



Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Dr. Heisung Lee, Agent of Change

by Gwen Jones, Department of Family Services

More than 50 years after emigrating from Korea, Dr. Heisung Lee has established deep roots in her chosen country and community. In addition to raising a family in Fairfax County, Dr. Lee is the founder of and driving force behind the successful Central Senior Center (CSC) in Centreville, VA. The CSC has served thousands of Korean older adults in the Northern Virginia area, creating community among a population vulnerable to isolation. Even more remarkable is that Dr. Lee accomplished this as a volunteer.

In 1971, Heisung Lee came to the United States from Korea to complete an internship in dietetics, the study of diet and its effects on health. After completing an internship in Richmond, VA, she accepted a job at St. Mary's Hospital in Richmond. Dr. Lee recalls this time in her life as both exciting and challenging. She was a young woman alone in a new country, removed from everything and everyone familiar to her, trying

to understand the culture of her new home. Feeling vulnerable, she realized that she had to embrace her independence and trust herself. Through diligent study and hard work, she began to feel at home.



Dr. Heisung Lee speaking at an event celebrating the 20th anniversary of the Central Senior Center. Photo courtesy Dr. Heisung Lee.

Dr. Lee met and married her husband while he was studying dentistry at the Medical College of Virginia. After he graduated, the couple decided to make their home in Fairfax County because of the many job opportunities, excellent schools, and large Korean population.

After settling in Fairfax, Dr. Lee's life became very busy. She and her husband worked hard to establish their careers and got involved in their church while raising two daughters. Dr. Lee worked at Inova Fairfax Hospital and Inova Alexandria Hospital, primarily with older adults. As time passed, she noticed that the average age of the patients she treated was increasing. She developed an interest in how people age, saying, "I

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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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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.

It is our policy that all articles published in the Golden Gazette must be written by employees of Fairfax County agencies or partner organizations.

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?

Do you know a centenarian living in Fairfax County or an older adult who has given back in a significant way? We are always looking for interesting older Fairfax County residents to feature.

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

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wanted to grow old gracefully myself and wondered what the means are to do that?”

To learn more about gerontology, the study of aging and age-related issues, Dr. Lee first enrolled in classes at Northern Virginia Community College, later transferring to George Mason University, where she received her master's degree and certificate for Gerontology in 1996. After class one day, her professor asked if she would be willing to volunteer as an interpreter at a local senior center. Although she was unfamiliar with senior centers, she agreed to help.

Her first visit to the senior center, located in Alexandria, was an eye-opening experience. The older adults attending the center were gathered in a large meeting room for a special presentation. While the English-speaking participants were able to enjoy the presentation, the Korean-speaking residents sat in a corner together talking. Dr. Lee's translation allowed the Korean older adults to join the presentation, but the experience made her wonder, "Wouldn't it be wonderful for Korean seniors to socialize and learn new things in their own language? This is a needed thing for the Korean community."

Dr. Lee continued to visit the senior center to serve as an interpreter, but an idea had taken root in



Fairfax County assists the CSC by providing transportation to the center for members using Fastran busses. Photo courtesy the CSC.



Volunteer-led computer classes at the CSC teach older adults how to become more comfortable and proficient using devices, apps, and other software. Please note: photo was taken prior to the COVID-19 pandemic. Photo courtesy the CSC.

her mind. In 1994, she and a group of older adult congregants asked the board of their church, the Korean Central Presbyterian Church in Centreville, to provide a recreational program for older adults at the church. The board agreed, allowing use of some classrooms, the kitchen, and the church van. With a food budget from the church and an all-volunteer staff, the program opened to older adults in the area. In 1996, Dr. Lee became actively involved in the program. As word of the program spread, hundreds of older adults started attending, some traveling from as far away as Maryland.

As the number of participants increased, Dr. Lee realized that she needed more support, so she contacted Fairfax County's Area Agency on Aging (AAA) for help. The AAA's director at the time, Carla Pittman, was interested in learning more about how Fairfax County could support the needs of the growing Korean older adult population. After meeting with Dr. Lee and touring the church, Pittman helped coordinate transportation and congregate meal assistance for the CSC.

