



Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Alan Rems' Adventures in Retirement

by Gwen Jones, Department of Family Services

Retirement can be daunting for some. After the busyness of adulthood – relationships, family, and career – you may wonder “will retirement be boring?” For Alan Rems, the answer is a resounding “No.” Not only does Alan thoroughly enjoy his retirement, but he fills his hours with engaging and meaningful pursuits, has discovered new interests and talents, uses his expertise to help others, and has been recognized for his accomplishments.

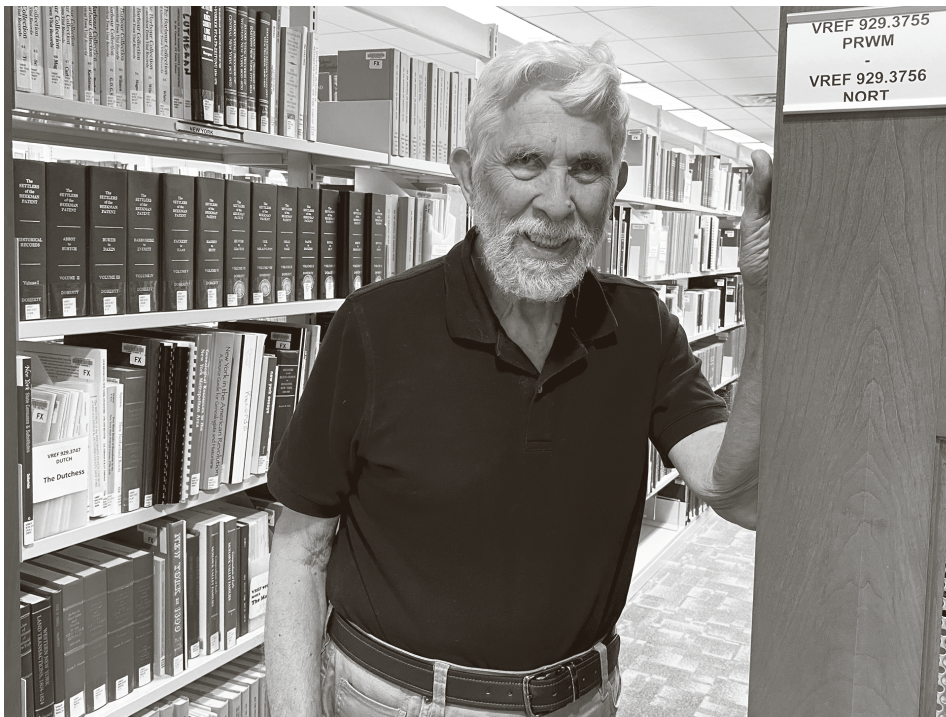
Alan Rems was born in 1937 and grew up in Jersey City, NJ. After moving to Manhattan, Alan met and married Janet, a teacher and later journalist. With their two children, the family moved to Centreville in 1990 when Alan’s employer, Mobil Oil, relocated to Fairfax County, VA.

In the late 1990s, Alan developed an interest in genealogy, but it was only after retiring that he became fully engaged. When he caught the genealogy bug, Alan became particularly interested in his paternal grandmother’s family because he knew very little about them.

Alan speaks fondly of his quest to discover his paternal ancestors, saying “I’ve had such amazing adventures!” Nearly all the people Alan contacted during his research were eager to help and enthusiastically shared information, pictures, and personal stories. His discoveries included three eminent rabbis, a major Yiddish author, a courageous survivor of the Lodz ghetto, a Spanish Civil War volunteer, and a mobster. After learning that a family member endured the

infamous Bataan Death March, Alan found and contacted a veteran

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Alan Rems has been volunteering with the Virginia Room, part of the Fairfax County Public Library, since 2004. In 2020, Alan received a County Volunteer Award for his service.

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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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GOLDEN GAZETTE

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Reasonable accommodations will be provided upon request. Call **703-324-5411, TTY 711**. The TTY number for all contacts in this publication is 711 unless otherwise stated.

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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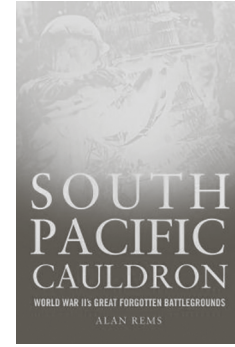
who served with his relative from training camp until the relative's death as a Japanese POW, and the two formed a long-distance friendship.

Alan's most emotional moment came after discovering that the Hebraic Section of the Library of Congress possessed a rare book written in Hebrew by his great-grandfather's brother, a renowned rabbinic scholar. Years later, Alan connected with the rabbi's great-great-granddaughter in the Netherlands, who revered her ancestor but believed that none of his writings had survived. After learning about the book, she traveled to Washington, D.C., and met Alan at the Library of Congress to see and hold the book. After photocopying the book, she recited the Hebrew prayer reserved for holidays and momentous occasions, "Thank you Lord for enabling us to reach this moment."

