

Golden Gazette



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

www.FairfaxCounty.gov/OlderAdults

Sylvia Taylor and Gloria Runyon: Bringing History to Light and to Life

by Gwen Jones, Department of Family Services

In Fairfax County, residents have gotten used to the constant redevelopment that is the norm when living in a thriving economic hub. How often do we stop and wonder about the history of a building being razed to make way for something new? Sylvia Taylor and Gloria Runyon, long-time residents of the Town of Vienna, ask those questions. They have dedicated themselves to discovering, documenting, and preserving the history of Vienna, specifically the lesser-known history of African Americans in Vienna.

Taylor and Runyon both came of age during segregation. Sylvia Taylor grew up in Queen Anne’s County on the Eastern Shore of Maryland and graduated from Kennard High School in 1955. Named after educator Lucretia Kennard, it was the only high school for African American students in Queen Anne’s County at that time. After high school, Taylor was encouraged by her



Gloria Runyon (L) and Sylvia Taylor (R) are working to document and preserve the history of African Americans in Vienna.

voice teacher to apply to the College of Notre Dame in Baltimore, MD, at that time an all-women’s college. Taylor was accepted and became the first African American student to live on campus.

After graduating with a degree in Music

Education and Voice, Taylor taught general music at secondary schools in Chestertown and Baltimore, MD before moving to Vienna in 1967, the same year her daughter was born. She joined Fairfax County Public Schools, teaching general music at Flint Hill Elementary School from 1976-81, then Louise Archer Elementary School from 1981-2000, before retiring.

Gloria Runyon is a native of Vienna who can trace her family back eight generations. After attending Louise Archer Elementary School, she attended and graduated in 1961 from Luther Jackson High School, the only high school for African American students in Fairfax County at that time. Runyon went on to attend Howard University in Washington, D.C., for both undergraduate and graduate school, majoring in Child Psychology. Attending Howard University during the Civil Rights movement was a life affirming and inspiring experience for Runyon and served as a precursor to what she’s been involved in her entire adult life – supporting civil rights and social justice.

Runyon also pursued a career in education, teaching at several Head Start locations in Washington, D.C. After

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DON'T MISS A SINGLE ISSUE OF THE *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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devoting several years to raising her three children, she joined the staff of Georgetown Day School. Started in 1945 in Washington, D.C., Georgetown Day School was the first integrated school in the Washington, D.C. area. She taught first grade for several years before becoming the principal of the lower school (pre-K – grade 5) for over 20 years. Before retiring in 2013, she oversaw diversity education for the entire school. She loved working at Georgetown Day School, a place where parents, educators, and students all value and prioritize diversity, equity, and inclusion.

Runyon and Taylor's interest in Vienna's history developed in different ways. Runyon's deep family roots tied much of her own family history to the history of Vienna. Her interest was fueled by her grandmother, who told wonderful stories about her indigenous ancestors and people and places in Vienna. She was also the keeper of a large velvet photo album containing photos of past generations.

Taylor's interest in history was also inspired by a family member. Her great aunt assembled a scrapbook about their ancestors, tracing their lineage back to Taylor's great-great grandfather, born in 1829, who was enslaved in Henderson, KY, but later freed. Taylor has the scrapbook and has made copies of it for other family members. The scrapbook inspired Taylor to create her own family scrapbooks, and other scrapbooks containing articles about local history.

Taylor's interest in African American history in Vienna began when her daughter was in the second grade at Louise Archer Elementary School. Her daughter's teacher asked Taylor to do a Black History report for the class. She chose to research the life of Louise Archer, the beloved teacher and first principal of the Vienna Colored School, who died in 1948. The name of the school was

changed in 1950 to Louise Archer Elementary School after the Fairfax County School Board was petitioned by former students of Louise Archer and their parents. With only Mrs. Archer's obituary as source material, Taylor sought out her former students and conducted oral history interviews to learn more about Mrs. Archer. After creating the report, she continued to research the educator, eventually creating a book in 1976 and

updated in 1986 for the school, titled *Louise Archer: the Educator and the School*. In 2004, she was chosen to receive the Heritage Preservation award from Historic Vienna, Inc. for her work. For the school's 75th anniversary celebration in 2014, Taylor updated the book with more information and with photos.

Taylor and Runyon knew each other for many years before working together. They were both members of Christ Fellowship Church in Herndon for a period of time, before rejoining First Baptist Church of Vienna. Both serve on the board of Historic Vienna, Inc. (HVI), a nonprofit public history organization devoted to preserving and promoting local history.



The first stop on Taylor and Runyon's riding tour of Vienna's African American historic sites is First Baptist Church of Vienna. Founded in 1867, it is the first and oldest church in Vienna and also served as a school during the week. It is believed to be one of the first elementary schools for African American children in Fairfax County.

In 2017, both were invited to join a history committee to celebrate the 150th Anniversary of First Baptist Church of Vienna. Taylor was tasked with creating a riding tour for church members of significant African American historical sites in Vienna. After mapping out 17 sites to include, Taylor asked Runyon in 2018 to work with her on the tour and to expand it, knowing that Runyon was a native of Vienna and an expert in local history. The two added five more locations using information they gathered from oral history interviews and history books by local authors. The tour spans the years 1867-2006. During her research, Runyon also uncovered previously unknown information about her own family, including the burial site of her great-great grandfather. Of their collaboration, Taylor said "I'm so glad that she (Runyon)

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was willing and excited about collaborating with me because she is a native to this area. She can give an eyewitness account of what she experienced.”

