

Golden *Thankful for Family Caregivers* Gazette

www.FairfaxCounty.gov/OlderAdults

A Salute to Caregivers During National Family Caregivers Awareness Month

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

November is National Family Caregivers Awareness Month. In honor of family caregivers, the Fairfax County Department of Family Services recognizes their critical role as care partners. The department renews its commitment to providing useful services for caregivers during a time of life that can be complicated and stressful, but very fulfilling.



A recent survey by AARP shows an estimated 53 million adults in the United States have provided care to a loved one within the past 12 months. In Virginia, one in five caregivers is a family member. Closer to home, a whopping 59 percent of older residents in Fairfax County provide unpaid care at home for a chronically ill, disabled, or aging loved one.

Family caregiving spans generations and includes parents, adult-children, siblings, partners, spouses, friends, and neighbors who provide care with love and dedication.

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Caregivers manage a variety of daily responsibilities from household to personal care duties. Many help with legal and financial matters. Family caregivers, often by default, learn nursing tasks and provide important emotional support.

During this month—and always—the Department of Family Services honors family caregivers. To keep informed about caregiver programs, visit

Caregivers are our partners, and we value everything they do to take care of older adults in the Fairfax area.

*Trina Mayhan-Webb
Division Director, Adult & Aging*

FairfaxCounty.gov/OlderAdults or call the Aging, Disability, and Caregiver Resource line at 703-324-7948. For upcoming caregiver workshops and details about a Virtual Caregiver’s Conference, see page six. And, don’t forget to check out the newest Mature Living show focusing on family caregiving on page seven.☀

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.

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GOLDEN GAZETTE

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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**.

Mercedes Dash: The True Story of Leaving Cuba via Operation Peter Pan

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

Mercedes Dash cringes when she hears the words—Peter Pan. Even now that she is 68, that name still triggers unpleasant memories of a separation from her parents in Cuba during the Cold War.

It was January 1962 when Mercedes, nine, and her 11-year-old sister Rosario were airlifted from Cuba to Miami, Florida. They were among an estimated 14,000 children who escaped Cuba from 1960-62 in a secret operation dubbed Peter Pan or Operación Pedro Pan. The covert Peter Pan operation was planned by a national charity organization to save children from repression and political retaliation after the takeover of the Batista regime by Fidel Castro. Immediately after the Cuban Missile Crisis, a mere nine months after the family was rescued, the project was scrubbed.

Mercedes says that her recollections of life in Cuba, prior to their departure, are vivid—ranging from pleasant to traumatic. She remembers going to the beach, to the zoo, and fishing. “We even had a Coney Island that we frequented,” she laughs. Birthday parties included games, piñatas, and loads of friends and family. “I fondly remember Christmas, Three Kings Day, and New Year’s parties with dancing ladies wearing beautiful dresses,” she sighs. Mercedes also remembers her kindergarten and first grade classes at the Catholic school she attended. This was her life that abruptly came to a halt.

Suddenly, she and her sister were no longer allowed to attend school or even go outside, and as time went on, the terror they felt when low-flying helicopters



Rosario (left) and Mercedes (right) during happier times at their grandfather’s farm.

indiscriminately fired into her neighborhood. “We would get under our beds, sometimes for hours,” she imparts. Then there were the midnight visits from the militia. “They were coming to check our food rations in case we were getting food from the black market.” Mercedes’ last Christmas in Cuba was far different than



Mercedes Dash and her special doll that brought comfort during separation from her parents.



The close sisters liked to attend parties and play dress-ups in Cuba.

previous happy ones. “There were no celebrations, and my sister and I received a tea set to share as our gift.”

On January 24, 1962, she and her sister were told they were going on a big airplane for an adventure and that her parents would be joining them soon. They were

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Mercedes Dash

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Rosario and Mercedes at their foster home where they lived for more than a year. Relatives noted they were quite thin and unhappy.

each given a beautiful doll. She says, “I came to understand later that these dolls were supposed to lessen the pain of separation.” The next morning, they drove to the airport and Mercedes is still haunted by the memory of her mother’s crying the entire way while the rest of them remained silent. Inside the airport, the sisters were rushed away and put in a glass enclosure. “It was called a La Pecera or fishbowl,” utters Mercedes, “filled with children.”