While continuing his research, Alan found an uncashed life insurance policy purchased by the father of the Lodz survivor. The recipient of the payout used some of the money to publish a translation she completed of a book of stories written by her granduncle, the Yiddish author. A leading Yiddish literary critic praised the family for helping keep the author's name alive by having his writings translated into English. When Alan received a copy of the book, he felt great satisfaction from the inscription, "To Alan – Who made it possible." Upon reading the book, he found that a large section was not fiction, as had been assumed by the translator, but invaluable biographical information about the author's early years.

During his research, Alan avoided reaching out to some of his relatives, descendants of an uncle who intermarried in the 1920s, because he didn't know the extent of their knowledge and feelings about their Jewish origins. However, when his research was nearly complete, his uncle's granddaughter contacted him. A distinguished leader in Catholic higher education, the granddaughter had heard about Alan's family research and was anxious to learn about her Jewish roots. Alan was happy that his thoroughly Irish Catholic cousins embraced their previously unknown history. They enthusiastically contributed to the family narrative before Alan published his genealogical research, going back to the 18th Century, and have since become some

of his closest relatives. Alan was delighted that his genealogy work unexpectedly played an essential role in the family reconnecting.



Alan's book, "South Pacific Cauldron: World War II's Great Forgotten Battlefields," was published in 2014. It is the first complete history of World War II in the South Pacific.

In 2003, when deeply immersed in genealogy research, Alan attended the annual International Jewish Association of Jewish Genealogical Societies Conference in Washington, D.C. At the event he met Suzanne Levy, who was then manager of the Virginia Room. Part of the Fairfax County Public Library, the Virginia Room houses an extensive collection of historical and genealogical materials. At Suzanne's urging, Alan began volunteering at the Virginia Room in 2004. He continued during the tenure of Levy's successor, Laura Wickstead, and continues volunteering there to this day.

Alan's largest project for the Virginia Room involved preparing annotated bibliographies describing the contents of specialized volumes to aid researchers seeking information about specific ethnicities (e.g. German, Scottish, African American). These bibliographies can be found on the library's website.

Alan's favorite activity at the Virginia Room is assisting people with their Jewish genealogy research, a task that makes full use of his expertise. At his recommendation, the Virginia Room has added many books to the collection that are useful to Jewish genealogists. He also successfully advocated for the rearrangement of the Jewish book collection to make it easier to use and to facilitate browsing. Currently, Alan is helping the Virginia Room absorb a large donation of genealogy books to augment its already comprehensive collection. In 2020 Alan received a County Volunteer Award for his many contributions to the Virginia Room.

Retirement has also allowed Alan to pursue his lifelong interest in military history. Sixteen years ago, he joined a Military History Group that meets at Green Acres Senior Center in the City of Fairfax. In 2018, he

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assumed leadership of the group, a role that requires him to prepare a new program every week. Alan's preparation and production time includes obtaining guest speakers, arranging class member presentations, and locating appropriate videos to ensure that classes are stimulating and educational.

Alan's interest in military history also led to him becoming a published author. By chance, he learned of the mysterious death of Marine Major General Charles Barrett, who fell from a second-story window of his headquarters in 1943. Although Barrett's death was officially deemed an accident, Alan was not convinced. While searching the Marine Corps archives in Quantico, VA, he discovered confidential letters that proved the general had died by suicide, with the truth hidden through the complicity of Admiral "Bull" Halsey. Alan wrote an article titled Halsey Knows the Straight Story, published in the August 2008 issue of Naval History Magazine. The U.S. Naval Institute selected Alan as 2008 Author of the Year for the article. Encouraged by his editor, Alan continued to write for the magazine and had 15 articles published in the magazine over a 12-year period, making him the magazine's most prolific author.

In 2014, Alan added book author to his list of accomplishments. His book, "South Pacific Cauldron: World War II's Great Forgotten Battlegrounds," is the first complete history of World War II in the South Pacific. The book is owned by more than 600 libraries around the world.

Between leading the Military History Group and delivering talks to promote his book, Alan shed a lifelong fear of public speaking and now enjoys those opportunities. Today, at 85, Alan continues to do what he loves most – volunteering at the Virginia Room, leading the Military History Group, and spending time with friends.

Interested in reading Alan's writings? His award-winning article about the death of General Barrett can be read online at bit.ly/3TMlr6Q. Alan's book "South Pacific Cauldron: World War II's Great Forgotten Battlegrounds" is available at Fairfax County Public Library, call number 940.5426 R 2014. ☀

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 and how clients and staff have coped during the pandemic, and what their 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.** ☀



Help with Heating Begins Oct. 11

by DFS Public Assistance and Employment and Training Division

Are you worried about heating bills this winter? The Fuel Assistance Program offsets the cost of primary heating expenses for eligible households. If approved, payments begin in January 2023. The open application period for the Fuel Assistance Program begins on Tuesday, October 11, 2022, and closes on Monday, November 14.

