

Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Raising Grandchildren: Stressful and Delightful

by Kathleen Thomas, Department of Family Services

Jerry Shapiro, 65, often spends time with his grandsons after school and on weekends kicking a ball around the yard, riding bikes, or heading to the local playground.

“I never had children of my own. For me, I never thought I would be around little kids. It is delightful, but it can be stressful,” he says.

Jerry works full-time as a data analyst for a credit union. He admits that he and his wife are not where they envisioned themselves at this point in their lives.

“We were planning to sail off into the sunset,” he says. “We were planning our retirement and now we are raising kids.”

Jerry and his wife, Michelle, are raising their two grandsons Cayden, 9, and Cameron, 7. His grandsons’ father is Jerry’s stepson. Jerry says the boys’ parents have cycled in and out of homelessness and battled substance abuse challenges for several years.

When grandparents and other family members care for children who are not able to be raised by their own parents, children experience more stability and fewer disruptions. This arrangement, called kinship care, gives the children a sense of belonging from their continued connectedness to family and culture.

Jerry explains, “It is hard for everyone in the family. There is grief and loss.”

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Jerry and Michelle with their grandsons (family photo)

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GOLDEN GAZETTE

Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035

FairfaxCounty.gov/OlderAdults
DFSGoldenGazette@FairfaxCounty.gov
703-324-GOLD (4653)

Michael Becketts

Director, Department of Family Services

Trina Mayhan-Webb

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

Amy Carlini

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

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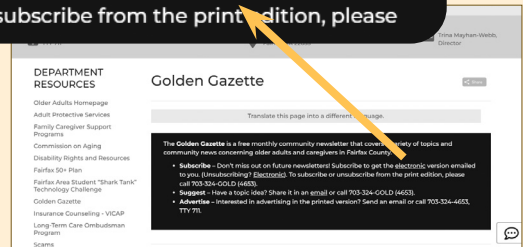
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“The parents are children, and you care deeply for your children. But they (adult children) aren’t being successful as adults. You give up your life to care for their children,” he says. “Sometimes you can be resentful.”

The boys lived with one parent or the other in their younger years. However, Jerry and Michelle now have full-time custody of their grandsons which has made it easier when they take the boys for medical appointments and other matters that require parental consent.

The Shapiros are called kinship caregivers for their grandsons. They receive support through the Fairfax County Department of Family Services’ Kinship Care program. The program assists kinship families who need a connection to services, such as childcare, education, health care, and financial help. The program also offers support from professionals or peers. More than 3,000 grandparents are raising their grandchildren in Fairfax County.

“Kinship has been a great help to us,” Jerry says. “We started with a social worker who came to visit us every month.”

Their social worker has helped them find programs and services they needed such as seminars, trainings, and workshops that focus on a kinship family’s needs. Their social worker sometimes serves as an intermediary when they need to have difficult discussions with the boys’ parents.

Kinship Cafés have been helpful to Jerry’s family too. The cafés are meetings designed to give kinship

caregivers an opportunity to connect with other families who understand their perspective. Trained professionals facilitate the twice monthly meetings, with one meeting a month featuring a presentation and discussion on a specific topic.

Jerry says they look forward to attending each month. “It helps to know you are in a room with people who understand what you are going through.”



Jerry with his grandsons.

“The kinship program makes sure we are going to be successful having the kids in the house and that we have the supports available to us.”

Jerry is currently attending ARC Reflections, a nine-week program for kinship caregivers to learn about the impact of trauma on children. He says he is grateful for the kinship program and the information and support his family has received.

Jerry says that everyone has good days and bad days.

“You don’t have the energy at 60 years old that you had when you were 20 or 30,” he recalls. “You have to take care

of yourself and treat yourself with kindness.”

He offers some advice to other caregivers. “When you feel overwhelmed, it is important give yourself time to relax, enjoy a walk, listen to music. It will be better, and you will be able to do it.”

For more information about kinship programs and services offered by the Department of Family Services visit FairfaxCounty.gov and search “kinship”. ☀

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 May 18 COA meeting, staff from the Aging, Disability, & Caregiver Resources Line; Long Term Care Ombudsman Program; the Community Services Board, and a Senior Center shared their expertise in a discussion about personal well-being of older adults. Volunteer Solutions staff introduced the COA to the animatronic pets being offered to Adult and Aging clients, senior center participants, and adult day health center participants.