As the children were processed, their necklaces were yanked off and earrings confiscated. Rosario’s doll was snatched because, as she was told, she was too old for dolls, although Mercedes was permitted to keep hers. The children were loaded onto the plane.

So many of them wailed for “Mami,” just adding to the chaos. Mercedes said she felt confused and tightly clutched her doll for comfort.

Upon arrival in Miami, the children were gifted with pencils, a toothbrush, and toothpaste, packed in a small box. “Then we were ushered to a room to wait for our foster families.” It is a struggle for Mercedes to talk about her foster home experience, which lasted for over a year. Happily, when relatives arrived from Cuba in 1963, they liberated Mercedes and Rosario from the foster home.

The girls’ parents did not arrive until 1965. With a church sponsorship, the family moved to Arlington, Virginia where they were provided with a small, fully furnished apartment. The church members even found a job for her dad. To this day, Mercedes credits her parents for the strength needed to survive separation. Although it was an arduous time, throughout the separation the parents and daughters managed to stay connected and support each other through weekly letters, which Mercedes has now and treasures.

Mercedes’ experience has given her a greater appreciation for everything in life, and she never takes anything for granted. She lives by the mantra of being kind to others. She claims, “You never know what struggles they might be going through—especially children.” She believes that generosity with our time is far more important than financial generosity, and essential to children’s development.

Practicing what she preaches, Mercedes is on the Child Care Advisory Council Board, part of

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Photo taken the night that they reunited with their parents in 1965.



The family moved to Arlington, Virginia. They were given a small apartment.

Mercedes Dash

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the Fairfax County Office for Children. “I feel that I am doing my part on ways to improve the lives of our children here in Fairfax County,” she states proudly.

With more than 31 years working with children in Fairfax County, Mercedes strives to prepare children to thrive in a diverse world. “My family childcare and preschool program promotes an inclusive and positive environment through a multicultural education. We encourage students to learn about and embrace other cultures.” She firmly believes that a multicultural education fosters equity, equality, and empathy toward others. She also embraces the importance of family, and hers practices cultural traditions from both her Hispanic roots and her husband’s Persian roots.

Mercedes explains that for many

years she kept her involvement in Operation Peter Pan to herself. “When I finally told my children, my youngest son, who is a journalism major, asked if he could interview me for a film.” She says the interview was extremely difficult but knew the experience was important to share.

As a mother of five grown men, grandmother of nine and great-grandmother of one, Mercedes says that she cannot imagine sending her children away, especially not knowing if they’d ever reunite. “Maybe I would, but I am glad that I did not have to make that choice, living in a free democracy.” ✨

Never forget your roots.

Mercedes Dash

Free Beacon Virtual 50+Expo Returns

from *The Beacon Newspapers*

For more than 20 years, the Beacon Newspapers has attracted thousands of people each year to its in-person 50+Expos in Fairfax County and Montgomery County, featuring speakers, exhibits, health screenings, entertainment, and more for people over 50.

Due to the pandemic, the Beacon has temporarily postponed those annual in-person events and, for the second year in a row, will offer the Virtual 50+Expo online instead.

The event’s website at **Beacon50Expo.com** provides immediate, free access, 24/7, to dozens of classes, speakers and entertainers chosen for people over 50.

The event’s keynote speaker will be Diane Rehm, who hosted NPR’s *The Diane Rehm Show*, will discuss her broadcast career and books she has written. The online expo also will include video demonstrations and classes on tai chi, yoga, cooking, nutrition, dance, and more.

Expert speakers will address health and wellness, legal matters and estate planning, employment and volunteer opportunities, money and investments, retirement housing options, and travel.

The Virtual 50+Expo will provide useful information from informative exhibitors—including government agencies, nonprofits, and area businesses offering products and services for older adults.

To enable residents to enjoy this wealth of material, the Virtual 50+Expo will remain free and accessible day and night for three months from Nov. 1, - Jan. 31, 2022. Random prize drawings will be held throughout the period.