When the pair began conducting the expanded tour for church members, Runyon’s knowledge added depth to the narrative at each location. She answered questions and shared stories passed down to her from family members, giving a better sense of the people being highlighted and a greater understanding of what life was like in Vienna in the past.

Once word got out about the tour, other groups came knocking. The Unitarian Universalist Congregation of Fairfax requested a tour for their congregants. The Town of Vienna’s Parks & Recreation department asked them to offer the tour to residents. Taylor and Runyon were also asked to give an oral presentation to the American Association of University Women (AAUW) at one of their monthly meetings at the Patrick Henry Library in Vienna. Large photos of each tour stop were displayed. They were also asked to do a virtual presentation of a portion of the tour at an HVI membership meeting in 2020. For the presentation, the pair selected half of the locations and had large photo slides of them produced, which they displayed while taking turns sharing the history of each location.

After the COVID-19 pandemic brought in-person events to a halt, HVI added the tour to their website – historicviennainc.org. The original riding tour of all 22 sites is available as well as four shorter walking tours that are segments of the original tour.

In July 2021, Runyon and other family members celebrated the unveiling of two historical markers in Freedom Hill Park recognizing some of their early indigenous ancestors. Keziah Hatton (Brave Woman Warrior) and her tribe burned down the first Fairfax County Courthouse in 1752 to reclaim their ancestral land. After this, the courthouse was moved to Alexandria, VA. A plaque marks the original location, noting that it was burned by ‘hostile Indians.’ Keziah Hatton Carter, descendant of Powhatan tribal leader Keziah Powhatan, repurchased 50 acres of her ancestral

land in 1842, including Freedom Hill Park, the Carter Family Cemetery, and much of what is now Tyson’s Corner. She sold some of her land to family, including 10 acres to Robert Carter, Runyon’s third great grandfather. Another of Runyon’s ancestors recognized is Lucy Carter, a free woman who spied for the Union during the Civil War.

In 2022, Taylor and Runyon, in collaboration with three other HVI members, created an exhibit called “Vienna’s African American Trailblazers,” currently a hallway display at the Freeman Store & Museum. The exhibit highlights African American residents who made an impact and contributed to the culture and community of Vienna and beyond.

The pair’s latest project is conducting oral history interviews with members of their church who are age 75 and older. The project is being sponsored by a group at their church called SWAP (Seniors With A Purpose). The interviews will be compiled into a book and made available to members of the church.

Taylor is also reformatting her book about Louise Archer into a standard format so it can be published. She hopes that this will allow the story of Louise Archer’s life and work to reach a wider audience, and be of value to former students of Louise Archer Elementary.

Runyon is pursuing several projects, including petitioning to have historical signage erected on property once owned by a family member. During the Civil War, both Union and Confederate armies took supplies from the property, prompting the property owner to file and receive reparations from the federal government. She and another family member are also trying to regain property containing the Carter Family Cemetery where many of their ancestors are buried, including Keziah and Lucy Carter.

Taylor and Runyon hope that their work documenting African American history in Vienna will open minds and change perceptions, leading to a greater appreciation and understanding of how the African American community helped grow and shape the Town of Vienna. 🌟

What is Open from Dawn to Dusk Every Day of the Year?

by Bobbi Longworth, Executive Director, Fairfax County Park Foundation

Fairfax County's 420 parks, nine fishing lakes, and 330 miles of trails are open every day! In addition to their natural beauty and availability throughout the county, parks are open to everyone at no cost.



Fairfax County residents enjoy strolling the grounds of Green Spring Gardens. Located in Alexandria, the park grounds are open daily from dawn to dusk. Photo courtesy Fairfax County Park Authority.

Since 1950 when the Fairfax County Park Authority was established, older adults have been enjoying neighborhood parks, visiting nature centers, fishing, bicycling, camping, exploring historic sites, painting beautiful landscapes, and enjoying summer concerts as part of a fulfilling life. Today, most park facilities can accommodate wheelchairs and mobility devices. You can enjoy Fairfax County parks by yourself, with a friend, or with family members. Without much effort, you will find something to do regardless of your age, abilities, season of the year, or weather conditions. Frequently, a park visit will spark wonderful memories from an earlier time of life.

Have you spent time in our park system walking the trails, swimming in the Rec Center pools or participating in fitness classes? Have your children attended summer camp? If so, then you understand the value of caring for our system and even expanding and refreshing our amenities. To do that, we ask for your support.

In 2001, the Fairfax County Park Authority established the Fairfax County Park Foundation as a nonprofit organization to accept donations from businesses, organizations, and individuals to fund parks and programs when tax revenues are not available.

Many individual residents in our community have made meaningful contributions to help the county parks that extend beyond their lifetime. They did this by including the Fairfax County Park Foundation as a beneficiary in their will or other planned gift. If this is something

you are interested in, be sure to consult with your attorney or financial advisor to determine benefits and decisions that affect your estate.

