



Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Dorothy Keenan: Finding Purpose is Key to a Happy Retirement

by Gwen Jones, Department of Family Services

For some, retirement is viewed as the conclusion to a period of our lives spent working and saving, without much thought given to what comes next. For others, retirement is the start of a new phase of life – a time to invest one’s time and energy in passion projects and get involved in the community.

After retiring from a long career working with older adults, Dorothy Keenan chose to get involved in her community, founding and leading GrandInvolve, a nonprofit organization that places older adult volunteers as classroom helpers in Title 1 elementary schools or those with a high percentage of students from low-income families in Fairfax County Public Schools. After leading GrandInvolve for nearly ten years, Keenan will retire for a second time in June from her position as Executive Director. Contemplating her second

retirement, Keenan is excited and looking forward to what comes next.

Keenan’s interest in working with older adults developed early in life. When she was 12 years old, her Girl Scout troop “adopted” an older woman living in a local senior home who had no relatives or visitors. The troop visited the woman regularly until the other girls lost interest. Only Keenan, who loved spending time with the woman and listening to her stories, continued to visit. “I was too young to drive, so my mother would take me to visit her. I’m the oldest of eight children so that really tells you something about my family’s love of volunteering and participating in the community,” says Keenan. She continued to visit until, during a trip home from college, she went to the senior home only to discover that her friend had died.

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When Dorothy Keenan retires from her role as Executive Director of GrandInvolve, her plans include spending time with family, volunteering, traveling and revisiting old hobbies.

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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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Keenan's first job, at an assisted living facility working in the program department, was the first step in a career working with older adults. After graduating from the C.W. Post Campus of Long Island University with a degree in psychology, she continued her career developing programs for older adults in independent living, assisted living, and senior care facilities. During this time Keenan married and started a family.

In 1988, Keenan's husband accepted a job with the federal government in Washington D.C., so the family relocated to Northern Virginia, choosing to live in Fairfax County because of the outstanding school system. Keenan took a job with Fairfax County as the assistant director of Hollin Hall Senior Center. Eventually, she became the director of Hollin Hall before being promoted to Supervisor of Senior Services, overseeing all 13 Senior Centers in Fairfax County until her retirement in 2008.

After retiring, Keenan was asked to develop workshops for Fairfax County and George Mason University employees about how to prepare for retirement. She collaborated with others to develop a curriculum and together they hosted several workshops for soon-to-retain employees. She also became involved with the Positive Aging Coalition and learned about encore careers. An encore career is work that you do in your retirement years that is purposeful and helps the community.

Keenan also began attending feedback sessions hosted by Fairfax County staff to gather public input on the 50+ Community Action Plan. She joined a committee tasked with making recommendations on how to make Fairfax County a more livable location. Keenan suggested that creating meaningful volunteer opportunities for older adults would allow people to engage with and become better involved in their community. She also believed that intergenerational programs were more impactful, benefiting both older adults and youth.

"It's important for them (the children) to see that someone is interested in them doing well. Someone other than their parents think they can do well and has confidence in them."

Keenan's service on the committee led to the creation of GrandInvolve. Inspired by her own experience volunteering in her grandchildren's classrooms, GrandInvolve provides older adults with the opportunity to volunteer as classroom assistants in Title 1 elementary schools in Fairfax County. At the direction of classroom teachers, volunteers work with children one-on-one or in small groups, often on reading comprehension.

GrandInvolve began in 2014 at Crestwood Elementary School with seven volunteers. After the pilot proved successful at Crestwood, the program partnered with three additional schools located throughout the county. Providing opportunities at multiple locations ensured that volunteers wouldn't have to drive too far to serve. The all-volunteer organization quickly grew and became a 501(c)(3) nonprofit. GrandInvolve's Board of Directors was established in 2018 with Keenan serving as Executive Director.

GrandInvolve's goal is to place volunteers in all of Fairfax County's Title 1 elementary schools. The organization currently has volunteers in 26 of the 41 Title 1 schools. Early on, they made the decision to expand region by region and currently have volunteers in every Title 1 elementary school in the Mount Vernon and Franconia Districts. Prior to the pandemic, GrandInvolve had nearly 200 volunteers, including classroom and leadership volunteers. Post-pandemic, the number of volunteers was halved so a top priority is to rebuild their volunteer base.