COA Meeting, Wednesday, May 18, 1 p.m.

The COA continues to meet virtually this month. Join from PC, Mac, Linux, iOS or Android:
<https://us06web.zoom.us/j/85798205264>
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.

Meeting will be held virtually unless otherwise impacted by Fairfax County's State of Emergency Status due to the COVID-19 pandemic.

For meeting updates, visit:

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



Mature Living: Caregiving from a Distance

How do families ensure quality care for their loved ones who live in another state or even another country? Mature Living Host Anne Hall talks with Rob Louchen, Geriatric Case Manager with ElderLink, who shares tips for using technology to explore care facilities or interview potential in-home caregivers. Kristen Lucia, Area Agency on Aging Long-Term Care Ombudsman, offers resources that help families decide the best option for their loved one. Long-Distance Caregiver Sarah Rodriguez talks with Mature Living producer Fran about the challenge of caring for her mom (who lives in Mexico) from her home in Fairfax County.

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 program and other episodes can also be viewed online: [fairfaxcounty.gov/cableconsumer/channel-16/mature-living](https://www.fairfaxcounty.gov/cableconsumer/channel-16/mature-living) 🌟

Resources for Family Caregivers: Caregiving From a Distance

By Giuliana Valencia, Fairfax Area Agency on Aging

Often, family and friends who are long-distance caregivers will wonder if a loved one needs help at home. At times, it is clear when help is needed, especially if there is a new illness or an accident, but how do you really know when assistance is needed if you are not living with your loved one? According to the report, *Caregiving in the U.S. 2020*, from AARP and the National Alliance for Caregiving, “approximately 41.8 million Americans have provided unpaid care to an adult age 50 or older in the prior 12 months.” In addition, the report states that caregivers disclosed that the “main problems or illness that caused their loved ones to need care were “old age (16 percent), mobility issues (12 percent), and Alzheimer’s or dementia (11 percent).”

The National Institute on Aging concludes that a phone call is not always the most effective way to tell whether a person needs help handling daily activities. It is important to assess whether your loved one can manage self-care or maintain the home environment. It is hard to notice changes in behavior from afar. Hence, when visiting your loved one, assess whether there is any memory loss, such as getting lost in familiar places or not being able to follow instructions. Is your loved one asking the same question over and over? Have they lost weight? Do they have difficulty cooking? Have they lost their taste or smell? Are they forgetting to cook or leaving the stove on? If you are noticing any of these changes in behavior, and you are wondering about what to do or where to get help, the Aging, Disability, and Caregiver Resource (ADCR) line can help you navigate your situation, so you and your loved one can be connected to appropriate resources.

To learn more about our family caregiver support programs and access our ADCR line, call at **703-324-7948**.



Caring for a Loved One with Cancer-Caregiver Webinar

In this webinar, participants will learn how to be supportive when a loved one has been diagnosed with cancer, how to deal with the diagnosis, side effects, treatments, end-of-life care, and more. As a family caregiver, it is important to understand what your role is, and how to be the most supportive. Learn how to share your concerns, provide care when you live far away, share diagnosis with family, children, and friends, and discover resources for your loved one and yourself.

This webinar will be presented by Durene LeFlouria, LCSW, Oncology Clinical Therapist; and Rebecca DiPatri, RN, BSN, OCN Oncology Nurse Navigator, from Inova Life with Cancer. Join us on Wednesday, June 15, from noon-1 p.m. Online Registration: <https://bit.ly/CAREWEB1> or call **703-324-2019**.

Intergenerational Kundalini Yoga - Caregiver Workshop

When our lungs and circulation are in good shape, we experience more energy. In this one-hour Kundalini Yoga class for the whole family, we will support our respiratory systems and invite a sense

of emotional calmness with a gentle heart-centered meditation. No prior yoga experience is necessary.