To offset expenses, the CSC began charging a fee for Fall and Spring semester membership. During

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the summer, the church needed the classrooms for children's Bible school, so the CSC closed. The membership fees, along with the church's support, finally allowed Dr. Lee to hire one part-time staff person while she continued to serve as director on a volunteer basis.

The classes offered at the center are diverse and include English classes, fitness classes, music classes and topics requested by participants, including a memorable saxophone class. As personal computers became more common, they also began offering computer classes. Many of the classes are led by young volunteers, such as the grandchildren of participants. Staff and volunteers have also developed a database of the members to stay connected and help them with their individual needs.

The CSC was greatly impacted by the COVID-19 pandemic. After closing for several months, they began offering virtual classes in 2020. CSC volunteers also offered technology tutoring to members living in senior housing and recruited family members to teach their elders how to use computers so they could join the classes. The CSC was finally able to open in-person but continues to offer some virtual programming. For the Fall 2022 semester, they plan to offer classes two days in-person and one day virtually each week.

Witnessing firsthand how easy it is for older adults to become isolated because they lack computer skills has led Dr. Lee to prioritize technology training, saying, "You cannot deny that our society has become more technology oriented. Everything has changed. They (older adults) don't understand, and it is a barrier." She hopes to conduct a pilot program where five CSC members will be given a device and training to become proficient using the device. The experiment will help her understand the cost and labor required to bring older adults up to speed.

Although Dr. Lee has entertained the idea of retiring, she loves being active and involved in the CSC. She is reassured that when she is ready, she has great staff in place to take over. For now, Dr. Lee will continue to be an agent of change – identifying needs in her community and working to address them. ✨

Mature Living: Continuing Community Connections

COVID-19 has impacted all of us on so many levels and significantly altered the way we connect to one another. In this episode, representatives from three county agencies share how COVID affected their services, and what adjustments they have made to their programs now that we are slowly emerging from the pandemic.

Mature Living host Anne Hall talks with Dianne Duke, Social Work Case Manager with ElderLink, about how her clients have adjusted, and what the future looks like for her agency's programs and services. Rabinder Singh, Adult Programming Assistant with the Fairfax County Public Library, reveals how library programs have been affected, and reveals plans for future programs. Lynne Lott, Director of the Sully Senior Center, tells *Mature Living* producer Fran about how the county's senior centers – how clients and staff have coped during the pandemic, and what they are planning for both in person and virtual programs in the future.

Mature Living can be seen on Channel 1016 on the following days and times:

- ◆ 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 program can also be seen on your computer: FairfaxCounty.gov/cableconsumer/channel-16/mature-living

You can find information on services for older adults at FairfaxCounty.gov/OlderAdults or call **703-324-7948, TTY 711**, Monday-Friday. ✨

Summer Scams

by Melissa Smarr, Silver Shield Anti-Scam Campaign

Scammers never take a vacation. If you are planning a vacation, be aware of scams that target people making plans to travel.

One travel scam involves renting houses near beaches, lakes, and rivers. If you wait until the last minute to book a place to stay, this could increase your chances of being scammed. Make sure you do your research before renting a home. For example: you rent a house for a week-long vacation. You arrive the first day at the house and discover the homeowners are there and have no idea what is going on. Unfortunately, in this example, the people who thought they were renting the house for a good deal have nowhere to stay and have lost the money that they spent on the rental house.

A second travel scam: you arrive late and check into your hotel. Soon after you get to your room, the front desk calls to let you know your credit card has been declined and asks you to provide another credit card number. However, it is not the front desk staff calling you, but a scammer. The scammer could be staying in the hotel or be someone who knows you have checked into a hotel. Sometimes this information is obtained from a social media platform because people will post where they are going on vacation. In some cases, they will post their travel departures and arrivals.

A third travel scam involves room service in a hotel. You try to call for room service and they are closed. You find a flyer in your room for a local restaurant. You call them to place an order, provide your credit card information, and then never receive your food. You are now out the money and hungry too. Unfortunately, many people fall victim to this scam.

Tips to avoid being scammed:

Avoid wiring money. Make payments using a secure method of payment such as a credit card or online payment system. Avoid making a wire transfer to strangers.



Call the front desk. If you receive flyers or other marketing materials, call the front desk to make sure the information is not a scam or go online to check for reviews.

