



Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Jay Corwin: Driven to Help Others

by Gwen Jones, Department of Family Services

Many of us are spurred to help after learning of a specific need in our community. We may contribute to a food drive to fill the depleted shelves of a local food pantry or organize a neighborhood clean up to remove litter from a nearby stream. Then there are helpers like Jay Corwin, whose innate desire to help others is known to everyone who knows him. Corwin’s love of helping others has led him to pursue careers in public service – first as a firefighter and now as a school bus driver. His desire to help has also resulted in him mentoring a young boy, becoming a trusted adult in the child’s life. Corwin’s ability to recognize needs both big and small and his willingness to help in whatever way he can serves as inspiration to us all.

Jay Corwin is a lifelong resident of Fairfax. After his birth in Fairfax Hospital in 1966, Jay’s family lived in the City of Fairfax for six years before moving to Centreville, where he still resides today. Corwin



After retiring from his career as a firefighter, Jay Corwin embarked on a second career as a school bus driver with Fairfax County Public Schools, a job where he can help others every day.

to firehouses throughout Fairfax County – first in Springfield, then Centreville and Clifton. Although Corwin loved being a firefighter and derived a lot of his identity from his job, he found that the stress and trauma of the job began taking a toll. “I was looking at retiring because your mind and your body, especially your mind, can only take so much of that job. It eventually gets you to the point where you’ve seen enough that it’s time to go,” he says. After 30 years of service, Corwin retired in 2014.

After retiring, Corwin knew he wanted to continue working since he was still young and fit but didn’t know what to pursue. Because he enjoys helping people so much, his sons suggested that he consider driving a

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married in 1988 and he and his wife have two adult sons.

Seeking a career where he could help people, Corwin became a firefighter. During his career with Fairfax County Fire and Rescue, he was assigned

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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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school bus. Corwin liked the idea and began driving for Fairfax County Public Schools in 2015. Once on the job, Corwin found that it was a great fit. After years of driving fire trucks, driving a school bus was calm and easy. He also found that the skills he developed during his career with Fire and Rescue – a strong work ethic and punctuality – served him well as a bus driver.

In his new role, Corwin discovered opportunities to help every day, saying, “Every hour you have opportunities to help people. These kids need so much. It’s a good job if you like to help people because the needs are there.” Even simple things like admiring a child’s artwork can make a difference, letting the child know that adults around them care.

Corwin’s easy rapport with children also led him to mentor a boy with special needs. Corwin met the child on the first day of school during his morning pickup. New to the school, the boy refused to board the bus with the other children. Even the boy’s older sister warned Corwin that he was going to have a rough year. After some coaxing and cajoling, he finally convinced the child to get on the bus. After thanking him, Corwin invited him to sit up front so they could talk but discovered that the boy didn’t speak. Undeterred, Corwin talked while the child listened. It didn’t take long before the boy eagerly boarded the bus each day.

Eventually, Corwin was asked to mentor the child through Fairfax County Public Schools’ MentorWorks program. Meeting once a week in the classroom, they initially communicated by writing notes back and forth, but as their relationship developed, the child began speaking to him. Mentoring the boy was a gratifying

experience for Corwin because of the positive impact he had on the child’s life. Corwin looks forward to opportunities to mentor more young people in the future, saying, “Not everybody has the patience to be a mentor. I was blessed with the ability to be able to communicate with people in their time of need, time of hurt or pain or whatever they’re going through.”

While a few of Corwin’s fire and rescue captains

mentored him during his career as a firefighter, his mom was his greatest influence. The two shared a close relationship and she taught her son how to treat people, encouraging him to tell people that you value them. “A lot of times, people don’t know that they’re impacting your life, so you tell them, and it lifts them up,” he says.

In addition to sharing words of advice with her son, Corwin’s

mother also shared her love of Elvis Presley with him. Often traveling for her work, Corwin’s mom would bring him with her and when the pair traveled to cities where Elvis played, they made a point of visiting the sites of his concerts – a fun activity that bonded the mother/son duo. On one occasion, the duo came close to seeing the King himself – in Richmond in 1972. Unfortunately, the show was sold out.

Like his mother, Corwin passed his love of Elvis onto his younger son, Michael. At Michael’s suggestion, the two resumed the tradition Corwin and his mother shared, traveling to cities where Elvis performed, visiting the concert locations, and taking photos. During each trip, they also visit restaurants and other places of interest to better appreciate the culture and history of the city.



Jay and his son Michael at the Nashville Municipal Auditorium where Elvis Presley performed in July of 1973. Photo courtesy Jay Corwin.

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After a few such visits, it occurred to them that other Elvis fans would enjoy what they were doing, so the pair started producing videos of their travels. They named their video series “Elvis Back on Tour” and describe it as, “A father and son team traveling the country touring locations Elvis Presley visited during his lifetime. A summary of our journey traveling the country keeping Elvis’s memory alive by touring coliseums, hotels and other locations relating to Elvis.” Their YouTube video channel can be found at [YouTube.com/@elvisbackontour](https://www.youtube.com/@elvisbackontour). They also share their videos and other Elvis content on Instagram, Facebook and TikTok. You can follow them @elvisbackontour.

According to Corwin, Elvis played in 130 cities during the 1970s, and he and Michael have visited 100 of them. The remaining cities are on the west coast, but they plan to visit them all eventually. Even to people who aren’t Elvis superfans, the videos are fascinating. The duo walks the halls Elvis strode, documenting the path with photos or video and contrasting it with images from Elvis’ time. Elvis Back on Tour has built an impressive following on social media and has gained the attention of local media during their visits to various cities. Although the attention is nice, what Corwin most enjoys is spending time with Michael doing something that they are both passionate about.

