

Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Retired Social Worker Laurie Warhol Continues Helping Others

by Kathleen Thomas, Department of Family Services

“I’ve always wanted to help people,” says Laurie Warhol, a retired social worker who has made Fairfax County her home for the past 30 years. “I really enjoy working with people to help them get their needs met.”

A few years ago, after Laurie retired, she helped her friend with a project at the Sully Senior Center. When the project was finished, Laurie realized how much she enjoyed working with a group of women from the center and connecting with them. She approached the center director, Lynne Lott, about starting a Women’s Group. Lott was very supportive and a short time later Warhol was leading a weekly meeting with several women.

She begins each Women’s Group meeting with meditation time. “I think it helps them think about how to use meditation when they get upset or anxious about something going on in their lives.” They spend the rest of the hour discussing whatever is on their minds and sharing ideas.

“I get as much out of it as they do,” she says. “The women in the group are wonderful.”

“Laurie’s group gives participants an opportunity to express themselves in a supportive setting. Everyone returns with smiles,” says Lynne Lott, the director of the Sully Senior Center. “I like that it connects people who are not in the same social group, and it gives

... continued to page 3

INSIDE THIS ISSUE

Nutrition Information	4
PSAs	6
Home Repairs and Taxes	8
Caregiving	10
Volunteering	12
Health Department Info	14
Sponsors	14
Calendar	20



Laurie Warhol (family photo)

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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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We'd like your feedback! What topics would you like to see in future issues? How can we make this publication even better?

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

. . . continued from page 1

people a chance to really get to know others they may not regularly speak with." Lott says volunteers are really helping the center continue to offer a supportive and safe environment for participants.

The Women's Group started in 2018 but had to pause once the pandemic hit. However, in late January, the group began meeting again at the Sully Senior Center every Thursday from 12:30 to 1:30 p.m.

As someone who likes to read, Laurie also gravitated to volunteering at the Chantilly Regional Library helping to price and box books for the book sale. She says she has met some very nice women and enjoys the social part too.

"Volunteering is a give and take activity. Yes, I am helping others, but I am also getting something out of it," says Laurie.

Laurie believes being the oldest of six children partly influenced her interest in pursuing a profession where she could help others. She has a brother who is intellectually disabled and saw her parents struggle to advocate for the services he needed. She says experiencing that also influenced her.

Laurie majored in sociology and social work at Seton Hall University. She went on to obtain her Master's in Social Work from Catholic University of America and remained in the area after graduation.

During her career, Laurie worked for Child Protective Services on cases of child abuse and neglect. She still works part-time providing online therapy and supervision. She notes that many families need resources and help to figure out what is available to them. "Even though I am retired, I still

want to do social work kinds of things."

When she is not helping others, Laurie and her life partner, Joe, enjoy going to their condo near Rehoboth, DE and spending time with their two dogs, Skylar and Simon.

"I also love to travel with friends or visit friends," says Laurie who visited Yellowstone National Park before the pandemic. "My last trip out of the country before the pandemic was with friends to

Ireland. I would love to resume traveling but feel like it is not safe yet." She says Prince Edward Island, Alaska and Italy are among the favorite places she has visited already.

Laurie has words of advice for anyone thinking about volunteering. "It can be very fulfilling and rewarding. You will feel good about yourself knowing that you are making an important difference in someone's life. You are also making others feel valued."



Laurie Warhol with her family (family photo)

She recommends thinking about your passions and interests and looking for opportunities in those areas. "Volunteering should be fun, something you enjoy and can lose yourself in and forget about other problems. So many organizations need volunteers and would love to have you," she says. "If you don't think you have the time, you will be amazed how you can find the time to do something you really like."

To find opportunities to volunteer in Fairfax County, visit [FairfaxCounty.gov/familyservices/older-adults/volunteer-solutions](https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions). 🌟



Explore These Programs During National Nutrition Month

by Maria Loh, Program Coordinator, Congregate Nutrition & Transportation, Fairfax Area Agency on Aging

During National Nutrition Month, we would like to call attention to nutrition services provided through the Older Americans Act Title III-C to adults aged 60 and over. These nutrition services:

- ◆ Reduce hunger, food insecurity and malnutrition,
- ◆ Promote socialization, and
- ◆ Delay the onset of adverse health conditions.