Be cautious about giving out your information. Avoid giving out your credit card information. The front desk staff at the hotel will never call to ask for your credit card number over the phone.

Free vacations aren't free. If you have to provide your credit card number, the vacation is not free.

Contact banks and credit card companies before you travel. Call your bank and credit cards companies to let them know you will be traveling. If a bank or credit card detects suspicious activity, they may decline the transaction. It is better to alert them to your travel plans.

Review your receipts and statements. After you return from vacation, check your credit card and banking statements to make sure they match your receipts. Extra charges may not be fraudulent. If there is an error or an unauthorized purchase, you should report the problem as soon as possible. However, mistakes do happen. ☀

Getting Enough Sleep Matters

by *Giuliana Valencia, Fairfax Area Agency on Aging*

According to the Center for Disease Control and Prevention, more than a third of adults in the United States are not getting enough sleep. Sleep deprivation is a serious issue that has been linked to health problems, such as obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental distress.

For family caregivers, the lack of sleep can be a huge challenge as their sleep routines are closely linked to their loved one's sleep cycles. For people who have Alzheimer's disease or other dementias, experiencing frequent sleep disturbances can be common. The most common form is "sundowning," which causes restlessness, agitation, irritability, and confusion during the late afternoon and lasts into the night.

If you are not getting enough sleep, talk to your doctor to help you identify causes and potential solutions. Have a regular sleep routine and consider having respite help at night. Exercise and avoid caffeine at night. Reach out to our Aging Disability and Caregiver Resource line to learn about our respite programs at **703-324-7948**.

Supporting a Loved One Living with Mental Illness, Caregiver Webinar

Join Lyn Tomlinson, the Deputy Director for the Fairfax-Falls Church Community Services Board, as she shares how to communicate and support your loved one living with mental illness. Learn how to explain mental illnesses such as bipolar, schizophrenia, mood disorders, manic depressive disorders, personality disorders, etc., to family and friends. Learn how you can establish community and support, as well as boundaries and resources.

Join us on Wednesday, August 17, 2022, noon-1 p.m. Online registration: bit.ly/CAREWEB1 or call **703-324-2019**.



36th Annual Caregiver's Conference: Caregiving with Hope and Inspiration

The Northern Virginia Dementia Care Consortium has been educating caregivers since 1986. This year's conference keynote speaker is Peter V. Rabins, MD, MPH, author of "The 36-Hour Day." Join us to become better prepared to provide care and support at home or in a facility, learn new ways to engage individuals with dementia, and visit with exhibitors who offer supportive services. Topics include:

- ◆ Unmasking Alzheimer's: Evaluation, Treatment, and Clinical Trials
- ◆ Communicating With a Loved One With Dementia
- ◆ Meaningful Music, and
- ◆ Celebrating Creativity in Elder Care.

Wednesday, Nov. 9-Friday, Nov. 11, 2022, 10 a.m. to 12:30 p.m. daily (virtual sessions). To learn more about this conference, each day's sessions, speakers, and registration, visit nvdcc.com or call **703-204-4664 ext. 131**.

Fairfax Area Commission on Aging

by Jacquie Woodruff, Fairfax Area Agency on Aging

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

At the July 20th COA meeting, staff from the Department of Neighborhood and Community Services shared their expertise in a discussion about access to mobility options.

Area Plan update/waivers were also presented at the July 20th COA meeting. 🌟

New App Helps Drivers with Disabilities Fill Their Gas Tanks

by Gwen Jones, Department of Family Services

For adults living with a disability, a simple task like filling your tank at a gas station can be a challenge. An app called fuelService is now available to help. Individuals can use the app to see which local gas station can assist them, then fuelService tells the gas station when the individual has arrived and lets the driver know how many minutes it will be until someone assists them.



The fuelService app is free of charge for the user, both to download and use. All costs are paid by fuel companies with any proceeds benefitting research into curing paralysis from spinal cord injuries.