At only 57-years-old, Corwin has no interest in retiring any time soon. “I still love doing what I do – working with the kids. When it’s not enjoyable anymore, then it’s time to go,” he says. Even when he eventually does retire, he plans to stay active and engaged in his community. He also envisions more travel in his future. During his trips documenting Elvis, he enjoyed learning about the local history and eating the local cuisine in the cities he visited and would like to revisit a few and explore new cities. But for now, Corwin is happy to do what he does best – helping people.

To learn more about becoming a bus driver for Fairfax County Public Schools, visit fcp.s.edu/careers/career-opportunities/bus-driver-employment-opportunities. ☀

Mature Living – The Importance of Animals

Animals – especially dogs – are an integral part of our lives, and the roles they fill are varied. They can guide a blind person, serve on a search and rescue mission, work with police departments, or can simply calm an anxious person.

Host Anne Hall is joined by Wendy Mayer, Director of Communications for Fairfax Pets on Wheels, and Leslie Horton, owner of Most Fine Canine. They explore the difference between service and therapy dogs, and discuss how visits from animals benefit those in senior centers, hospitals, etc. The Channel 16 crew also visited the Fairfax County Animal Shelter and met with Director Reasa Currier. She reveals the many opportunities for people of all ages to bond with the animals. Finally, Jodi Smith with Fairfax County’s Volunteer Solutions discusses the increasing popularity of robotic pets and the joy they bring their owners.

Mature Living can be seen on Channel 16 or 1016 (depending on your service provider) 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. ☀

Robotic Pets Bring Joy to Owners

by Jodi Smith, Volunteer Solutions

What are furry, bark and meow, and don't require training to bring joy and companionship to older adults? Robotic pets are the answer! These cute animals bring all the love of pet ownership without any of the pet care responsibilities to their owners. Cats and dogs are finding their fur-ever homes with older adults and adults with disabilities who are clients of Fairfax County's Department of Family Services older adult programs or who are participants at Fairfax County's Senior Centers and Adult Day Health Care Centers.

The Companion Pet program began after team members from Fairfax County's Volunteer Solutions learned about the use of robotic pets in a hospital setting. They soon began researching robotic pet programs around the country and believed that the pets would be a creative way to address social isolation and loneliness and bring joy to Fairfax residents. Through their advocacy, the Companion Pets program was launched by Volunteer Solutions in early 2022.

Robotic pets themselves are not new, but their usage to address social isolation and loneliness among older adults skyrocketed during the pandemic, with programs in New York and Florida leading the way. There is a large body of research that demonstrates how robotic pets decrease loneliness, provide a sense of purpose, and reduce agitation. Several programs have focused on providing the robotic pets to people with dementia and have noted increased alertness and calm among their recipients.

The use of Joy For All Pets was a common element across several states as these pets are among the most affordable and life-like. Battery-operated, the pets don't walk (which avoids creating a fall hazard), but their eyes and heads move, and they bark, purr, and meow. They respond to touch via motion sensors. Joy For All Pets was created by Ageless Innovation, a spin-off of the Hasbro Toy Company.

Committed to addressing social isolation and loneliness with creativity, the Fairfax Area Agency on Aging (AAA) secured funding for the purchase of nearly 200 Joy for All robotic pets. The target population for the program is Adult and Aging clients as well active



The Companion Pet program was created to address social isolation and loneliness among older adults in Fairfax County. Robotic dogs and cats are available to clients of DFS older adult programs as well as participants at Fairfax County Senior Centers and Adult Day Health Care Centers.

participants in Fairfax area senior centers and Adult Day Health Care Centers who are over the age of 60. Subsequently, the program has also purchased a few pets for adults under age 60.

The goal of the program is to provide pets to those who are lonely or isolated and for people who may have difficulty purchasing a pet on their own. Volunteers deliver the pets to participants and conduct a survey to measure loneliness and isolation at the initial drop-off and then again about 6-8 weeks later to see if there are changes over time. Data is still being collected, but the responses from both participants and volunteers have been overwhelmingly positive. Most owners have named their pets and have bonded quickly. Program participants are delighted to have company when watching television, reading, and resting. Some are eager to show off their pet to friends or family, and others plan to document their new companions via photos or videos.

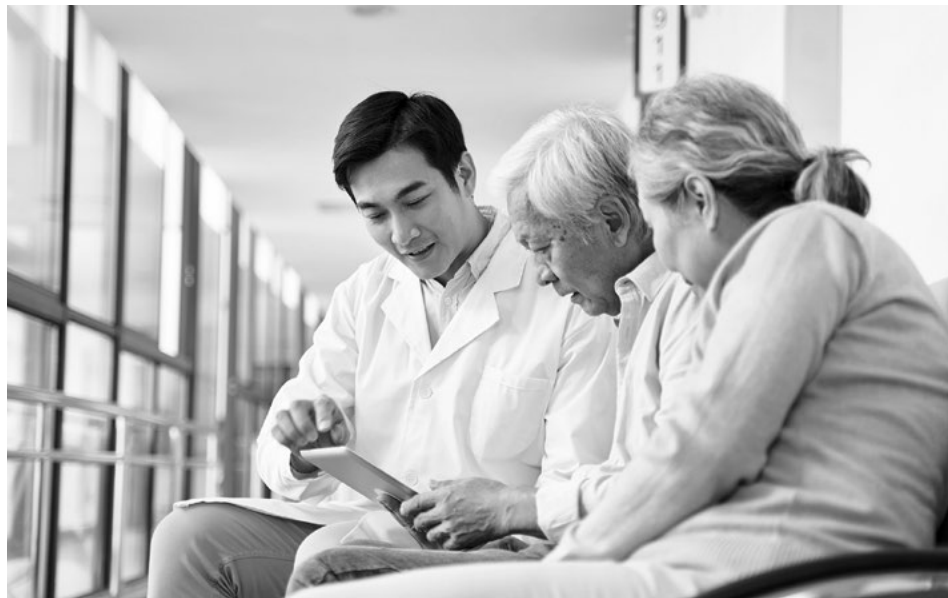
One recipient recently wrote, "I received my companion kitty today. She is so sweet and I really appreciate this program. I can't wait until my granddaughter gets home from preschool so I can facetime with her, and she can choose a name."

