

Golden Gazette

Celebrating National Disability Employment Awareness Month & Residents' Rights Month!

www.FairfaxCounty.gov/OlderAdults

JAY CONVERSE: THEY CALL ME TUBAGUY

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

I'm not shy," claims Jay Converse, otherwise known as TubaGuy, and he quickly consented to an interview.

For anyone who has witnessed Jay's one man show, it is obvious that he is certainly far from shy. "I enjoy parading around the community playing my sousa tuba. I've noticed that the kids love me, and dogs hate me," he laughs. As for the parents, "They watch in disbelief, but I can tell they like it."

Being in the spotlight comes naturally to Jay. He garnered attention when he began playing the trumpet in middle school. "I was really good," he says with pride, "And when you're good at something—especially a cool brass instrument, you get noticed."

When Jay entered the University of Virginia (UVA), he was still playing trumpet until . . . he had an epiphany. While out with cohorts, he realized that it would be more fun to play a sousaphone with a newly formed pep band that he founded. His logic was that it was better to decorate a larger instrument, and it was much easier to play for hours at a time.



Jay's flaming sousaphone impresses his fans.

INSIDE THIS ISSUE

More Features	4
Resources	6
Caregiving	8
PSAs	10
Scams	11
Volunteering	12
Calendar	13
Sponsors	14

Accordingly, he got creative with his sousa by painting giant faces, some off-color phrases and more. "Once I made a giant toilet seat that moved up and down on a string, and another time a replica of UVA's Rotunda. How fun is that?" he asks with a twinkle in his eye. He also claims that you can see the sousaphone from the back of the stadium ensuring attention, and after all, Jay's not shy.

He continued performing as a founding member of the UVA Pep Band until graduation in 1975

and—until the pandemic—was playing in the George Mason University (GMU) pep band called the "Green Machine." The Green Machine is a pep band that invites all who play to come and join them. "It is diverse in many ways—young, old, Black, White and everything in between," he says enthusiastically. "I can't wait for GMU basketball to start again!" Jay has performed with the GMU Green Machine for eight years. "I really love the energy of the crowds. It's exciting!"

. . . continued to page 3

DON'T MISS A SINGLE ISSUE OF THE *Golden Gazette!*

The *Golden Gazette* is a free monthly publication published by the Fairfax County Government. It covers local news-to-use and human interest stories for older adults.

SUBSCRIBE NOW!

The publication is available in print and via email. Subscribe to the Golden Gazette online at FairfaxCounty.gov/OlderAdults and click on "Subscribe."

You also can "Unsubscribe" and change your contact information at this page. If you cannot access the internet, call **703-324-GOLD (4653)** and leave a message to subscribe or unsubscribe with your contact information.

The *Golden Gazette* also is read over the phone to subscribers who register with The Washington Ear. Go to WashEar.org or call **301-681-6636** to register for this free service.

GOLDEN GAZETTE

Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035
FairfaxCounty.gov/OlderAdults

Michael Becketts
Director, Department of Family Services

Trina Mayhan-Webb
Division Director, Adult and Aging
Trina.Mayhan-Webb@FairfaxCounty.gov

Amy Carlini
Communications Director, Department of Family Services
Amy.Carlini@FairfaxCounty.gov

Mary Jane Dye
Editor and Advertising Manager
Mary.DesoniaDye@FairfaxCounty.gov

ADVERTISE

For information, please contact Mary Jane Dye at **703-324-4653** or Mary.DesoniaDye@FairfaxCounty.gov.

CONTRIBUTE

While the *Golden Gazette* is free, contributions help defray costs. If you would like to contribute, send a check payable to County of Fairfax and write *Golden Gazette* Contribution in the memo line to: Fairfax County, P.O. Box 3406, Fairfax 22038-3406.

DISCLOSURES

Reasonable accommodations will be provided upon request. Call **703-324-5411, TTY 711**. The TTY number for all contacts in this publication is 711 unless otherwise stated.

Advertisements do not imply an endorsement for services and products by Fairfax County government. For consumer concerns, please call Consumer Affairs at 703-222-8435.

The names and addresses, including email addresses, of persons receiving the Golden Gazette are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1a. Code § 2.2-3700 through 3714. Inquiries or complaints concerning this policy should be directed to the Adult and Aging Services, 12011 Government Center Pkwy., #530, Fairfax, VA 22035-1104.

READER SUGGESTIONS FOR CONTENT TO THE GOLDEN GAZETTE

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**.