Keenan considers the years she has led GrandInvolve to be her encore career – a chance to enrich the lives of older adult volunteers while helping to improve the educational outcomes of children at greatest need in our community. "It's important for them (the children) to see that someone is interested in them doing well. Someone other than their parents think they can do well and has confidence in them," shares Keenan. She

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also believes GrandInvolve helps older adults feel more connected to their community, saying, “Volunteering is one of the best ways to counteract social isolation and loneliness.” Although she will no longer be leading GrandInvolve, she plans to remain on the board and volunteer as a classroom assistant.

In addition to getting back into the classroom, Keenan’s plans for her second retirement include travel, time with family, and revisiting old hobbies. Keenan and her husband enjoy cross-country trips and try to visit national parks whenever possible. Their current tally of parks visited is 28. The couple’s three adult children and six grandchildren all live nearby so the family spends a lot of time together. Keenan has an extensive antique doll collection, many that she has restored herself. She especially enjoys researching and learning about the history of the dolls in her collection and plans to devote more time to her hobby in the future.

After retiring once before and now embarking on a second retirement, Keenan has carefully considered this time of life and offers this advice to others, “Develop a life list. This is not a bucket list. It is not what you are going to do before you die. It is your reason for living after retirement. You have to have something that gets you excited every day you get up.” Keenan has developed her own life list and revisits it every six months, adding and removing items. Along with items like reconnecting with people you’ve lost touch with, places you want to visit, and experiences you want to have with loved ones, she encourages people to include volunteering on their list – activities that provide a sense of purpose and help connect with your community. Keenan adds, “When my grandparents were my age, they were considered old. I never wanted to be old. I saw old as losing interest in your community. I want to help people avoid that.”

Interested in following Keenan’s advice? Learn more about volunteer opportunities with GrandInvolve at GrandInvolve.org or email volunteer@grandinvolve.org. To learn about additional volunteer opportunities with Volunteer Solutions, visit bit.ly/FXVSVOL or email VolunteerSolutions@FairfaxCounty.gov. For other volunteer opportunities in Fairfax County, visit bit.ly/FFXVOLUNTEER. ✨

Mature Living - Disability Rights and Resources

This episode explores disability resources for both older adults and adults with disabilities, as well as those who care for them. Joining host Anne Hall is Claudia Vila, Manager of Disability Rights and Resources in the Department of Family Services. She provides a great overview on this topic, and discusses resources available for adults with disabilities, older adults, and caregivers. The Channel 16 crew visited the Wellness Center for Older Adults. It’s the first of its kind in Fairfax County and offers both virtual and in-person services for older adults and individuals with developmental disabilities. Rose Robinson, Division Manager, Long Term and Community Integration Services, as well as current clients talk about the benefit of this important resource. We round out the program with a conversation with Susan Shaw, Transportation Options, Programs, and Services Program Manager, better known as TOPS – a valuable Fairfax County resource.

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. ✨

Summer Entertainment Series – 2023 Season

by Ben Boxer, Fairfax County Park Authority

Summer concerts are an American tradition. In the not-so-distant past, towns and villages across the nation boasted town bands and bandstands in the village square or the park at the center of town. Music was a catalyst, drawing young and old alike to come together as a community. Outdoors, in the long twilight of warm summer nights, the concerts marked a time to relax, share a picnic supper and catch up with friends and neighbors.

The Fairfax County Park Authority has adopted this summer staple from small-town America to orchestrate a renewed sense of community in Fairfax County. The lineup for the Park Authority includes a wide array of performances from classical to bluegrass and everything in between as well as children's performances, music and dance from around the world, and drive-in movies.

The free performances and movies are possible thanks to a strong partnership between government and business to benefit the people they serve and are funded through private donations which pay for performers fees. All other activities are implemented by the support groups combined of citizen volunteers who care for the park and its programs.



Fairfax County Park Authority's Summer Entertainment Series brings communities together by offering a variety of concerts, dance performances, and movies for free throughout Fairfax County. Photo courtesy Fairfax County Park Authority.