For more information about how you can make a donation to support Fairfax County parks, visit **FairfaxParkFoundation.org** or contact Roberta A. "Bobbi" Longworth, Executive Director, Fairfax County Park Foundation, at **703-324-8581**.

Don't wait another day! Explore a Fairfax County Park Authority park today and learn something new! 🌟

Home Safety for Loved Ones with Dementia

by Giuliana Valencia, Fairfax Area Agency on Aging

Dementia changes how a person responds to their environment because it affects cognitive functioning, such as perception, balance, coordination, memory, and strength. According to the Alzheimer's Association, dementia is caused by damage to the brain cells. Although the symptoms of dementia can vary from person to person, as the disease progresses, symptoms can lead to increased confusion and behavior changes.

To keep a loved one with dementia safe in their home environment, the National Institute of Health recommends:

- ◆ Avoid clutter which can lead to confusion and danger.
- ◆ Maintain adequate lighting.
- ◆ Get rid of rugs and extension cords that can cause falls.
- ◆ Install alarms or locks on doors to prevent wandering.
- ◆ Install door latches or security locks on cabinets that contain dangerous items.
- ◆ Install safety knobs on stoves.
- ◆ Use a monitoring device to alert you of any falls.
- ◆ Remove any breakable and dangerous items from visible areas.
- ◆ Remove or lock any guns or weapons.

If you wish to learn more about caregiving resources for persons with dementia, call our Aging, Disability and Caregiver Resources Line at **703-324-7948**.

Communicating with Dementia-Caregiver Webinar

Communicating with a loved one with dementia is a new skill. In this presentation, you'll learn about both verbal and non-verbal communications, what to say and not to say, and what's most important to preserve a good relationship with your loved one during their dementia journey.

This presentation will be facilitated by Pam Ostrowski, founder of Alzheimer's Family Consulting. She is a speaker, a Certified Senior Advisor (CSA)[®], a Certified

Dementia Practitioner (CDP)[®], and is Certified in Dementia Care (CDC)[®]. She is also the author of the highly rated Alzheimer's

guidebook, *It's Not That Simple: Helping Families Navigate the Alzheimer's Journey*, which is based on Pam's 14-year dementia and Alzheimer's journey with her parents. Join us for this presentation on Wednesday, February 15, from Noon to 1 p.m. Online registration: bit.ly/CAREWEB1



Fairfax Caregiver Alert Notifications

If we can't reach you, we can't alert you. Now, family caregivers can receive email or text notifications of about Fairfax County caregiver services and programs. These programs include case management, in-home respite, caregiver support and webinars, wellness workshops, and much more. Visit FairfaxCounty.gov/Alerts to create or sign into your Fairfax Alerts account and then select Area Agency on Aging/Caregivers.

Inova Parkinson's and Movement Disorders Center (IPMDC)

Care Partners Tips and Tricks is a monthly series IPMDC offers on Zoom. Details about this program can be found at ipmdc.org/care-partner-tips, along with recordings and PowerPoint slides for each program.

IPMDC also offers a variety of educational, wellness and supportive groups, either in-person or on Zoom, that are open to all Parkinson patients, family and friends, at no cost to attendees. A calendar, as well as details of their programs and resources can be found at ipmdc.org, or contact Sonia Gow, Program and Community Care Manager at sonia.gow@inova.org or **703-375-9987**. ✨

CARE Mobile: ServiceSource's Innovative Mobile Program to Combat Social Isolation Among Older Adults and Adults with Disabilities

by Yashoda Premysler, ServiceSource Inc.

A new mobile program to help reduce social isolation among older adults and adults with disabilities was launched recently by ServiceSource. CARE (Community Access to Resources and Engagement) Mobile is a 100 percent mobile program based on a public-private partnership model which provides roving onsite outdoor health and wellness programming, engaging community activities, and entertainment for older adults (50+) and adults with disabilities for free. Local community resources and consultation are also available to connect individuals to organizations for support.

ServiceSource is a nonprofit organization with a mission to facilitate services, resources, and partnerships to support older adults and adults with disabilities, families, their caregivers, and community members, to build more inclusive communities.

The CARE Mobile program helps eliminate transportation and technological barriers by going directly to neighborhoods identified by Fairfax County's One Fairfax initiative. Areas include Mount Vernon, Springfield, Bailey's Crossroads, Annandale,



Falls Church, Herndon, and Chantilly. Events are held outside when the weather permits. Services include:

- ◆ Wellness checks including blood pressure screening, diabetes screening, eye and hearing screenings.
- ◆ Vaccine clinics for flu and COVID boosters.
- ◆ Expressive music, dance, Tai chi, yoga, creative arts and crafts.
- ◆ Entertainment such as bingo, movies, games, and karaoke.

Other services, activities, entertainment, and educational programming are available upon request. See our website for additional information and to request CARE Mobile in your neighborhood:

ServiceSource.org/care-mobile/. ✨

Activity Programs in Long-Term Care Facilities

by Camden Doran, Long-Term Care Ombudsman

Human nature includes a need to engage in meaningful activities that are enjoyable and provide a sense of belonging. Long-term care (LTC) facilities are required to implement ongoing resident-centered activities programs, including facility-initiated, individual, and independent activities. Activity programs within LTC facilities must be run by a qualified therapeutic recreation specialist or an activity professional. All activities should incorporate residents' interests, hobbies, and cultural preferences. Activities are integral to maintaining and improving a resident's physical, mental, and psychosocial well-being and independence.

