

# Golden Gazette

[www.FairfaxCounty.gov/OlderAdults](http://www.FairfaxCounty.gov/OlderAdults)

## Shining a Light on Volunteering

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

Spring is a time for growth and appreciating the beauty around us. This season appropriately coincides with National Volunteer Month. Every April, we recognize and honor the beautiful ways volunteers make our communities better. National Volunteer Week was established by the U.S. government in 1974, and later expanded to National Volunteer Month. This initiative has since been adopted globally by other countries. This year’s National Volunteer Week is April 17-23, and the Points of Light organization reminds us that it’s a time for “shining a light on the people and causes that inspire us to serve.”

Meet Mujeeb Chowdhry, a gentleman who shines his light wherever he goes and exemplifies what it means to be a compassionate volunteer. He smiled as he shared, “I like volunteering with Fairfax County. It’s very organized and there are so many options.”

Mujeeb arrived in the U.S. from Pakistan in 1997 and lives in Centreville with his wife, Seher (originally from London), their two children, and his 86-year-old mother. His son is a junior in college and his daughter is a high school senior. His devoted mother relies on the family for transportation and other needs. His father, a former petroleum engineer, lived with them until his death in 2016. Mujeeb

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Volunteer Mujeeb Chowdhry (family photo)

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

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

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## GOLDEN GAZETTE

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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.

## 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](mailto:DFSGoldenGazette@FairfaxCounty.gov) or call **703-324-GOLD**.

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understands and empathizes with the needs of older adults and others. “The struggles that my parents have faced helped me help others, too.”

Mujeeb prioritizes being of service to others as a volunteer while being dedicated to his long career as an IT specialist at the National Archives and Records Administration. He explained that as a Muslim, his religion teaches the importance of helping others. He described three levels of service: helping immediate family members; helping extended family, friends, and neighbors; and helping strangers.

As a disaster relief volunteer with Humanity First, Mujeeb wore hazmat suits for four days in 2012 while cleaning flooded, moldy basements and a park in New York City, after Hurricane Sandy. Four years later, he did it again. This time, in Jacksonville, Florida, for two days helping to clean up after Hurricane Matthew.

In 2017, Mujeeb took a multi-day course to become a vetted volunteer with the Department of Family Services’ (DFS) Domestic and Sexual Violence Services (DSVS) and has continued to attend annual trainings. Under DSVS, Mujeeb participated as a volunteer in the Anger & Domestic Abuse Prevention & Treatment (ADAPT) program, a compassion-focused program that teaches emotional regulation skills. During the 18-week program, he provided supportive help to an Afghan male participant. The course included three hours in class and one hour of homework, weekly. He interpreted and translated in Urdu (one of four languages he speaks) for a total of approximately 72 hours over 4 ½ months. He would drive long distances after work, from his then-office in Maryland to volunteer with the ADAPT program.

Mujeeb continues to find new ways to volunteer in the community. In early 2018, he registered and completed the steps required to be a DFS Volunteer Solutions volunteer. His first role was as a Meals

on Wheels driver, and he delivered meals monthly. Since that time, he’s taken on additional roles as a medical transportation driver and grocery shopper for several older adult clients. He’s been instrumental in reducing social isolation, connecting them with necessary services and supplies, and even utilizes his Hindi-speaking skills.

Under Volunteer Solutions, Mujeeb also delivered Thanksgiving meals and boxes of food to Meals on Wheels recipients two days before the holiday. On Thanksgiving Day, he and his family went to Reston Community Center to sort non-perishable food for a local food pantry. That same week, he and his family cooked and delivered food to a neighbor they know personally.

Interwoven throughout these years, he’s carved out time as a volunteer secretary at his mosque, taking notes, and planning events, and teaching teens twice a month at Sunday School.

When you speak with him it’s apparent Mujeeb doesn’t do these things for accolades. He volunteers because his actions improve others’ lives. Communities are better because of volunteers who give the invaluable gift of their time. It may not be glamorous, but it can be deeply rewarding.