The Fairfax Area Congregate Nutrition Program provides a healthy lunch-time meal to older adults at county senior centers as well as opportunities for socialization and recreation. For more information and to find a senior center near you, visit FairfaxCounty.gov/Neighborhood-Community-Services/Senior-Centers.

The Fairfax Area Meals on Wheels (MOW) Program serves residents of Fairfax County and the Cities of Fairfax and Falls Church. MOW provides home delivered meals to eligible older adults and adults with disabilities who cannot shop for or prepare their own meals. Adults considered eligible are homebound, do not drive, and have no able-bodied caregiver residing with them who may assist with meal preparation or grocery shopping. With each weekly delivery, a MOW recipient receives two nutritious meals for each weekday and one for the weekend (11 meals total for the week). The program offers a diverse, universal menu with entrees representative of many world cuisines. Vegetarian meals are available upon request. All meals are “heart healthy” and meet the state standards for nutrition. Anyone can make a referral to the

program by calling the MOW intake line at **703-324-5409**. If considered eligible, a Nutrition Case Manager will arrange an assessment for services with the prospective client.

Nutrition Education. Participants in both the Fairfax Congregate Nutrition and Meals on Wheels Programs are also provided with nutrition education to support food, nutrition, and physical activity choices and behaviors to maintain or improve health and address nutrition-related conditions. Participants at area senior centers will be provided with nutrition education opportunities at least four times a year. These may be provided through in-person or virtual presentations/recipe demonstrations by a Registered Dietitian as well as through hand-outs, newsletter articles, table tents, or placemats. Meals on Wheels participants will receive nutrition education materials with their meals a minimum of twice a year.

Nutrition Counseling is also available free of charge to participants in both programs who are deemed at high nutrition risk according to criteria set by the Virginia Department of Aging and Rehabilitative Services. Eligible participants will be provided two free phone consultations with a registered dietitian. Participants who may not be at high nutrition risk, but would like to speak with a dietitian, should check with their center directors or case managers to be referred to the dietitian for free nutrition counseling.☀

Now It's a Snap to Apply for SNAP

According to the National Council on Aging, 3 out of 5 older adults who qualify for food assistance (SNAP) are missing out on the benefit. The Supplemental Nutrition Assistance Program helps you and your family buy food using a special debit card called an EBT Card. Your card will have money loaded on it. The amount will vary depending on your household specifications and income. You can use the card, which works just like a regular debit card, at most grocery stores, certain senior centers, and some meal delivery services such as Meals on Wheels. You can even use it to order groceries online.

The time has been extended for eligible households to receive benefits for 36 months, 12 months longer than the previous deadline.

Some eligible older adults may be reluctant to apply for SNAP because due to their social security, they often only qualify for the minimum benefit of \$20 per month. What many people don't know is that if they have medical expenses, their SNAP amount could increase substantially. The medical expense deduction is one way for older adults and adults with disabilities to maximize what counts toward meeting the net income test, and to ensure they are receiving all the benefits for which they are eligible.

If you would like someone else to act on your behalf, you may select a trusted friend, relative or neighbor to be your representative. The representative may:

- ◆ Apply for benefits for you.
- ◆ Receive your notices and correspondence.
- ◆ Use benefits on your behalf.

You may name a representative on the application form. If you want to name an authorized representative at any time after you have submitted your application, you just need to write a note for the Fairfax County Public Assistance and Employment Services Division. In the note:

- ◆ List the name, address and phone number of the person you are naming;
- ◆ List the duties you want that person to perform;
- ◆ Sign and date the note.

Apply for SNAP and more by calling 1-8335-CALL-VA (1-833-522-5582) or apply online at <https://CommonHelp.Virginia.gov>.[★]



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

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. [★]

PUBLIC SERVICE ANNOUNCEMENTS

Fairfax Area Commission on Aging

by Jacquie Woodruff, Legislative and Policy Supervisor, Fairfax Area Agency on Aging

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

At the February 16 COA meeting, Robin Wilson, One Fairfax Policy Director, and Katherine Miga, One Fairfax Project Manager, presented about the Fairfax County Vulnerability Index and its applications for the Community Assessment Survey for Older Adults and the SHAPE the Future of Aging Plan.