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 activity programs, or other nursing facility and assisted living concerns, please call the NVLTCOP at **703-324-5861**, TTY 711, or email **NVLTCOP@fairfaxcounty.gov**. ✨

Creating a Winter Emergency Kit for Your Vehicle

by Carly Mullinax, Department of Emergency Management and Security



Though it's prudent to be prepared for an emergency no matter the time of year, the winter weather makes it especially important to be

prepared in the event of an emergency while you are out and about in your vehicle. The winter season brings snow, ice, and potential mechanical issues for vehicles. There may be times when you are forced to wait for weather to clear or may become stuck on a roadway until help arrives. Having a bag packed with essential items can make all the difference in the event you are stranded in your vehicle for an extended period of time. Below are some items you will want to include in your winter vehicle emergency kit:

- ◆ Ice scraper
- ◆ Poncho/blanket, gloves, boots, and handwarmers
- ◆ Flashlight
- ◆ Phone charger and car adapter
- ◆ Jumper cables, spare tire, and basic tool kit
- ◆ Flares
- ◆ Maps
- ◆ Snacks, bottled water, and emergency medications
- ◆ Basic first aid kit

Remember to maintain your emergency kit every six months and change out seasonal items throughout the year. It is also a good idea to make sure you always have at least a half tank of gas in your car in the event you are stranded and need to use the heat. When in doubt about whether it is safe to drive in winter weather, stay safe and stay home!

For more information on how to build an emergency kit, visit Fairfax County Department of Emergency Management and Security's website at FairfaxCounty.gov/Emergency/ReadyFairfax. ☀

Fairfax Area Commission on Aging

by Jacquie Woodruff, Fairfax Area Agency on Aging

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

At the January 18 COA meeting, Countywide Strategic Plan staff led discussion about the Countywide Strategic Plan and the SHAPE the Future of Aging Plan.

COA Meeting Wednesday, February 15, 1 p.m.

The meeting will be held electronically due to the COVID-19 pandemic. Join from PC, Mac, Linux, iOS or Android:

us06web.zoom.us/j/81737616094

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.

*Note: Meeting will be held virtually unless otherwise impacted by Fairfax County's State of Emergency Status due to the COVID-19 pandemic. Check website for meeting location updates: **FairfaxCounty.gov/FamilyServices/Older-Adults/Fairfax-Area-Commission-on-Aging/Meetings**. ☀

Explore Volunteer Opportunities in Your Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

Are you looking for a way to make a difference in our community? Below are a few of the many ways to help as a volunteer, or you may check out bit.ly/FFXVOLUNTEER for hundreds of opportunities in Fairfax County.

Annandale Christian Community for Action (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 opportunities to provide support to older adults, adults with disabilities, and family caregivers. The following roles are needed: drivers (for medical appointments, errands, grocery shopping), social visitors, household organizers, and more. Do you have a skill to share? Senior centers need skilled activity leaders. Bilingual volunteers are in high demand, too! To learn more and register go to bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov, or call 703-324-5406.

Insight Memory Care Center is a nonprofit providing specialized care, support, and education for individuals in all stages of memory or cognitive impairment, their care partners, and the community. Volunteer assignment at their early-stage Reconnections programs or Adult Day Center may include helping participants with brain fitness activities, setting up for activities, and more. Times are flexible and sites are in Fairfax and Sterling, Virginia. Visit bit.ly/InsightMCC, or contact Jessica Peters at Jessica.Peters@Insightmcc.org or 703-204-4664 ext. 120.

Be the voice for a vulnerable child. **Court Appointed Special Advocates (CASA)** provides volunteer advocates for abused and neglected children referred by the Juvenile and Domestic Relations District Court. Volunteers must commit to their assigned child(ren) throughout the life of the case (an average of two years) and visit them twice monthly. The CASA volunteer is often the only consistent adult in the life of that child. The first step is to attend a virtual information session. Visit fairfaxcasa.org, or email Alexis Shield at volunteer@casafairfax.org for information.

Volunteers are needed for the 2023 Tax Season! The **Volunteer Income Tax Assistance (VITA)** program needs greeters, interpreters (including ASL), screeners and tax preparers. No tax training is needed for greeters and interpreters. Free training is available for screeners and tax preparers. Opportunities are available throughout Fairfax County, with flexible schedules. For more information go to nvacash.org. The VITA program offers free income tax preparation and filing services to individuals and families who earned less than \$60,000 in 2022.

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

Help is Available for Heating Emergencies

by the Public Assistance and Employment Services Division of DFS

Are you facing a "no heat" situation? The Crisis Assistance program helps households overcome energy emergencies that cannot be met by other resources. An energy emergency is determined when a household has no heat or is in imminent danger of being without heat. The open application period for the Crisis Assistance Program closes on **March 15**. Learn more and apply for the Crisis Assistance program at CommonHelp.Virginia.gov or by calling 1-833-522-5582. 🌟

Looking for Help with Your Taxes? Check Out These Free Resources

by Gwen Jones, Department of Family Services

Tax season is here – a time that can provoke anxiety and frustration for many. If you need help preparing your tax return, there are free resources available to assist you. The Volunteer Income Tax Assistance (VITA) program helps income-eligible people with their tax returns. The AARP Foundation Tax-Aide program assists low to moderate income taxpayers, specifically those 50 and older, with their tax returns. There are also online resources you can visit to find answers to your tax questions.