If you are interested in volunteering for Volunteer Solutions, Domestic and Sexual Violence Services, or in any other capacity within Fairfax County go to [bit.ly/FFXVOLUNTEER](https://bit.ly/FFXVOLUNTEER). ✨



## George Mason Seeks Participants for Dementia Care Partner Study

by Kathleen Thomas, Department of Family Services

George Mason University (GMU) Department of Social Work invites care partners who are caring for a loved one with dementia to participate in Mason CARES, a research study about care partner stress-management. The program aims to reduce care partner stress/burden and increase care partner well-being.

According to the Alzheimer's Association, family care partners provide more than 80% of the daily care of older adults in the U.S. In 2019, more than 16.1 million unpaid family care partners of people with dementia assumed caregiving tasks because of declining cognitive and physical functioning among older adults. They report there is evidence that affordable interventions can be effective in reducing care partner stress and increasing care partner well-being for families challenged with dementia.

Care partners are invited to enroll in the 9-week evidence-based Stress-Busting Program (SBP) for Family Caregivers™. The virtual program will include support to caregivers from the George Mason University Mason CARES team. George Mason Cares will collect information about stress and well-being before, during, and after the study ends. Upon completion of the SBP, the team will follow up with continued support for one month. Time commitment will be no more than 30 – 90 minutes per week depending on weekly activities. All participating care partners will receive:

- ◆ Materials for the SBP including access to the recordings and equipment
- ◆ Information regarding Music & Memory®, a program that improves the quality of life of persons living with dementia by using personalized music to access long-held joyful memories and positive emotions, and needed equipment including:
- ◆ An MP3 player, headphones, iTunes gift card, and assistance building a personalized playlist.

- ◆ \$50 for completing the study

Care partners interested in participating can visit <https://gerontology.socialwork.gmu.edu/masoncares/> for more information and to begin the registration process. For additional questions regarding the Mason CARES program, please contact the Mason CARES team: [gerorsch@gmu.edu](mailto:gerorsch@gmu.edu) or call 571-492-4188. ☀



## Mature Living: Focus on Food

This episode, which will run February through April, focuses on Food Inside and Outside of the Home and the resources available to help older adults and adults with disabilities eat a well-balanced, nutritious diet.

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.
- ◆ Tuesday at 11:30 p.m.
- ◆ Wednesday at 4 a.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 a.m., 4 p.m. and 11 p.m. ☀

## Understanding Long-Term Care Facility Inspection Reports

by the Northern Virginia Long Term Care Ombudsman Program

All long-term care facilities are inspected or “surveyed” on a regular basis to ensure they are complying with regulations and standards of care. These inspection reports are available to consumers online, and each facility is required by law to make the latest state inspection report available for examination in a place readily accessible to everyone. The reports provide valuable information about a facility’s deficiency citations in particular areas, and what actions they took to resolve the deficiencies. This information can also be useful for anyone researching a specific facility if they are considering long-term care options for themselves or a loved one.

Nursing facility surveys can be found through the “Care Compare” tool located on Medicare’s website, as well as through the state survey agency, Virginia Department of Health Office of Licensure and Certification. Assisted living facilities inspection reports can be found on the Virginia Department of Social Services website, <https://www.dss.virginia.gov/facility/search/alf.cgi>.

The Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) can also assist consumers in interpreting inspection reports and can provide aggregate complaint data for specific facilities located in the City of Alexandria, Arlington County, Fairfax County, and Loudoun County.

As a mandated program under the Older Americans Act, the NVLTCOP is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life.

For more information about inspection reports and complaint data, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, TTY 711, or contact by email at [NVLTCOP@fairfaxcounty.gov](mailto:NVLTCOP@fairfaxcounty.gov). ☀



## Getting The Care You Need (A Guide for People with Disabilities)

*Disability Rights and Resources*

The Centers for Medicare and Medicaid Services has published a guide - Getting The Care You Need (A Guide for People with Disabilities), which offers information and checklists to assist people with disabilities in receiving the healthcare they need. According to the guide, people with disabilities have the right to access the same medical services as everyone else. This means providers:

- ◆ Shouldn’t deny you medical care or services because buildings, exam rooms, or equipment aren’t accessible.
- ◆ Should give you information in a way you understand.