TubaGuy

... continued from page 1

Jay came up with the idea of walking with his “sousa” when UVA was having a pep band reunion. “It was 2005, and I needed to get my chops back in shape,” he laughs. Jay started to practice at home, but his family wasn’t keen about the noise. Not to be deterred, he walked to Braddock Road and set up his music stand and practiced. “I just stood there with my stand, but it was boring,” he explained, “So, I started walking.”

He soon realized that not only were his chops out of shape, so were his legs. “I could barely walk a block.” After a year or so, he amazingly exceeded his expectations and walked a marathon from downtown D.C. to Fairfax. Inspired by his success, he walked another marathon from Mount Vernon to D.C. in a Santa suit. “The Santa suit got a lot of chuckles with a few ho, ho, ho’s,” he adds.

Jay’s typical route is his neighborhood to Route 123 and along Braddock Road near GMU. He says that he covers about three miles roundtrip and doesn’t have a schedule for going out, but he prefers a cool breeze. A few years’ back, I heard him playing his sousaphone at a stop light on Braddock Road. Initially, I thought that the local high school band was practicing until I saw this man walking along the sidewalk with a big, round, shiny instrument, decorated with crazy stuff.

He was approaching the light when, as if on cue, cars began to toot their horns to accompany him. Some rolled their car windows down to cheer him and wave. I couldn’t help but think about all the joy he was bringing to commuters on their way to work or school. What a great way to begin a day! As I moved past him, I noticed that he was also enjoying the attention. Later I learned that he is called TubaGuy or TubaMan even though he plays a sousaphone. Jay prefers TubaGuy and even has the name stenciled on his trashcans.

Jay’s sousaphone is fiberglass. It is lighter than the concert tuba and, of course, is easier to carry when marching. John Philip Sousa, famous bandleader, came up with a design for it in 1893 and had it made by J.W. Pepper. At the time, it was heavy brass as lighter materials were not available.



Jay's creativity propels around the holiday season.

The sousaphone carries its sound above the heads of the band as the instrument ends in a large flaring bell that points forward. Like the tuba, sound is produced by moving air past the lips, causing them to vibrate or “buzz” into a large, cupped mouthpiece. “It’s still heavy, but not too bad,” says Jay. “At least it’s not brass.”

Jay has lived in the county and area for decades. He is a computer consultant who has been working from home for nine years. “There was no transition for me during COVID,” he practically brags.

Jay has no plans for retiring from his day job or TubaGuy performances. “It’s my only hobby, and it keeps me in touch with community. I don’t have a big social group of friends, and with GMU Basketball on hold, I need something to do.”

He claims to have no words of wisdom regarding life. “Hey, I am a tuba player, not a philosopher,” he laughs.✱

Jackie Hess: There's Nothing More Important than Helping Others

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

Volunteering captures the all-American spirit of helping one's neighbors—young, old, and in-between. In Fairfax County, this spirit thrives and swells with people wanting to make a difference in someone's life. In fact, there are so many options for volunteering that sometimes it is difficult to pick one. Luckily, the choice was easy for Jackie Hess: the Body Safety Program.

It was May 2019 when Jackie retired after a 48-year career during which she held several interesting and diverse positions. She was looking forward to helping others on a local level in a meaningful way. "I care a great deal about children and was looking for a program that focused on their welfare," says Jackie. "The Body Safety Program immediately came to mind. It stood out as extremely important."

She first learned about this valuable year-round program through the Golden Gazette. "I read it every month and always peruse the volunteer section," she explains. "It's really great to see all the diverse programs, but I knew this was the one for me." Without hesitation, she called the program lead and just two months after retiring, Jackie completed training and was certified to instruct children in Body Safety.

Body Safety is housed under the umbrella of the Department of Family Services' Volunteer & Partner Services program providing support to families with children at risk of abuse and neglect. Jackie felt that if children needed help, she would do it. "It's so important that children be safe from abuse!" she emphasizes.

Jackie understands that safe children will thrive physically, educationally, and emotionally. "If not

safe, all aspects of their development suffer terribly." According to Francesca Watson, Body Safety Program coordinator, most child abuse and neglect cases occur when the child knows or lives with their abuser. "As adults we owe it to children to do all we can to protect them," says Francesca.

"It's really great to see all the diverse programs, but I knew this was the one for me."