Volunteer Income Tax Assistance (VITA) Free Income Tax Preparation

If you or your family earned less than \$60,000 in 2022, you may qualify for this free service.

The Volunteer Income Tax Assistance (VITA) Program is a national program sponsored by the Internal Revenue Service (IRS) to help families maximize their tax returns and avoid the fees businesses charge to prepare taxes. Northern Virginia CASH is a coalition of community partners who support the VITA sites in Northern Virginia. For 15 years the Fairfax County Department of Family Services has provided operational support to the coalition partners assisting about 4,000 families to receive a combined average refund total of \$6 million each year.

In-person VITA services are available at four sites throughout Northern Virginia. Walk-ins are welcome, no appointments are needed. For more information email DFSVITA@FairfaxCounty.gov or call **703-533-5320** (please leave a message).

NVACASH Tax Preparation Sites

Alexandria

Gerry Hyland Government Center
8350 Richmond Hwy, Alexandria, VA 22309
Tuesday and Wednesday, 6-8 p.m.
Saturday, 10 a.m.-3 p.m.
Operates beginning 1/28/23 through 4/15/23

Annandale

Virginia Career Works - Fairfax Annandale Center
7611 Little River Turnpike, Annandale, VA 22033
Tuesday and Thursday, 4-6:30 p.m.
Saturday, 10 a.m.-4 p.m.
Operates beginning 1/31/23 through 4/15/23

Herndon

Neighborhood Resource Center
1086 Elden St., Herndon, VA 20170
Thursday, 6-8 p.m.
Saturday, 9:30-11:30 a.m.
Operates beginning 1/28/23 through 4/15/23

Reston

Reston Employment Resource Center
11484 Washington Plaza W Suite 110,
Reston, VA 20190
Tuesday, 3:30-7 p.m.
Saturday, 9 a.m.-12 p.m.
Operates beginning 1/28/23 through 4/15/23

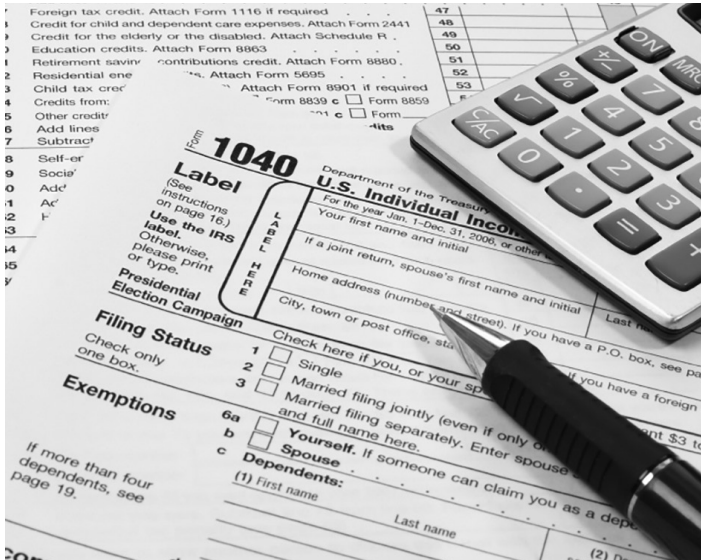
AARP Foundation Tax-Aide in Northern Virginia

The AARP Foundation Tax-Aide program offers free, individualized tax preparation for low to moderate income taxpayers – especially those 50 and older. Visit novataxaide.org for updated information on how each site will operate and how to make an appointment. All Fairfax County locations open the first week in February, unless otherwise noted.

Mason District Government Center

6507 Columbia Pike, Annandale, VA 22003
Mondays and Thursdays: 1-8 p.m.
Tuesdays, Wednesdays, Fridays: 9:30 a.m.-1 p.m.
Saturdays: 9 a.m.-1 p.m.

Call **703-658-0216** for more information during open hours. Call **703-249-9961** to make an appointment. Walk-ins welcome. Appointments available in the mornings.
Open 1/27/23 through 4/18/23 (Closed February 20)



Sherwood Regional Library

2501 Sherwood Hall Lane, Alexandria, VA 22306
Mondays and Tuesdays: 1:15-4 p.m. and 5-8:30 p.m.
Wednesdays through Saturdays: 10:15 a.m.-2 p.m.

For more information, call **571-882-9374** or email **sherwood.taxes@gmail.com**. Walk-ins. Same day appointments made at site.

Centreville Regional Library

14200 St. Germain Drive, Centreville, VA 20121
Tuesdays: 4-8 p.m.
Wednesdays: 1-5 p.m.
Saturdays: 10 a.m.-2 p.m.

For more information, call **703-239-3742** or email **CentrevilleTaxAide@gmail.com**. Appointments and walk-ins.