Households can apply in the following ways:

- ◆ **Online:** at CommonHelp.Virginia.gov
- ◆ **Phone:** call the Enterprise Call Center at **1-833-522-5582**
- ◆ **Paper Application:** call our main number at **703-324-7500** to request an application be mailed to you
- ◆ **Fax:** fax a completed application to **703-653-1355**
- ◆ **In Person:** applications are available at these Department of Family Services locations:

Annandale - Heritage Center, West Wing, 7611 Little River Turnpike, 5th Floor, Annandale

Fairfax - Pennino Building, 12011 Government Center Parkway, Suite 232, Fairfax

Reston - Lake Anne Office Building, 11484 Washington Plaza West, 4th floor, Reston

Richmond Highway/Alexandria - South County Center, 8350 Richmond Hwy. (Route 1), 4th floor, Alexandria. ☀

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 Fairfax County Board of Supervisors and the City Councils of the City of Fairfax and the City of Falls Church.

At the September 21 COA meeting, the Department of Family Services data analytics unit staff presented survey results from the Community Assessment Survey for Older Adults. Health Management Associates, the SHAPE the Future of Aging consultant, discussed their overall project plan and the community input phase of the SHAPE the Future of Aging Plan development.

COA Meeting Wednesday, October 19, 1 p.m.

Pennino Building - Room 200 & 206,
12011 Government Center Parkway, Fairfax, VA
or Virtual Opt-in via Zoom:
us06web.zoom.us/j/86126795026
Access Code: COA-m1234!

Live audio of the meeting may be accessed by dialing **888-270-9936** (US Toll Free) or **602-333-0032**; conference code: 231525.

For ADA accommodations, contact Ana Valdivia, **571-407-6960** or Ana.Valdivia@fairfaxcounty.gov; TTY services available via 711. ☀

Register Now! Virtual Live Well: Chronic Disease Self-Management

October 11-November 15, 1:30-3:30 p.m.

Fairfax County's Virtual Chronic Disease Self-Management Program is a free six-week group interactive workshop series for individuals who are interested in learning how to live better by effectively managing their ongoing health conditions. For more information, call Dianne Duke at **703-324-7721**, TTY 711. Register at tinyurl.com/CDSMP123

Medicare Open Enrollment: Information and Resources

by Giuliana Valencia, Fairfax Area Agency on Aging

Are you caring for someone on Medicare? October is open enrollment. If you are caring for a loved one who is a Medicare beneficiary, it is important for you to know what to expect. Understanding what is covered under Medicare and finding the right coverage for your loved one is often challenging. Luckily, there are some great resources available. Contact the Virginia Insurance Counseling & Assistance Program (VICAP), which offers FREE, unbiased, confidential counseling and assistance for people with Medicare; or attend one of their presentations to get a better understanding of Medicare, Medigap, drug plans, and Medicare Advantage plans.

When it comes to Medicare, there are many aspects to consider, and it is helpful to have information that will help you navigate a complex healthcare system and be a better advocate for yourself and your loved one. To learn more about Medicare, call **703-324-5851**, **TTY 711**, leave a message, and a VICAP counselor will return your call.



Medicare 101-Caregiver Webinar

Wednesday, October 5, Noon-1 p.m.

Medicare 101 training is for individuals who will be eligible for Medicare and want to learn about their options. The session will provide an overview of the many components of Medicare: Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital/doctors/labs/radiology), Part C (Medicare Advantage Plans), and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans.

Medicare 102-Caregiver Webinar

Wednesday, October 19, Noon-1 p.m.

Medicare 102 training is for individuals who are interested in learning more about Medicare coverage. The session will provide an overview of advanced Medicare details, such as the Medicare.gov website, the latest regulatory changes, and key legislative proposals, as well as provide individuals an opportunity to ask more complex questions.

These two sessions will be facilitated by Bill Vaughan, Volunteer, VICAP, Fairfax Area Agency on Aging. Online Registration: bit.ly/CAREWEB1 or call **703-324-5484**.

Exploring Health Disparities in Minority Family Caregivers-Caregiver Panel Conversation

What causes health disparities? Research suggests that many complex factors can affect the health and quality of life of family caregivers and older adults. Understanding how some of these environmental, social, and cultural factors interact and create health disparities is crucial in supporting and improving the quality of life in family caregivers of older adults and adults with disabilities. Join us for this family caregiver forum as we explore health disparities in minority caregiving populations.

Topics and panelists include Health Disparities in Black Male Caregivers by Dr. Jerry Johnson, MD; The Influence of Culture and Social Factors on the Health of Latino Family Caregivers of Older Adults by Carolyn Mendez-Luck, Ph.D.; The Effects of Health Disparities in Family Caregivers of Older Adults in the Asian American Community by Bei Wu, Ph.D.

Join us on Friday, October 28, from 2-3:30 p.m.
Online registration: bit.ly/AAAPanel or call 703-324-5484.

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.