This workshop aims to bring families of all ages and generations together, and it will be facilitated by Monique Derfuss, who is a gong practitioner, KRI-Certified Kundalini Yoga instructor, and President, SoundWellness, LLC. Join us on Saturday, June 18, from 10:30-11:30 a.m. Online Registration: <https://bit.ly/StayingWell-123> or call 703-324-2019.

From Me to You- Intergenerational Drama Workshop

From Me to You class uses drama games and the craft of personal narrative storytelling to create shared moments of fun, discovery, and connections within your multigenerational family of caregivers.

This workshop will be facilitated by Haley Murphy, artistic director, and founder of Dodgeball Theatre. Join us on Saturday, June 25, from 10:30-11:30 a.m. Online Registration: <https://bit.ly/StayingWell-123> or call 703-324-2019.

Caregiver Support Group

The Fairfax Adult Day Health Centers invite you to join their family caregiver support groups every 3rd Tuesday of the month, from 10:30 a.m.-noon. In June, their topic will be on picking your battles. If you wish to attend, please sign onto the Zoom Meeting: <https://bit.ly/ZoomCaregiverSupport>.

Do Your Home and Your Health a Favor

Each year Rebuilding Together checks more than 100 homes for health and safety hazards. Their new 15-minute video <https://bit.ly/RTHealthandSafety> explains how any homeowner can check their home for the most common hazards along with tips for low-cost solutions. Rebuilding Together makes critical home repairs and accessibility modifications at no charge for homeowners in need. To learn more, visit <https://bit.ly/RebuildingTogether2> or call 703-528-1999. ☀

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.

Live Well: Chronic Disease Self-Management

June 9 - July 14

10:30 a.m. -12:30 p.m. Free.

This program is for individuals interested in learning how to live better by effectively managing symptoms. Learn how to manage pain and fatigue, eat healthier, remain active, and so much more. Meet others sharing similar concerns. This program meets in person, once a week, for six weeks. Centreville Regional Library, 14200 St. Germain Dr. Centreville, VA 20121. To register, call Dianne Duke at 703-324-7721 or visit <http://tinyurl.com/CDSMP123>

Virtual Live Well: Diabetes Self-Management

June 9 - July 14

2-4 p.m. Free.

This program is for individuals interested in learning how to effectively manage their diabetes. The program benefits those with diabetes and pre-diabetes. Learn about healthy blood sugar levels, meal planning, maintaining physical activity, and so much more. Meet others managing similar concerns. Class offered via ZOOM. To register, call Dianne Duke at 703-324-7721 or visit <http://tinyurl.com/DSMP123>.

Support Mental Health Awareness

From the Fairfax-Falls Church Community Services Board

The impact of a mental health concern on an older adult's physical health can be severe. Depression is associated with conditions like heart disease, diabetes, and stroke. Loneliness and social isolation are also linked to serious health conditions.

Getting help or supporting a loved one who is struggling with a mental health concern can feel overwhelming. The warning signs are not always obvious, but you can learn how to recognize them and what to do if they present.

Help is available, treatment works, and people do recover! Call the Fairfax-Falls Church Community Services Board for guidance and resources at **703-383-8500 (TTY 711)**. CSB Emergency Services are available 24/7 at **703-573-5679 (TTY 711)**. Call 911 for a life-threatening emergency.

The Fairfax-Falls Church Community Services Board (CSB) offers free online training courses and tools to all residents of Fairfax County and the cities of Falls Church and Fairfax. You can find links to the following trainings at **FairfaxCounty.gov/community-services-board/training/mental-health-first-aid**.

1. The Mental Health First Aid training course can help individuals understand mental illnesses, seek

timely intervention, and save lives. This course has a fee of \$25, with limited stipends available. This course teaches participants how to help people who are experiencing a mental health concern, or potentially could be, and offers ways to:

- ◆ Assess for risk of suicide or harm.
- ◆ Listen nonjudgmentally.
- ◆ Give reassurance and information.
- ◆ Encourage appropriate professional help.
- ◆ Encourage self-help and other supports.