James Lee Community Center

2855 Annandale Road, Falls Church, VA 22042
Tuesdays and Thursdays: 1:30-4:30 p.m.

For more information, visit **novataxaide.org**.

Providence Community Center

2001 Vaden Drive, Fairfax, VA 22031
Tuesdays, Thursdays, Saturdays: 9:30 a.m.-1 p.m.

For more information, email **providencetaxaide@gmail.com**. Visit **novataxaide.org** to make an appointment.

Herndon Fortnightly Library

768 Center Street, Herndon, VA 20170
Mondays: 4-8 p.m.
Wednesdays: Noon-4 p.m.
Saturdays: 10 a.m.-2 p.m.

Visit **novataxaide.org** to make an appointment. Appointments recommended.

Reston Community Center

2310 Colts Neck Road, Reston, VA 20191
Tuesdays: 9 a.m.-2 p.m.
Thursdays: 4:30-8:30 p.m.
Saturdays: 9 a.m.-3 p.m.

Visit **novataxaide.org** for more information. Appointments and walk-ins.

AARP Foundation Tax-Aide Online Tax Assistance

Visit **taxaideqa.aarp.org/hc/en-us** to get answers to your tax questions online. Browse topics and FAQs or submit a request for information.

Skip the Trip and File from Home: IRS Free File Options

The IRS Free File Program is a public-private partnership between the IRS and many tax preparation and filing software industry leaders who provide their brand-name products for free. It provides two ways for taxpayers to prepare and file their federal income tax online:

1. Traditional IRS Free File provides free online tax preparation and filing options on IRS partner websites. IRS partners are online tax preparation companies that develop and deliver this service at no cost to qualifying taxpayers.
2. Free File Fillable Forms are electronic federal tax forms you can fill out and file online for free. If you choose this option, you should know how to prepare your own tax return. Please note, it is the only IRS Free File option available for taxpayers whose adjusted gross income is greater than \$73,000.

Visit **irs.gov/filing/free-file-do-your-federal-taxes-for-free** for more information. ✨

Mature Living – Scam Prevention

Many people continue to fall victim to scams, and seniors are often a desirable target for scammers. Melissa Smarr is a Code Specialist with Fairfax County Government Land Development Services and a facilitator with Fairfax County Silver Shield Anti-Scam Campaign, and she reveals how we can protect ourselves and our assets. Producer Fran Guastadisegni talks with MPO Anthony L. Capizzi, a Crime Prevention Specialist with the Fairfax County Police Department. He describes actual scams that people have fallen prey to and offers tips on how to avoid them. We close out our discussion with Trudy Marotta, the Volunteer Community Ambassador with AARP, Virginia, and a member of the Silver Shield Task Force. Trudy is also a spokesperson for the Fraud Watch Network for Fairfax County, and she shares valuable resources we can all use to stay safe.

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.

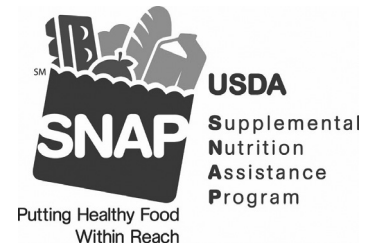
This program can also be seen on your computer: FairfaxCounty.gov/cableconsumer/channel-16/mature-living

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

Protect Your SNAP EBT Card From Scammers and Thieves

by Amy Carlini, Department of Family Services

Scammers are targeting electronic benefits transfer (EBT) cardholders nationwide. Virginia, like most states, is unable to replace missing or stolen EBT funds, so it's important to protect your card and benefits.



Keep your PIN secret. Do not share your PIN with anyone outside your household. Cover the keypad when you enter your PIN on a machine.

- ◆ **Check your EBT account regularly for unauthorized charges.** If you notice any, change your PIN immediately to stop the thief from making any new purchases by calling **1-866-281-2448**.
- ◆ **Before you shop, know your balance by any of these ways:**
 - ◆ Save your receipts. The receipts always show how much you spent and how much is left in your account.
 - ◆ On the Internet, go to **ConnectEBT.com** and follow the Virginia link. Besides your balance, you can see your last 90 days of transactions online too.
 - ◆ Call Connect EBT Customer Service: **1-866-281-2448**.
 - ◆ Some grocery stores have a point-of-sale (POS) machine in their customer service area, where you can swipe your card and check your balance before you shop.
- ◆ **Check card reading machines** to make sure there's nothing suspicious overlaid or attached to the card swiper or keypad. The overlays can be difficult to detect but are often bigger than the original machine and may hide parts of the machine.

Learn more from the Virginia Department of Social Services: dss.virginia.gov/benefit/ebt_scam.cgi ☀

JCA Career Gateway and Virtual 50+ Employment Expos Link 50+ Jobseekers to Employment Opportunities and Job Search Training Skills

by Jodie Rasch, Manager, Jewish Council for the Aging, Career Gateway and CareerTech Programs



The Jewish Council for the Aging (JCA) has two exciting programs designed for people 50 and better who are looking for employment. The Virtual 50+ Employment Expos and The Career Gateway help the 50+ community retool, recharge, and reinvent themselves for today's amazing job market. Both programs offer the 50+ jobseeker opportunities to learn and develop critical job-seeking skills to find meaningful employment.