Jackie Hess, Volunteer, Body Safety Program



Jackie's responsibilities with the program changed during COVID-19. When the schools closed, Body Safety began offering virtual instruction. Now that schools have re-opened, she is excited to get back into elementary school classrooms to instruct children. "Body Safety has an excellent curriculum based on teaching five basic rules and importantly, it is tailored to each grade." Jackie says that the virtual training reduced the number of children reached but, "We were able to have individualized instruction with children who would benefit the most."

The program includes specific type of survey to track progress made by the children in learning how to help adults keep them safe. Jackie does her best to reassure and persuade her students to disclose abuse to an adult who can help them. "The single hardest thing for them is to accept that it is okay to tell a secret if that secret is hurting them."

Jackie firmly believes that Body Safety makes a difference. "It may not be immediate, but the ideas that we convey may help them deal with a difficult

... continued to page 5

Jackie Hess*... continued from page 4*

situation years later,” she explained. Although talking with children about abuse and neglect is not a fun thing to do, Jackie is convinced it’s an extremely important thing to do. “I’m proud to be associated with a program that reaches so many children and helps them acquire the vocabulary and tools to deal with any current or future threats to their safety.”

Volunteering is nothing new to Jackie. She’s always volunteered, but her former positions were less time intensive. Jackie says that one of the things she was looking forward to in retirement was having the ability to get deeply involved with one or two programs. “There’s simply a great need for volunteers in every aspect of life and across all age groups.” She doesn’t want to spread herself too thin, though. “I’ve

picked two programs that I can devote adequate time to.”

In addition to the Body Safety Program, Jackie is currently the president of George Mason Friends which is associated with the George Mason Regional Library. “Our activities provide a great deal of resources for several libraries and for adult and child literacy programs throughout Fairfax County.”

Jackie’s message is to encourage everyone who has the capacity to volunteer to do so. “There’s really nothing more important than helping people, particularly the most vulnerable among us.”

For more information about the Body Safety Program, go to <https://bit.ly/DFS-VPS-BS-V> or call 703-324-7459.✱

Yes! 16 Early Voting Locations Open Through Oct. 30*from the Fairfax County Office of Elections*

Don’t wait until Election Day, Tuesday, Nov. 2, to cast your ballot for Virginia governor, lieutenant governor, attorney general, and six House of Delegates races in Fairfax County. Vote early at any of 16 locations across the county. Registered voters can cast their ballot early and no reason or excuse is needed.

Early Voting Locations

1. Fairfax County Government Center
2. Mount Vernon Governmental Center
3. North County Governmental Center
4. Burke Centre Library
5. Centreville Regional Library
6. Franconia Governmental Center
7. Gerry Hyland Government Center
8. Great Falls Library
9. Herndon Fortnightly Library
10. Mason Governmental Center
11. McLean Governmental Center

12. Providence Community Center
13. Sully Governmental Center
14. Thomas Jefferson Library
15. Tysons-Pimmit Regional Library
16. West Springfield Governmental Center

Except for the Fairfax County Government Center, which offers longer hours, every early voting site is open on weekdays from Noon-7 p.m. Weekday voting hours at the Government Center are from 8 a.m.-4:30 p.m.

Voting hours also will be offered at every location on two Saturdays: Oct. 23 and Oct. 30, 9 a.m.-5 p.m. On Sunday, Oct. 24, every early voting site will be open from 1-5 p.m. The last day to vote early is Oct. 30 at 5 p.m.

For more information, visit [FairfaxCounty.gov/Elections/Early-Voting](https://www.fairfaxcounty.gov/elections/early-voting) or call the Fairfax County Office of Elections at 703-222-0776, TTY 711.✱

RESOURCES

The Role that People with Disabilities Play in Economic Success

from Disability Rights and Resources, Department of Family Services

October is National Disability Employment Awareness Month (DEAM). The goal of DEAM is to recognize the essential role people with disabilities play in our nation’s economic success through employment. This year’s theme, America’s Recovery: Powered by Inclusion, reflects the importance of ensuring that people with disabilities have full access to employment and community involvement during the national recovery from the COVID-19 pandemic. As of June 2021, only 21.3% of people with disabilities participated in the national labor force, whereas persons without disabilities participated at a rate of 67.7%.

Fairfax County Government is proud to participate in DEAM. Each October, Fairfax County’s Disability Rights and Resources (DRR) unit hosts an annual Disability Mentoring Day event. We partner with Fairfax County Public Schools (FCPS) to educate high school students about employment opportunities and requirements and celebrate the many contributions of America’s workers with disabilities.