The guide talks about understanding your rights, working with providers to get the care and resources you need, what to do if you experience difficulties, and more. Read the full guide here: [www.cms.gov/Files/Document/Getting-Care-You-Need-Guide-People-Disabilities.pdf](http://www.cms.gov/Files/Document/Getting-Care-You-Need-Guide-People-Disabilities.pdf). ☀

## 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 March 16 COA meeting, Colin Brody, Assistant Public Health Emergency Management Coordinator, Health Department, presented a COVID-19 update.

The COA reviewed information-gathering approaches to support the SHAPE the Future of Aging Plan development. Commissioners also discussed COA budget testimony for the BOS FY 2023 Advertised Budget hearings. ✨

### COA Meeting, Wednesday, April 20, 1 p.m.

The COA continues to meet virtually this month.

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

<https://us06web.zoom.us/j/81959886538>

**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> ✨

## Free Virtual 50+ Employment Expo Thursday, April 21

If you are over 50 and looking for employment, you won't want to miss the Virtual 50+ Employment Expo sponsored by the Jewish Council for the Aging.

This is your opportunity to:

- ◆ Network with area employers
- ◆ Attend free workshops
- ◆ Learn new job-search skills

There will be multiple employers with available full-time and part-time salaried job opportunities. Visit for a continually updated list of employers including Fairfax County government.

The expo website also contains a full list of community resources, training, and education information: <https://virtualexpos.accessjca.org>. For questions, email Ann Happ, expo coordinator, at [aHapp@AccessJCA.org](mailto:aHapp@AccessJCA.org). ✨



# SHAPE

the Future of Aging



## Share Your Thoughts!

Take the **Community Assessment Survey for Older Adults in Fairfax County and the Cities of Fairfax and Falls Church**

You can help make aging in Fairfax a healthier and happier experience. This February, the **Community Assessment Survey for Older Adults (CASOA)** will be sent to a random sample of adults, ages 50 and older, to learn about the experience of aging in our area. Your responses will help inform the **SHAPE the Future of Aging plan**, so that services and programs will better meet the needs of older adults.

Make sure your thoughts and insights are considered as plans are made for the future of aging in the Fairfax area. If you receive a survey in the mail, please take a moment to complete and return it.



A Fairfax County, Va., publication. January 2022

Fairfax County is committed to a policy of nondiscrimination in all County programs, services and activities and will provide reasonable accommodations upon request. Please call 703-324-7948 or TTY 711.



## Virtual Scam Jam Set for April 22

From AARP and the Silver Shield Task Force

Knowledge gives you power over scams. Join AARP Virginia and attendees from across the U.S. for a FREE virtual event on Friday, April 22 at 9 a.m. ET. AARP membership is not required.

The 5th Annual Scam Jam will provide reliable, up-to-date insights, and information and resources to better protect yourself and loved ones. With AARP Virginia and the Fairfax County Silver Shield Task Force on your side, you'll be better equipped to stay ahead of scammers. Registration for Scam Jam is required at <http://bit.ly/FfxScamJam>.

To strike back against scammers, AARP Virginia and the Silver Shield Task Force are working together to empower consumers to spot and avoid scams, and to provide support and guidance to victims and their families when fraud happens.



Register and attend Scam Jam to receive a complimentary copy of Mensa® AARP® Challenging Brain Twisters: 100 Logic and Number Puzzles. 🌟

## Building Financial Preparedness Before a Disaster

by the Office of Emergency Management

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergencies. In these stressful times, having access to records is crucial for starting the recovery process quickly and efficiently.



### Preparedness Tips

- ◆ Gather financial, personal, household, and medical information.
- ◆ Obtain property, health, and life insurance if you do not have them. Not all insurance policies are the same so review your policy to make sure the amount and types of coverage you have meets the requirements for all possible hazards.
- ◆ Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the national flood insurance program. Flood insurance takes 30 days to go into effect.

More information: [www.ready.gov/financial-preparedness](http://www.ready.gov/financial-preparedness). 🌟



## Boost Your Financial Literacy With Free Library Programs and Resources

By Christina Paladeau, Fairfax County Public Library

Throughout 2022 Fairfax County Public Library (FCPL) is celebrating literacy in all its forms, showcasing a different type through programs, activities and resources each month. With tax season in full swing, April is Financial Literacy Month at your local library.