Volunteer Solutions' staff members, volunteers, and student interns report that launching the program has been a labor of love as they observe the pets bringing joy to their owners. 🌟

A New Diagnosis Often Leads to Additional Caregiver Responsibilities

by Allegra Joffe, Fairfax Area Agency on Aging

A new diagnosis could be the reason why family caregiving may begin or caregiving duties increase. Often, a new diagnosis could result in new symptoms to manage, new treatments to navigate, and can change future planning. Concerns may arise about how to afford care, where your loved one is going to live safely long term, and balancing family and work obligations. This can result in feeling overwhelmed, anxious, shocked, sad, and angry.



Being able to educate oneself about a diagnosis can provide some comfort in understanding what to expect in the future and the best treatment and caregiving options. In addition, sharing feelings and being open about concerns with a friend, family, or a trusted person is important to help with emotional wellbeing. Attending caregiving support groups that are diagnosis specific can also be a space to vent, share, and learn from other caregivers who are going through similar situations. Lastly, consulting with a caregiving professional or disease specific organization could also help families navigate and provide valuable resources.

If you wish to learn more about caregiving resources, call our Aging, Disability, and Caregiving Resources Line at **703-324-7948** or visit **FairfaxCounty.gov/OlderAdults**.

Virtual Dementia Friends Information Session

Wednesday, August 9, Noon-1:15 p.m.

Join this presentation and learn how to become a dementia friend and turn your new understanding of dementia into a practical action that can help someone living in your community. Presented by Allegra Joffe and Diane Watson. Online registration: bit.ly/DementiaFriendlyFairfax or call **703-324-2019**.

How to Support a Loved One Living with Brain Injury

Wednesday, August 16, Noon-1 p.m.

In this webinar, Jessica Johns, M.D., neurologist from VCU Department of Neurology, will educate caregivers on understanding brain injury and its effects on their loved one, as well as how to cope with a sudden and sometimes life altering injury where caregiving is unexpected and can affect their relationships, finances, living environment and overall

wellness. Online registration: bit.ly/CAREWEB1 or call **703-324-2019**.

Creating Support Systems for Family Caregivers

Friday, August 25, 2-3 p.m.

While many family caregivers find purpose and meaning in their journey, they often experience isolation and feelings of stress and burnout. In this panel conversation, we will explore the importance of creating and finding systems of support that will help them in the journey. In addition, we will learn about the different resources available to them. Panelists include Erica Wrenn, M.S., CCC-SLP, with Fairfax County Health Department; Jack Tarr, support group facilitator, The Shepherd's Center of Fairfax/Burke; Richard Faircloth, Ph.D., support group facilitator,

Well Spouse Association; and Gordon Dean, support group facilitator, NAMI. Online registration: bit.ly/AAAPanel or call 703-324-2019.

Long Term Services & Support (LTSS) Medicaid After the Public Health Emergency

Wednesday, August 30, Noon-1 p.m.

The Public Health Emergency (PHE) placed a temporary “pause” on “normal” Medicaid requirements for Long Term Services & Supports (LTSS) - Medicaid recipients. Now that the PHE has ended, the flexibilities are over. “Normal” processes resume, such as the return

of Medicaid renewals, on-going services, and month to month spenddowns. Join Joan Irwin, Fairfax County DFS Public Assistance and Employment Services LTSS Intake Supervisor, as she explains what happens next and how you can help your family member prepare for the new “normal.” This presentation will provide some clarity on why some adults may no longer qualify for Medicaid (or Medicaid services) now that the PHE has ended and explain what other resources exist for those who will no longer qualify for Medicaid or Medicaid services. Online registration: bit.ly/CAREWEB1 or call 703-324-2019. ✨

There Are Several Ways to Renew Medicaid

When it’s time to renew your Medicaid coverage, you will receive a renewal packet in the mail. You can renew your coverage in any of these ways:

- ◆ Talk to someone on the phone at the Cover Virginia Call Center: **1-855-242-8282**. They can renew your benefits over the phone and provide help in many languages.
- ◆ Complete the paper renewal packet and mail it back.
- ◆ Visit **CommonHelp.virginia.gov** online and click “Renew benefits.” They even have a video that explains how to do it. View the video at YouTube.com/embed/mCScYxgwS-M

It’s very important that your contact information is correct or you will not receive a renewal packet. To update contact information:

- ◆ Call Cover Virginia at **1-855-242-8282**
- ◆ Call the DFS Customer Call Center at **703-324-7500** or email DFSMYCase@FairfaxCounty.gov.

Since the start of the COVID-19 pandemic, Medicaid members have been able to keep their health coverage even if their eligibility status changed. Due to the passage of the federal 2023 Consolidated Appropriations Act, Virginia and all other states will now begin re-evaluating eligibility for Medicaid members.

