremation.

How to Apply

COVID-19 Funeral Assistance Helpline
844-684-6333 | TTY: 800-462-7585

Monday - Friday, 9 a.m.–9 p.m. Eastern Time

- ◆ Call this dedicated toll-free phone number to get a COVID-19 Funeral Assistance application completed with help from FEMA's representatives. Multilingual services will be available. Potential applicants are encouraged to start gathering the following documentation:
- ◆ Official death certificate that attributes the death to COVID-19 and shows that the death occurred in the U.S. The death certificate must indicate the death "may have been caused by" or "was likely the result of" COVID-19 or COVID-19 like symptoms. Similar phrases that indicate a high likelihood of COVID-19 are considered sufficient attribution.


- ◆ Fairfax County's Office of Vital Records can provide certified copies of a death certificate for any death that happened in Virginia. However, if less than 30 days have passed since the filing of the death, a copy of the death certificate can only be obtained from the city/county where the death was originally filed. More information about who can obtain a record, go to fairfaxcounty.gov/health/vital-records.
- ◆ Funeral expense documents, such as receipts, funeral home contract, etc., that include the applicant's name, the deceased individual's name, the amount of funeral expenses and the dates the funeral expenses were incurred.
- ◆ Proof of funds received from other sources, specifically for use toward funeral costs. Funeral assistance may not duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, federal/state/local/tribal/territorial government programs or agencies or other sources.

For more information, visit [Fema.gov](https://fema.gov).

Funeral Planning

from Fairfax County Office of Consumer Affairs

Funerals are one of the most expensive purchases consumers will make. A traditional funeral, including a casket and vault, costs about \$6,000, although "extras" like flowers, obituary notices, or limousines can add thousands of dollars.

To help relieve their families of some of these decisions, an increasing number of people are planning their own funerals, designating their funeral preferences, and sometimes even paying for them in advance. They see funeral planning as an extension of will and estate planning. For detailed information on planning a funeral, go to Fairfaxcounty.gov/cableconsumer/csd/funeral-planning or call Fairfax County Consumer Affairs at 703-222-8435.

PUBLIC SERVICE ANNOUNCEMENTS

Fairfax Area Commission on Aging

by *Jacquie Woodruff, Legislative and Policy Supervisor,
Fairfax Area Agency on Aging*

The Fairfax Area Commission on Aging (COA) is an advisory board mandated by the Older Americans Act. Commissioners for the Fairfax Area Commission on Aging are appointed by the Board of Supervisors and the City Councils of the City of Fairfax and the City of Falls Church.

At the July 21 COA meeting, Robin McGlothin from Insight Memory Care Center presented about Dementia Friendly Fairfax. Dementia Friendly Fairfax (DFF) is a part of the nationwide network of Dementia Friendly Communities. DFF envisions our community as a place where people living with dementia and their care partners will be able to engage in a variety of activities, be supported in the highest quality of life, and can live independently for as long as possible. Dementia Friendly was included in the approved SHAPE the Future of Aging Plan planning process and timeline approved by the Board of Supervisors on June 22, 2021.

Area Plan update/waivers were also presented at the July 21 COA meeting.

There is no COA meeting in August. Monthly meetings return Sept. 15.

How to Get Involved with the COA

COA representatives want to hear from you. Please consider the following:

- ◆ Attend and listen in on a monthly meeting. Each meeting begins with a public comment period. Meetings are 1-3 p.m. on the third Wednesday every month, except August.
- ◆ Invite a commissioner to speak at your group or faith community to discuss accomplishments, the challenges lying ahead, and the importance of advocacy in preserving quality community services.
- ◆ Share your concerns and ideas at DFSCommissiononAging@fairfaxcounty.gov.☀

Free Legal Services

Legal Services of Northern Virginia (LSNV) is a free resource for eligible applicants in Fairfax County (and all of Northern Virginia). LSNV's intake team will screen you for eligibility with a brief conversation on demographic information, to household size, income and asset information. They will also conduct a required check for conflicts of interest, and get a brief description of your problem.

So, if you are looking for legal help with a simple will or power of attorney or . . . just befuddled about guardianship and advanced directives, call LSNV at 703-778-6800. Attorneys and paralegals can assist with telephone advice or even court representation where needed. The program serves Virginians 60 and above, as well as those calling on their behalf.