Virtual sessions from Wednesday, November 9-Friday, November 11, 10 a.m.-12:30 p.m. daily. To learn more about this conference, daily sessions, speakers, and registration, visit nvdcc.com or call 703-204-4664 ext. 131.

Caregiver Support Group

The Fairfax County Adult Day Health Centers invite you to join their family caregiver support group on Tuesday, October 18, from 10:30 a.m.-noon. The topic will be on Memory/Camouflage. If you wish to attend, please sign onto the Zoom Meeting: vdh.zoom.us/j/3222872381. ☀

Live and Virtual Medicare 101 Workshops

Medicare 101 Workshops, led by the Virginia Insurance Counseling and Assistance Program (VICAP), provide current information on Medicare options. In-person workshops have limited seating. Registration for library events begins 30 days prior to the presentation date. To register, contact the library or call VICAP at 703-324-5851, TTY 711.

Monday, October 3, 2-3:30 p.m. Virtual and In-Person

Thomas Jefferson Library, 7415 Arlington Blvd., Falls Church, VA 22042
bit.ly/MedSession6 or 703-573-1060

Tuesday, October 11, 6-7:30 p.m. Virtual and In-Person

Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA, 22043
bit.ly/MedSession7 or 703-790-8088, x4

Friday, October 14, 2-3:30 p.m., In-person

John Marshall Library, 6209 Rose Hill Dr., Alexandria, VA 22310
bit.ly/MedSession8 or 703-971-0010

Thursday, October 20, 3-4:30 p.m., In-person

Reston Regional Library, 11925 Bowman Towne Drive, Reston, VA, 20190
bit.ly/MedSession9 or 703-689-2700

Monday, October 24, 2-3:30 p.m., Virtual

Centreville Regional Library, Centreville, VA 20121
bit.ly/MedTraining10 or 703-830-2223

Tuesday, October 25, 6-7:30 p.m., In-person

Kingstowne Library, 6500 Landsdowne Centre, Alexandria, VA, 22315
bit.ly/MedSession14 or 703-339-4610. ☀

October is Domestic Violence Awareness Month

by Kendra Lee, Department of Family Services

In October we recognize Domestic Violence Awareness Month, or DVAM, where we acknowledge domestic violence survivors and lift our voices for its victims. Domestic violence is a family, community, and public health issue with widespread ripple effects that impact all parts of our community. Sometimes lost in the walks, wear purple days, and other events that mark the month, is this alarming fact: Abuse doesn't discriminate against age; an unsettling number of older adults are in abusive relationships that either begin in or persist into later life.

Myriad reasons can be behind late-onset domestic violence, including disability, stress from retirement, shifting roles for family members, and sexual changes. Older adults are also at increased risk of domestic violence if a long-term relationship ends, and they re-enter the dating pool.

Victims in their golden years are more likely to keep silent about the abuse. Retirement and illness may affect an older adult's finances, causing them to fear losing health insurance or becoming homeless if they report intimate partner violence. If the abuser is an older adult's caretaker, they may think they have few options if they leave the relationship.



Older adults in abusive relationships might have known symptoms of domestic abuse – physical injuries and possessive or controlling behavior – as well as frequent and more severe injuries, confusion, and disassociation. Social workers, law enforcement, and medical professionals find these elder-specific indicators difficult to diagnose because these symptoms can occur when there's no domestic violence.

When organizations mark DVAM, they tend to focus on people between 18 and 45 years of age, paying little attention to late-onset domestic violence and limiting assistance to older adults. If abuse is suspected, no matter the victim's age, race, gender, sexual preference, religion, or education level, concerned residents in Fairfax County should call the Domestic and Sexual Violence 24-Hour Hotline at **703-360-7273**. ☀

National Ombudsman Day is October 13!

by Gwen Jones, Department of Family Services

National Ombudsman Day serves to raise awareness about the role of an Ombudsman and the valuable services they provide. The Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) advocates for the rights of residents of nursing and assisted living facilities and other long-term care entities. Services include:

- ◆ Advocating for improving the quality of life for persons receiving long-term care services.
- ◆ Resolving complaints against long-term care providers through counseling, negotiation, and investigation.

- ◆ Providing education to help consumers and facilities make informed decisions.
- ◆ Educating the community about long-term care issues.
- ◆ Visiting long-term care facilities and speaking with residents.
- ◆ Training long-term care staff.
- ◆ Consultation.