Reminder: check your mailboxes for the Community Assessment Survey for Older Adults. Fairfax County, together with the cities of Fairfax and Falls Church, wants to learn more about the aging experience in our area to plan for a more aging-friendly community. The Community Assessment Survey for Older Adults (CASOA) was sent to a

scientifically random sample of adults ages 50 and older in February. If you received the survey, please participate! ✨

COA Meeting, Wednesday, March 16, 1 p.m.

The COA continues to meet virtually this month.

Join from PC, Mac, Linux, iOS or Android:
<https://us06web.zoom.us/j/89074560529>

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> ✨

Individualized Care Matters!

from the Northern Virginia Long-Term Care Ombudsman Program

A person receiving long-term care services has the right to receive individualized care. Services and activities should strive to attain or maintain a person's highest practicable physical, mental, and psychosocial well-being. Often this can be addressed in a person's initial assessment and plan of care (POC). During the assessment, many things should be taken into account, to include their life history, strengths, functional abilities, and nutritional status. Preferences regarding food, communication, and daily routines should also be honored to enhance quality of life. Staff, family members, and the person receiving the services should work together in creating the POC to ensure all medical and non-

medical issues are discussed and agreed upon. A POC can be updated at any time as an individual's preferences or condition changes.

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 care planning, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, or contact by email at NVLTCOP@fairfaxcounty.gov. ✨

National Village Day Celebrates 20 Years of the Village Movement

from the Fairfax County Health Department

This year the National Village Movement celebrates its 20-year anniversary of positively impacting the experience of aging. From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002, to a thriving network today of more than 300 nonprofit, community-based Villages across the country, the Village model is now established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!

Locally, there are eight active Villages in Fairfax County. For many older adults, being able to remain in their homes and maintain their independence is very important. The Villages program enables them to do so. Neighborhood residents create villages to help coordinate and deliver services and supports to older adults within their communities. Fairfax County supports the Village movement by providing on-going guidance to existing villages and assisting neighborhoods to start them. Villages fill gaps in needs that are specific to that Village, ranging from transportation to friendly phone calls, and avoids duplication by connecting to existing service programs.

“Village to Village Network is delighted to celebrate this 20th anniversary of Beacon Hill Village and



Mount Vernon At Home, an active village in Fairfax County.

the Village Movement,” said Kim Grier, president of Village to Village Network, the national association that champions Villages and provides resources and guidance. “Villages are a cost-effective care model for our rapidly aging society that increasingly recognizes the benefits of home and community-based care for older adults. We celebrate the positive impact Villages are having on the lives of an estimated 40,000 older adults today, even as we work toward a bright future in which Village membership is an option for every older American, regardless of where they live or who they may be.”

For more information on the Fairfax County Villages, including how to start one in your neighborhood, contact Villages@fairfaxcounty.gov or 703-246-8962. www.fairfaxcounty.gov/health/neighbor ✨

Celebrating
20 YEARS
VILLAGE
movement

Free Home Repairs for Older and Disabled Residents

From the Fairfax County Department of Housing and Community Development

Great things come in small packages, and there is perhaps no better example of that than the Department of Housing and Community Development's Home Repair for the Elderly Program (HREP). HREP provides minor home repairs and/or accessibility modifications to eligible low- and moderate-income seniors and individuals with disabilities, helping residents protect and maintain their homes and their independence.

HREP provides skilled labor and up to \$1,000 in material costs to complete small handyman-sized projects for qualified homeowners. Typical services include minor electrical and plumbing repair; window and door repair; downspout and gutter repair; installation of grab bars, railings and other accessibility devices; and more. Last year, working safely around the limitations and hazards of COVID-19, the FCRHA completed 166 projects serving 96 households. One Falls Church resident shared her experience:

"I am a retired, permanently disabled senior citizen, living alone on a fixed income. I live in the house that I grew up in that was built in 1954. My home needed many repairs, and I did not have the money to pay for them or the ability to do them myself. I was very frightened that my home was falling apart

and couldn't do anything about it. This program is a godsend and has enabled me to remain in my home."