Last October, Disability Mentoring Day students heard firsthand about Information Technology, Human Resources, Childcare, Office Work and Facilities Management positions. Northern Virginia Community College, Fairfax County Employee Fitness and Wellness Center and Moriah Kitaeff,



one of our past John Hudson interns, shared employment advice and fitness tips, keeping students engaged. DRR received positive feedback from students, teachers, and employees.

Also in October, the Fairfax County Board of Supervisors will introduce a proclamation to celebrate Disability Employment Awareness Month. Fairfax County Government values the contributions of all people, including those of individuals with disabilities and celebrates in their accomplishments.

The Department of Family Services’ Disability Rights and Resources promotes the inclusion and independence of people with disabilities through education, training, and referral assistance so that persons of all abilities can fully participate in community. For information, go to **FairfaxCounty.gov/FamilyServices/Disabilities**☀

Make Your Reservation for Fall Virtual Kinship Cafés

from Children and Families, Fairfax County Department of Family Services

Kinship Cafés will begin meeting again virtually this fall. Kinship caregivers can talk with others who understand how difficult and joyful it can be raising a grandchild or child for a family member or friend. Join in the conversation to discuss topics such as discipline, self-care, and family rules. You can also find out about community resources that you may not have known existed. Upcoming sessions are

scheduled for Wednesday, Oct. 6, Thursday, Oct. 14, and Thursday, Oct. 28, 6:30-8 p.m. Visit

<https://bit.ly/DFS-CYF-Kinship> for additional upcoming dates and resources. To learn more or to participate in a Kinship Café, call 703-324-7720.☀



Rental Assistance Available to Fairfax County Residents

from the Fairfax County Department of Human Services

Are you a Fairfax County resident or landlord seeking rental assistance? Fairfax County is administering relief for renters experiencing a negative financial impact due to the COVID-19 pandemic through the new Fairfax County Emergency Rental Assistance (ERA) Program.

Through this program, you can apply (or your landlord may apply on your behalf) to receive funds to pay delinquent rent or utility arrear payments back to March 13, 2020 and up to three months of payments into the future to maintain housing stability. The total payments may not exceed a total of 15 months of rental assistance per household. Individuals who have previously received assistance from Fairfax County may apply again through this new program.

Fairfax County Residents: If you need assistance with your rent, contact Coordinated Services Planning at 703-222-0880, TTY 711, Monday through Friday, 8 a.m.–4:30 p.m.

Fairfax County Landlords: If you are seeking rental assistance on behalf of tenants, learn about eviction prevention. You can register for the Landlord Portal and get eligibility criteria and portal instructions.☀

Immigration status, previous assistance and current employment are not barriers. Each case is assessed individually, and assistance is provided based on eligibility requirements.



Need Help with Home Repairs or Modifications?

from Rebuilding Together Arlington/Fairfax/Falls Church

Rebuilding Together helps older adults with low income with repairs and modifications to age in place safely. Skilled volunteers provide free repairs to homeowners who meet requirements.

Annual income limits to qualify are \$57,650 for a single person and \$65,850 for two people. The application process is easy. Just call 703-528-1999 to discuss your needs and have an application sent. You can also download an application at <https://RebuildingTogether-aff.org>.



Installing shower grip bars.

“Our Rebuilding Together volunteers are the caring neighbors next door,” says Patti Klein, executive director of Rebuilding Together. “Our teams often say they get as much from the experience as the homeowner.”

Volunteers recently helped an applicant in Falls Church by installing grab bars in her bathroom and replacing a threshold between her kitchen and living room to correct a tripping hazard. They also repaired an outside railing and added a grab bar for safety. She now feels much safer and is less afraid of falling.

In addition to grab bars, volunteers install double stair rails, exterior handrails, and brighter lighting. They will fix fire hazards like clogged dryer ducts and install smoke and carbon monoxide detectors. Volunteers also repair faulty door locks and correct moisture and ventilation problems. They even provide and install stair lifts free of charge.

“Now more than ever we need our homes to keep us safe and healthy,” says Klein.