Coverage for members will not be canceled or reduced without first asking for updated information, but we need to be able to contact you.

Visit **CoverVA.org** for more information.

If you receive Medicaid you may also be eligible for SNAP, TANF, Energy Assistance, Child Care Assistance and more. Apply at **CommonHelp.Virginia.gov/access** or apply by phone at **1-833-5-CALL-VA (1-833-522-5582)**.

Learn about other low-cost medical assistance resources: FairfaxCounty.gov/FamilyServices/public-assistance-employment-services/medical-care-for-children. ✨



How to Downsize, Organize and Preserve Your Photos

by Gwen Jones, Department of Family Services

For many of us, our photos have become overwhelming. Framed photo collages fill our walls while albums crowd our bookshelves; never mind the boxes of loose photos and negatives taking up space in closets, attics, and garages. Add to those the photos, albums, and scrapbooks inherited from parents and grandparents.

Without knowing where to start, downsizing and organizing a photo collection can be overwhelming, often because of the emotion involved. However, with some initial planning and decision-making, getting your photo collection to a place where it is manageable, organized, easily searchable and properly preserved for future generations is possible.

Organizing your photo collection will require an investment on your part, but the form of the investment will vary. If you choose to tackle the project yourself, your investment will primarily be your time. If you have the means, you may choose to invest your money by hiring a professional photo organizer to tackle the project for you. Regardless of the route you choose, here are a few questions to consider before getting started:

1. What is my goal? What do I want my final collection to look like?
2. How will I use and share my collection? Who do I want to share it with and how?
3. Should I digitize my photos? Will I do that myself or hire someone?
4. What is my timeline for this project?

After considering these questions, you should have a vision in mind of your final photo collection. If you plan to complete the work yourself, be sure to allow yourself plenty of time.



Step 1: Gather Your Photos

To get started, the first thing you'll need to do is gather your photos and store them in a single location. Consider investing in a few plastic storage bins to house the collection in one place while you work on the project. Pull albums off shelves, retrieve bins and boxes of photos from the garage, collect framed photos from around your house, check drawers for loose photos, and strip photos off your fridge. When you are confident that you have every photo, you are ready to begin sorting and purging.

If you can, find a dedicated space where you can store your photos and work on the project. A spare bedroom or rarely used formal dining room table are good options.

Step 2: Sorting and Purging

One reason why people choose to hire a professional photo organizer to deal with their collections is this step. We tend to lose all track of time as we look through old photos and reminisce. Additionally, the thought of throwing away photos of loved ones can be gut-wrenching. If your albums are old and disintegrating, consider removing your photos but keep them together in batches for sorting. If your albums

contain written information about the people pictured, copy it onto post-it notes or index cards to keep with the photos while you sort your collection. It's also advisable to wear gloves and a mask if your albums or storage boxes are dusty or moldy.

Professionals suggest creating and applying clear criteria to what is kept and what is thrown away. Here are a few suggestions for what to keep and what to toss:

- ◆ Throw away photos of sunrises, sunsets, landscapes, landmarks, and miscellaneous travel photos.
- ◆ Throw away poor-quality photos – blurry, too dark, etc.
- ◆ Throw away duplicate photos.
- ◆ If you have several shots that are nearly identical, keep the best one and toss the rest.
- ◆ Keep one copy of school portraits and throw away the extras.
- ◆ If you encounter photo negatives, keep them with the photos.

After purging your collection, you are ready to organize your photos. Most people choose to organize their photos chronologically, but you may choose to organize them by event or people.



Step 3: Digitizing Your Photos

If you decide to digitize all or a portion of your collection, consider whether you want to scan your photos yourself or hire someone to do this for you. If you choose to hire someone, carefully research the vendor to ensure the scans are high quality and your privacy will be protected. Also ask what method they use to scan photos to ensure that it is appropriate for your collection. Some methods may not be safe for old, delicate photos. Also ask about any other services they offer. Some professional photo organizers who digitize collections will add metadata to scans to make the photos searchable.

If you decide to scan your collection yourself, here are a few tips:

- ◆ Carefully research scanners before purchase. Make sure the scanner you choose can scan the types of media (photos, slides, negatives) you have in your collection at the recommended resolution or dpi (dots per inch).
- ◆ Professional photo organizers recommend a minimum of 600 dpi for photo scanning, 2400 dpi for slides, and at least 3000 dpi for negatives.
- ◆ If you still have the original negatives for your photos, you may want to scan these instead of your prints if the original prints have faded or the picture quality has degraded.
- ◆ If you have negatives that don't match up with your prints, scan them to see what hidden gems you have.
- ◆ If you don't want to purchase a scanner, a free option is the Memory Depot. Located at six Fairfax County Public Library locations, the Memory Depot is a do-it-yourself station that enables you to digitize a variety of materials, including photos, slides and negatives. To learn more about Memory Depot and the technology available, read "Preserve the Past With Fairfax County Public Library" on page 16.
- ◆ If you organized your collection chronologically, scan slides in order and name them by year, month, and day, if known.
- ◆ Adding metadata (names, locations, etc.) after scanning will make your photos searchable.

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Step 4: Storing Your Photos

Once you have digitized your photos, you can now store your downsized photo collection. To ensure that your photos are well-preserved, experts recommend storing photos in containers made from archival materials. Unlike plastic bins, archival boxes allow air to circulate, preventing mold from growing. Photos should no longer be stored in a garage, crawl space or attic. Instead, find a spot in your home where the temperature and humidity are consistent. For framed photos, professionals recommend that you frame a copy of the photo and store the original to preserve it.