Learn more at fuelService.org or download the app from the Apple Store or Google Play. 🌟

Caregiver Support Group

The Fairfax Adult Day Health Centers invites you to join their family caregiver support groups every 3rd Tuesday of the month, from 10:30 a.m. to noon. In August, the topic will be sundowning. If you wish to attend, please sign onto:

Zoom Meeting: vdh.zoom.us/j/3222872381

Caregiver Alert Notifications

If we can't reach you, we can't alert you! Now, family caregivers can receive email or text notifications of Fairfax County caregiver services and programs. These programs include case management, in-home respite, caregiver support and webinars, wellness workshops, and much more. To sign up, please go to FairfaxCounty.gov/alerts then select Area Agency on Aging/Caregivers. 🌟

Free Classes from ElderLink

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

Caring for You, Caring for Me

**Thursdays, August 25-September 22
1-3 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 is offered in-person at Little River Glen Senior Center, 4001 Barker Court, Fairfax. To register, call Kristin Martin at **703-324-7577** or visit tinyurl.com/CFYCFM4U.

Make an Emergency Kit Using the Tax-Free Weekend!

by Department of Emergency Management and Security

Emergency kits include basic supplies and are tailored to every person's need. You will need additional supplies if your household has children, older adults, individuals with access and functional needs, or pets. Virginia's Sales Tax Holiday (August 5-7, 2022) is a great time to stock up on hurricane and emergency preparedness items, without paying sales tax. Yes, that's right, **NO SALES TAX**. What is included?

- ◆ Hurricane and emergency preparedness items
- ◆ Portable generators
- ◆ Gas-powered chainsaws and accessories

What are you going to buy? First, review the Emergency Kit Checklist in the Community Emergency Response Guide (CERG) at [FairfaxCounty.gov/emergencymanagement/cerg](https://www.fairfaxcounty.gov/emergencymanagement/cerg).

You should include basic supplies and tailor the emergency kit to your needs. Fairfax County recommends every household keep 3-5 days' worth of food, water, and supplies for each member of the household. ✨



Emergency Preparedness in Long-Term Care Facilities – What You Need to Know

by Camden Doran, Long-Term Care Ombudsman

All nursing and assisted living facilities should have a comprehensive emergency plan in place so that people can be protected and supported in times of crisis. A nursing home, by federal law, is required to have evacuation plans in the event of a natural or man-made disaster. Emergency preparedness plans should be tailored to a facility's geographic location and should take into consideration the residents' levels of care. Each facility must also review the evacuation plan with residents, train new employees in emergency procedures, and hold drills and periodic reviews with staff. Assisted living facilities are required by the state to have a similar emergency preparedness plan in place as well. Residents and families should inquire with their specific facility about their plans and ask questions if needed.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program 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 long-term care facilities emergency preparedness requirements, 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. ✨

8 Ways to Keep Burglars Away From Your Home This Summer

by Office of Public Affairs

Do you have a vacation or extended trip on the horizon, especially now that it's summer?

Burglars might be interested to know, too, and they will look for signs you're not home.

1. Do not leave notes on your door stating you are not home! (Yes, this happens.)
2. If possible, keep a vehicle parked in your driveway or regular parking spot.
3. Make your home appear occupied; use timers/apps on lights, TVs or radios to automatically power electronics according to normal daily use.
4. Ask a trusted neighbor, relative, friend or pet sitter to pick up mail and newspapers; remove all flyers, doorknob hangers and advertisements that have been placed at your door or mailbox.
5. Do not leave door keys under flowerpots or doormats, inside an unlocked mailbox, over the doorway or in other obvious places.
6. Consider having someone mow your yard and water your outdoor plants.
7. Keep all doors and windows locked. Apartment dwellers, make sure any sliding glass doors are locked, especially on the ground floor!



8. Avoid posting vacation plans on social media sites, especially more public ones like Twitter. Share photos from your trip only after you return home.

If Your Home is Broken Into

If you or a trusted neighbor, relative or friend discover that your home has been broken into, call the Fairfax County Police non-emergency number at **703-691-2131, TTY 711**, so a police officer can be dispatched to take the report. ☀

Shepherd Centers Offer Free Transportation Services for Older Adults

The Shepherd Centers are a nonprofit organization sponsored by local area congregations, community groups, and individuals to serve adults 50 years and older. The centers offer free transportation for medical appointments and companion trips (e.g. grocery shopping) for adults 50 and older who live in the center's service area and are ambulatory. You must apply for this transportation service. Once accepted into the service, a request for a ride must be made four days in advance.