Register in advance and get the latest updates at visit bit.ly/beacon50expo. ✨



CAREGIVING

A Virtual Caregiver's Conference

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

Caregiving as Memories Fade, A Virtual Caregiver’s Conference is sponsored by The Northern Virginia Dementia Care Consortium. This year’s conference will focus on the theme “Caregiving as Memories Fade.” The keynote speaker is Gary Chapman, Ph.D, author of Keeping Love Alive as Memories Fade: The 5 Languages and the Alzheimer’s Journey.

Join virtually and become better prepared to provide care and support at home or in a facility. You’ll also learn new ways to engage individuals with dementia, and explore supportive services in the virtual exhibit hall.

Conference sessions will take place from Nov. 9-11, 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 and find registration at <https://NVDCC.com> or call 703-270-0043.

Caregiver Webinar—Self-Care for Caregivers

This free presentation will highlight the importance of taking care of yourself. Recognizing when you need care and attention is vital so that you can continue to provide care for your loved one. Learn tips and strategies to help avoid/prevent burnout, reduce stress, and manage expectations. This session will be facilitated by Diane Duke, ElderLink. Join us on Wednesday, Nov. 17, from Noon to 1 p.m.

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

Dementia Friendly Fairfax

Sessions on Becoming a Dementia Friend

Dementia Friendly Fairfax envisions a community 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 live independently for as long as possible. Attend this virtual session to learn key messages about dementia, and what it’s like to live with it. Learn



how to become a dementia friend and turn your new understanding into a practical action that can help someone in your community. Find registration at <https://bit.ly/DementiaFriendlyFairfax>.

The Caregiving Journey: A Panel Conversation with Family Caregivers

When a family member becomes a caregiver, stress and challenges are created, along with many moments of joy, a deeper sense of connection, and a focused purpose in life. Be a part of this panel conversation with family caregivers. Hear from three family caregivers who will share their experiences, challenges, resources, and tips for self-care. Join us on Friday, Nov. 5 from 2-3 p.m. Register at <https://bit.ly/AAAPanel> or call 703-324-5484.

Adapted Recreation Programs for Customers with Disabilities

Are you or your loved one looking to learn more about nature, enjoy a new adventure, or join a physical exercise class? The Fairfax County Park Authority offers monthly classes and services for families, older adults, and adults with disabilities. Check out their Adapted Recreation Programs, which include adapted yoga classes, aqua fitness, dance flow, and more. Adapted programs offer a structured environment and a lower staff ratio.

To learn more, visit or contact any FCPA RECenter and talk to a fitness specialist about their available wellness programs or the adapted program specialist at 703-324-8565. (Class scholarships are available.) Register and learn more about scholarships, at <https://bit.ly/Parktakes>.

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Caregiving

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INOVA Medical House Calls

The Medical House Calls (MHC) program provides in-home routine and urgent primary care visits by doctors, nurse practitioners, and social workers to support patients. The goal is to provide quality care while supporting aging in place and optimizing resources. To be eligible, you or your loved one must be 65 years or older, not driving, live in a covered zip

code. You must also be willing to change Primary Care Providers or looking for one. MHC participates with most insurance providers and accepts Medicare, Medicaid, and patients without insurance who are willing to apply for Inova's Charity Care program. For questions or to begin the enrollment process, please call 703-698-2431.☀

Caregiving Around the Clock: The Latest Edition of Mature Living

from Amy Carlini, Department of Family Services

Tune in to Fairfax County's Channel 16 for the latest edition of Mature Living.

- ◆ Sunday at 9:30 a.m. and 5:30 p.m.
- ◆ Monday at 5 p.m. and 9:30 p.m.
- ◆ Tuesday at 4 p.m., 8:30 p.m. and 11:30 p.m.
- ◆ Wednesday at 6:30 p.m. and 9:30 p.m.
- ◆ Thursday at 8:30 a.m., 4 p.m. and 11:30 p.m.
- ◆ Friday at 9:30 a.m., 3:30 p.m. and 9 p.m.
- ◆ Saturday at 9:30 a.m., 4 p.m. and 11 p.m.