2023 Summer Entertainment Series offers the following series:

- ◆ Arts in the Parks children's entertainment series
- ◆ Braddock Nights
- ◆ Evenings on the Ellipse
- ◆ Franconia District Nights
- ◆ Hunter Mill Melodies
- ◆ Mount Vernon Nights
- ◆ Music at Arrowbrook Centre Park
- ◆ Providence Presents
- ◆ Spotlight by Starlight
- ◆ Springfield Nights
- ◆ Sully District Starlight Drive-in movies

We hope to see you this summer and encourage you to invite your friends and family to attend. Some series offer wine tasting and sales.

For details regarding each series go to:

[FairfaxCounty.gov/Parks/Performances](https://www.fairfaxcounty.gov/Parks/Performances)

Concerts and movies are held outdoors and are cancelled due to inclement weather. Call **703-324-SHOW (7469)** before leaving home for inclement weather updates. Cancellation notices are recorded one hour prior to the showtime. ☀

What You Need to Know About the SHAPE the Future of Aging Plan

In May 2023, the Board of Supervisors adopted the SHAPE the Future of Aging Plan 2023-2028. Over the next five years, this plan will guide Fairfax County, along with the City of Fairfax and the City of Falls Church, and community-based organizations in meeting the needs of older residents now and in future years. Like the United States as a whole, Fairfax County is aging. The percentage of residents aged 65 and older in Fairfax County is anticipated to increase from 13.4 percent in 2019 to 17.7 percent in 2035.



The SHAPE acronym stands for:

- ◆ Services for Older Adults and Family Caregivers
- ◆ Housing and Neighborhood Supports
- ◆ Access to Mobility Options
- ◆ Personal Well-Being
- ◆ Economic Stability and Planning

To inform the SHAPE the Future of Aging Plan, the County procured quantitative and qualitative studies including the nationally benchmarked Community Assessment Survey for Older Adults (CASOA), which surveyed residents aged 50 and older in early 2019 and then again in early 2022. Nearly 3,000 residents completed the survey in 2022.

The survey questions for which Fairfax County ratings were considerably higher than benchmark communities were the following:

- ◆ Overall economic health of the community
- ◆ Opportunities to build work skills
- ◆ Opportunities to enroll in skill-building or personal enrichment classes.

SHAPE

the Future of Aging

The survey also identified areas where Fairfax County residents experience the most challenges:

- ◆ Housing
- ◆ Information access
- ◆ Physical health care.

The survey was supplemented by a qualitative study, conducted in late 2022, including four town halls, 11 community gatherings, 11 focus groups, and 14 key informant interviews. Approximately 300 residents participated in these Inclusive Engagement events. The information gathered provided insights on older residents' needs for each category of SHAPE. Three significant themes emerged:

- ◆ Fairfax County's older adults generally enjoy living in their communities but have diminished hopes of aging in place because of the high cost of living in the County.

- ◆ Fairfax County has an impressive array of available aging services, but there is low awareness among its older residents about many of these services.
- ◆ Asian respondents were less satisfied and Asian and Hispanic respondents had more needs than overall respondents in many areas.

The SHAPE the Future of Aging Plan also provides several recommendations with potential strategies to address older residents' needs that were identified. A few examples include:

- ◆ **Increase affordability of aging in place** by considering ways to further expand senior tax relief, providing information and resources such as contract templates to encourage home sharing, and evaluating possible tax limitations for long-term residents, such as homesteading policies in other states.
- ◆ **Increase older residents' access to information** about aging services by enhancing the County's current means of disseminating information, continuing to make printed materials available in multiple languages, including an older adults' handbook of resources, and supporting peer-to-peer networks to share information with diverse communities.
- ◆ **Increase older residents' perceptions of equity and acceptance** by expanding the role and numbers of 50+ Community Ambassadors to connect older residents from diverse communities with resources. Provide training to staff from County agencies and community-based organizations to counter ageism and other forms of discrimination.

Over the next five years, Fairfax County leaders, Fairfax Area Commission on Aging members, and community-based organizations will work together to implement initiatives that continue to position Fairfax County to be a place where older adults can thrive. ✨

Learn More About SHAPE

The SHAPE the Future of Aging Plan has several strategies to address the needs of older residents in the Fairfax area. The plan found here FairfaxCounty.gov/topics/shape-future-aging approved by the Board of Supervisors, is an action plan. Community engagement is important and if you are interested in learning more, please email DFSCommissiononAging@FairfaxCounty.gov your specific topic area of interest and someone will get back to you promptly.