Callers can also request help regarding financial exploitation, landlord/tenant issues, family law issues (including domestic violence), public benefits issues, tax issues, and consumer issues. Applicants for service can call the Legal Services of Northern Virginia intake line at 703-778-6800, or apply online at LSNV.org.☀

No August Medicare Virtual 101 Workshops

from the Virginia Insurance Counseling and Assistance Program

There are no Medicare 101 Workshops for the month of August. Upcoming dates will be listed in the September issue of the Golden Gazette.

In the meantime—if you have questions—call the Virginia Insurance Counseling and Assistance Program line at 703-324-5851 or email DFSVICAP@fairfaxcounty.gov.☀



SAFETY

Buy Preparedness Items on Virginia's Sales Tax Holiday Weekend

from the Fairfax County Office of Emergency Management

Virginia sales tax holiday weekend is August 6–8, and a great opportunity to stock up on hurricane and emergency preparedness items. Below are a few products you may consider purchasing:

- ◆ Portable generators—\$1,000 or less per item
- ◆ Gas-powered chainsaws—\$350 or less per item
- ◆ Chainsaw accessories—\$60 or less per item
- ◆ Other specified hurricane preparedness items—\$60 or less per item

Need help deciding what to buy?

The Fairfax County Office of Emergency Management recommends that you review the Community Emergency

Response Guide's (CERG) emergency kit checklist. Find the CERG guide at [Fairfaxcounty.gov/emergencymanagement/cerg](https://www.fairfaxcounty.gov/emergencymanagement/cerg). You may also view Channel 16's show on the guide at [Fairfaxcounty.gov/cableconsumer/channel-16/community-emergency-response-guide-cerg](https://www.fairfaxcounty.gov/cableconsumer/channel-16/community-emergency-response-guide-cerg).

Be sure to include basic supplies and tailor the emergency kit to meet your needs. The county recommends every household keep three to five days' worth of food, water, and supplies for each household member.

Find a full list of qualifying items at [Tax.virginia.gov/virginia-sales-tax-holiday](https://www.tax.virginia.gov/virginia-sales-tax-holiday).



SCAMS

Hot Rental Car Market = Scams

from the Federal Trade Commission


The last full month of summer is here, and you might be itching to travel again. The mountains, the beach, and the trails are calling you—and everyone else. At least that's what it feels like when you start looking into renting a car.

With rental car availability at an all-time low, prices are sky high. So, if you suddenly find an available car at a cheap price, you might be dealing with scammers looking to cash in on the rental car shortage.

Scammers are posing as rental car companies, setting up their own websites, and advertising fake customer service phone numbers, all to convince travelers they're legit. Then, they're asking people to pre-pay for the rental—with a gift card or prepaid debit card.

To avoid rental car scammers driving off with your money:

- ◆ Research the rental car company by searching for the name of the company and words like “scam,” “complaint,” or “review” to check if other people have had a bad experience.
- ◆ Verify deals with the company directly. If you need customer support, look for contact info on the company's official website. Don't use a search engine result. Scammers can pay to place sponsored ads in search results, so they show up at the top or in the sponsored ad section.
- ◆ Pay with a credit card—never pay with a gift card or prepaid debit card. You can dispute credit card charges, but gift cards and prepaid debit cards can disappear like cash. Once you give the number and PIN to a scammer, the money is gone.

Before you book that miraculously available rental car, read up about things you should consider when renting a car. If you spot a rental car scam, go to [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

CAREGIVING

August Caregiver Support

by *Giuliana Valencia, Social Services Specialist, Fairfax Area Agency on Aging*

We have seen an inevitable surge in the use of digital technologies this past year. Although the increase presented challenges for many family caregivers—especially those without digital device experience, inadequate equipment, or no access to Internet—it also provided new opportunities. Families had the ability to socially connect with long-distance relatives and friends. For the first time, several family caregivers participated in video conferencing calls, virtual games, happy hours, dance parties, and get togethers. Some even made new friends on different platforms, learned new hobbies, and attended classes and workshops. While technology cannot replace in-person interactions, it can make caregiving less stressful.

If you or your loved one are struggling to navigate technology and would like to become proficient, the Fairfax Area Agency on Aging’s IT On-Call Program is here to help. They will teach you how to talk virtually with family and friends. This IT assistance program is free and available to area residents 60 or older and those 18 and over with a disability.