### What is Financial Literacy?

According to the President's Advisory Council on Financial Literacy as noted by PBS.org, personal financial literacy is "the ability to use knowledge and skills to manage financial resources effectively" to achieve and maintain financial well-being. It's never too late to boost your financial literacy and benefit from better money management skills; the following library programs and resources will help you do so!

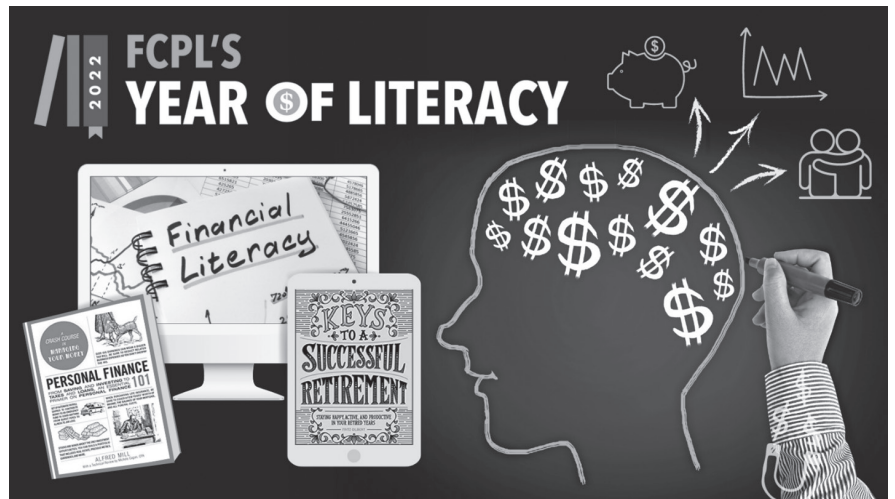
### Free Financial Literacy Month Events

Visit Centreville Regional Library any time in April to participate in a financial literacy scavenger hunt. Turn in your completed form by April 30 for the chance to win a personal finance book.

Join FCPL virtually on Tuesday, April 19, at 7 p.m. for a workshop on saving and investing — including discussion of asset allocation and diversification as well as tips for retirement and how to avoid fraud in the investment world — with Suzanne McGovern of the U.S. Securities and Exchange Commission (SEC). Advance registration is required.

Learn about all aspects of Social Security from an expert during a presentation by AARP at Sherwood Regional Library on Sunday, April 24, at 3 p.m.

For more events like this, check out the library events calendar at [bit.ly/FCPL\\_GG-finance](https://bit.ly/FCPL_GG-finance)



Need tax help, too? Appointments are available through April 16 for AARP Tax Help at Herndon Fortnightly Library and VITA Tax Assistance at Kingstowne Library. Register at [bit.ly/FCPL\\_TaxHelp](https://bit.ly/FCPL_TaxHelp).

### Always-Available Money Management Resources

FCPL cardholders now enjoy fine-free\* borrowing from the library's collection, which includes 500+ books, eBooks and audiobooks on personal finance: [bit.ly/FCPL\\_ReadPersonalFinance](https://bit.ly/FCPL_ReadPersonalFinance). Plus, access curated information, databases, tools and more anytime and anywhere you have an internet connection by visiting the online guide to Finance, Investing and the Economy at [research.fairfaxcounty.gov/finance](https://research.fairfaxcounty.gov/finance).

FCPL's online guide for Adults and 50-Plus at [research.fairfaxcounty.gov/adult](https://research.fairfaxcounty.gov/adult) offers recommended books, programs, recorded presentations and more on a variety of topics.

\*Some special collections, including interlibrary loans, Chromebooks and hotspots, continue to accrue overdue fines. 🌟

## Resources for Family Caregivers

by *Giuliana Valencia, Fairfax Area Agency on Aging*

April is Parkinson's Awareness Month. According to The Parkinson's Foundation, "Nearly one million people in the U.S. are living with Parkinson's Disease (PD)...[and] this is expected to rise to 1.2 million by 2030." Parkinson's Disease is a progressive nervous system disorder that affects movement, and symptoms generally develop slowly over time, according to the Mayo Foundation.