Should You Hire a Professional Photo Organizer?

If reading this article already makes you feel overwhelmed, you may want to consider hiring a professional photo organizer to handle some or all of your project. Ask yourself these questions:

- ◆ Can I afford to hire someone to do the whole project? Part of the project?
- ◆ Is there a deadline for completing my project and can I get it done in time?

- ◆ Am I prepared emotionally to throw away family photos?
- ◆ Do I have the motivation to complete this project myself?
- ◆ If scanning the collection, do I have the technical ability and/or equipment to do this properly?
- ◆ What steps can I complete myself and what steps can I hire someone else to complete?

Additional Resources

For a deeper dive into organizing your collection, check out these titles available from Fairfax County Public Library.

- ◆ **“Photo Organizing Made Easy: Going from Overwhelmed to Overjoyed”** by Cathi Nelson; *Call Number: 771.46 Nelson 2021*
- ◆ **“Declutter Your Photo Life: Curating, Preserving, Organizing, and Sharing Your Photos”** by Adam Pratt; *Call Number: 771.46 Pratt 2022.* ✨

Volunteer Advocates Needed!

by Camden Doran, Long-Term Care Ombudsman

Many residents in long-term care (LTC) facilities can sometimes feel alone, isolated, and powerless. As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLT COP) is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. The NVLT COP needs volunteers who can advocate for the rights of residents in LTC facilities and help them with concerns that they are unable to resolve alone. If you possess skills in listening, communicating, problem solving, and empathy, and wish to help residents, please consider becoming a Volunteer Ombudsman. We seek those who are willing to complete a comprehensive initial three-day training, commit to a minimum one year of service, and who can devote at least four

hours per week assisting residents at assigned facilities close to home or work. In addition, each volunteer will be required to participate in ongoing training opportunities throughout their tenure with the NVLT COP.

The NVLT COP is a resident-directed program that is available to assist with concerns about quality of care, and to educate the community about long-term care services. For more information about NVLT COP's volunteer program, or other nursing facility and assisted living concerns, please call **703-324-5861**, **TTY 711**, or contact us by email at **NVLT COP@FairfaxCounty.gov.** ✨

Join the Retired & Senior Volunteer Program of Northern Virginia!

by Kat Williams, Volunteer Fairfax

The Retired & Senior Volunteer Program of Northern Virginia (RSVP-NV) is part of AmeriCorps Seniors, which focuses on making public service a central part of the American experience. But what does that mean for the individual volunteer in our program? RSVP-NV recruits, orients, and places volunteers at community-based organizations in the Fairfax, Alexandria, and Arlington areas, creating a community of like-minded adults aged 55 and better.

Are you interested in serving your community in a way that suits your schedule, skills, and interests? Nationally, AmeriCorps RSVP programs pair thousands of Americans aged 55+ with organizations making change in their communities across the country, and RSVP-NV is ready to connect with and support you.



Photo courtesy Volunteer Fairfax.

RSVP-NV volunteers choose how, where and when they want to donate their time, strengths, and efforts, with commitments ranging from a few hours a month to 40 hours per week with more than 40 local organizations. You can find opportunities with the many organizations that we work with that see service as a solution to local, regional, and national challenges. AmeriCorps Seniors volunteers report better health and longevity having served their community.

The strength of the RSVP-NV program is threefold:

- ◆ We **provide life-changing opportunities** for volunteers ages 55 and better.
- ◆ We help **meet the critical needs of communities** by mobilizing thousands of hours of volunteer service.
- ◆ We **strengthen public and nonprofit agencies** by matching skilled volunteers with vital programs and services.

Choose RSVP-NV and our team will get to know you personally and learn about your interests and how you'd like to use your time and skills in volunteer service. Information sessions are held twice monthly, both virtually via Zoom and in-person at the office of our sponsor, Volunteer Fairfax. Dates and registration for upcoming sessions are posted on our website, [VolunteerFairfax.org/Programs/rsvp-nova](https://www.volunteerfairfax.org/Programs/rsvp-nova).

RSVP-NV volunteers hold a special place in the hearts of our partner organizations for they are often the most reliable and eager volunteers. Like the honeybee that symbolizes RSVP-NV, our volunteers work their way into the nonprofit ecosystem and take a pivotal role in the chain of service. At the first immediate call for help, RSVP-NV volunteers swarm the community, find needs and gaps, and fill them in with their precious time. While one volunteer may not be able to provide all the assistance needed, our army of volunteers helps create bridges and ensure that resources get distributed to the most vulnerable populations. Entire communities become empowered.

As citizens, we all have the responsibility to take an active role in society and to consider the interests and concerns of others in our communities. RSVP-NV serves as a vital resource in pointing volunteers to food pantries, tutoring centers, or other locations in need of extra hands to achieve the goal of a stronger, more resilient community. Join RSVP-NV today and enjoy the benefits of mileage, meal reimbursement, and supplemental insurance as you connect and build relationships around meaningful and impactful service. Contact: kcoon@volunteerfairfax.org 🌟

Opportunities to Uplift and Support Your Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

Are you looking for new ways to help your community? Check out the volunteer opportunities below or go to bit.ly/FFXVOLUNTEER for many more.

The **2023 Northern Virginia Senior Olympics (NVSO)** will be held September 9-24. Volunteers are vital to its success and needed to support more than 70 events at 25 venues. Go to NVSO.US for more information.