For more information about the Northern Virginia Long-Term Care Ombudsman Program, please call the **NVLTCOP** at **703-324-5861**, **TTY 711**, or email **NVLTCOP@fairfaxcounty.gov**. ☀

National Disability Employment Awareness Month

by Karen Kelly, Disability Rights and Resources

Fairfax County Department of Family Services is proud to participate in National Disability Employment Awareness Month (NDEAM). Held each October, NDEAM aims to recognize the essential role people with disabilities play in our nation's economic success through employment. This year's theme, "Disability: Part of the Equity Equation," recognizes the vital role people with disabilities play in making the nation's workforce diverse and inclusive. According to the U.S. Census Bureau for the Bureau of Labor Statistics, 19.1 percent of persons with a disability were employed in 2021; 9.6 percent were self-employed.*

Each October, the Fairfax County Board of Supervisors proudly introduces a proclamation to celebrate Disability Employment Awareness Month. Chairman Jeff McKay presented the proclamation in 2021 on behalf of the board to recognize the contributions of workers with disabilities and to help educate the public about disability employment issues. Fairfax County Government values the contributions of all people, including those of individuals with disabilities and celebrates in their accomplishments.

* The statistics on employment are based on annual average nationwide data obtained from the Current Population Survey conducted by the U.S. Census Bureau for the Bureau of Labor Statistics.

Fairfax County's Disability Rights and Resources (DRR) unit hosts an annual Disability Mentoring Day event every October. We partner with Fairfax County Public Schools (FCPS) to educate high school students about employment opportunities and requirements and celebrate the many contributions of America's workers with disabilities.

Last year during our mentoring day event, Virginia Career Works presented on The Virtual Employment Experience and answered students' questions about how to succeed in remote jobs. Moriah Kitaeff, one of our past John Hudson Interns, shared her internship experience and answered students' questions. There was a fun break for students with the Fairfax County Employee Fitness Center leading a movement activity. Students also heard firsthand about Information Technology, Telework, Child Care, Emergency Management and Healthcare positions. Students engaged in the activities and DRR received positive feedback from students, teachers and employees. ✨

October is Residents' Rights Month!

by Camden Doran, Long-Term Care Ombudsman

Residents' Rights Month is celebrated every October to honor residents in long-term care (LTC) facilities, such as nursing and assisted living facilities, and for consumers receiving LTC services in the community. Residents' Rights Month is an opportunity to focus on and celebrate the dignity and rights of every individual receiving long-term services and supports. Residents' rights are guaranteed by federal and state laws and are critical components of quality care and of life for all residents. This year's theme for Residents' Rights Month is "Inspiring Unity within Our Community" and emphasizes the importance of fostering meaningful community within the facility and encouraging residents' connection to their local community. For

more information, and to participate in activities related to Residents' Rights Month, visit the National Consumer Voice for Quality Long-Term Care's website at theconsumervoice.org.

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. For more information about residents' rights, or other nursing facility and assisted living concerns, please call the NVLTCOP at **703-324-5861**, TTY 711, or email NVLTCOP@fairfaxcounty.gov. ✨

Resources for LGBTQ+ Older Adults

by Gwen Jones, Department of Family Services

October 11 is National Coming Out Day, an annual celebration of LGBTQ+ individuals coming out to their family and friends. The day also serves to raise awareness of the LGBTQ+ community and its members' continuing struggle for equality.

Despite experiencing increased acceptance and inclusion in society, some LGBTQ+ older adults fear how they will fare in their later years. Will they have enough support to be able to age in place? Will they face discrimination in an assisted living or long-term care facility, or when hiring in-home care providers?

Some of these fears are rooted in a lack of familial supports. According to SAGE, a national advocacy group for LGBTQ+ older adults, older adults who identify as LGBTQ+ are twice as likely to be single and live alone and four times less likely to have children than heterosexual older adults. The good news is that there are organizations providing information and resources to help support LGBTQ+ adults as they age. Some of these organizations also offer inclusion training to aging network providers and caregivers to ensure that LGBTQ+ older adults are treated with respect and compassion.

Local Resources

Fairfax County's Office of Human Rights and Equity Programs (OHREP)

Visit [FairfaxCounty.gov/humanrights](https://www.fairfaxcounty.gov/humanrights) or call 703-324-2953, TTY 711.

OHREP receives and investigates complaints filed by any person who believes they have been discriminated against in Fairfax County on the basis of race, color, religion, sex, sexual orientation, gender identity, marital status, pregnancy, childbirth or related medical in the



areas of employment, housing, public accommodations, private education and credit. OHREP also administers the County's Equal Employment Enforcement (EEO) program and ensures the County's compliance with all federal, state, and county mandates granting equal access to all County services, programs and employment opportunities.

Inova Pride Clinic

Visit [inova.org/locations/inova-primary-care/pride-clinic](https://www.inova.org/locations/inova-primary-care/pride-clinic) or call 703-522-1175.

Inova Pride Clinic provides medical expertise tailored to the unique needs of LGBTQ+ people. Staff provide inclusive and judgment-free care, answering questions and supporting long-term health and wellness – without barriers.

Equality Virginia

[equalityvirginia.org](https://www.equalityvirginia.org)

Founded in 1989 as Virginians for Justice, Equality Virginia (EV) is the leading advocacy organization in Virginia seeking equality for people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ).