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 May 17 COA meeting, the COA discussed potential community partners for SHAPE the Future of Aging Plan initiatives development.

COA Meeting, Wednesday, June 21, 1 p.m.

In Person: Pennino Building,
12011 Government Center Pkwy, Fairfax, VA 22035
Room 200 & 206

To obtain meeting materials, visit FairfaxCounty.gov/FamilyServices/Older-Adults/Fairfax-Area-Commission-on-Aging/Meetings or contact Elizabeth.Margetta@FairfaxCounty.gov or call **703-324-5635**. For ADA accommodations, contact Ana.Valdivia@FairfaxCounty.gov or call **571-407-6960 TTY: VA Relay 711.** ✨

Setting Healthy Boundaries When Caregiving

by Allegra Joffe, Fairfax Area Agency on Aging

When providing care for a loved one, setting healthy boundaries can help protect caregivers' overall well-being and preserve their relationship with their loved one. When healthy boundaries are not in place, caregivers may struggle to care for themselves physically, emotionally, and financially, which then could lead to stress and burnout.

Here are a few examples of how to set healthy boundaries as a caregiver:

- ◆ Say "No." It is okay to say "No" and offer another solution to what is being asked of you.
- ◆ Ask for additional help to prevent being overextended or uncomfortable in caregiving duties.
- ◆ Take care of your physical needs. Schedule regular check-ups, exercise, eat healthy food, and get enough sleep.
- ◆ Take care of your emotional needs. Enjoy hobbies and visit friends and family.
- ◆ Set financial limits on how much you can contribute to your loved one.
- ◆ Set time limits on caregiving duties.
- ◆ Communicate openly with your loved one about expectations and personal needs.

Family caregivers are encouraged to take some time to write down what healthy boundaries they want to implement and communicate their boundaries with loved ones. When caregivers take care of themselves, they care better for their loved ones. 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**.

Are you in need of additional cooling during this summer?

The **Senior Cool Care Program** is a public-private partnership sponsored by Dominion Energy and administered by the Virginia Department for Aging and Rehabilitative Services through the Fairfax Area



Agency on Aging that helps low-income older citizens in our jurisdiction keep cool during summer months. The program runs from May 1 through October 31, 2023. The program provides additional cooling at home, for eligible older adults, age 60 and older. If you are interested in the program, email **Allegra.Joffe@FairfaxCounty.gov** or phone **703-324-2019**.

Creative Engagement: How to Use Your Right and Left Brain to Improve Your Sense of Well-being

Friday, June 9, Noon-1 p.m.

During this interactive intergenerational workshop for the whole family, Patricia Dubroof, Creative Aging Specialist at Assisting Hands Home Care, will lead a left/right brain warmup and demonstrate a simple, hands-on art project to create individualized note cards. To participate in this fun event, you will need paper and either pencils, pens or markers – or all of the above! Online registration: **bit.ly/StayingWell-123** or call **703-324-2019**.

Virtual Dementia Friends Information Session

Wednesday, June 14, 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, Social Services Specialist with Fairfax Area Agency on Aging, and Diane Watson, Dementia Friends Champion Volunteer. Online registration: bit.ly/DementiaFriendlyFairfax or call 703-324-2019.

Presente! A Latino History of the United States

Friday, June 16, Noon-1 p.m.

This session will be facilitated in collaboration with the Smithsonian Institution. The Molina Family Latino Gallery is the first physical presence of the National Museum of the American Latino and the first dedicated museum space on the National Mall that celebrates the U.S. Latino experience. The inaugural exhibition, Presente! A Latino History of the United States tells our national history from the perspectives of the diverse Latinas/os who lived it. Join us for an introduction to the important ideas, moments, and people that shine a light on the many ways Latinas

and Latinos shaped the nation. Presented by Natalia M Febo, Community Engagement and Volunteer Coordinator, National Museum of the American Latino, Smithsonian Institution. Online registration: bit.ly/StayingWell-123 or call 703-324-2019.

Brain Fitness: Keys to Extending Independence

Wednesday, June 21, Noon-1 p.m.