Individual centers also offer additional programs and services. Visit the website or call the center in your area for more information. Interested in volunteering at a Shepherd Center? Contact a center to learn more:

- ◆ **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/Dunn Loring/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 ☀

Assistance for Older Adults on a Fixed Income

by Gwen Jones, Department of Family Services

If you've visited a store, restaurant or gas station lately, you've probably experienced sticker shock. For older adults on a fixed income, the steep rise in prices is making it difficult to afford even the basics. However, services and programs are available in Fairfax County that can provide some relief to those who qualify.



Food, Financial and Medical Assistance

These programs are offered by the Department of Family Services' (DFS) Public Assistance and Employment Services (PAES) Division. Apply online at **CommonHelp**.

Virginia.gov or by phone at **1-833-522-5582**.

If you have questions or if you need more information, call DFS at **703-324-7500, TTY 711**.

Supplemental Nutrition Assistance Program (SNAP)

SNAP helps you and your family buy food using a special debit card called an EBT card. Money is automatically loaded onto the card, which can be used to buy eligible food items from authorized retailers, including most grocery stores, certain online retailers, and participating farmers markets.

Eligible households with adults over 60 and no earned income can receive benefits for 36 months, which is 12 months longer than what was offered in the past. The dollar amount on the EBT card will vary depending on your household size and income. You can receive credit for medical expenses, which could increase your benefit substantially.

Energy Assistance

The Low-Income Home Energy Assistance Program (LIHEAP) is a federally funded program that assists eligible households with their energy needs. LIHEAP in Virginia is seasonal and consists of three programs, Fuel Assistance (10/11/2022-11/14/2022), Crisis Assistance (11/01/2022-3/15/23) and Cooling Assistance (06/15/2023-8/15/2023). Households must meet income and other eligibility requirements to participate in the programs.

Medicaid

For those who qualify, medical, dental, and behavioral health care is available for adults; people with low income; people who are blind or have other disabilities; pregnant women; children in need and their caretakers; and refugees when they first enter the U.S.

Coordinated Services Planning

Coordinated Services Planning (CSP) connects Fairfax County residents to county- and community-based services and resources that promote self-sufficiency and enhance well-being. Contact CSP If you need help with emergency food, shelter, clothing, healthcare, employment, financial assistance and other needs. Call **703-222-0880, TTY 711**, Monday-Friday, 8 a.m.-4:30 p.m. For more information, visit **Fairfaxcounty.gov/NCS**.

Human Services Resource Guide

The Human Services Resource Guide is a searchable database that contains information on thousands of nonprofit and government services available to Fairfax County residents. The database primarily focuses on human services programs for low-income residents and those in need, and includes detailed service descriptions, eligibility, locations (maps and directions), and contact information: **FairfaxCounty.gov/HSRG**.

Home Repair for the Elderly Program

The Home Repair for the Elderly Program is designed to provide minor home repairs and/or accessibility modifications to eligible low- and moderate-income elderly homeowners and individuals with disabilities for homes in which they are currently residing. These “minor” repairs can often make a “major” difference when it comes to protecting their investment and maintaining their independence.



Fairfax County will provide a crew to do up to one week's worth of labor and provide up to \$1,000 in materials. All materials and labor are provided completely free of charge to eligible homeowners.

For more information about the program and the kinds of improvements included, call **703-246-5179, TTY 711**, or visit **FairfaxCounty.gov** and search for “Home Repair for the Elderly.”

Human Services Transportation Options

Transportation assistance is available for older adults, low-income individuals, individuals with disabilities and individuals accessing Fairfax County Human Services. Call **703-222-9764** or visit **FairfaxCounty.gov/NCS** for more information.

Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs including Critical Medical Care, Adult Day Health Care, Senior Centers and more.

Transportation Options, Programs & Services (TOPS) provides subsidized transportation funds on an easy-to-use debit card for eligible older adults, persons with disabilities, and those with limited income who reside in Fairfax County, the City of Fairfax, or the City of Falls Church.