GrandInvolve is looking for older adult volunteers to help in Title I elementary schools as mentors, tutors, classroom assistants, and more. They help students achieve and maintain grade-level skills in reading and math, and build confidence. This program fosters intergenerational relationships which are beneficial to all involved. For more information, go to Grandinvolve.org or email volunteer@grandinvolve.org.

FACETS is a non-profit organization whose mission is, "Opening doors for people in need." Their volunteers support families and individuals in various ways, including afterschool homework help, food distribution, administrative support, and much more. Go to FacetsCares.org or contact Suzanne Hough at shough@facetscares.org or 703-352-5090.

ACCA provides day care, food, rental assistance, furniture, and other services to low-income families in the Annandale and Bailey's Crossroads region. Individual volunteers perform nearly all of ACCA's work. Schedules are flexible. Many tasks can be done from home. All recipients of these services are screened and referred to ACCA by social service agencies. Learn more about opportunities at accacares.org/volunteering or email volunteers@accacares.org.

Volunteer Solutions offers various opportunities to provide support to older adults, adults with disabilities, and family caregivers, one-on-one, or in senior and adult day healthcare centers. Drivers, grocery shoppers, and social visitors are needed. Especially in the Alexandria and Annandale regions. Create new connections and help decrease social isolation. Skilled volunteers are needed across Fairfax County in senior centers. To learn more and register go to bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov, or call 703-324-5406.

If you wish to submit volunteer opportunities, email Tanya Erway at VolunteerSolutionsRecruitment@FairfaxCounty.gov. ✨

Open Your Heart and Become a Foster Parent

Do you or someone you know have room in your heart and home to support children in foster care? There are children in our community who need safe, stable, and loving homes. Fairfax County Department of Family Services is recruiting foster parents to care for medically fragile infants, teenagers (ages 13 and up), and large sibling groups (three or more). We need your help in spreading the word about the need for foster parents to support the 200 children in foster care in our community. For more information about this and other ways to support foster families, please visit our website bit.ly/DFS-FCA, email or call our foster parent recruiter at Maya.Mohindroo@FairfaxCounty.gov or 703-324-7480. ✨



Creating a Resilient Community Through Volunteerism

by Carly Mullinax, Department of Emergency Management and Security

A community's strength can be measured by the commitment and abilities of those who live in it. Those who are willing to serve their community through volunteerism can act as the glue that holds it together, as well as a catalyst for growth. If you have a desire to serve others and empower them to be prepared and resilient in the face of disaster, the Emergency Management Volunteer Corps needs people like you to join!

Volunteering is a wonderful way to gain new skills and knowledge, as well as give back to the community you live in. Volunteers with the Emergency Management Volunteer Corps will learn about the County's approach to preparing for, responding to, and recovering from disasters and emergencies, as well as mitigating the effects of future incidents. Volunteers will receive training to learn how the Department of Emergency Management and Security educates the public but will also have the opportunity to take trainings to learn skills such as CPR and bleeding control techniques. Our volunteers support our emergency managers and other public safety entities and are an invaluable partner in the mission of strengthening the resiliency of Fairfax County.

The Emergency Management Volunteer Corps volunteers staff public events, give presentations, teach public trainings (Introduction to Preparedness and Until Help Arrives), and are provided with opportunities to offer disaster incident support through the Volunteer Emergency Team (VET).

If you are interested in learning more or signing up to volunteer with Fairfax County's Department of Emergency Management and Security, visit [Volunteer.FairfaxCounty.gov/custom/1380/opp_details/183256](https://www.fairfaxcounty.gov/custom/1380/opp_details/183256).

If you would like to learn more about what we do and see our volunteers in action, attend one of our virtual or in-person events and see how volunteers play a part in making our community resilient in the face of disaster. Find out what events and trainings coming up at [FairfaxCounty.gov/Emergency/ReadyFairfax](https://www.fairfaxcounty.gov/Emergency/ReadyFairfax). 🌟



Volunteers with the Emergency Management Volunteer Corps fulfill many roles, including working at community events to educate the public about emergency preparedness. Photo courtesy Department of Emergency Management and Security.

Fairfax Area Commission on Aging

by Beth Ann Margetta, Fairfax Area Agency on Aging

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

At the July 19 COA meeting, the COA elected officers and continued discussion of the implementation of the SHAPE the Future of Aging Plan and initiative development committees. The COA is in recess in August and will reconvene in September. 🌟

Immunizations Key to Staying Healthy in Adulthood

by Gwen Jones, Department of Family Services

August is National Immunization Awareness Month, an annual observance that highlights the importance of getting recommended vaccines throughout your life. Although immunizations are often associated with children, it is important to keep up with needed immunizations throughout adulthood. Immunizations protect not only us, but our family and friends too.

The Centers for Disease Control and Prevention (CDC) recommends immunizations for adults based on age and other risk factors. They recommend that all adults aged 50-64 stay up to date on these vaccines:

- ◆ **COVID-19 vaccine** – Two or three dose primary series plus boosters.
- ◆ **Flu vaccine (influenza)** – adults should get a flu vaccine every year before the end of October, if possible.
- ◆ **Shingles vaccine (Zoster)** – Two doses are given, separated by two to six months. Get vaccinated even if you've had shingles in the past.
- ◆ **Tdap (tetanus, diphtheria, and whooping cough) or Td (tetanus and diphtheria)** – adults who have never been vaccinated should get the Tdap vaccine, followed by either a Td or Tdap vaccine every 10 years.

In addition to the vaccines listed above, the CDC recommends adults 65 and older also get the Pneumococcal vaccine. Pneumococcal disease is common in young children, but it is older adults who are at greatest risk of serious illness and death from the disease.