What can IT On-Call do for you? The tech-savvy vetted volunteers help in various ways, including:

- ◆ Navigating Zoom, Skype, and WhatsApp applications.
- ◆ Shopping online in a safe manner.
- ◆ Joining/using social media networks, playing music or games.
- ◆ Learning video call capabilities such as Facetime using an iPhone or Android smartphone.
- ◆ Streaming entertainment.
- ◆ Accessing Fairfax County Library’s Digital Programs and Online Activities.

To participate in this free program, please call 703-324-5406.



Caregiver Webinar: Caregivers’ Grief, Loss, and Coping

It is natural to grieve the death of a loved one before the actual passing, and there can be many complex and unexpected layers to it. In this webinar, learn about grief that is related to chronic illness, death and dying. It is something that many families experience throughout their caregiving journey. You also will learn healthy ways to cope with the grieving process.

Join us on Wednesday, August 18, Noon – 1 p.m., Caregivers’ Grief, Loss, and Coping, presented by Colleen Turner, LCSW, Northern Virginia Older Adult Counseling. Register at Fairfaxcounty.gov/OlderAdults and scroll to the Free Events. You may also register by calling 703-324-5484.

Caregiver Health & Wellness Series

Caring for a loved one can take a physical and emotional toll. Therefore, it is essential for family caregivers to make their wellness a priority and learn new ways to reduce stress and avoid caregiver burnout. You and your loved one are invited to sign up for the new caregiver webinar series. In these webinars, you will learn different approaches to health and wellness, such as art therapy, memory engagement through arts and crafts, chair yoga and meditation, as well as dance fitness. Sessions run Friday, Aug. 6- Friday, Sept. 24. Register at Fairfaxcounty.gov/OlderAdults and scroll to Free Events or call 703-324-5484. . . . continued to page 9

Caregiver Support

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Insight Memory Care Center

Insight Memory Care Center is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers and the community.

Insight offers monthly classes for caregivers, which are specifically designed for family caregivers on a variety of topics.

Insight's September class, "Caregiver's Guide to Understanding Care Options," will highlight multiple care options and focus on ways to plan and evaluate what is right for your situation. This class will be held Wednesday, Sept. 8 at 1 p.m., via webinar. Insight's classes for caregivers are free and open to the public. Learn more at [Insightmcc.org](https://www.insightmcc.org) or call 703-204-4664.☀

Volunteer Advocates Needed!

by Camden Doren, Social Services Specialist, Ombudsman Program, Department of Family Services

Many residents in long-term care (LTC) facilities feel alone, isolated, and powerless. As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is often called upon by residents and consumers to assist in advocating for their rights of quality of care and life.

NVLTCOP needs volunteers who can advocate for the rights of residents in LTC facilities and help them with concerns that they are unable to resolve alone.

If you possess skills in listening, communicating, problem solving, empathy or simply want to help

residents, please consider becoming a Volunteer Ombudsman.

The program seeks those who are willing to complete a comprehensive three-day training, commit to a minimum one year of service, and devote at least four hours per week assisting residents at assigned facilities. Each volunteer will be required to participate in ongoing training opportunities throughout their tenure with the NVLTCOP. For information about NVLTCOP's volunteer program, or other nursing facility and assisted living concerns, call NVLTCOP at 703-324-5861, TTY 711, or contact Camden Doran, Camden.Doran@fairfaxcounty.gov.☀

The Unexpected Joys of Caregiving

from ElderLink, Fairfax Area Agency on Aging, Department of Family Services

Join this peer support call for family caregivers which will focus on an important aspect of caregiving that often gets overlooked—joy.

"When we provide help to someone we care about, we feel more positive emotions, like compassion, satisfaction and a vicarious happiness at being able to help," says psychologist Michael J. Poulin. According to a five-year study published in the American Journal of Public Health, helping others lessens the physical effects of stress.

The Unexpected Joys of Caregiving is on Tuesday, August 10, 7-8 p.m. The call is facilitated via Zoom by two dynamic and experienced ElderLink social workers, Krystale Noriega and Jennifer Purcell.