Rebuilding Together has a home safety checklist for all homeowners. Call 703-528-1999 or email Info@RebuildingTogether-aff.org for a copy. Learn more at RebuildingTogether-aff.org☀

CAREGIVING

Tip for October: Use a Weekly Planner

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

In 2020, AARP and The National Alliance for Caregiving reported that family caregivers will average close to 24 hours per week providing care. Nearly all caregivers at some point will help with household tasks, financial and legal matters, as well as health care needs. If you find yourself keeping track of medications, medical appointments, and other events, consider using a weekly planner where you can add all your tasks, events, and errands.

A weekly planner allows you to see what your week is going to look like, especially if you are helping with bathing, physical activities, medication management, and medical appointments. Planning your days will help you manage your time and be prepared because you will know what your priorities are, what you will need to accomplish each task, and when you need to allocate time for resting.

To learn more about available support in Fairfax County, call the Aging Disability and Caregiver, Resources (ADCR) at 703-324-7948 or visit, **FairfaxCounty.gov/OlderAdults**. The ADCR line provides support, information, and referrals by helping identify your needs and connecting you to the appropriate supportive services.

Caregiver Webinars

Medicare 101

Wednesday, Oct. 6, Noon-1 p.m. Join us for an overview of the many components of Medicare: Part A (inpatient hospitalization, skilled nursing), Part B (outpatient hospital, doctors, labs, radiology), Part C (Medicare Advantage Plans), and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans.

Medicare 102

Wednesday, Oct. 20, Noon-1 p.m. Join us for an overview of advanced Medicare details, such as the **Medicare.gov** website, the latest regulatory changes, and key legislative proposals, as well as provide



individuals an opportunity to ask more complex questions. Both sessions will be facilitated by Bill Vaughan, Volunteer, VICAP, Virginia Insurance Counseling and Assistance Program, Fairfax Area Agency on Aging.

Register online at **FairfaxCounty.gov/OlderAdults** and scroll to the Free Events or call 703-324-5484.

The Caregiving Journey: A Panel Conversation with Family Caregivers

When a person becomes a caregiver to a loved one, new challenges and stresses are created, as well as moments of joy, a deepened sense of connection, purpose and meaning in life. Join us for this panel conversation with family caregivers and hear personal stories from three family caregivers who will share their experiences, challenges, resources, and tips for self-care to help you while on this journey. Join us on Friday, Nov. 5, 2-3 p.m. Register online at **https://bit.ly/AAAPanel** or simply call 703-324-5484

Caregiving as Memories Fade—A Virtual Caregiver’s Conference

The Northern Virginia Dementia Care Consortium has been educating caregivers since 1986. The 2021 conference will focus on the theme Caregiving as Memories Fade. This year’s conference keynote speaker is Gary Chapman, PhD, author of *Keeping Love Alive as Memories Fade: The 5 Languages and the Alzheimer’s Journey*. Join us to become better

... continued to page 9

Caregiving

... continued from page 8

prepared to provide care and support at home or in a facility, learn new ways to engage individuals with dementia, and explore supportive services in the virtual exhibit hall. Conference sessions will take place virtually each day Tuesday, Nov. 9, Wednesday, Nov. 10, and Thursday, Nov. 11 from

10 a.m.-12:30 p.m. This conference is open to family caregivers, volunteers working with older adults, and professionals in aging and related services.

Learn more at <https://NVDC.com/> or for additional information, call 703-270-0043. ✨

October is Residents' Rights Month

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

Residents' Rights Month is celebrated every October to honor residents in long-term care (LTC) facilities, such as nursing and assisted living facilities, and for consumers receiving LTC services in the community.

Residents' rights are guaranteed by federal and state laws and are critical components of quality care and life for all residents. This year's theme for Residents' Rights Month is "Reclaiming My Rights, My Home, My Life," and recognizes the challenges residents have experienced this past year, and the need for them to reassert their rights.

To learn more information about and to participate in activities related to Residents' Rights Month, visit

National Consumer Voice for Quality Long-Term Care's website at <https://theconsumervoice.org/events/2021-residents-rights-month>.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLT COP) is called on to assist residents and consumers to advocate for their rights to ensure quality of care and life. For more information about family councils or other nursing facility and assisted living concerns, email NVLT COP@

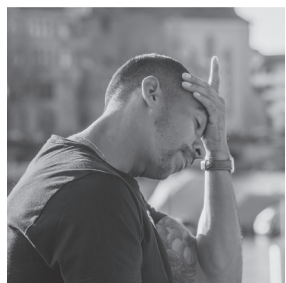
FairfaxCounty.gov or call 703-324-5861, TTY 711 ✨



Free Upcoming Chronic Pain and Caregiver Support Workshops

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

Chronic Pain Self-Management: Wednesdays, Oct. 6- Nov. 10, 1:30-3:30 p.m. Free. This popular virtual program is for individuals living with chronic pain.