2. Question, Persuade, and Refer (QPR) is a suicide prevention training explaining three simple yet powerful steps anyone can learn to help save a life from suicide. The training teaches you to recognize the warning signs of suicide, ask tough questions and offer hope, and get help to save a life.
3. Lock and Talk trainings can help prevent suicide by safely securing and storing firearms and poisons, including medications that can be misused. These steps are known as lethal means safety and can also help prevent accidental drug overdoses. The CSB has a limited supply of free locking medication boxes and trigger locks that fit a wide variety of firearms.
4. Take a Confidential Online Mental Health Screening. Completing these anonymous screenings will help you determine if your recent thoughts or behaviors may be associated with a common, treatable mental health issue.
5. Practicing healthy self-care strategies can improve your mental health.
 - ◆ Exercise. Even a small amount can make a big difference in your day.
 - ◆ Connect with someone. Make a phone call or visit with a friend or family member.
 - ◆ Start a cycle of encouragement; tell others what you appreciate about them.
 - ◆ Listen to music that inspires and motivates you.
 - ◆ Write a poem on something you care about, or an article on something you feel is interesting. ☀



Fairfax Pets on Wheels: Licking Loneliness

by Fairfax Pets on Wheels

Since 1987, all-volunteer Fairfax Pets on Wheels (FPOW) has been licking loneliness by providing companionship and improved quality of life to residents of Fairfax area nursing homes, assisted living facilities, and adult day health care centers. Sponsored by the Fairfax Area Agency on Aging and approved by the American Kennel Club as an AKC-recognized therapy dog group, FPOW's trained people/pet teams share the power of the human-animal bond through thousands of hours of pet therapy visits every year.

Pet visitation is proven to have a calming effect. Regular visits by volunteer/pet teams help reduce anxiety, relieve depression, lower blood pressure, encourage communication, and increase socialization. What's more, touching animals helps chase away loneliness, depression, and withdrawal and encourages a meaningful connection to happier times.

Do You Have a Pet That Makes People Smile?

FPOW volunteers and their pet partners make a difference every day by sharing the unconditional love of a pet to help improve someone's life. In return, human volunteers get to spend more time with their pets and make new friends.

If you have a lovable dog, cat or bunny that would enjoy putting a smile on someone's face, become a FPOW volunteer and share the power of the human-animal bond. You'll touch someone's life AND change your own!

To learn more about how to become a FPOW volunteer, visit fpow.org or call FPOW at 703-324-5424. 🌟



Teddy the dog visits with Ruth

Financial Assistance Available for Pet Medical Care

by Fairfax County Animal Shelter

Do you, or a loved one, have a disability and use a service animal? Or perhaps you have a therapy dog or emotional support animal?

Unexpected pet medical bills can be tough to take on. If your pet needs medical care that will be difficult to afford, there are organizations that can help. Fairfax County Animal Shelter shares information on how to find financial assistance. Animals do not typically have to be service, support, or therapy animals in order to apply for financial assistance.

Visit the Fairfax County Animal Shelter at FairfaxCounty.gov/animalshelter to find organizations that can assist. 🌟

Social Isolation a Major Concern During the Pandemic

by the Fairfax Area Long Term Care Coordinating Council

The Fairfax Area Long Term Care Coordinating Council's (LTCCC) COVID-19 Impact and Response Committee presented its final report to its members, citing social isolation as the key health risk factor in older adults and adults with disabilities. Convened in August 2020 at the direction of the LTCCC Chair and culminating in the final meeting in December 2021, the committee met 25 times. The committee's purpose and high-level goal was to enhance the lives of older adults, adults with disabilities and caregivers during the COVID-19 crisis and in the near term after. Carolyn Cukierman chaired the committee.

The central question was: What actions can the LTCCC initiate to assist older adults and adults with disabilities, so they feel safe, remain healthy and stay informed in the 'new normal' that the pandemic created and, in the future, when the vaccine protects them?

One of the objectives of the committee was to determine what the post-COVID-19 climate may need by making recommendations and providing informational assistance. The overriding issue that emerged in the committee's research was that social isolation is the top concern and has the largest impact on quality of life for this population. The committee connected with existing LTCCC member organizations had 16 of the organizations present their social isolation programs to the committee. Documentation about their activities was shared with the LTCCC members.