If you are caring for someone who has been diagnosed with PD, it is important to remember that as the disease progresses, your role as a caregiver will change with it. Hence, having a strong support network is essential because it will provide connections and opportunities to learn from others who have experienced similar situations.

Caring for someone with PD takes time. In fact, *The Parkinson's Caregiver: 7 Ways to Help Your Loved One* from Johns Hopkins Medicine, recommends educating yourself to have a better understanding of the disease; attend doctors' appointments, ask questions and take notes; keep track of changes and new symptoms, and make sure medications are taken accordingly.

To learn more about Fairfax County Family Caregiver Support Programs, contact our Aging, Disability, and Caregiver Resource Line at 703-324-7948.

### Living Better with Parkinson's Disease - Caregiver Webinar

Drew Falconer, M.D., director of the Inova Parkinson's and Movement Disorders Center, a board-certified neurologist, and a fellowship-trained movement disorders specialist, will provide caregivers with a basic clinical understanding of Parkinson's Disease.

He will also provide an understanding of what it feels like to live with Parkinson's as a patient and share tips and resources to help make life with

Parkinson's less challenging.

Join us on Wednesday, April 20, from Noon-1 p.m. Online Registration: <https://bit.ly/CAREWEB1> or call 703-324-5484.

### Yoga and Meditation for Stress Reduction - Caregiver Workshop

In this session, caregiver wellness coach Lucy Gerland, will lead us into Chair Yoga moves and simple meditation to help relieve stress and bring calm and focus to your day.

Lucy understands caregivers and their needs on a very personal level as she took care of both of her parents and is beginning a caregiving journey for another relative.

Join us on Friday, April 8, from Noon-1 p.m. Online Registration: <https://bit.ly/StayingWell-123> or call 703-324-5484.

### Mindfulness in the Kitchen- Caregiver Workshop

Staying in the present moment reduces stress, improves memory, and (best) invokes gratitude. Preparing food offers a beautiful opportunity to come into the present.

While demonstrating how to prepare a simple whole grain meal, cookbook author Cynthia Lair will share exercises on how to use all five senses to calm the mind, focus attention, and prepare better tasting food.

Cooking with this intention improves our relationship to food, our cooking skills, and our sense of well-being. Lair has written three cookbooks, given a TEDx talk on "How to Cut an Onion", and was the host of the YouTube series *Cookus Interruptus*.





Join us on Friday, April 29, from Noon-1 p.m.  
Online Registration: <https://bit.ly/StayingWell-123>  
or call 703-324-5484.

### **Inova Parkinson's and Movement Disorders Center**

As part of an international effort to raise awareness for Parkinson's Awareness Month in April, the Inova Parkinson's and Movement Disorders Center is hosting a virtual Parkinson's resource fair on April 13.

Throughout the year, they will also offer a variety of educational, wellness and supportive programs for people with Parkinson's, their families and friends, and professionals. The Inova team of movement disorders specialists always provides comprehensive, patient-centered care, as every patient is unique and should have their own individualized treatment plan.

For more information, please contact [sonia.gow@inova.org](mailto:sonia.gow@inova.org) or go to [inova.org/move](https://inova.org/move). ☀

## **Classes from ElderLink**

Call 703-324-5374, TTY 711, for a free caregiver consultation, 8 a.m. and 4:30 p.m., Monday through Friday.

### **Caring for You, Caring for Me**

Thursdays, April 21-May 19, Noon-2 p.m. Free. This signature program of the Rosalynn Carter Institute for Caregivers 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.

### **Virtual Live Well: Chronic Disease Self-Management**

Mondays, April 4 through May 9, 2-4 p.m. Free. Don't let ongoing health problems stop you from living the life you enjoy. Fairfax County's Virtual Chronic Disease Self-Management Program is a six-week group interactive workshop series for individuals who are interested in learning how to live better by effectively managing their ongoing health conditions. Learn positive strategies for better overall health, such as managing pain and fatigue, sleeping and eating better, increasing physical activity and so much more! Connect with others managing similar concerns. Classes offered via Zoom. Space is limited, and preregistration is required. For more information, please call Dianne Duke at 703-324-7721, TTY 711, or register at: <https://tinyurl.com/CDSMP123>.