JCA's Career Gateway program is an intensive, online, interactive, job-search skills training program designed to help adults over age 50 prepare resumes, develop critical job-seeking skills, and link them with opportunities to find meaningful employment. The Career Gateway program assists jobseekers in their resume writing (and rewriting), in their use of LinkedIn and other social media sites in their job search, in the navigation of their online job search and application process, and provides personality quizzes, interview techniques, elevator pitches, and even a mentor – all for the fee of \$75! Each session consists of five days of online, interactive, training in small groups conducted by a skilled facilitator from 9 a.m. to 4 p.m. each day.

We have three remaining sessions scheduled for 2023. Find session dates and additional information at accessjca.org/career-gateway. Registration for all sessions is open, with the February 2023 session (Session IV) taking place February 27, March 1, 3, 6, and 8. Space is limited and is on a first-come, first-serve basis. To register, please call **301-255-4215** or

email Career.Gateway@AccessJCA.org to secure your spot in your desired session. We also offer optional employment-related tech classes (CareerTech) in Excel, PowerPoint, Windows/Word, and additional LinkedIn training. And new to our tech offerings – a course on "Becoming a Cyber Savvy 50+ Jobseeker." Professional-minded job seekers will find this the perfect way to refresh their resume, hone their job-seeking strategy, and prepare themselves for the job of their lifetime. It's a fun and exciting way for 50+ adult professionals to learn 21st century skills and techniques to find the right job for them and succeed.

The JCA's free **Virtual 50+ Employment Expos** are for Montgomery County, MD, and Northern Virginia residents and employers. The Expos link employers with 50+ jobseekers in a fun, informative, and mutually beneficial way. If you are a 50+ job seeker, you won't want to miss these Expos! On the day of the Expo, join us from 10 to 11:45 a.m. for two morning workshops to learn about current hiring trends and practices to improve your job search. Then, from noon to 3 p.m., network and meet eight to 12 employers hiring 50+ jobseekers like yourself. Registration is free and required for each Expo you wish to attend. The next Expo is Friday, February 17. All 50+ jobseekers are welcome to participate. Register today at virtualexpos.accessjca.org.

Fairfax County employers with at least three professional job openings; if you are looking for smart, accomplished professionals, register today to be an Employer Presenter and find your next standout employee. Businesses with offices and jobs in Montgomery County and Northern Virginia may register and participate as Employer Presenters at the MD and NOVA Expos. Registration is required and complimentary for all at virtualexpos.accessjca.org.

Jobseekers and employers, join us for one or all six virtual 50+ Employment Expos in 2023. Register today for the **NOVA Expo, Friday, February 17, 2023**. For additional Expo dates and to register, please visit JCA's Expos website, virtualexpos.accessjca.org. ☀

Need a Lift? Transportation Services are Available to Help

By Gwen Jones, Department of Family Services

Once you make the decision to give up driving, simple things like shopping for groceries, scheduling a doctor's appointment, or picking up a prescription can become complicated due to the extra step of lining up transportation. If you struggle to secure a ride or don't want to burden friends or family, consider these options to get you where you need to go.

NV Rides

NV Rides coordinates a network of local volunteer driver programs that provide free transportation for older adults in Northern Virginia.

To receive a ride through the NV Rides network:

- ◆ You must be ambulatory and able to independently get in and out of a vehicle.
- ◆ No wheelchairs of any kind (even foldable) are allowed.
- ◆ You must apply and become a client of your local driving program first. Once accepted, you must give a minimum five-day notice to request a ride.
- ◆ Volunteers do not provide personal care, lift assistance, or transfer assistance.

To volunteer as a driver in the NV Rides network:

- ◆ You must be 21 and possess a valid driver's license and car insurance.
- ◆ You must submit to a DMV and criminal background check.
- ◆ There is no minimum amount of driving required. You can pick the rides that work with your schedule.

For more information about NV Rides, to find a ride, or volunteer, visit nvrides.org or call 703-537-3071.

Participating partner programs in the NV Rides network that serve Fairfax County include:

Fairfax Village in the City

Fairfax Village in the City is a city-supported, volunteer-led program that supports Fairfax City residents aged 55 and up and adults with disabilities who want to stay independent while remaining in their homes. Volunteers



provide a variety of services, including transportation to appointments. For more information, visit fairfaxva.gov/government/human-services/fairfax-village-in-the-city-advisory-board, email village@fairfaxva.gov, or call 703-385-5738.

Herndon Village Network

Herndon Village Network, Inc. (HVN) is a fee-based membership organization. Herndon residents aged 55 and over who reside in zip code 20170 may join HVN to request a ride to most destinations –doctor offices, stores, restaurants, and more. For more information, visit HerndonVillageNetwork.org or call 703-375-9439.

J Rides at the Jewish Community Center of Northern Virginia

J Rides is a program of the Pozez Jewish Community Center (JCC) that offers support for older adults (55+) who no longer drive. J-Rides provides rides to the JCC or their satellite locations in Northern Virginia as well as rides to medical appointments, grocery stores, pharmacies, and other trips of necessity. Five-day notice is required, and rides are not guaranteed. For more information, visit thej.org/adult-services/j-rides or call 703-573-3074.