Register at [Fairfaxcounty.gov/familyservices/older-adults](https://www.fairfaxcounty.gov/familyservices/older-adults) and look for the links under Hot Topics. You also may call 703-324-5374 or email Krystale.Noriega@fairfaxcounty.gov or Jennifer.Purcell@fairfaxcounty.gov. You will get an access link after registration.☀

NUTRITION

Congregate Nutrition Programs Resume Meal Services

by Maria Loh, Program Coordinator, Congregate Nutrition, Fairfax Area Agency on Aging

The Congregate Nutrition Program has resumed lunch time meal service at eight Fairfax County senior centers. Lunches are served to attendees aged 60 and older at 11:30 a.m. on Tuesdays through Fridays. Meals served at senior centers include

regular and vegetarian meals, as well as an entrée fruit salad or chef salad. Reservations are required. All Fairfax County senior centers will reopen on Tuesday, Sept. 7. Call an open senior center for more information about this program. *(See directly below.)*

General Need-to-Know Information

- ◆ Senior centers are open Tuesdays–Fridays and will be closed on Mondays. Closure accommodates the frozen emergency meal deliveries.
- ◆ Frozen meals provided each week to clients has been reduced from seven to five meals.
- ◆ Congregate nutrition participants may have the frozen emergency meals and the in-person lunches at the senior centers.
- ◆ Hot and cold lunches will be offered at centers. Lunches must be reserved ahead of time.
- ◆ Virtual programming will continue through Neighborhood and Community Services Virtual Center for Active Adults at <https://bit.ly/NCSvcaa>.
- ◆ This hybrid model of serving older adults at county senior centers will continue until all centers have fully reopened on Tuesday, Sept. 7.
- ◆ Upon full reopening of all senior centers, Tuesday, Sept. 7, the frozen emergency meal program for congregare nutrition participants will be discontinued.
- ◆ Those who are no longer able to attend a senior center, or who have become homebound during the pandemic, will be referred to the Meals on Wheels intake line at 703-324-5409 for more information on the Home Delivered Meals Program.

Senior Centers Currently Open

Herndon Senior Center, 703-464-6200

Kingstowne Center for Active Adults,
703-339-7676

Lewinsville Senior Center, 703-442-9075

Lincolnia Senior Center, 703-941-0223

Little River Glen Senior Center, 703-503-8703

Lorton Senior Center, 703-550-7195

Sully Senior Center, 703-322-4475

Wakefield Senior Center, 703-321-3000

Meals on Wheels Service Delivery

Prior to the pandemic, Meals on Wheels (MOW) deliveries were made by volunteers on a three-day-a-week schedule. When the pandemic hit, it was no longer possible to use volunteers. To maintain service delivery—without interruption—the program quickly took action by establishing a weekly vendor-delivered model and also formed partnerships with other county agencies, including Neighborhood and Community Services (NCS), to maintain meal delivery and ensure client wellbeing.

The NCS staff assisted by delivering meals in partnership with MOW vendors. This new vendor model worked so well that effective August 2, all MOW routes served via Jeffery's Catering will continue with the weekly vendor-delivered model. 🌟

Quench Your Thirst with Homemade Flavored Water

by Maria Loh, Program Coordinator, Congregate Nutrition, Fairfax Area Agency on Aging

During the summer, it is important to stay hydrated, especially since water is essential for life. As we get older, our thirst mechanism starts to diminish, and it may be easier to get dehydrated. You must consume enough water for body processes such as digestion, respiration, perspiration and urine production.

Fluid requirements may vary based on medications, level of physical activity, gender, age, and climate. Daily total fluid intake includes all fluids consumed through beverages and foods. Plain water is a good choice as are milk and other unsweetened beverages.

Fruits such as watermelon and peaches have a high water content while caffeinated drinks should be consumed in moderation. Colorless or straw-colored urine is a good indicator of being adequately hydrated. Dark urine with strong odors may indicate dehydration. “Eight glasses of water a day” is easy to remember but some may need more or less water.

Some tips to increase fluid intake include:

- ◆ Carry a water bottle and take sips every half hour.
- ◆ Drink water before and after exercising.
- ◆ Snack on fruit and vegetables rich in water such as watermelon, cucumbers and celery.
- ◆ Infuse your water with fruits and vegetables.
- ◆ Drink herbal tea or decaffeinated versions.