Public Transportation

Fairfax Connector

Customers who are age 65 years and older automatically qualify for reduced fares when using a Senior SmarTrip® card or by showing a valid government issued photo ID with proof of age when paying cash. Senior SmarTrip cards can be purchased at any Connector Store for \$2.00 with proof of age and completing a registration form. Customers who are under age 65 and receive Medicare are eligible for a Reduced Fare SmarTrip® photo ID card. For additional details and to learn about fares and policies for seniors and persons with disabilities, visit **FairfaxCounty.gov/connector** or call **703-339-7200, TTY 711**.

Washington Metropolitan Area Transit Authority (WMATA)

People under the age of 65 with qualifying disabilities who possess a Reduced Fare SmarTrip® Photo ID Card may ride for half the peak fare on Metrobus, Metrorail, and other participating transit agencies. Discounted fares for passengers age 65 and older are available with a SmarTrip® card, in both plastic and digital versions. For more information, visit **wmata.com/fares** or call **888-762-7874**, Monday-Friday, 7 a.m.-8 p.m. ☀

Fairfax County Help Lines

Calls are answered Monday-Friday, 8 a.m.-4:30 p.m.

Aging, Disability and Caregiver Resources Line:
703-324-7948, TTY 711.

Family Services Customer Care Line:
703-324-7500, TTY 711.

Coordinated Services Planning: **703-222-0880, TTY 711.**

Emergency Housing and Rent/Utility Assistance:
703-222-0880, TTY 711.

Tenant-Landlord Resources, Concerns and Complaints: **703-222-8435, TTY 711.**

Rental Housing and Home Ownership Programs:
703-246-5101, TTY 711.

Opportunities to Advocate, Support, or Empower

by Tanya Erway, Volunteer Solutions

Would you like to advocate for older adults who may not feel they have a “voice,” or help them feel more connected to others? Do you want to empower and mentor children? Would you like to help enrich senior centers’ programming with your skills? Check out the array of volunteer opportunities below.

Volunteer Advocates

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. Empathetic volunteers are needed to advocate for the rights of residents in long-term care facilities and help them with concerns they are unable to resolve alone. If you have skills in listening, communicating, and problem-solving, consider becoming a Volunteer Ombudsman.

Volunteers must complete an initial three-day training, commit to a minimum of one year of service, and at least four hours per week assisting residents at assigned facilities close to home or work. There are also ongoing, required training opportunities during their tenure with the NVLTCOP. For more information about volunteering, or other nursing or assisted living concerns, call the NVLTCOP at **703-324-5861**, TTY **711**, or contact Camden Doran at **Camden.Doran@fairfaxcounty.gov**.

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, Dance, History, Languages (Spanish, Italian, ESL and ASL), Arts & Crafts, Cooking, and Music. Are you bilingual? You’re needed, too! To learn more and register go to **bit.ly/FXVSVOL**, email **VolunteerSolutions@FairfaxCounty.gov**, or call **703-324-5406**.

Befriend-A-Child Program

Department of Family Services needs mentors 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**. Contact the Befriend-A-Child Program Coordinator at **703-324-7072**, or **DFSBefriend-A-Child@fairfaxcounty.gov**

Body Safety Program

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. The next training will be in Fairfax on Friday, August 19, 2022. Visit **bit.ly/BodySafetyProgram** or contact Francesca Watson at **Francesca.Watson2@FairfaxCounty.gov**, or call **703-324-7459**.

Submit volunteer opportunities to **VolunteerSolutionsRecruitment@FairfaxCounty.gov**. They must be based within Fairfax County (including the Cities of Falls Church and Fairfax.) 🌟

Northern Virginia Senior Olympics Celebrates 40th Anniversary

by Gwen Jones, Department of Family Services

Competitors rejoice! The Northern Virginia Senior Olympics (NVSO) are back and bigger than ever. From September 10-24, the NVSO will offer 77 individual events at 25 venues throughout Northern Virginia. The events offered are diverse – ranging from recreational physical activities to competitive athletics to non-physical games.

To compete, participants must be 50 years of age or older and live in one of these sponsoring jurisdictions:

- ◆ City of Alexandria
- ◆ City of Falls Church
- ◆ City of Fairfax
- ◆ Arlington County
- ◆ Fairfax County
- ◆ Fauquier County
- ◆ Loudoun County
- ◆ Prince William County

Most events are held in five or 10 year age groups, but for some events, participants compete against all ages. Gold, silver and bronze medals are awarded to the top finishers after each event. To compete, you must register online between July 6 and August 31. The registration fee is \$20 which covers multiple events.