HREP is a FREE program for eligible applicants. For more information, visit www.fairfaxcounty.gov/housing/resident-services and select "Home Repair for the Elderly," or call us at 703-246-5179, TTY 711. ☀



Get Your Income Taxes Done for Free!

by the Public Assistance and Employment Division of DFS

If you or your family earned less than \$58,000 in 2021, you may qualify for this free service! The Volunteer Income Tax Assistance (VITA) Program, sponsored by the Internal Revenue Service, helps families maximize their tax returns and avoid fees businesses charge to prepare taxes. The Department of Family Services organizes VITA in Northern Virginia, assisting about 4,000 families who receive a combined refund total of \$6 million each year.

In-person VITA services are available at six sites in Northern Virginia by appointment. Some services may also be available by phone. Visit FairfaxCounty.gov and search "VITA" for locations and hours. Appointments can be made online at <https://bit.ly/NVACASH>, by email at DFSVITA@FairfaxCounty.gov, or by phone at 703-533-5702 (please leave a message). ☀

Planning Spring Home Improvement Projects? Remember the Permit!

From Fairfax County Land Development Services

Have you been thinking about making modifications to your home? Many county residents consider updating elements of their homes to make it easier to age in place. Or maybe retirement has made you think about adding a pool or a deck to your home.

Land Development Services (LDS) experiences a surge of permit applications in spring as many homeowners start longing for the warmer weather and more ways to enjoy it outside. Permits and inspections help keep county residents safe by ensuring construction projects are built according to state building codes.

Many home improvement projects also require homeowners or contractors to submit architectural plans and plats as part of the permit application. Higher volumes of applications during the spring and summer months may increase wait times for permit processing.

The Land Development Services department has many resources available online to make your permit process go as smoothly as possible.

The Permitting Wizard is an interactive tool which allows you to answer questions and receive a guide that helps walk you, step-by-step through the permit process. (Find the Permit Wizard on the LDS web page.)

Another important web page to consult is "When a Permit is Required," to help you determine if a permit is needed for the work you are considering. The county also offers important information about hiring a contractor. (Use the search box from anywhere on the county website. Type in "When a Permit is Required.")

Need additional assistance with the permitting process? Speak virtually with a Customer Experience Team member by calling 703-222-0801, TTY 711, (select option 1) or fill out the appointment request form on the LDS web page. (Click the "Meet with Staff" icon to find more details.) Staff are available 8 a.m. – 4 p.m. Monday through Thursday, and 9:15 a.m. – 4 p.m. on Friday. ☀

Flooding in Fairfax County

From the Department of Emergency Management

Flooding is one of Fairfax County's most common hazards. Depending on its depth and velocity, flooding can be a nuisance or a disaster. Be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near a body of water, downstream from a dam, or in other areas known to flood in previous storms. To stay safe during a flood, follow these steps:

- ◆ If told to evacuate, evacuate immediately.
- ◆ Turn around, don't drown. Never drive around barricades.

- ◆ Listen to the Emergency Alert System, NOAA weather radio or local alerting systems for current emergency information and instructions regarding flooding.

Are you interested in learning more about preparedness? Please join the Department of Emergency Management and Security for our Monthly Webinar on the first Wednesday of each month at 7:00 PM. Calendar link: Citizen Corps Council | Emergency Management (fairfaxcounty.gov) ☀

Resources for Family Caregivers

by *Giuliana Valencia, Fairfax Area Agency on Aging*

For many family caregivers whose loved ones have been diagnosed with Alzheimer's disease or any other related dementias, it is difficult to cope with the situation or know how to communicate and engage with their loved ones, especially when their loved one is experiencing problems finding the right words, understanding what the words mean, or paying attention during long conversations. As the disease continues to progress, the needs of the loved one will increase, as well as the responsibilities and stress for the caregiver. New troubling behaviors and communication challenges might affect the caregiver and loved one's ability to participate in activities and maintain social connections. Therefore, it is crucial to find a safe space, such as a Memory Café, where you can socialize with other caregivers who are facing similar situations while your loved one can participate and connect with others who are experiencing similar symptoms.