Blackberry-Lime Flavored Water

4 cups water

¼ cup blackberries, rinsed

½ of a lime, cut into slices

Place fruit into a water bottle or pitcher, then:

1. Fill with 1 quart of water
2. Infuse 1–2 hours at room temperature or 3–4 hours in refrigerator.



Blackberry-Lime Flavored Water

ACTIVITIES

New and Original Classes Abound at Virtual Center for Active Adults

from the Department of Neighborhood & Community Services

Although select Fairfax County Senior Centers reopened to members at the end of June, the Virtual Center for Active Adults (VCAA) continues to offer a variety of virtual programs and classes for older adults. VCAA staff continue to create programs that fulfill the needs and wants of participants, including:

Virtual World Travelers—Each week Mahely Castro, assistant director of Adult and Senior Services at Bailey’s Community Center, leads participants on a virtual tour of a new destination using video, audio, photos, interactive virtual tours and Google Earth. Following the tour, participants discuss the location and links are shared with anyone interested in further exploration.

Tech Thursday—Offered once a month, Tech Thursday features a special presentation by the

Department of Cable and Consumer Services on a new and relevant topic.

Computer Class in Mandarin—Older adults who speak Mandarin are invited to join this class to learn how to use technology to enrich their lives. Volunteer Shosha Shen uses an iPad for demonstrations on topics such as Zoom, YouTube, photo editing and searching the web.

To learn more about these and other VCAA classes, including scheduled days and times, visit <https://bit.ly/NCSvcaa>.☀



VOLUNTEERING

Meaningful Ways to Volunteer and Help the Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator, Department of Family Services

Deliver Food in Reston

Fellowship Square, a local non-profit which provides affordable housing and services to older adults, is seeking volunteers to deliver donated food directly to seniors' apartments at two locations in Reston. This is an ongoing opportunity where volunteers will be handing out bread, fresh produce and meat during two-hour shifts offered weekdays 9 a.m.-4 p.m.

If this opportunity sounds like a good fit for you, please visit <http://bit.ly/FSFoodVol>. Contact Diane Beatley at DBeatley@fellowshipsquare.org or call 703-483-8575 with questions.

Befriend-A-Child Program

Department of Family Services is seeking mentors throughout Fairfax County to mentor a child between the ages of 5 to 12 years old. Male applicants and bilingual English-Spanish speakers are highly encouraged to apply. Mentors must be able to make a two-year commitment, spend at least eight hours every month with their mentee and participate in monthly group outings.

If you are looking for a fun way to fill your time while also making a positive impact on a child in your community then this opportunity is for you! To learn more or apply, visit <https://bit.ly/DFSBAC> or contact Tiffani Peguese at Tiffani.Peguese2@fairfaxcounty.gov or 703-324-7072.

Body Safety Program

Last year, 1,413 cases of child abuse or neglect were identified in Fairfax County. The Department of Family Services' Body Safety Program needs

volunteer instructors to help combat this disturbing statistic by providing elementary students with the tools they need to prevent or interrupt child abuse and exploitation. If you are available during the day, feel comfortable in a classroom, and want to empower children, this opportunity is for you!

Facilitators are trained. For more information, visit <http://bit.ly/DFS-VPS-BS> or contact Francesca Watson at Francesca.Watson2@fairfaxcounty.gov or call 703-324-7459.

Donations Needed

Many families have been impacted by the pandemic and Britepaths' Collect for Kids Back to School program is needed now more than ever.



Typically, Britepath purchases school supplies for 2,500 local students. This year, social workers and counselors from Fairfax County Public Schools have requested help for more than 4,000 students!

Because Britepaths knows our community is generous, they decided to rise to the challenge and committed to helping all the students who need school supplies. Please consider helping them by donating financially at <http://bit.ly/BritepathsBTS>

If you'd like to have a volunteer opportunity featured in a future Golden Gazette, email Tanya Erway at Tanya.Erway@FairfaxCounty.gov.☀

For current ways to volunteer in Fairfax County, go to <http://bit.ly/FFXVOLUNTEER>.

Be the Voice for a Vulnerable Child

Fairfax Court Appointed Special Advocates (CASA) provides volunteer advocates for abused and neglected children referred by the Juvenile and Domestic Relations District Court. Volunteers must commit to their assigned child(ren) throughout the life of the case (an average of two years) and visit them twice monthly adhering to COVID-19 safety precautions. The CASA volunteer is often the only consistent adult in the life of that child. The first step in becoming a CASA volunteer is to attend a virtual information session. Visit Fairfaxcasa.org or email Volunteer@casafairfax.org for information. ✨

Find Area Shepherd Centers

The Shepherd Centers are a nonprofit organization sponsored by local area congregations, community groups, and individuals to serve adults 50 years and older. Its primary purpose is to assist older adults to live independently in their homes and to offer programs for enrichment and socialization. They also provide transportation services. You must apply for this transportation service. Once accepted into the service, a request for a ride must be made five days in advance.