To view the CDC's full adult immunization schedule, visit Fairfax County Health Department's website at [FairfaxCounty.gov/health/immunization/adult](https://www.fairfaxcounty.gov/health/immunization/adult).



Another tool available to determine what vaccines you may need is the CDC's Adult Vaccine Assessment Tool, found at www2.cdc.gov/nip/adultimmsched. By answering a few questions, adults 19 and older can get a list of recommended vaccines. These recommendations are based on age, health conditions, job, and other factors.

Vaccination Locations

Vaccinations for adults are available from your health care provider or at the health department's five clinics:

- ◆ **Joseph Willard Health Center**, 3750 Blenheim Boulevard, Fairfax; Call **703-246-7100**, TTY **Relay 711**, or email JosephWillard.Center@FairfaxCounty.gov.
- ◆ **Annandale District Office**, 7611 Little River Turnpike, Suite 400E, Annandale; Call **703-246-7100**, TTY **Relay 711**, or email Annandale.Office@FairfaxCounty.gov.
- ◆ **Springfield District Office**, 8136 Old Keene Mill Road, The Cary Building - Suite A100, Springfield;

Call **703-246-7100**, TTY Relay 711, or email Springfield.Office@FairfaxCounty.gov.

- ◆ **Mount Vernon District Office**, 8350 Richmond Highway, Suite 233, Alexandria; Call **703-246-7100**, TTY Relay 711, or email MtVernon.Office@FairfaxCounty.gov.
- ◆ **Herndon-Reston District Office**, 1850 Cameron Glen Drive, Suite 100, Reston; Call **703-246-7100** TTY Relay 711, or email HerndonReston.Office@FairfaxCounty.gov.

Documenting Your Vaccinations

In the United States, no national organization maintains vaccination records. This means that, for many adults, our vaccination record may be incomplete or built on guesswork. However, it's not too late to create a personal vaccination record. Check these sources to begin compiling your record:

- ◆ Baby books and documents from your childhood for records of childhood immunizations.
- ◆ If you served in the armed forces, they may have a record of any immunizations you received.
- ◆ Check with your doctor or public health clinic for any vaccines you received.

If you are unable to find your records and are unsure which vaccines you've received, ask your health care professional what vaccines they recommend you receive. Although getting shots is never fun, it is safe to repeat vaccines.

To avoid any confusion in the future, you may wish to keep your own vaccination record. Ask your doctor or other health care professional for an immunization record form. You can also download and print a form at immunize.org/catg.d/p2023.pdf. Bring the form with you to medical appointments and ask your vaccine provider to sign and date the form for each vaccine you receive. In between appointments, store your record in a secure location with other important health documents. ✨

Shepherd's Centers Offer Free Transportation Services for Older Adults

The non-profit Shepherd's Centers are sponsored by local area congregations, corporate partners, community groups, and individuals to serve adults 50 and older. The centers offer free transportation for medical appointments and non-medical needs (e.g. grocery shopping) for adults 50+ who live in their center's service area and are able to independently get in and out of a car. Although this service is free to the client, and is not means qualified, you must apply for it. Once accepted, a request for a ride must be made at least five 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's Center?

Contact a center to learn more:

- ◆ **Shepherd's Center of Annandale/Springfield** - 703-941-1419; ShepherdsCenter-Annandale.org; or email shepherdscas@vacoxmail.com.
- ◆ **Shepherd's Center of Fairfax/Burke** - 703-323-4788; SCFBVA.org; or email info@scfbva.org.
- ◆ **Shepherd's Center of McLean, Arlington and Falls Church** - 703-506-2199; SCMAFC.org; or email info@scmafc.org.
- ◆ **Shepherd's Center of Oakton/Vienna/Dunn Loring/Reston/Herndon/Great Falls** - 703-281-0538; SCNOVA.org.
- ◆ **Shepherd's Center of South County** - 703-799-0505 or email SCSC-Transport@Verizon.net.
- ◆ **Shepherd's Center of Western Fairfax County** - 703-246-5920. ✨

Preserve the Past With Fairfax County Public Library

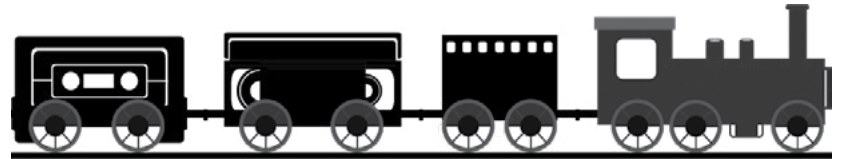
by Ashley Atkinson, Fairfax County Public Library

Life is full of moments. From joyous ones to those that bring tears to our eyes, each of these moments plays a pivotal role in who we are today; and we want to be able to remember them, even after years have passed. With the development of different technologies, there have been many ways people capture moments for posterity. From photographs to VHS tapes to floppy disks, each different format brought new capabilities to relive memories more fully.

However, as we all know, technology has changed greatly over the years. Photographs and scrapbooks have been replaced with digital albums; vinyl records have given way to MP3s; and videos can now be stored on the internet and accessed from anywhere. What used to require multiple devices to create and consume now only requires a computer or phone. But what about the memories created before these new technologies existed?

To help people convert outdated or fragile media formats into files that can easily be stored on a phone or computer, several branches of Fairfax County Public Library (FCPL) have Memory Depots. These do-it-yourself stations consist of a variety of equipment that can aid users in digitizing older materials. Whether it is photographs, documents, video cassettes, audio cassettes, vinyl albums or floppy disks, Memory Depots can transform many older formats into digital files in a matter of minutes.