This episode, which will run November through January, focuses on Caregiving Around the Clock. Giuliana Valencia Ordonez, social services specialist, Department of Family Services, and Kristin Martin,



Since 2012, Benitta Bettard has been caring for her husband Fredrick Kimani Ndirangu after he suffered a massive ischemic stroke.

ElderLink case manager, talk about the myriad of services and resources available to help family caregivers including classes, respite, and more. You'll also meet Benitta Bettard, who cares for her husband in their home. Visit [FairfaxCounty.gov/CableConsumer/Channel-16/Mature-Living](https://www.fairfaxcounty.gov/cableconsumer/channel-16/mature-living) to view it on your computer.☀

Activity Programs in Long-Term Care Facilities

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

Human nature includes a need to engage in meaningful activities that are enjoyable and provide a sense of belonging. Therefore, long-term care (LTC) facilities are required to implement ongoing resident-centered activities programs, including facility-initiated, individual, and independent activities. Activity programs within LTC facilities must be run by a qualified therapeutic recreation specialist or an activity professional. All activities should incorporate residents' interests, hobbies, and cultural preferences. Activities are integral

to maintaining and improving a resident's physical, mental, and psychosocial well-being and independence.

A mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program is called to assist residents and consumers to advocate for rights that ensure quality of care and life. For more information, email NVLTCOP@FairfaxCounty.gov or call 703-324-5861, TTY 711☀

Free Self-Management Workshops and Programs

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

Free—Finding the Rewards in Caregiving:
Tuesday, Nov. 9, 7-9 p.m. This topic brings to light the many good things caregivers do, and how all caregivers are on this journey together.

Join in the conversation and share your observations about what it means to be a caregiver—the ups and downs, challenges, and victories. To register, contact Jennifer Purcell, 703-324-5374 or www.tinyurl.com/CaregiverTSG

Free Chronic Disease Self-Management:
Mondays, Nov. 8–Dec. 13, 10:30 a.m. -12:30 p.m. This six-week program is for individuals interested in learning how to live better by effectively managing

symptoms. Learn how to manage pain and fatigue, eat healthier, and remain active. Connect with others sharing similar concerns. Caregivers are welcome. Group will meet at George Mason Regional Library 7001 Little River Turnpike Annandale. Registration required. Simply call Dianne Duke at 703-324-7721 to register or visit tinyurl.com/CSMP123.

Free Diabetes Self-Management Program:
Tuesdays, Nov. 9–Dec. 14, 11 a.m.-Noon. This six-week program is for individuals interested in learning how to effectively manage their diabetes or pre-diabetes. Class offered via phone. To register call Dianne Duke at 703-324-7721 or visit tinyurl.com/DSMP123.*

SCAMS

You Are Not Alone: Emotional Recovery from a Scam with ReST

from the Silver Shield Anti-Scam Task Force

The AARP Fraud Watch Network (a Silver Shield partner) and Volunteers of America (VOA) created a new, free program to provide emotional support for people impacted by a scam or fraud. ReST, which stands for Resilience, Strength and Time, features small groups whose members are led in discussion by trained peer facilitators.

These online, hour-long sessions help you to re-establish trust, integrate your experience, and build back your resilience—despite a difficult and painful occurrence. Discussions are confidential in small groups. AARP invites you to attend one session or several. It's your choice.



Experiencing a scam can be devastating, but it doesn't have to define you. Sign up for a session and take an important step toward emotional recovery.

Visit AARP.org/FraudSupport to learn more about this free program and register today. Remember, you are not alone.*

Scam Slam Podcast Audio Bulletin

Martin Bailey, who represents AARP Virginia, the Senior Medicare Patrol, and Fairfax County's Silver Shield Anti-Scam Task Force, discuss the latest scams on Scam Slams, a short audio bulletin. Current topics include: New Package Deliveries, Phony Banking Texts, and Avoiding Unforeseen Credit Card Charges.