The centers are also seeking volunteers. Call or email a specific site for information on what is available.

- ◆ **Annandale/Springfield**
703-941-1419, Shepherdscenter-annandale.org
- ◆ **Fairfax/Burke**
703-323-4788, Scfbva.org
- ◆ **McLean/Arlington/Falls Church**
703-506-2199, Scmaf.org
- ◆ **Oakton/Vienna/Reston/Herndon/Great Falls**
703-281-0538, Scnova.org
- ◆ **South County**
703-799-0505, Scsc-transport@verizon.net
- ◆ **Western Fairfax County**
703-246-5920, Scwfc.org ✨

Local Nonprofit Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer driver or office assistant/ride scheduler through one of these organizations:

- ◆ **Herndon Village Network**
703-375-9439; Herndonvillagenetwork.org
- ◆ **Mount Vernon at Home**
703-303-4060; Mountvernonathome.org
- ◆ **Reston Community Center**
703-390-6198; Restoncommunitycenter.com/about-reston/rcc-rides ✨

Volunteer to Advocate for People with Disabilities

Are you passionate about advocating for the inclusion of people with disabilities in the Fairfax community and looking for a meaningful volunteer opportunity?

The Fairfax Area Disability Services Board (FA-DSB), a group of volunteers appointed by elected officials of Fairfax County, City of Falls Church, and the City of Fairfax to represent and advocate for people with physical and sensory disabilities is looking for candidates to serve. Meetings are generally held on the second Monday of the month from 7–9 p.m.

If you are interested in this opportunity, prospective members can learn more about FA-DSB's mission, activities, as well as upcoming and past meeting information at Fairfaxcounty.gov/familyservices/disabilities/fairfax-area-disability-services-board. Please note that you must contact your district supervisor. Find the list at Fairfaxcounty.gov/boardofsupervisors/. Still have questions? Email Disabilityrights@fairfaxcounty.gov. ✨

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AUGUST COMMUNITY CALENDAR

Tuesday, Aug. 10, 7:30–9 p.m. Eighteen Days in New York, a book discussion, Bill Lewers, free, Patrick Henry Library

Local author Bill Lewers, a self-described political junkie, provides insight about his new book on the 1924 Democratic Convention. Books available for sale and signing. Patrick Henry Library, 101 Maple Ave., East, Vienna. For more information, call **703-938-0405**.

Thursday, Aug. 12, 7:30 p.m., Main Street Community Band, Free, Veterans Amphitheater, adjacent to the Fairfax City Hall.

Enjoy a free live performance courtesy of the City of Fairfax Band Association. Please bring blankets or chairs for seating, and practice all appropriate health measures (masking if not vaccinated, social distancing). For more information, email **Megan.Dubois@fairfaxva.gov** or call **703-352-2787**.

Friday, Aug. 13, 7:30 - 8:30 p.m., The Hillbilly Gypsies, Royal Lake Park, Free.

Listen and enjoy this “Old Time” group perform their own special brand of bluegrass and original mountain music using a vintage ribbon microphone. The outdoor location is Royal Lake Park, 5344 Grainsborough Dr. For details, call **703-324-7469**.

Tuesday, Aug. 17, 1–3 p.m., Facebook: A Tool for Genealogy Research, free, Mount Vernon Genealogical Society

This meeting, via Zoom, features “Tech Guy” Thomas MacEntee, genealogist, blogger, educator, author, and online community builder. He will explain how Facebook is an important genealogical resource. He’ll also discuss how to protect your privacy. You must register for this free meeting by emailing your name and address to **Contact-us@mvgenealogy.org**.

Saturday, Aug. 28, 10–11:30 a.m., Crystallized Flower Workshop, \$40, Green Spring Gardens.

Flowers aren’t just pretty to look at – they can be fun to eat, too. At this workshop, you’ll discover the beautiful Victorian art of crystallizing flowers. Take home your candied creations, along with decorating ideas and tips. Refreshments included. The cost is \$40 per person. Register by calling **703-642-5173**. Green Spring Gardens, 4603 Green Spring Rd.

Please note that dates, prices, and times are correct at publishing. However, please confirm information by calling or checking provided phone numbers or websites.