### **Walk with Ease**

Thursdays, April 14-May 19, 10:30-11:30 a.m. Free. This program, created by the Arthritis Foundation, allows you to walk at your own pace 3 x week. We will meet weekly to discuss successes, challenges, encourage one another, and learn information to stay healthy. Receive free guidebook and access to online resources. Class offered via Zoom. Contact Dianne Duke at 703-324-7721 or visit <https://tinyurl.com/ElderLinkWWE>. ☀

## Disclosure of Sexual Violence in Later Life

by Abby Picard, DFS Domestic and Sexual Violence Services

Sexual violence can impact people of any age. Some older adults who experienced sexual violence as children or young adults may disclose their experience for the first time later in life.

Many older adults grew up with a more rigid understanding of gender roles and sexuality than younger generations. Additionally, norms around consent in previous decades often kept people from reporting their experiences, or even thinking of them as assault or abusive.

Some examples of how these ideas impact older adults may include the belief that sexual abuse or rape cannot happen between married partners or that women do not have sexual agency and should be submissive to men's sexual desires. Older adults are also less likely to have received sex education as a teenager or young adult, and therefore have a limited understanding of consent (e.g., "Well I never said 'no,' so it wasn't really rape."). Ideas about sex and sexuality are also impacted by a person's religion or spiritual practice, cultural heritage, and family history, some of which can vary across a person's life.

Delayed disclosure is commonly seen with survivors of childhood sexual abuse, or abuse which took place before the age of 18. It refers to children who experience sexual violence taking a longer time to talk about what happened to them than people who experience sexual assault or abuse as adults. The average age at which survivors of childhood sexual abuse disclose their experience is 52 years old, and many victims never tell anyone what happened to them.

It has been long-documented that when survivors of sexual violence talk about what happened to them, others feel safer disclosing their own victimization, particularly if they are met with support. This is often seen in families. When one family member comes forward, others follow. Some older adults may disclose their experience after a younger family



member, such as a child or grandchild, talks about their own experience with sexual assault.

Regardless of when in a person's life they experienced sexual violence, it can be difficult to talk about their experience. If an older adult tells you about their experience, here are some tips on how to show support:

- ◆ Thank the person for trusting you enough to tell you this information.
- ◆ Tell the person you believe them, and that the violence was not their fault.
- ◆ Avoid dismissing what they share as them being "confused" or assuming what they say is due to diminished mental capacity.
- ◆ Avoid asking why they never told anyone; instead tell them you are grateful they told you now.
- ◆ Let the person know there are resources available if they would like to talk about what happened, including the Domestic and Sexual Violence 24-Hour Hotline (703-360-7273).
- ◆ If the assault was recent, offer to contact Adult Protective Services (703-324-7450) with the survivor to seek out additional resources. ☀

## Tips for Preventing Hypertension

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

According to the American College of Cardiology/American Heart Association, a normal blood pressure level is less than 120/80 mmHg. Blood pressure is measured using two numbers. The first number is systolic blood pressure, which measures the pressure in your arteries when your heart beats. The second number is called diastolic blood pressure, which measures the pressure in your arteries when your heart rests between beats. Our blood pressure changes throughout the day based on our activities. Having blood pressure measures consistently above normal may result in a diagnosis of hypertension. Hypertension is a major preventable risk factor for heart disease and stroke which are the first and fifth leading causes of death for Americans.

The Centers for Disease Control and Prevention (CDC) provides helpful tips on how we can prevent hypertension and lower our risk for heart disease and stroke:

### Eat a Healthy Diet

A diet rich in fruits, vegetables, whole grains and lower in saturated fat and sodium (salt) is recommended. The DASH (Dietary Approaches to Stop Hypertension) eating plan is proven to lower blood pressure. It emphasizes the following:

- ◆ Eating vegetables, fruits, and whole grains
- ◆ Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- ◆ Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and oils such as coconut, palm kernel, and palm oils
- ◆ Limiting sugar-sweetened beverages and sweets

When making changes to your diet, starting with small changes may help you stay motivated. For example, instead of omitting all added sugars from your diet, make gradual changes such as replacing your sweetened desserts with fresh fruit three times a week.