Tune in at FairfaxCounty.gov/OlderAdults and scroll to the Scam Slam Box or follow them on Facebook.com/FairfaxCounty50.*



RESOURCES

ENERGY ASSISTANCE: DON'T BE LEFT OUT IN THE COLD*from the Public Assistance and Employment Services Division*

You may be eligible to receive help with heating costs through two energy assistance programs that are currently accepting applications.

The Fuel Assistance Program helps eligible households in meeting energy needs by supplementing the cost associated with their primary heat source. Applications are accepted through Friday, Nov. 12.

The Crisis Assistance Program is designed to help households overcome energy emergencies that cannot be met by other resources.

An energy emergency is determined when a household has no heat or is in imminent danger of being without heat. Tuesday, March 15, 2022 is the deadline to apply for Crisis Assistance.☀



Learn more at FairfaxCounty.gov/FamilyServices/Public-Assistance-Employment-Services.

Winter Weather Is Around the Corner*from the Office of Emergency Management*

Winter weather storms create a higher risk of auto accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks. Follow the tips below to be safe this winter:

- ◆ Stay off roads if possible. If trapped in your car, then stay inside.
- ◆ Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Signs of frostbite and hypothermia:

- ◆ Frostbite causes loss of feeling and color around the face, fingers, and toes. Signs of frostbite are numbness, white or grayish-yellow skin, firm, or waxy skin.
- ◆ Hypothermia is an unusually low body temperature. A body temperature below 95 degrees Fahrenheit is a medical emergency. Signs of hypothermia are shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.

Strenuous Activities:

- ◆ Reduce risk of a heart attack by avoiding overexertion when shoveling or walking in snow.
- ◆ Help firefighters by keeping fire hydrants clear of snow—but no overexertion.

Winter Weather Terms

Winter Weather Advisory. Issued for accumulations of snow, freezing rain, freezing drizzle, or sleet that causes significant inconveniences and, if caution is not used, may lead to life-threatening situations.

Winter Storm Watch. Alerts the public to the possibility of a blizzard, heavy snow, freezing rain, or heavy sleet. Watches are usually issued 12 to 48 hours before the beginning of a winter storm.

Winter Storm Warning. Sent out when hazardous weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.☀

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 Oct. 20 COA meeting, a panel of county staff shared how they are working with community groups and provided outreach tips.

The BOS has approved a new timeline for the SHAPE the Future of Aging Plan development process. Phase 1 includes administering a Community Assessment Survey for Older Adults in early 2022. In support of that survey, the COA is developing communication strategies for commissioner outreach in individual magisterial districts.☀

COA Meeting, Wednesday, Nov. 17, 1 p.m.

The COA continues to meet virtually this month.

Join from PC, Mac, Linux, iOS or Android:
<https://us06web.zoom.us/j/85340213287>

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 In-Person 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, (VICAP), 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.



Medicare open enrollment began Friday, Oct. 15 and runs through Tuesday, Dec. 7. During this time, you can join or switch a Part D prescription drug plan or a Medicare Advantage plan. Your coverage will begin on Jan. 1, 2022.

1. **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
2. **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
3. **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
4. **Friday, Nov. 19, 2–3:30 p.m.**
Medicare 101, Virtual
Reston Community Center, Reston
Contact: Cassie Lebron, 703-390-6157

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Medicare Workshops

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5. Tuesday, Nov. 30, 1:30–3 p.m.

Medicare 101, Virtual

Burke Centre Library, Burke

Register:

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

Questions? Call the VICAP line at 703-324-5851 or email DFSVICAP@FairfaxCounty.gov.*

Open Season Health Event for Federal Employees and Retirees

Saturday, Nov. 20, 10 a.m.–1 p.m.

Presented by Congressman Gerald E. Connolly

To be held in-person at 12000 Government Center Parkway, Fairfax

*This event is separate from VICAP. For complete details, call 703-256-3071.**

What Older Adults Need to Know About COVID-19 Boosters

from the Fairfax County Department of Health

The Fairfax County Health Department is now offering booster doses of the Pfizer-BioNTech COVID-19 vaccine to those who are eligible. That includes people 65 years and older and residents in long-term care settings who received their initial Pfizer-BioNTech doses at least six months ago.