National Resources

SAGE - Advocacy and Services for LGBTQ+ Older Adults sageusa.org

Founded in 1978, SAGE is a national advocacy and services organization that works to improve the lives of LGBTQ+ older adults. Resources include:

- ◆ **SAGE National LGBTQ+ Elder Hotline: 877-360-LGBT(5428)**
Free, toll-free hotline for LGBTQ+ older adults and their caregivers. The hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages. Responders are certified in crisis response, offer support without judgment, answer questions factually and confidentially, and provide information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.
- ◆ **SAGECare: sageusa.org/what-we-do/sagecare**
SAGECare is a cultural competency training program for organizations, facilities and individuals that provide services to older adults. You can also search their database to locate SAGECare certified providers near you.

The National Resource Center on LGBTQ+ Aging

Visit lgbtagingcenter.org or call 212-741-2247.

The country's first and only technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers. Services include informational materials, educational opportunities, technical assistance to aging network providers, and an information and referral form for LGBTQ+ older adults, their families and caregivers.

Lambda Legal lambdalegal.org

Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone

living with HIV through impact litigation, education and public policy work.

- ◆ **Help Desk** - The Help desk provides information and resources relating to discrimination based on sexual orientation, gender identity and gender expression, and HIV status. Use their online form or call the Southern Regional Office at 404-897-1880.
- ◆ **LGBT Rights in Virginia** – The website includes a state-by-state rundown of legal protections for LGBT people, their families, and people living with HIV.

Gay and Lesbian Medical Association (GLMA)

Visit glma.org or call 202-600-8037.

GLMA works to ensure equality in healthcare for LGBT individuals and health care providers. They offer a searchable healthcare provider directory so that LGBT individuals can find health care professionals who are open to their needs.

The Transgender Aging Network (TAN)

forge-forward.org/resource/transgender-aging-network

TAN exists to improve the lives of current and future trans/SOFFA (Significant Others, Friends, Family and Allies) older adults. They provide trainings and resources for service providers, transgender adults, and their allies.

AARP LGBTQ Pride

aarp.org/home-family/voices/lgbt-pride

Articles and resources for LGBTQ+ older adults and their families. The website also includes a link to their LGBTQ Community Caregiving Guide - A Planning Guide for Caregivers in the LGBTQ Community.

Parents and Friends of Lesbians and Gays (PFLAG)

pflag.org

Founded in 1973, PFLAG provides support, information and resources for LGBTQ+ people, their parents and families, and allies. PFLAG chapters are in communities in all 50 states, the District of Columbia, and Puerto Rico. ☀

Volunteer Spotlight - Maria Romain Inspires Others

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

“I love doing what I do,” shared Volunteer Solutions volunteer Maria Romain, referring to the Stay Active and Independent for Life (SAIL) fitness program she teaches weekly at Wakefield Senior Center in Annandale, and as a substitute at another center. She first heard about this volunteer opportunity to lead SAIL classes through her neighbor, Diane Ditzler, a volunteer instructor. Inspired, Maria registered with Volunteer Solutions in October 2021. She took the SAIL course – covered by Fairfax County for those who commit to teaching it at senior centers – and completed the certification.

Maria, who was born in Puerto Rico and raised in Philadelphia, had never taught fitness to others, but has always prioritized being healthy and exercising. She and her husband have a personal gym set up in their home in Annandale, where they live with their adult son and daughter. Maria worked on government proposals as a contractor for much of her career and is now working part-time in Human Resources for a small company.

The SAIL fitness program incorporates warm-up, stretching, aerobics (without jumping) to raise the heartbeat, cool down, weights for muscle strengthening,



Volunteer SAIL instructor Maria Romain.

balancing, and using obstacles, among other techniques. Each class is approximately 55 minutes long and has a co-instructor demonstrating the seated version of the exercises.

Maria enjoys choosing a variety of songs to appeal to class members. As she’s leading them, she’ll assess what the members are doing and adjust movements accordingly, slower, or faster. She reiterates to them to listen to their bodies and do what they can, without overdoing it. She appreciates the praise she gets from her loyal students and that they keep

returning. She had one participant tell her, “It gives me just enough exercise where I’m not exhausted, but I felt like I got a good workout.”

Maria expressed her appreciation for volunteering as a fitness instructor with Volunteer Solutions and the centers, seeing it as a “win-win.” She forms social connections and stays active while helping others do the same. She is buoyed and motivated by witnessing the progress her students have made at the end of their 12-week session, through their fitness checks.

We are thankful to Maria, and all our volunteers, for sharing their talents with others!

If you’d like to learn more about the multitude of ways volunteers can assist in Fairfax County senior centers go to bit.ly/FXVSVOL. 🌟



Maria Romain leads a SAIL class at the Wakefield Senior Center in Annandale.

You're Invited to the
Venture into



VOLUNTEERING FAIR

WEDNESDAY-FRIDAY, OCTOBER 12-14, 2022

10:30 a.m.-3:00 p.m.

For the daily schedule and details go to bit.ly/VOLFAIR

Explore A Variety of Opportunities!