### Maintain a Healthy Weight

Being overweight or obese is a risk factor for hypertension and other diseases. Talk to your health care provider about ways to achieve and maintain a healthy weight, including through a healthy diet and increased physical activity.

### Be Physically Active

The Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services recommends that adults aim to get at least 30 minutes of moderate-intensity exercise, such as brisk walking or bicycling, five days a week. For older adults, physical activity reduces the risk of fall related injuries. Participating in a class like Matter of Balance, SAIL, Bingocize, Yoga, or Zumba, at your local senior center is a great way to increase physical activity. Always check with your health care provider before embarking on any new exercise regimen.

### Do Not Smoke

Smoking is not just harmful to your lungs but also increases your risk of heart disease, heart attack and stroke.

### Limit Alcohol

Drinking too much alcohol can increase your blood pressure. Men should have no more than two alcoholic beverages a day while women should have no more than one alcoholic beverage per day.

### Get Enough Sleep

Not getting enough sleep can raise our risk of heart disease, heart attack and stroke. Habitual short sleep duration (less than 7 to 8 hours) has also been linked to higher body mass index and weight gain. The appetite regulation hormones, leptin and ghrelin, can be affected by inadequate sleep.

More information about high blood pressure can be found at [www.cdc.gov/bloodpressure](http://www.cdc.gov/bloodpressure). ☀

## Providing Hope and Kindness

by Tanya Erway, Volunteer Solutions' Recruitment Coordinator

Are you looking for a way to lift your spirits and help someone else, too? There are many ways to spread kindness in our community. Learn about these volunteer opportunities below, or several others at [bit.ly/FFXVOLUNTEER](http://bit.ly/FFXVOLUNTEER).

### Volunteer Solutions

Department of Family Services' Volunteer Solutions offers various opportunities to provide support to older adults, adults with disabilities, and family caregivers. Do you enjoy socializing or driving? Would you like to help as a grocery shopper? Are you organized and efficient with household tasks? If you prefer group settings, senior centers have various needs for activity leaders, instructors, entertainers, and assistants. Skilled volunteers are needed in these areas and more: fitness, English as a Second Language (ESL), American Sign Language (ASL), arts & crafts, and music. Are you bilingual? You're needed, too! To learn more and register go to [bit.ly/FXVSVOL](http://bit.ly/FXVSVOL), email [VolunteerSolutions@FairfaxCounty.gov](mailto:VolunteerSolutions@FairfaxCounty.gov), or call 703-324-5406.

### Befriend-A-Child Program

Department of Family Services needs mentors throughout Fairfax County for children, 5 to 12 years old. Males 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 per month with their mentee and participate in monthly group outings.

Fill your time in a fun, new way, while making a positive impact on a child. Go to [bit.ly/DFSBAC](http://bit.ly/DFSBAC). Questions? Call a Befriend-A-Child Program Coordinator at 703-324-7072, or email Tiffani. [Peguese2@fairfaxcounty.gov](mailto:Peguese2@fairfaxcounty.gov) or [EmilySwenson2@fairfaxcounty.gov](mailto:EmilySwenson2@fairfaxcounty.gov).

### 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 classroom instructors to help empower elementary students with the tools they need to prevent or interrupt child abuse and exploitation. Training is provided. Visit [bit.ly/BodySafetyProgram](http://bit.ly/BodySafetyProgram) or contact Francesca Watson at [Francesca.Watson2@FairfaxCounty.gov](mailto:Francesca.Watson2@FairfaxCounty.gov), or 703-324-7459.

### Humane Society of Fairfax

The Humane Society of Fairfax needs volunteers to help in their Second Chance Thrift Store at 4055 Chain Bridge Rd, Fairfax. Hours are flexible between 10am- 3pm, Monday through Friday, or until 4pm on Saturday. Volunteers are also needed to socialize with cats and dogs. Apply at [hsfc.org](http://hsfc.org). Email [outreach@hsfc.org](mailto:outreach@hsfc.org) for more information

Submit county volunteer opportunities to Tanya Erway at [Tanya.Erway@FairfaxCounty.gov](mailto:Tanya.Erway@FairfaxCounty.gov).