Others eligible for a booster dose include:

- ◆ People aged 50-64 years with underlying medical conditions should receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least six months after their Pfizer-BioNTech primary series.
- ◆ People aged 18-49 years with underlying medical conditions may receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least six months after their Pfizer-BioNTech primary series, based on their individual benefits and risks.
- ◆ People aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of Pfizer-BioNTech's COVID-19 vaccine at least six months after their Pfizer-BioNTech primary series, based on their individual benefits and risks.

At this time, only those who initially got the Pfizer-BioNTech COVID-19 vaccine should get the Pfizer-BioNTech COVID-19 booster shot. Booster doses

are not available for those who received the Moderna and Johnson & Johnson vaccines.

Immunocompromised People Encouraged to Get Additional COVID-19 Vaccine Dose

Immunocompromised individuals, including those with certain medical conditions or people receiving immunosuppressive medications or treatments, are eligible to receive an additional dose of the Moderna or Pfizer-BioNTech vaccine. This third dose increases protection for those who may not have sufficient immunity after the primary series.

Additional doses are available for those who received their second vaccine at least 28 days prior. The additional dose should be the same vaccine as the primary series. Find vaccine at [Vaccines.gov](https://www.vaccines.gov).

There Are Many Ways to Get Vaccinated

Eligible individuals can receive vaccine from pharmacies, medical providers, hospitals, and the Fairfax County Health Department. Find locations at [Vaccines.gov](https://www.vaccines.gov). Walk in services are also available from the Health Department. Find walk-in hours and location and pop-up vaccine clinics at [FairfaxCounty.gov/Health/Novel-Coronavirus/Vaccine/Registration](https://www.fairfaxcounty.gov/Health/Novel-Coronavirus/Vaccine/Registration). For more information: [FairfaxCounty.gov/Covid19](https://www.fairfaxcounty.gov/Covid19) or [CDC.gov](https://www.cdc.gov).*

VOLUNTEERING**Meaningful Ways to Volunteer and Help Our Community**

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

The Lamb Center

The Lamb Center is a daytime, drop-in, homeless shelter for individuals who are experiencing homelessness in Fairfax, Virginia. They provide meals, showers, employment opportunities, housing, job counseling, and more. The following donations are needed: backpacks, bottled water, paper towels, bath towels, winter hats and gloves, and men's white undershirts. Please drop items off at 3160 Campbell Dr., Fairfax, between 7:30 a.m.-12:30 p.m., Monday-Saturday. For more about the Lamb Center, visit TheLambCenter.org or call 703-691-3178.

Volunteers Needed for the 2022 Filing Season

The Volunteer Income Tax Assistance (VITA) program needs volunteers: greeters, interpreters (including ASL), screeners, and tax preparers. No tax training is needed for greeters and interpreters. Free training (classroom and on-line) is available for screeners and tax preparers. The VITA program offers free income tax preparation and filing services to individuals and families who earned \$57,000 or less in 2021. Opportunities are available throughout Fairfax and Prince William counties. Flexible hours to include evenings and weekends. Sign up at NVACash.org and select "Volunteers." Contact Mal.Williams@FairfaxCounty.gov or call 703-533-5702 for more information.

Adopt-A-Family—Department of Family Services

Would you like to help families during the holiday season and/or at other times of the year? The Adopt-a-Family Program was developed to help children and families in need with clothing, food, toys, and gift cards for the holidays. It supports families who are working with the Department of Family Services. With the help of community donations, this program has expanded its mission to help

many families in times of need, not just during the holidays.

If you'd like to help in the short-term, or throughout the year, please contact Krissa Slone at Krissa.Slone@FairfaxCounty.gov, or 703-324-7751. The deadline for receipt of holiday donations is December 15. All items must be unwrapped. For more information, go to <http://bit.ly/DFS-AAF>.