Ellen Clarke, Ph.D. in Human Factors and Applied Cognition, will share with family caregivers how to extend independence through improved brain health. In this talk, she will go over six different, evidence-based brain health improvement techniques, and how to successfully implement them to maintain and extend the independence of both caregivers and their loved ones. These methods do not involve pharmaceuticals and can be easily applied in home and community-based settings. Online registration: bit.ly/CAREWEB1 or call 703-324-2019. ✨

Advocating for LGBTQ+ Elders

by Camden Doran, Long-Term Care Ombudsman

The Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) serves a diverse population of consumers receiving long-term care (LTC) services and must be able to offer appropriate and culturally competent services to resolve issues in a way that responds to each individual. As part of the NVLTCOP's commitment to providing inclusive services, the program maintains certification as a SAGECare Platinum credentialed organization. SAGECare credentialing includes aging LGBTQ+ cultural competency training, which supports an inclusive, person-centered approach to care and furthers the mission of the NVLTCOP to promote quality of care and life for persons receiving LTC services. For more information about SAGE advocacy and services for LGBTQ+ elders visit the SAGE website at SageUSA.org.

As a mandated program under the Older Americans Act, the NVLTCOP is a resident-directed program that is often called on to assist LTC residents and consumers to advocate on their behalf to protect their rights, dignity, choices, and self-determination. For more information about inclusive and person-centered care, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, or contact the Ombudsman Program by email at NVLTCOP@FairfaxCounty.gov. ✨



Discover Lifelong Learning Opportunities for Older Adults

by Gwen Jones, Department of Family Services

The education we receive as children and teens helps prepare us for adulthood by providing the knowledge and skills needed to function in society. Postsecondary education leads to certifications and degrees, often improving our career prospects and earning potential. Lifelong learning is another form of education but is driven entirely by one's curiosity and thirst for knowledge. No degrees are received for lifelong learning, but the benefits are numerous, including improved mental sharpness and increased self-esteem.

Lifelong learning can take many forms, from joining a club or interest group, visiting museums and cultural sites, attending lectures and workshops, or returning to the classroom. Options abound in our region for older adults interested in pursuing learning opportunities.



The Lifetime Learning Institute of Northern Virginia hosts monthly forums featuring guest speakers on a variety of topics.

The Lifetime Learning Institute of Northern Virginia

The Lifetime Learning Institute of Northern Virginia (LLI/NOVA), affiliated with the Annandale campus of Northern Virginia Community College, offers older adults the opportunity to take classes on a variety of subjects and attend cultural and social events. The classes are not offered for college credit or toward degree programs.

LLI/NOVA is a non-profit, volunteer-driven organization for adults aged 50 and over. For an annual

fee of \$110, members can sign up for as many classes as they want. LLI/NOVA publishes an online course catalog three times a year with more than 100 classes (mostly single-session), presented virtually or in-person. The classes are taught by volunteers, many of whom are college professors or other experts in their fields. The classes cover a wide variety of topics, including history, foreign affairs, science, financial and retirement planning, political science, government, technology, philosophy, psychology, religion, music, art, poetry, and personal development. Members can also attend monthly forums to listen to guest speakers and meet with other members.

LLI/NOVA offers travel and cultural excursions, including programs to visit local museums, theaters, and regional trips. They also offer longer trips involving overseas travel. Information about upcoming trips and outings is publicized in the ILL/NOVA newsletter and on the website. Some outings are free, while others require additional fees. Learn more about LLI/NOVA at LLINova.org.

Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute (OLLI) at George Mason University offers opportunities for older adults to take courses on a wide variety of subjects and attend cultural and social events. The courses are not offered for college credit or toward degree programs.

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

Classes and activities are offered at three area locations (Fairfax, Reston, and Sterling) with some courses offered virtually. Courses are taught by well-qualified

OLLI members and teachers from GMU, government, foreign embassies, and private industry. Music, finance, languages, current events, science, technology, health and many more course subjects are offered. OLLI also offers excursions to battlefields, museums, and other nearby destinations.



Interested in returning to the classroom? Virginia residents age 60 and older can audit classes for free at public colleges and universities.

OLLI has more than two dozen clubs and special interest groups for members who enjoy art, history, theater, investing, books, and more. Additionally, members with an annual membership are entitled to a George Mason University ID card, which provides library privileges, discounts at the bookstore, recreation facilities and performances, and other benefits. Learn more at Olli.gmu.edu.