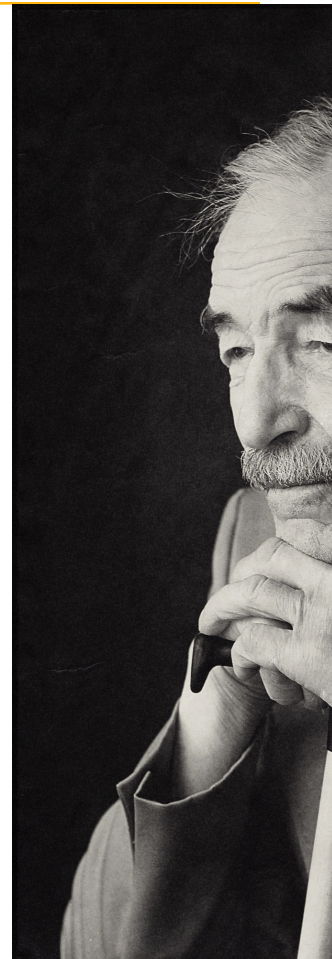
When the committee saw the Fairfax Area 50+ Technology Committee initiated a "Shark Tank" COVID-19 Challenge call for strategies or programs to help address social isolation for older adults and people with disabilities who have little or no access to technology, the committee submitted a project concept called the Friend Mobile. The purpose of the Friend Mobile is to provide engagement and bring

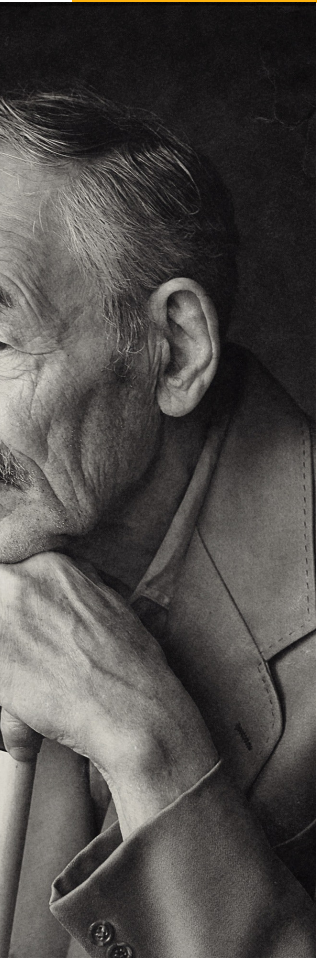
human contact to develop and nurture better neighborhood relationships, and to seek to develop opportunities for volunteers.

The Friend Mobile was chosen from the Shark Tank Challenge entries to be recognized by the Board of Supervisors on October 5, 2021, as the most innovative of the submissions for social isolation for low/no-tech users. The LTCCC is working with a non-profit which is seeking funding and if successful, will operate a mobile program based on the Friend Mobile concept. This was a highlight of the committee's activity.

One other highlight was that the committee developed an appreciation recognition award for volunteering to alleviate social isolation during the period 2020-2021. These awards were granted to three amazing individual volunteers: Kamakshi Murti, MVLE; Melinda Reed, Northern Virginia Brain Injury Services; and Brenda Jones, Spring Hill Community Village. These individuals were chosen because they have done something extraordinary to alleviate social isolation since the COVID-19 pandemic began in 2020.

During the pandemic, Ms. Murti volunteered more than 100 hours and demonstrated her strong commitment to others by providing social validation to individuals with disabilities, who traditionally experience disenfranchisement. She did not simply provide volunteer hours of services, but she helped build dreams and accomplishments for those who





have difficulty in realizing new achievements.

Ms. Reed is involved in the PALS program (Providing a Link for Survivors) at Northern Virginia Brain Injury Services. She provided friendship via phone calls, texting and Zoom interactions during the pandemic to three clients. She also initiated a Living with Brain Injury Survivor Support Group that takes place for two hours every week because she believes helping others is her calling.

Ms. Jones actively kept news flowing in her 50+ condo building of 25 units and created “Doorway Conversations” to encourage

her neighbors to maintain social interactions in this

solitary time. She was cited for having a particularly comforting demeanor along with a caring attitude.