Court-Appointed Special Advocates

Court-Appointed Special Advocates (CASA) provides volunteer advocates to children who've experienced abuse and neglect and are referred by the Juvenile and Domestic Relations District Court. Volunteers must commit to an assigned child(ren) throughout the life of the case (an average of two years). They must visit them twice monthly. The CASA volunteer is often the only consistent adult in that child's life. The first step is attending an information session. Sessions will be held on Monday, Nov. 1, Tuesday, Nov. 16, Tuesday, Nov. 30, Tuesday, Dec. 7, and Tuesday, Dec. 21. Please email Volunteer@CASAFairfax.org for more information or visit FairfaxCASA.org.

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. Contact Francesca Watson at Francesca.Watson2@FairfaxCounty.gov or call 703-324-7459.✱

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☀

Opportunity to Advocate for People with Disabilities

Are you passionate about advocating for the inclusion of people with disabilities in the Fairfax community? Join 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.

FA-DSB meetings are generally held on the second Monday of the month from 7-9 p.m. Interested prospective Disability Service Board Members can learn more about FA-DSB's mission, activities, as well as upcoming and past meeting information on the website. Interested in serving on the FA-DSB? Contact your district Supervisor. Questions? Email Disability Rights and Resources at DisabilityRights@FairfaxCounty.gov☀

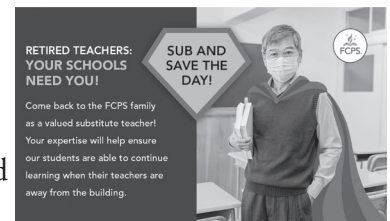
Become a Substitute Teacher and Save the Day!

Fairfax County Public Schools is looking for enthusiastic, engaged, and dedicated substitute teachers.

Substitutes help students thrive when their teacher has to be out of the classroom, and are essential members of every school's team.

The first step to becoming an FCPS substitute teacher is to fill out an application. Once an interested candidate's application, orientation, and background check are completed and approved, hired substitutes can expect to step into a classroom within a week.

To learn more about the application process and requirements, go to <https://bit.ly/36qDhoX>☀



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Adult and Aging Services
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Fairfax, VA 22035-1104

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NOVEMBER COMMUNITY CALENDAR

Thursday, Nov. 11, 9 a.m.-4 p.m., Honoring Our Nation's Veterans, Mt. Vernon, Veteran's Day, Free—for all active duty, former, or retired military personnel only.

For specific information and required tickets, call 703-780-2000, Monday through Friday, 9 a.m.-5 p.m. You may also email Questions@MountVernon.org.

Thursday, Nov. 18, Searching for Cherokee Ancestors, 7:30-9:00 p.m., Virtual, Fairfax Genealogical Society, Free

Virtual lecture by Kathie Forbes, citizen of the Cherokee Nation. Learn about the history of the Cherokee, and the resources to find and document a possible Cherokee ancestor. For more information and to register, go to FXGS.org.

Saturday, Nov. 20, 10 a.m.-5 p.m. and Sunday, Nov. 21, 10 a.m. -3 p.m. Holiday Craft Show, Fairfax High School

Artisans from all over the United States including many local artists, will be participating in this year's 35th show. There is something for everyone on your shopping list. Address: 3501 Lion Run, Fairfax. Admission is \$5 or two-day pass is \$8.

Sunday, Nov. 21, Afternoon Tea Program, Family History, 1-3 p.m., Green Spring Gardens

Celebrate familial bonds throughout history and learn about influential families that have shaped the world. Hear about murderous royal relatives and epic family feuds and consider whether blood is always thicker than water! Full tea is \$38 per person. Program-only is \$15. Call 703-941-7987 to register or purchase tickets.

Monday, Nov. 22, Twilight Hilltop Tour, 4-5 p.m., Historic Huntley

Huntley sits high on a hill overlooking Hybla Valley and Huntley Meadows Park. It's a dramatic setting and even more stunning by the setting sun. Dress appropriately for the weather. The cost is \$8 per person. For more information and to register, call 703-768-2525.

Saturday, Dec. 4, Noon-6 p.m., Festival of Lights, Fairfax Old Town Square, Free

Come listen to live holiday music and enjoy s'mores and hot cider! Join in the caroling and see the Christmas tree lighting at 5:30 p.m. Address is 10415 North St.

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