Don't miss this opportunity to learn about local ways to make a difference in our community! Twenty-seven non-profit organizations and Fairfax County agencies will share how they incorporate volunteers into service, and all will be available to answer questions.

Join us on Zoom during any 30-minute presentation. No pre-registration necessary.

If you have questions regarding this event, contact VolunteerSolutionsRecruitment@FairfaxCounty.gov or call 703-324-5406.

Early Voting Offered for Congressional Midterm Elections

by Brian Worthy, Office of Public Affairs

Vote early in the congressional midterm elections in Fairfax County. Any voter may cast their ballot early at any early voting site in the county until Nov. 5. Candidates for the U.S. House of Representatives for the 8th, 10th and 11th Districts are on the ballot.

Three locations will be open for early voting on weekdays:

- ◆ Fairfax County Government Center: 8 a.m.- 4:30 p.m.
- ◆ Mount Vernon Governmental Center: 1-7 p.m.
- ◆ North County Governmental Center: 1-7 p.m.

These locations will be the only places available for early voting until Oct. 27 when an additional 13 sites will open. Find the full list of early voting locations and hours online at FairfaxCounty.gov/elections/early-voting.

Before going to vote, please double check the hours the sites are open because times vary by location.

Weekend Voting to be Offered

Every one of the county's 16 early voting sites will be open on two Saturdays from 9 a.m. to 5 p.m.:

- ◆ Oct. 29
- ◆ Nov. 5

You'll also be able to vote at any site on Sunday, Oct. 30 from 1 to 5 p.m.



Do You Know Your Congressional District?

As a result of redistricting, which is a legally required process to adjust election districts every 10 years, voters may find that their congressional district has changed. However, 96% of voters will continue to vote at their same polling place.

Double check your congressional district and polling place by looking at your voter information on the state's online portal at vote.elections.virginia.gov. Or call the Fairfax County Office of Elections.

More Information

For more information or questions about early voting or identifying your congressional district or polling place, call the Office of Elections at 703-222-0776, TTY 711 or visit FairfaxCounty.gov/elections/early-voting. 🌟

Open Now: The New Sully Community Center

by Lauren Puckett, Department of Neighborhood and Community Services

There's a new community center in town! The Sully Community Center in Herndon opened its doors to the public with a ribbon-cutting ceremony and grand opening celebration on Sept. 17, 2022. The 36,000-square-foot facility is located on five acres at the intersection of Wall Road and Air and Space Museum Parkway and serves as a multi-generational facility for the surrounding communities. The center also serves as the home of the Sully Senior Center, which formerly operated in leased space in Chantilly.

Sully Community Center offers classes, activities and opportunities for people of all ages and abilities, including afterschool programs; facility rentals; fitness classes; gym sports such as basketball, volleyball, pickleball and badminton; meeting spaces for groups and organizations; Park Authority specialty camps; partnership garden plots; School Age Child Care (SACC); spring, summer and winter camps; and STEAM, technology and computer instruction.



The community center also features a 4,000-square-foot Healthcare Suite. Managed by HealthWorks for Northern Virginia, this suite provides comprehensive primary health care services with a focus on those who are underserved and have faced barriers to accessing healthcare.

Sully Community Center is located at 13800 Wall Road in Herndon. To learn more and view a calendar of events, visit [FairfaxCounty.gov](https://www.fairfaxcounty.gov) and search for "Sully Community Center." We hope you visit us soon! ✨

Protect Yourself from a Cyber-Attack

by Courtney Arroyo, Department of Emergency Management and Security



Unlike physical threats that prompt immediate action, cyber threats and attacks are often difficult to identify or comprehend. Cybersecurity involves preventing, detecting, and responding to cyber

incidents. Virtually all modern organizations – including governments, hospitals, corporations, banks, and utilities – rely on computer systems for their operations and data management and are therefore vulnerable to cyber-attacks.

How can you protect yourself from a cyber-attack? Here are a few steps you can do at home:

- ◆ Keep your firewall turned on and updated.
- ◆ Install or update anti-virus/antispyware.
- ◆ Use strong, unique passwords, and change them on a regular basis.

- ◆ Be careful what you download. Never click on an attachment, link or macro in an unsolicited email or text.
- ◆ Turn off your computer when you are not using it.
- ◆ Be suspicious of emails from known contacts that seem “off”- misspellings, strange syntax or word usage, generic language, weird link URLs- many hacking campaigns will impersonate known emails.