A competitor in the 2021 Running Long Jump takes his turn while a volunteer looks on. Photo courtesy OLLI Photo Club.

Want to join the fun without competing? Consider volunteering for the games. The public is also invited to attend the opening day ceremony on Saturday, September 10 at 9:30 a.m. at the Thomas Jefferson Community Center, 3501 S. 2nd Street in Arlington.

To learn more about the Northern Virginia Senior Olympics, register to compete, or volunteer during the games, visit nvso.us. ☀

Enjoy Watermelon Season!

by Maria Loh, Fairfax Area Agency on Aging

Watermelon is a sweet and refreshing fruit, especially delicious during hot summer days. August 3rd is National Watermelon Day, the perfect time to enjoy this versatile melon. In Virginia, watermelon is in season from July through mid-September.

Watermelon consists of 92 percent water by weight. It is also a good source of lycopene, a carotenoid that is an antioxidant and protects cells from damage. Lycopene is a natural pigment that helps to give some foods their red color, such as tomatoes and watermelon.

Enjoy Watermelon:

- ◆ Sliced into wedges
- ◆ Diced into a salad
- ◆ Grilled
- ◆ In smoothies

Melon Food Safety:

- ◆ Gently rinse melons under cold, running tap water.
- ◆ Scrub with a clean brush so germs and dirt aren't transferred inside when peeling or cutting.
- ◆ Store cut watermelon in the refrigerator. ☀



Summer Recycling and Waste Prevention

by Christine McCoy, Fairfax County Solid Waste Management Program

How you manage waste and recyclables encompasses more than just what's inside your home. It applies to your outdoor area as well. Whether you're planning a backyard barbecue or doing a bit of weeding and planting over the weekend, there are many things you can do to prevent or reduce waste from outdoor activities.

When Gardening:

- ◆ Plastic plant pots can't be recycled by your curbside recyclables collection program, but some retail locations may accept them, or you can reuse them or share them with a neighbor.
- ◆ Mulch and potting soil bags don't belong in your recycling bin but can be returned to retail locations that accept plastic shopping bags, if they are cleaned out.
- ◆ Garden hoses are not recyclable and can pose a danger to collection and recycling facility workers. Used garden hoses can be made into soaker hoses for gardening or discarded with household trash.



For Cookouts or Barbeques:

- ◆ Remember to set out a recycling bin, preferably beside the trash can, and let your guests know which waste items should go in each. A sign would be helpful.
- ◆ When shopping for picnic supplies, purchase products that are reusable, compostable, recyclable or use real plates.
- ◆ Drink Options:
 - ◆ Don't use plastic cups.
 - ◆ Don't serve bottled water. Instead, set up a big water jug with lots of ice for guests.
 - ◆ Buy recyclable cardboard cases of beverages rather than six packs. Those pesky six-pack plastic rings are not recyclable and can harm marine life if they're released into the environment.
 - ◆ Choose beverages packaged in cans rather than plastic bottles. Although plastic is recyclable, only a fraction of the collected material ends up being reused, whereas aluminum is a very desirable, high value, and 100 percent recyclable material.
 - ◆ Gather up any glass containers and take them to your nearest Purple Can Club location. To find a location near you, go to FairfaxCounty.gov and search "Purple Can Club."
- ◆ Avoid single use party decorations or balloons.
- ◆ Consider composting your food waste. There are a number of ways, including backyard composting, delivering food waste to either of our two drop-off sites for food scraps (I-95 Landfill Complex and I-66 Transfer Station), or you can take them to select Farmer's Markets throughout the summer.

With a little bit of planning, you can celebrate the summer season in sustainable style.

Cool Tips for Summer Waste Prevention on the Road

Before you head out on your family vacation, consider these do's and don'ts of summertime recycling.