Social isolation is not limited to the extreme times caused by the pandemic. Social isolation is felt by many even during “normal” times. Bringing activities to socially isolated older adults is only one of many aspects to this issue that include: Identification, Engagement, Volunteerism, Causes, Outreach, Impediments and Gaps. The central question is what are the gaps, if any, in helping people remove the barriers to being isolated? Although the LTCCC COVID-19 Committee was established to be a short-term task force committee and has ended, the committee sees the need for continued efforts by the LTCCC to provide awareness about and additional solutions to address social isolation.

The 50-member Long Term Care Coordinating Council (LTCCC) was chartered by the Fairfax County Board of Supervisors, in 2002, to identify needs and create solutions for services and programs that enhance the lives of older adults and adults with disabilities. ✨



Concept illustration of The Friend Mobile

The purpose of the Friend Mobile is to provide engagement and bring human contact to develop and nurture better neighborhood relationships, and to seek to develop opportunities for volunteers.

Lifelong Learning Programs for Older Adults

by Kathleen Thomas, Department of Family Services

Looking for ways to quench your thirst for knowledge, engage in stimulating discussions, or try a new artistic endeavor? Look no further than two dynamic programs for older adults associated with higher education institutions in Fairfax County.

The Lifetime Learning Institute of Northern Virginia (LLI/NOVA), affiliated with Northern Virginia Community College, and the Osher Lifelong Learning Institute (OLLI) at George Mason University, both offer opportunities for older adults to explore courses on a wide variety of subjects and attend cultural and social events. The courses are not offered for college credit or toward degree programs. Both organizations offer membership options to access the course offerings and events.

LLI/NOVA is a non-profit, volunteer-driven organization that offers stimulating and cultural pursuits for adults aged 50 and over. Members sign up for as many classes as they want by joining for \$110 annually. LLI/NOVA publishes an online course catalog three times a year with more than 130 stimulating classes (mostly single-session), presented via Zoom or in-person. The classes are taught by volunteers, many of whom are college professors or other experts in their fields. The classes cover many different topics, including history, foreign affairs, science, financial and retirement planning, political science, government, technology, philosophy, psychology, religion, music, art, poetry, and personal development. Members can also attend monthly forums to listen to prominent speakers and meet with other members, as well as attend an annual member luncheon.

LLI/NOVA also offers travel and cultural excursions, including programs to visit local museums, the theater and nature preserves. The study/travel destinations being considered for 2023 are the Rhine River, highlights of Ireland, and Australia/New Zealand. Members interested in



joining special interest groups have a wide variety of options including bridge and other games, photography, finances, food from around the world, and various book groups. Learn more about LLI/NOVA at <https://llinova.org>.

OLLI is also a volunteer led, non-profit organization that provides opportunities for older adults to explore intellectual and cultural subjects, discover new abilities, and socialize with others who share similar interests. The annual membership of \$450 includes registration to attend an unlimited number of courses, trips, luncheons, parties, and picnics scheduled throughout the year. They offer a special introductory rate for anyone who wants to try out their courses and activities for a shortened time.

Daytime academic courses, special events and cultural activities are offered at three area locations (Fairfax, Reston, and Sterling) with some courses offered virtually. Courses are taught by well-qualified OLLI members and well-known teachers from GMU, government, foreign embassies, and private industry. Music, finance, languages, current events, science, technology, health and many more



course subjects are offered. Interested in learning more about regional landmarks and historical sites? OLLI offers excursions to battlefields, wineries, and other nearby destinations.

OLLI has more than two dozen clubs and special interest groups for members interested who enjoy art, history, theater, investing, books, and more. Additionally, members with an annual membership are entitled to a George Mason University ID card, which provides library privileges, a discounted GMU gym membership, and other benefits. Learn more at <https://olli.gmu.edu>.