Getting set up to use one of FCPL's Memory Depots is easy. We first recommend everyone attend a Memory Depot orientation. With in-person and virtual orientation options, everyone has a chance to learn about our equipment from library staff regardless of where they live or how busy they are. Once you have attended an orientation and feel comfortable using our equipment, you can reserve a date and time to use the devices. Reservations are available in 30-minute intervals and are for one station at a time. They are also limited to one session per day and no more than two sessions per week.



MEMORY DEPOT



Memory Depots are currently available at six FCPL branches. These include Centreville Regional Library, City of Fairfax Regional Library, George Mason Regional Library, Pohick Regional Library, Reston Regional Library and Sherwood Regional Library. Every branch with a Memory Depot offers the following equipment for use:

- ◆ Epson scanner to digitize photographs, documents, slides, and negatives
- ◆ Elgato VHS converter
- ◆ Audio cassette to MP3 converter
- ◆ Floppy disc transfer device

Our Centreville Regional Memory Depot also has a vinyl record converter that will record what is played and convert it to a digital file.

More information about FCPL Memory Depots can be found at bit.ly/fcpl-memory-depot. There you will also find virtual orientation videos, links to make reservations at the participating branches, information about the equipment and more. ✨

Fairfax County
**Services for
 Older Adults**

703-324-7948 |  TTY
 711

**Monday–Friday
 8 a.m. to 4:30 p.m.**

**www.fairfaxcounty.gov/
 OlderAdults**

- Adult Protective Services
- Caregiver Support & Education
- Case Management Services
- Disability Resources
- Health & Wellness Programming
- Home Delivered Meals
- Information and Referrals
- In-Home Care
- Long Term Care Ombudsman
- Medicare Counseling (VICAP)
- Nutritional Counseling & Education
- Respite
- Screenings & Assessment
- Support Services



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FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES



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... continued from back cover

Moving Stories with Sloka Iyengar

Tuesday August 15, 1-2 p.m.

Arts for the Aging event hosted by the Virtual Center for Active Adults. For more information, visit bit.ly/novaVCAA; To join the virtual presentation on Zoom, visit bit.ly/VCAAzoom2; Meeting ID: 905 123 5932; Passcode: 3636

Tech Tuesday

August 15 and 29, 10:15-11:15 a.m.

Learn about privacy settings on your smart phone: Android devices on August 15 and Apple devices on August 29. Hosted by the Virtual Center for Active Adults. For more information, visit bit.ly/novaVCAA; To join the virtual presentation on Zoom, visit bit.ly/VCAAzoom2; Meeting ID: 905 123 5932; Passcode: 3636

Poetry Beneath the Stars

Saturday, August 19, 7:30-9:30 p.m.

Turner Farm Park, 925 Springvale Road, Great Falls
 Fairfax Poet Laureate Danielle Badra invites stargazers to contemplate the cosmos through poetic form. Attendees will read and write star-gazing poetry while staring up at the marvelous milky way. This event will include a telescope viewing in the Roll Top Observatory, weather permitting. More information at ArtsFairfax.org/poetry-in-the-parks.

LBGTQ+ Care Partner Support Group

Wednesday, August 23, 1-2 p.m.

Insight Memory Care Center, 3955 Pender Drive, Suite 100, Fairfax

This group is specifically designed for the unique needs, challenges and experiences of LGBTQ+ care partners for individuals living with dementia. Get to know others in a safe space and have the opportunity to share personal concerns and successes. Register at insightmcc.org/events.

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.

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August Community Calendar

Northern Virginia Senior Olympics (NVSO)

Register now to compete in the NVSO, taking place September 9-24. Registration closes August 24. There is a \$20 registration fee and participants can enter as many events as they like. The competition is open to people 50 and older who reside in Arlington, Fairfax, Fauquier, Loudoun, and Prince William counties, or the cities of Alexandria, Fairfax and Falls Church. For more information and to register, visit nvso.us.

John Weber Senior Bowling League (55+)

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

Virtual Memory Café

First Friday of Every Month at 1 p.m.

Please join Senior Helpers & Senior Life Enrichment for a virtual Memory Café. We host a once-a-month group for caregivers and their loved ones living with memory loss, mild cognitive impairment or dementia to meet with others for support, companionship and fun. It is a one hour Zoom meeting. You can attend virtually from zoom.com by clicking on Join and

using the following meeting and passcode: Meeting ID: 863 0646 8210; Passcode: 448135. For any other questions or to be added to the reminders, please email bdesai@seniorhelpers.com.

Friends of the Centreville Regional Library Back to School Book Sale

August 4, 1-5 p.m.; August 5, 10 a.m.-5 p.m.;
August 6, 1-4 p.m. bag sale

Centreville Regional Library, 14200 St. Germain Drive, Centreville

Discover fiction for all ages and a variety of nonfiction selections. Special discount for teachers with ID. For more information, email FriendsofCRL@gmail.com.

Brain Health and Exercise

Wednesday, August 9, 1-2:30 p.m.

Free Hybrid Event - virtual and in-person
When you think of fitness, you probably picture weights or running. But what about brain fitness? There are many activities and cognitive interventions that can help keep your brain sharp too! Learn more, including activities you can do to maintain brain fitness as you age. In-person attendance limited to 20 participants and will be held in the Mazawey Education and Support Center, 3955 Pender Drive, Suite 100, Fairfax. Virtual attendees will receive Zoom information prior to the class. Register at insightmcc.org/events.