Participants will gain an understanding of chronic pain, how to move with gentle exercise, learn simple relaxation techniques, use techniques to manage pain and fatigue, evaluate treatments, and more.

Caregivers are welcome to attend this Zoom class by contacting Dianne Duke, case manager, ElderLink, at 703-324-7721 or visit tinyurl.com/CPSMP123 to register.

Caring for You, Caring for Me: Mondays, Oct. 11-Nov 8, 10 a.m.-12 p.m. Free. This program is a blend of interactive support and education for caregivers. Participants report increased confidence and competence when caregiving. Class offered via Zoom. Contact Kristin Martin at 703-324-7577 or visit <https://tinyurl.com/CFYCFM4U> to register. ✨

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 Sept. 15 COA meeting, Aimee Brobst, countywide strategic plan coordinator, presented the Countywide Strategic Plan. After pausing for a year due to COVID-19 in 2020 (which followed more than a year of work, engagement, development and refinement in 2019), County Executive Bryan Hill presented a first-ever Countywide Strategic Plan to the Board of Supervisors in 2021. The Countywide Strategic Plan Crosswalk highlights the most direct connections between the priority areas of the strategic plan and the BOS-approved categories of the SHAPE the Future of Aging Plan.

COA Meeting, Wednesday, Oct. 20, 1 p.m.

The COA continues to meet virtually this month.

Join from PC, Mac, Linux, iOS or Android:

<https://us02web.zoom.us/j/85785452209>

Access Code: COA-m1234!

For live audio dial, 888-270-9936 or call 602-333-0032; Conference Code: 231525

For ADA accommodations, contact Hilda Naranjo, 703-324-7496 or

Hilda.Naranjo@FairfaxCounty.gov;

TTY services available via 711.

For meeting updates, visit:

<https://bit.ly/DFS-BAC-COA-Meetings>

Upcoming Live and Virtual Medicare 101 Workshops

from the Virginia Insurance Counseling and Assistance Program

Medicare 101 Workshops, led by the Virginia Insurance Counseling and Assistance Program, provide current information on Medicare options. In-person workshops have limited seating and registration for library events begin 30 days prior to the presentation date.

**1. Thursday, Oct. 7, 10 a.m.–Noon
Medicare 101, Virtual**

Shepherd's Center of Northern Virginia
703-281-0538

**2. Wednesday, Oct. 13, 3–4:30 p.m.
Medicare 101, Virtual**

Reston Regional Library, Reston

Register:

<https://librarycalendar.fairfaxcounty.gov/event/7943774> or 703-689-2700

**3. Thursday, Oct. 14, Noon–1:30 p.m.
Medicare 101, Virtual**

Reston Community Center, Reston
Contact: Cassie Lebron, 703-390-6157

**4. Tuesday, Oct. 19, 6–7:30 p.m.
Medicare 101, Virtual**

Great Falls Library, Great Falls

Register:

<https://librarycalendar.fairfaxcounty.gov/event/7963810> or 703-757-8560.

**5. Friday, Oct. 22, 3–4:30 p.m.
Medicare 101, Virtual & In-Person**

Kings Park Library, Burke

Register:

In-Person—<https://librarycalendar.fairfaxcounty.gov/event/7930613>

Zoom—<https://librarycalendar.fairfaxcounty.gov/event/8057216> or 703-978-5600

**6. Wednesday, Oct. 27, 6–7:30 p.m.
Medicare 101, Virtual**

Sherwood Regional Library, Alexandria

... continued to page 7

Medicare Workshops

... continued from page 6

Register:

<https://librarycalendar.fairfaxcounty.gov/event/7947207>

7. Thursday, Oct. 28, 6–8 p.m.

Medicare 101, Virtual

Reston Community Center, Reston
Contact: Cassie Lebron, 703-390-6157

8. Wednesday, Nov. 3, 2–3:30 p.m.

Medicare 101, In-Person

Great Hall, Vienna Presbyterian Church, Vienna
Contact: Charles Geschiere, 703-938-9050 x151

9. Monday, Nov. 8, 4–5:30 p.m.

Medicare 101, Virtual & In-Person

Tysons-Pimmit Regional Library, Falls Church

Register:

In-Person, <https://librarycalendar.fairfaxcounty.gov/event/7747694>

Zoom, <https://librarycalendar.fairfaxcounty.gov/event/7747648> or 703-790-4018

10. Wednesday, Nov. 10, 3–4:30 p.m.

Medicare 101, Virtual

Kingstowne Library, Alexandria

Register:

<https://librarycalendar.fairfaxcounty.gov/event/7992481> or 703-339-4610

11. Monday, Nov. 15, Noon–1:30 p.m.

Medicare 101, Virtual & In-Person

Green Acres Center, Fairfax
Contact: Anne Chase, 703-273-6090 or SeniorCenter@Fairfaxva.gov

12. Friday, Nov. 19, 2–3:30 p.m.

Medicare 101, Virtual

Reston Community Center, Reston
Contact: Cassie Lebron, 703-390-6157

13. Tuesday, Nov. 30, 1:30–3 p.m.

Medicare 101, Virtual

Burke Centre Library, Burke

Register:

<https://librarycalendar.fairfaxcounty.gov/event/8021508>

Call the Virginia Insurance Counseling line with questions about workshops at 703-324-5851 or email DFSVICAP@FairfaxCounty.gov.

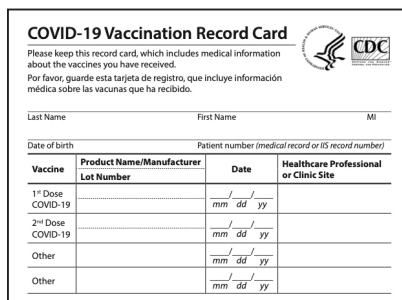
SCAMS

Don't Buy COVID-19 Vaccine Cards or Negative Test Results

from the Federal Trade Commission


More and more establishments are requiring proof that you've had a COVID-19 vaccine or that you have recently tested negative before allowing access.

Scammers see this as an opportunity to sell fake verification tools or products like fake vaccination cards, certificates, and test results.



Here is advice along with penalty information about why you should not purchase fake vaccine cards.

- ◆ Buying fake vaccine cards, making your own, or filling in blank cards with false information is illegal and could get you fined, or even land you in jail.
- ◆ Don't share personal information with people you don't know. Scammers will turn the tables and sell your data or use it to commit identity theft.

The only legitimate way to get proof that you're vaccinated—or that you test negative—is to get vaccinated or to test negative. If you lose that proof, check with the Virginia Department of Health at VDH.Virginia.gov or where you got vaccinated to find out how you might get a replacement card.

VOLUNTEERING

Meaningful Ways to Volunteer and Help Our Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator, Fairfax Area Agency on Aging

Volunteer Solutions

Fairfax County senior centers have returned to in-person activities and volunteers are needed at certain locations. Do you sew, create pottery, paint, dance, teach yoga or other forms of exercise? Are you well-versed and passionate about a topic that you'd like to share with others in a discussion group? Do you enjoy leading groups? Your skills and expertise may be needed. Go to bit.ly/VSVOLOPPS for Volunteer Solutions' latest volunteer opportunities. Email VolunteerSolutions@FairfaxCounty.gov or call the intake line at 703-324-5406 with questions.

Humane Society Thrift Store

The Humane Society of Fairfax needs volunteers to help in their Second Chance 1 Thrift Store, 4055 Chain Bridge Rd, Fairfax. Hours are flexible and all proceeds go toward helping animals. Volunteers are needed to help customers, accept donations, stock store items, and keep things neat and organized. Go to HSFC.org or email Outreach@hsfc.org for more information.

Deliver Food in Reston

Fellowship Square, a local nonprofit 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 between 9 a.m. and 4 p.m. If this opportunity sounds like a good fit for you, visit <http://bit.ly/FSFoodVol>. Contact Diane Beatley at DBeatley@FellowshipSquare.org or 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, spending at least eight hours every month with their mentee and participating 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 call 703-324-7072

Body Safety Program

The Department of Family Services Body Safety Program needs volunteer instructors to help combat incidences of child abuse and neglect 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. Visit <https://bit.ly/DFS-VPS-BS-V> or contact Francesca Watson at Francesca.Watson2@FairfaxCounty.gov or 703-324-7459. (see article on page 4) ✨

Fairfax-Area Disability Services Board Seeks New Members

Join the Fairfax Area Disability Services Board, a group of volunteers appointed by elected officials of Fairfax County, City of Falls Church, and the City of Fairfax to advocate for people with physical and sensory disabilities. Meetings are held on the second Monday of the month, 7-9 p.m.