Mount Vernon At Home

Mount Vernon At Home is a concierge-style village, providing services, including transportation, to help older adults in their service area age in place in their homes. Members pay a yearly fee to join. To learn more, visit MountVernonatHome.org, email info@MountVernonatHome.org, or call 703-303-4060.

RCC Rides

RCC Rides is a free transportation service for adults 55 and older who reside in the Small Tax District 5 boundaries of Reston. Volunteer drivers provide rides for trips such as medical or dental appointments, shopping, personal care, banking and more. You must apply to become a client before requesting a ride. To learn more, visit RestonCommunityCenter.com/About-Reston/rcc-Rides or call 703-390-6198.

Shepherd Centers

The Shepherd Centers are a nonprofit organization 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 this service. Once accepted into the service, a request for a ride must be made five days in advance. Shepherd Centers include:

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

Some Shepherd Centers also offer additional services, such as Handy Helpers, to their existing clients. The Handy Helpers program may include small repairs

around the home (e.g. changing lightbulbs), light yard work, or limited technology assistance. Handy Helpers does not include cooking or cleaning services. Visit the website or call individual Shepherd Centers for more information about additional services.

Transportation Options, Programs and Services (TOPS) Program

The TOPS program is administered by the Human Services Transportation Unit, part of Fairfax County's Department of Neighborhood and Community Services. The TOPS program provides subsidies for various transportation options using a transportation debit card. Each subsidy provides \$100 in benefits at a cost to the participant of \$20. Program participants are eligible for a designated number of subsidies per year. Participants may use the debit card to travel in taxis, ridesharing services (Uber and Lyft), public transportation (bus and rail via SmarTrip card), and Capital Bikeshare rentals.

To be eligible, you must be a resident of Fairfax County, the City of Fairfax, or the City of Falls Church, and meet one of the following criteria:

- ◆ 50 years of age or older, with an annual income of \$50,000 or less per individual.
- ◆ Registered user of MetroAccess.
- ◆ Recipient of Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI).
- ◆ Annual income that meets the 225% federal poverty levels by household size.

For more information, visit FairfaxCounty.gov/Neighborhood-Community-Services/transportation/tops. If you have questions about TOPS, please contact Human Services Transportation Customer Service at 703-222-9764, TTY 711.

Fastran

Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs. Services may have associated fees based on a sliding scale. Please speak with a representative of one of

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the certifying programs/agencies for details. All riders must be certified by one of the following programs/agencies before utilizing the service:

- ◆ **Critical Medical Care** – Transportation for residents who must undergo life sustaining treatments.
- ◆ **Adult Day Health Care** – Transportation to and from adult day health care centers.
- ◆ **Community Services Board** – Transportation to and from support services and worksites related to intellectual disability, mental health and the Recovery Women’s Center.

- ◆ **Senior Centers** – Transportation to and from Fairfax County Senior Centers.
- ◆ **Senior Residences** – Twice a month grocery store trips and bimonthly trips to the mall for residents of 18 senior residence developments.
- ◆ **Therapeutic Recreation Services** – Transportation to and from recreational activities for individuals with intellectual or physical disabilities.

For more information, visit FairfaxCounty.gov/Neighborhood-Community-Services/transportation/fastran. ☀

February Community Calendar

Softball Players Needed!

The Golden Girls of Northern Virginia, a senior women’s softball league, is looking for players. Women over the age of 40 and all skill levels are welcome. We play most Wednesday evenings and Saturday mornings in Vienna from May-July and September-October. For more information, visit goldengirls.org

Virtual Black History Month Presentations – Three-Part Series

Fridays, 2-3 p.m. on the Virtual Center for Active Adults

2/10-African American Inventors

2/17-Civil Rights Movement

2/24- Female African American Inventors

For more information, visit bit.ly/novaVCAA;

To join the virtual presentation on Zoom, visit

bit.ly/VCAAzoom2; Meeting ID: 905 123 5932;

Password: 3636

Burke Historical Society Meeting Sunday, February 26, 3 p.m.

Pohick Regional Library, 6450 Sydenstricker Rd,
Burke

Book talk – *The Enchanted Suitcase: A Window onto My German Father’s World War II Life*

Helga Warren will speak about her book, inspired by her German father’s memoirs of World War II – his journey to Paris, Normandy, a POW camp in Alabama, and to a new life as an American.

Lifetime Learning Institute of Northern Virginia (LLI/NOVA) March Forum

Wednesday, March 1, 10-11 a.m. via Zoom

Our Forum speaker will be Arch Campbell, “The Accidental Critic.” For years, Arch was a fixture on channel 4’s WRC News, first as a feature reporter (including a story about the mysterious “Cabbit” that LLI board member Steve Cohen helped solve) and then as an entertainment critic. Expect a lot of laughing and entertaining tales! Please register by February 27 at noon at llinova.org.

Young at Heart Senior Center Advisory Council Craft and Flea Market

Saturday, March 4, 9 a.m.-2 p.m.

Stacy C. Sherwood Community Center,
3740 Old Lee Highway, Fairfax

Join us to shop, eat, and enjoy friendly company while supporting this Green Acres Senior Center fundraiser. For information, email patzeiss3@gmail.com or call 703-273-6090.

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.