Vienna Memory Café

A memory café is a gathering for individuals with memory loss and their caregivers in a safe, supportive, and engaging environment, on a monthly or biweekly basis. The Memory Café in Vienna provides a variety of activities including

simple games and puzzles, and active games such as bowling (plastic set) and cornpone. We also celebrate birthdays and holidays and bring in outside entertainment, such as yoga instructors and musical performances.

The group meets at Andrew Chapel United Methodist Church the first and third Thursday of every month from 2-4 p.m. Contact Carol Blackwell, lovriver@aol.com, 571-236-6933, for more information on this or other Memory Cafés.



Caregiver Webinar: How to Advocate for Your Loved One During Hospitalizations

Did you know that 1 in 3 hospital patients needlessly suffer or die from preventable harm in the hospital? In fact, preventable medical errors are the third leading cause of death in the U.S. behind heart disease and cancer. In this presentation, you will learn: how to identify the most common hospital hazards and how to prevent them, when and how to speak up when you are concerned about a loved one's care, and how to obtain new skills and new

Free Classes from Elderlink. Call 703-324-5374, TTY 711, for a free ca

Live Well: Chronic Disease Self-Management

March 2 through April 6, 1:30 -3:30 p.m.

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. Reston Community Center, 2310 Colts Neck Road, Reston. To register, call

Ali Clements at 703-390-6177 or sun.clements@fairfaxcounty.gov.

Chronic Pain Self-Management

March 15 through April 19, 1-3 p.m.

This program is for individuals living with chronic pain. Participants will gain understanding of chronic pain, move with gentle exercise, learn relaxation techniques, manage pain and fatigue, evaluate



confidence to be effective advocates for loved ones in the hospital.

This session will be presented by Dana Hutson, Founder of Cancer Champions, LLC, Care Partner Project, and community educator. Join us on Wednesday, March 16, from noon to 1 p.m.

Online Registration: <https://bit.ly/CAREWEB1> or call 703-324-5484.

Caregiver Workshop: The Joy of Using LEGO Serious Play in Caregiving

LEGO Serious Play (LSP) is a methodology that was developed to help organizations communicate, listen and work more effectively together through the building and sharing of LEGO brick models. In this session, Loretta Woodward Veney, family caregiver and trained LSP facilitator, will teach participants what LSP is and how it can be used with care partners, care receivers and in Memory Café sessions to spark past memories, make new memories and bring joy and hope to the caregiving experience.

This session will be presented by Loretta Woodward Veney, Family Caregiver, Inspirational speaker, and author. Join us on Friday, March 4, from noon to 1 p.m.

Online Registration: <https://bit.ly/StayingWell-123> or call 703-324-5484.

Caregiver Workshop: Calming the Storm, Using Mindfulness to Meet Big Emotions

This webinar will introduce mindfulness practice and how it can be used to build emotional resilience in family caregivers. The session will include an instructional overview of mindfulness practice, a short, guided meditation, a simple interactive exercise, and an opportunity to ask questions. You will learn what mindfulness is, and a variety of easy practical ways mindfulness can be applied when encountering moments of stress, doubt, or grief.

This session will be presented by Roy Remer, executive director of the Zen Caregiving Project in San Francisco, CA. Join us on Friday, March 25, from noon to 1 p.m.

Online Registration: <https://bit.ly/StayingWell-123> or call 703-324-5484. ☀

caregiver consultation, 8 a.m. and 4:30 p.m., Monday through Friday.

treatments, and so much more! Caregivers welcome. This program meets in person, once a week, for six weeks. City of Falls Church Senior Center, 223 Little Falls Street, Falls Church. Contact Dianne Duke at **703-324-7721** or visit tinyurl.com/CPSMP123 to register.

Bingo + Gentle Exercises = BINGOCIZE®

March 21 - May 25, 11 a.m. - noon.