*A Body Safety volunteer facilitator in a classroom*

## 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](http://ShepherdsCenter-Annandale.org)
- ◆ **Fairfax/Burke**  
703-323-4788, [SCFBVA.org](http://SCFBVA.org)
- ◆ **McLean/Arlington/Falls Church**  
703-506-2199, [SCMAFC.org](http://SCMAFC.org)
- ◆ **Oakton/Vienna/Reston/Herndon/Great Falls**  
703-281-0538, [SCNOVA.org](http://SCNOVA.org)
- ◆ **South County**  
703-799-0505, [SCSC-Transport@Verizon.net](mailto:SCSC-Transport@Verizon.net)
- ◆ **Western Fairfax County**  
703-246-5920, [SCWFC.org](http://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](http://HerndonVillageNetwork.org)
- ◆ **Mount Vernon at Home**  
703-303-4060; [MountVernonAtHome.org](http://MountVernonAtHome.org)
- ◆ **Reston Community Center**  
703-390-6198; [RestonCommunityCenter.com/About-Reston/rcc-Rides](http://RestonCommunityCenter.com/About-Reston/rcc-Rides) ☀

## Vietnamese and Korean Speakers Needed as Election Officers

*from the Fairfax County Office of Elections*

The Fairfax County Office of Elections needs additional bilingual election officers to assist voters in the June primary and November general elections.

Specifically, registered Virginia voters who speak Vietnamese and English fluently or Korean and English fluently are needed to serve in the areas Annandale, Centreville, Chantilly, and Falls Church.

You will perform all regular election officer duties, including assisting most voters in English, but will be assigned to precincts with a significant number of voters who may primarily speak Vietnamese or Korean. To serve as a designated bilingual election officer, you must also complete a short oral language skills assessment.

Fairfax County is the largest voting jurisdiction in Virginia with 247 precincts countywide. It takes thousands of enthusiastic and trained election officers to ensure that we have efficient and well-run elections. Compensation begins at \$175 and training is provided online for new officers.

To apply: <https://www.vote4fairfax.com/apply/> (be sure to indicate if you speak Vietnamese or Korean)

More information: <https://www.fairfaxcounty.gov/elections/officers/new-officers>

Videos: [Become a Fairfax County Election Officer](#)

- ◆ Korean language: <http://bit.ly/koreanofficers>
- ◆ Vietnamese Language: <http://bit.ly/vietnameseofficers> ☀

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## APRIL COMMUNITY CALENDAR

### Women's Softball

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. We play on Wednesday evenings and Saturday mornings in Vienna. For more information, please call visit our web site [www.goldengirls.org](http://www.goldengirls.org) or call 571-261-9163.

### Medicare Workshops

#### Tuesday, April 12 – In-Person (limited seating)

Noon to 1:30 p.m.  
Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191  
Contact: Cassie Lebron, 703-390-6157

#### Monday, May 23– In-Person (limited seating)

7 to 8:30 p.m.  
Centreville Baptist Church, 15100 Lee Hwy, Centreville, VA 20120  
Contact: Robert Lee, [cornwallee@aol.com](mailto:cornwallee@aol.com) or 571-212-8097

#### Tuesday, May 24 -- Virtual

Noon to 1:30 p.m.  
Reston Community Center, Reston, VA 20191  
Contact: Cassie Lebron, 703-390-6157

#### Thursday, June 2, Virtual

Noon to 1:30 p.m.  
Tall Oaks Assisted Living, Reston, VA 20190  
Contact: Leslye Lawson, 703-834-9800, or [llawson@talloaksal.com](mailto:llawson@talloaksal.com). Register online at <http://talloaksal.com/Know>

### Musical Styles Along the Crooked Road: Crooked Road Royalty

March 20 - September 6, Free  
Fairfax Museum and Visitor Center  
10209 Main Street, Fairfax, Virginia 22030

Crooked Road Royalty showcases the long history of picking and singing in the mountains. Visitors can explore the rich variety of roots music in western Virginia.

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