There are many opportunities in Northern Virginia to keep mentally active. The classes and events offered by LLI/NOVA and OLLI combine the benefits of learning, developing new friendships, traveling, and indulging in special interests. There is something for anyone interested in continuing lifelong learning. ✨

Resident Councils Serve Important Role at Long-Term Care Facilities

by the Northern Virginia Long-Term Care Ombudsman Program

Resident councils play a critical role for residents in long-term care (LTC) facilities, but many may not know that the right to form and attend these councils are explicitly documented in LTC facilities standards and regulations. Resident councils serve to allow residents to voice their concerns, request improvements, provide support to new residents, and to help support the facility in making improvements in quality care and life of the residents. In addition, the residents have the right to determine if staff or other visitors may attend the council meetings, and can request to meet privately as a group. Facility staff must provide a designated staff member, with council approval, to assist council members with

their grievances, and to act promptly in regard to any concerns brought to their attention.

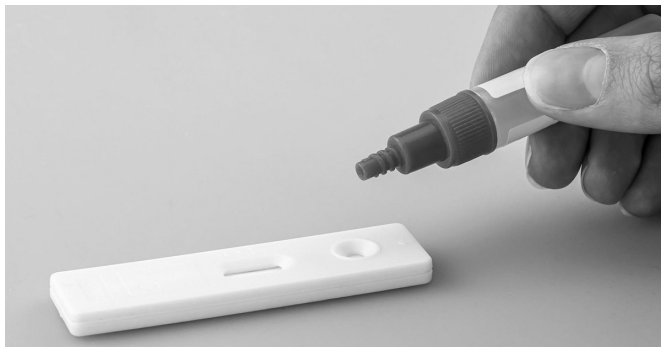
As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is often called on to assist residents and consumers to advocate for their rights in order to ensure quality of care and quality of life. For more information about resident councils, 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. ✨

Treatment for COVID-19 Prevents Hospitalization in High-Risk Individuals

by the Fairfax County Health Department

If you are more likely to get very sick from COVID-19, effective treatment is now available that can prevent illness from becoming worse leading to hospitalization and death.

People who are more likely to get very sick include older adults, people with chronic medical conditions or a weakened immune system, those who are overweight, and women who are pregnant.



Several types of treatment are available, which may be used at different times or in different groups of patients. Talk with your healthcare provider to get more information about the range of options.

Other treatment tips include:

- ◆ Follow CDC guidance on testing for COVID-19 and use the Treatment Locator or call **1-800-232-0233 (TTY 1-888-720-7489)** to find a testing location that can provide treatment if you test positive.
- ◆ Don't delay: Treatment must be started within the five days of when your symptoms began.
- ◆ Staying up to date with COVID-19 vaccination is still the best way to prevent serious outcomes of COVID-19, including severe disease, hospitalization and death. 🌟

Apply to be an Immunization Public Health Nurse

 www.bit.ly/3BvpMUj



Meet Kathleen

“The opportunity to work as a Resource Nurse since my retirement allows me to experience the rewarding aspects of public health nursing in the school setting while having a flexible schedule.”

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JUNE COMMUNITY CALENDAR

Medicare 101 Workshops

Medicare 101 Workshops, led by the Virginia Insurance Counseling and Assistance Program (VICAP), provide current information on Medicare options. Registration is required.

Thursday, June 2, Medicare 101 – Virtual

Noon to 1:30 p.m., Tall Oaks Assisted Living
Contact: Leslye Lawson, Director of Community Relations & Marketing

Register online <http://talloaksal.com/Know>, or call 703-834-9800, or llawson@talloaksal.com

Tuesday, June 7, Medicare 101 – Virtual & In-Person (limited seating)

6 -7:30 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA, 22043
In-person and Zoom registration:

<https://librarycalendar.fairfaxcounty.gov/event/8928883> or 703-790-8088, ext. 4.

The 1950 Census and Your Family Search

Mount Vernon Genealogical Society

Tuesday, June 21, 1-3 p.m.

Claire Kluskens, a Genealogy/Census Records Subject Matter Expert for the National Archives, will provide an overview of the newly released 1950 census and demonstrate how to use the census in your family history research. The

presentation is part of MVGS's general meeting on Tuesday, June 21, 1-3 p.m. The FREE presentation will be streamed on Zoom. Register by emailing contact-us@mvgenealogy.org.

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 www.nvss.org or call Dave at 703-663-7881.

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 or call 571-261-9163.

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