Bingocize® is a program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo, win prizes, and meet new people while learning about techniques to reduce falls and increase activity. Classes offered in person, 2 x week on Mondays & Wednesdays at Vienna Community Center, 120 Cherry St. SE Street, Vienna. To register, contact the center directly at **703-255-6360** or visit: Vienna, VA - WebTrac Activity Search (myvscloud.com). ☀

VOLUNTEERING

Common Threads of Kindness

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

Are you ready to break free from the same routine? Come out of winter “hibernation” and consider these rewarding volunteer opportunities.

Do You Sew?

Volunteers are needed to craft medical teaching dolls that offer comfort to hospitalized children and help medical personnel explain procedures to them. Dollmakers can help from home, or in-person with a group on Tuesdays, 10 a.m.-Noon, at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Help is needed for cutting, sewing, stuffing, crocheting hair, and other finishing details. Instructions and materials will be supplied. If interested, email Carolyn at howecd75@gmail.com.

Befriend-A-Child Program

Department of Family Services needs mentors throughout Fairfax County for children, ages 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 fun, monthly group outings. Make a positive impact on a child. Go to bit.ly/DFSBAC. Questions? Call a Befriend-A-Child Program Coordinator at 703-324-7072, or email Tiffani. Peguese2@FairfaxCounty.gov or EmilySwenson2@FairfaxCounty.gov.

Body Safety Program

Last year, 1,413 cases of child abuse or neglect were identified in Fairfax County.

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 or contact Francesca Watson at 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 10 a.m.- 3 p.m., Monday through Friday, or until 4 p.m. on Saturday. Volunteers are also needed to socialize with cats and dogs. Apply at www.hsfc.org. Email outreach@hsfc.org for more information.

Reduce Social Isolation

Volunteer Solutions needs grocery shoppers, social visitors (in-person or by phone) and drivers to provide support to older adults, adults with disabilities, and family caregivers. If you prefer group settings, activity leaders, instructors, and assistants are needed at various senior centers. Are you bilingual? You’re needed, too! For more details and to register go to bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov, or call 703-324-5406.

Submit county volunteer opportunities to Tanya Erway at Tanya.Erway@FairfaxCounty.gov.

Fairfax County Volunteer Solutions connects people with meaningful opportunities to support older adults, adults with disabilities, and family caregivers. Our volunteers provide support in one-on-one or group settings. Learn more by calling us at 703-324-5406, TTY 711 to speak with a volunteer coordinator. We’ll help you find the right volunteer role for your schedule and interests! ☀

Find Area Shepherd Centers

The Shepherd Centers are a nonprofit organization sponsored by local area congregations, community groups, and individuals to serve adults 50 years and older. Its primary purpose is to assist older adults to live independently in their homes and to offer programs for enrichment and socialization. They also provide transportation services. You must apply for this transportation service. Once accepted into the service, a request for a ride must be made five days in advance.

The centers are also seeking volunteers. Call or email a specific site for information on what is available.

- ◆ **Annandale/Springfield**
703-941-1419, ShepherdsCenter-Annandale.org
- ◆ **Fairfax/Burke**
703-323-4788, SCFBVA.org
- ◆ **McLean/Arlington/Falls Church**
703-506-2199, SCMAFC.org
- ◆ **Oakton/Vienna/Reston/Herndon/Great Falls**
703-281-0538, SCNOVA.org
- ◆ **South County**
703-799-0505, SCSC-Transport@Verizon.net
- ◆ **Western Fairfax County**
703-246-5920, SCWFC.org ☀

Local Nonprofit Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer driver or office assistant/ride scheduler through one of these organizations:

- ◆ **Herndon Village Network**
703-375-9439; HerndonVillageNetwork.org
- ◆ **Mount Vernon at Home**
703-303-4060; MountVernonAtHome.org
- ◆ **Reston Community Center**
703-390-6198; RestonCommunityCenter.com/About-Reston/rcc-Rides ☀

COVID and People with Disabilities

From Disabilities Rights and Resources

According to the National Council on Disability (NCD), COVID-19 has had a disproportionately negative impact on people with disabilities in their access to healthcare and direct care workers, congregate care settings and transition, education, employment, effective communication, mental health and suicide prevention services, and the congressional, federal and state response. The pandemic also exposed disability bias, failures in modifying policies to accommodate the needs of people with disabilities and gaps in disability data collection and antidiscrimination law.