DO:

- ◆ Do purchase products that are reusable, compostable, or recyclable.
 - ◆ Purchase items that can be used season after season.
 - ◆ Use reusable plates, napkins, cutlery, and cups or purchase items that can be composted.
- ◆ Do locate public recycling bins at beaches, parks, lakes, and other locations and make sure you follow the local recycling rules for using them.
 - ◆ Recycling is not the same everywhere – it varies from place to place and may differ where you live.
 - ◆ Make sure you check the government website of each place you visit to know how to recycle the right way in that location.
- ◆ Do have a plan for properly disposing of your trash on hikes and walks.
- ◆ Do keep a recycling container in your car for road trips. Roadside stops may have recycling containers, but if they don't you can take these valuable materials to the next location.
- ◆ Do ask your hotel or motel about recycling. Many hotels offer in-room recycling bins.

DON'T:

- ◆ Don't place foam containers or coolers in recycling bins. Ask if they can be returned to retail locations for recycling.
- ◆ Don't place plastic shopping bags in the recycling bin. They may be able to be returned to retail locations (like grocery stores) for recycling.
- ◆ Don't recycle materials with food or liquid residue. Place items in the recycling bin empty and dry.
- ◆ Don't place disposable cutlery, straws, plates, napkins, or paper towels in the recycling bin.
- ◆ Don't put beach chairs, floats, fireworks, batteries, or propane canisters in the recycling bin. These



Farmer's Market Food Scrap Drop-off Locations

Food scraps are accepted at these locations this summer.

Wednesday - Mount Vernon Farmers Market

2501 Sherwood Hall Lane
Alexandria, VA, 22306

Thursday - Herndon Farmers Market

765 Lynn St.
Herndon, VA, 20170

Friday - Kingstowne Farmers Market

5844-5862 Kingstowne Center
Alexandria, VA, 22315

Saturday - Burke Farmers Market

5671 Roberts Parkway (VRE Parking Lot)
Burke, VA, 22015

Sunday - Freshfarm Farmers Market

Mosaic District
2910 District Ave.
Fairfax, VA 22031

For more information, go to FairfaxCounty.gov and search "composting drop off."

items are dangerous and should be donated, reused, or safely disposed of, following the guidelines of the local programs.

Keep recycling and waste prevention on your mind while traveling for summer fun! Following these simple recycling do's and don'ts while traveling is easy, and you'll feel good that you are contributing to the preservation of the environment no matter where you visit. ☀

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AUGUST COMMUNITY CALENDAR

Determined: The 400-Year Struggle for Black Equality

July 26-August 26, 11 a.m.-4 p.m.

Virginia Museum of History and Culture's Traveling Exhibit *Determined: The 400-year Struggle for Black Equality* is on display at the Reston Museum, 1639 Washington Plaza N, Reston, VA 20190.
RestonMuseum.org

Register Now for Lifetime Learning Institute (LLI/NOVA) Classes and More

Registration begins August 15 at 9 a.m.

Lifetime Learning Institute (LLI/NOVA) invites you to be part of its exciting 2022 fall term (Tuesday, September 6-Friday, December 16). You can also participate in other activities, including monthly forums, day trips, classes, special interest groups, and social activities. LLI/NOVA is located at the Northern Virginia Community College, 8333 Little River Tpke., Annandale. To learn more about programs, go to **LLINOVA.org**.

P.O. Box 1142, WWII Intelligence Camp (hybrid presentation)

Sunday, August 28 at 3 p.m.

Pohick Regional Library, 6450 Sydenstricker Rd., Burke, VA, 22015
Presenter Ann Shields returns to speak about her

extensive research into P.O. Box 1142, the top-secret military intelligence camp at Fort Hunt, Alexandria, during the Second World War. For information on how to join the meeting virtually, visit **BurkeHistoricalSociety.com**

John Weber Senior Bowling League (55+)

New and experienced bowlers, both men and women, are welcome to join this full handicap, non-competitive senior bowling league. We bowl at the Falls Church Bowl America on Tuesday and Friday mornings at 10 a.m. beginning September 6 through early May. Enjoy fellowship and recreation while you maintain an active lifestyle. For more information and to sign up, contact league president Jim Allison at **703-323-8132**.

Northern Virginia Senior Softball for Men and Women

It's not too late to join NVSS for the healthy rewards of fun, fitness, and friendship playing slow-pitch softball. Average age is 67, with many in their 80s. No try-out, just a skills assessment for assignment to one of 24 teams in 3 skill-level conferences. Tuesday and Thursday morning games. Visit **nvss.org** or call Dave at **703-663-7881**.

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