For more information, go to FairfaxCounty.gov/FamilyServices/Disabilities/Fairfax-Area-Disability-Services-Board. For questions, email Disability Rights and Resources at DisabilityRights@FairfaxCounty.gov. ✨

To advertise volunteer opportunities, email Tanya Erway at Tanya.Erway@FairfaxCounty.gov.

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, SCMAFC.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☀

COMMUNITY CALENDAR

Saturday, Oct. 9, Noon -1 p.m. Low Vision Device & Resources Exhibition, Prevention of Blindness(POB), Virtual, Free

Join this virtual conference to hear from various low vision aid and device vendors who will demonstrate products and applications. This is an opportunity to learn about aids that may be useful for you. POB Low Vision Learning Center will demonstrate how our trained resource specialists can assist you. Register at 301-951-4444.

Oct. 6, 10 a.m., Food Insecurity in Northern Virginia, Forum, NOVA Lifetime Learning Institute (LLI). Zoom, Free

Charles Meng, Arlington Food Assistance Center, will discuss food insecurity, its causes, and what is being done to alleviate long term food insecurity. Meng will also provide an overview on food banks and pantries across the nation with a focus on northern Virginia. Everyone is welcome. Register at <https://llinova.org/>

Tuesday, Oct. 12, 7-8:30 p.m. Local Authors Austin Wright and Rob Dwyer: The Sheriff. Patrick Henry Library, Free

An aging sheriff is coming to terms with his recent diagnosis of terminal cancer and desperate to maintain his tenuous grasp on Three Chop—the town he willed into existence. Books available for signing. Patrick Henry Library, 101 Maple Ave. E, Vienna. For details, call 703-938-0405.

Oct. 16, 10 a.m. – 5 p.m. Reston Home Tour, New Beginnings, The Reston Museum

Tickets on sale for the Reston Home Tour featuring four unique renovated homes and a new assisted living facility. This is a self-guided tour, and masks are required. For event information including tickets, go to RestonMuseum.org/Event-Details/Annual-Reston-Home-Tour

... continued to page 20

COUNTY OF FAIRFAX, VIRGINIA
Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035-1104

Presorted Standard
U.S. POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 1808

OCTOBER COMMUNITY CALENDAR

. . . continued from page 13

**Saturday, Oct. 16, 10:30 a.m.-2:30 p.m.,
Collecting and Preserving Family History,
George Mason Regional Library, Free**

Learn best practices for collecting and preserving stories from your family history. A Washington Conservation Guild speaker will give a lecture on collecting oral histories. Participants may visit a clinic to have personal items evaluated by a conservator, view a demonstration of recording a short family story, and learn proper silver polishing. Register at 703-256-3800, ext. 4.

**Tuesday, Oct. 19, 7-8 p.m., Book Discussion,
Things that Matter by Charles Krauthammer,
Pohick Regional Library, Burke, Free**

Discuss several of Krauthammer's major path-breaking essays—on bioethics, Jewish destiny and America's role as a superpower—that profoundly influenced the nation's thoughts and policies. This group discussion takes place at Pohick Regional Library, Meeting Room 1.

**Tuesday, Oct. 19, 1-3 p.m., French
North American Research, Mt. Vernon
Genealogical Society, Zoom, Free**

Learn what records were created by early French settlers from Daniel R. Lilienkamp, a renowned expert on African American, German,

Swiss, Alsace and Lorraine, French Canadian, Appalachian and Ohio Valley genealogy. Register by Oct. 15 by emailing Contact-Us@mvGenealogy.org. Visit MVGenealogy.org for upcoming events.

**Friday, Oct. 22, Noon-2 p.m., French
Discussion Group, Kings Park Meeting
Room, Kings Park Library, Free**

Practice French language conversation skills with a native speaker. Basic knowledge of French required.

**Monday, Oct. 25, 10 a.m.-2 p.m., and
Monday, Nov. 1, 10 a.m.-2 p.m., Hearing
Screenings, Northern Virginia Resource
Center for Deaf and Hard of Hearing
Persons, Vienna Community Center, Free**

Come for a free 30-minute hearing screening at the Vienna Community Center. COVID safety protocols will be followed. No hearing aid sales are involved. Call 703-255-7801 for an appointment.

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