In their annual Progress Report for 2021, NCD found:

- ◆ People with certain disabilities faced a high risk of being triaged out of COVID-19 treatment when hospital beds, supplies and personnel were scarce.
- ◆ A shortage of direct care workers left people with disabilities and their caregivers without aid, placing them at risk of losing their independence.
- ◆ Congregate care facility residents caught the virus and died in large numbers mainly due to lack of personal protective equipment, confined settings and underlying health conditions.
- ◆ The pandemic exacerbated people with disabilities being underrepresented in the workforce.
- ◆ Students with disabilities didn't receive needed in-person special education services and supports.

Overall the COVID-19 pandemic had a devastating impact on people with disabilities. The report has highlighted that there's a lot that needs to be rectified before the next pandemic or public health emergency. Find the report, including the full list of findings and suggested changes, at <https://Ncd.Gov/ProgressReport/2021/2021-Progress-Report>. ☀

Older Adult Services Realigned to Enhance Service Delivery

From the Fairfax County Health Department

Fairfax County announced plans to realign some Fairfax County Health Department services and programs for older adults to maximize the program's high-quality standards, efficiency, and expertise of its large portfolio of services and programs for those ages 50+.

Adult Day Health Care and the Long Term Care Coordinating Council will join Neighborhood and Community Services. The team that conducts long-term Support Services Screenings, formerly referred to as Medicaid Pre-Admission Screenings will move to Department of Family Services. Previously, all three programs were managed by the Health Department.

Through becoming part of Neighborhood and Community Services, Adult Day Health Care will enjoy a more direct connection with the county Senior Centers. The two programs are typically co-located, and staff collaborate daily to ensure they are providing the best possible service to each program participant.

The Long-Term Care Coordinating Council has a long tradition of advocating for programs and services to enhance the lives of older adults and people with disabilities. As part of Neighborhood and Community Services, the Council will be able to better coordinate with the transportation, therapeutic, technology and other programs.

The Department of Family Services oversees the Aging, Disability, and Caregiver Resources line, so the addition of Long-Term Services & Support Screening to its roster elevates access to services for older adults with cognitive, functional impairment and developmental disabilities even more.

No program physical locations are moving. All staff will remain with their programs as they move to the new agency and new staff will be added to meet growing needs. It is anticipated the transition will be completed by July 1. 🌟

Fairfax County

Services for Older Adults

703-324-7948

TTY 711

8 a.m. - 4:30 p.m. Monday - Friday

www.fairfaxcounty.gov/

OlderAdults

- Adult Day Health Care Centers
- Adult Protective Services
- Care Management/Social Work
- Caregiver Support & Respite
- In-Home Care
- Medicare Counseling/VICAP
- Meals on Wheels
- Nursing & Assisted Living Facilities
- Senior Centers & Recreation
- Transportation and much more!

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FAMILY SERVICES

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MARCH COMMUNITY CALENDAR

Upcoming Patrick Henry Library Events Include:

Author Joyana Peters, Death Café, a Readers' theater play, and more! For dates and times, visit <https://LibraryCalendar.FairfaxCounty.gov> or call 703-938-0405, TTY 711.

Celebrate Your Shamrock Roots: Irish and Scots-Irish Research

Saturday, March 12, 9 a.m. to 4:15 p.m.

Virtual and onsite Spring Fair at the Richard J. Ernst Community Cultural Center at Northern Virginia Community College, Annandale Campus. Presented by the Ulster Historical Foundation and sponsored by the Fairfax Genealogical Society (FxGS). Masks will be required. Registration fees required: <https://fxgs2022mar.eventbrite.com>. For accommodations, please call 703-644-8185. For more information, visit www.fxgs.org.

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.

Medicare Workshops

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

Tuesday, March 22, Virtual Medicare 101

10:15-11:45 a.m., NCS Virtual Center for Active Adults. Register at <https://bit.ly/VICAPMarch22> or 703-324-5851.

Tuesday, April 12, In-person Medicare 101

(limited seating)

Noon to 1:30 p.m.

Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191

Contact: Cassie Lebron, 703-390-6157

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