Join us on Wednesday, October 5 at 7 p.m. for a webinar on cybersecurity! Join via Zoom:

Join from a computer:
us06web.zoom.us/j/86128568783

Or Telephone: **888-270-9936** (US Toll Free);
Conference code: 952942

For more information on how to protect yourself against cyber threats, visit [FairfaxCounty.gov/emergency/readyfairfax/cyberattack](https://www.fairfaxcounty.gov/emergency/readyfairfax/cyberattack). ✨

Five Tips for a Healthy Winter

by Lucy Caldwell, Fairfax County Health Department

Fall is here, which means it's time to start planning for the colder months ahead. As you break out the gloves, hats, scarves, and jackets, consider adding these five health tips to your winter prep routine:

- ◆ **Be up to date on COVID-19 vaccines:** Everyone 50 and older is eligible for a second COVID-19 booster dose. Get the primary vaccine series AND booster doses to stay protected against serious illness. Pfizer-BioNTech and Moderna bivalent COVID-19 vaccine boosters are now available at Fairfax County vaccine clinics. Find out more from the Fairfax County Health Department at [FairfaxCounty.gov/health/immunization](https://www.fairfaxcounty.gov/health/immunization).
- ◆ **Get a flu shot:** Flu season is coming up and getting a flu shot is the best way to protect yourself. **BONUS:** Save time with only one appointment! You can get a flu vaccine and COVID-19 vaccine, including a booster dose, at the same time.
- ◆ **Stay active:** Cold weather can disrupt daily walks or other outdoor physical activities. Fairfax County Senior Centers offer a variety of virtual and in-person, indoor classes so you can stay warm while you stay active. Find more about activities at Senior Centers by visiting [FairfaxCounty.gov](https://www.fairfaxcounty.gov) and searching for "Senior Centers."



- ◆ **Continue to hydrate:** With cooler temperatures, hydration may take a back seat to other healthy habits. But drinking plenty of water throughout the day helps aid in the digestion of food and absorption of nutrients. Whether you are thirsty or not, it is important to monitor fluid intake and consume water and water-rich foods (such as soup or produce) at all times of year. Even mild dehydration can contribute to confusion, fatigue, loss of strength, reduced coordination and decreased cognitive function.
- ◆ **Stay connected:** Winter can be lonely and impact emotions for many people. No matter your age, combat isolation and darkness by checking in on family, friends, and neighbors. If you can't meet in person, phone calls and video calls are a great way to stay connected from a distance. Reach out, connect, and share fond memories or plan for events ahead as we all endure the cold together. ✨

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](https://www.shepherdscenter-annandale.org)
- ◆ **Fairfax/Burke**
703-323-4788, [SCFBVA.org](https://www.scfbva.org)
- ◆ **McLean/Arlington/Falls Church**
703-506-2199, [SCMAFC.org](https://www.scmafrc.org)
- ◆ **Oakton/Vienna/Dunn Loring/Reston/Herndon/
Great Falls**
703-281-0538, [SCNOVA.org](https://www.scnova.org)
- ◆ **South County**
703-799-0505, SCSC-Transport@Verizon.net
- ◆ **Western Fairfax County**
703-246-5920, [SCWFC.org](https://www.scwfc.org) ✨

COUNTY OF FAIRFAX, VIRGINIA
Adult and Aging Services
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Fairfax, VA 22035-1104

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OCTOBER COMMUNITY CALENDAR

“Crime After Crime”

Tuesday, October 11, 6 p.m.

Stacy C. Sherwood Community Center
3740 Old Lee Highway Fairfax, VA
Domestic and Sexual Violence Services will host a free special screening of “Crime After Crime,” a documentary about incarcerated domestic violence survivor Debbie Peagler’s decades-long fight for her freedom. The screening will be followed by a panel discussion about the criminalization of survivors of intimate partner violence, and how they are often forced to defend themselves against the person who caused them harm as well as the justice system. Register at bit.ly/3OLGvrc or call 703-324-5730.

LLI/NOVA Forum

Wednesday, October 12, 9:30-11 a.m.

Ernst Cultural Center Forum Room - NOVA Annandale Campus
Dr. Jimmie McClellan, NOVA Dean of Liberal Arts and historian, will speak about the contributions that Native Americans made and continue to make to American culture. All are welcome. For more information visit lino.org

George Mason Friends Book Sale

**Thursday, October 20-Sunday, October 23,
10:30 a.m.-5:30 p.m.**

George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA

Browse a wide variety of books, CDs, and DVDs. For more details, visit georgemasonfriends.blogspot.com or call 701-813-8616.

The Fairfax Genealogical Society 2022 Fall Fair: Digging for Gems with Louisa Louise Cooke

Saturday, October 22, 10 a.m.-2 p.m., via Zoom

Three sessions: The Genealogist’s Google Search Methodology; How to Reopen and Work a Cold Case; 3 Cool Cold Cases Solved: Strategies for Identifying Photos. The lectures will not be recorded. Registration is \$30/\$20 for FxGS members: fxgs2022oct.eventbrite.com. For questions email marketing@fxgs.org.

Beacon 50+ Expo

Sunday, October 23, noon- 4 p.m.

Springfield Town Center, Springfield, VA
Older adults are invited to attend this free event, featuring informational speakers; health screenings; flu shots and other vaccines; and information on programs and resources for older adults. Visitors can visit dozens of exhibitors to learn about programs and services available to older adults. For more information, call 301-949-9766 or visit TheBeaconNewspapers.com/50expos.

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