Auditing Courses at Public Colleges and Universities

The Senior Citizens Higher Education Act of 1974 gives adults 60 and older, who have resided in Virginia for at least one year, the opportunity to register for and audit up to three courses during an academic term at a public college. This can continue for an unlimited number of academic terms and the only fees you are required to pay are for course materials, such as lab fees.

George Mason University

To audit classes at George Mason University (GMU), you must first apply and meet all admission criteria and deadlines. For students enrolling under the Senior Citizens Higher Education Act of 1974, your application fee will be waived. Be prepared to provide required supporting documents, such as transcripts.

To apply, visit gmu.edu/admissions-aid/apply-now. Select the Senior Citizen Application Fee Waiver option at the end of the application. Be sure to allow ample time for your application to be processed. You can view the status of your application online. You will receive an email informing you once a decision has been made.

Once you are enrolled at GMU, here are a few things to keep in mind when making your course selections:

- ◆ Enrollment in specific courses is based on eligibility criteria and availability of space.
- ◆ Registration priority is given to degree-seeking students.
- ◆ Academic departments may restrict or prohibit non-degree enrollment in some courses.
- ◆ Auditors are not required to take tests or submit assignments, but you may find it helpful to retain what you've learned.

For more information, visit gmu.edu/admissions-aid/apply-now/how-apply/non-degree.

Northern Virginia Community College

To audit classes at Northern Virginia Community College (NOVA), you must apply for admission at least 24 hours prior to registering for classes and submit the Senior Citizen Tuition Waiver. Be prepared to provide required supporting documents. To apply, go to apply.vccs.edu.

Older adults must register for classes by 11:59 p.m. on the last business day before the session begins. Sessions vary in length and if the courses you select are not held during the same session, you must submit separate tuition waivers for each session.

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A few more things to keep in mind if you wish to audit courses at NOVA:

- ◆ To take courses in a program with restricted admission, you must be admitted to the program.
- ◆ Class enrollment is limited to classes that already have met the required number of tuition-paying students.
- ◆ Tuition waivers may not be used for one-on-one instruction in art, music, or other individual study courses.

For more information about auditing classes at NOVA, visit nvcc.edu/admissions/apply/seniors.html.

Fairfax County Public Schools Adult and Community Education

FCPS Adult and Community Education (ACE) provides lifelong learning and educational

opportunities to the community. ACE Classes, held in-person and online, include classes that teach skills needed for career and work readiness, as well as enrichment classes in topic areas such as cinema and photography, culinary arts, hobbies (design, genealogy, writing), and mind, body and wellness. Courses vary in length – from one-day workshops to recurring classes meeting over several weeks.

The cost of classes also varies but Fairfax County residents who are 62 and older may receive a 25% discount on eligible classes. The discount does not apply to lab, material and textbook fees. Additionally, residents 62 and older who suffer financial hardship may apply for a full tuition waiver. Call **703-658-1201** to request an application for a waiver at least two weeks prior to the class start date. Waivers may not be used for all classes. For more information about ACE classes, visit AceClasses.fcps.edu or call the registration office at **703-658-1201**, Monday-Friday 9 a.m.- Noon, or 1-5 p.m. ☀

Staying Cool is Staying Safe

by Carly Mullinax, Department of Emergency Management and Security

It's that time of year again when the weather starts to heat up and our bodies have to work overtime to beat the heat. Extreme heat has become the deadliest natural hazard in the US – even more so than hurricanes and earthquakes! Fairfax County is certainly not immune to the effects of extreme temperatures. Older adults, children, and people who are sick, pregnant, or overweight have a greater risk of overheating. Extreme heat is generally categorized as a period of at least two to three days, with temperatures at 90 degrees or above, and high humidity. Whether or not extreme heat is in the forecast, it is a good idea to prepare for it ahead of time. Below are some tips and resources on how to prepare your home and protect yourself from the heat:

- ◆ Plan ahead and find places in your community that you may be able to visit to cool down if your cooling system at home fails. You should pick one location nearby, (like a public library or store) and one location farther away so that you have somewhere to go if there is a larger power outage in your area.
- ◆ Prepare your home by adding weather-strips to doors and windows to seal heat out.

- ◆ Installing a window air conditioning unit in bedrooms is a great idea for a back-up plan. Just make sure to insulate and seal around them.
- ◆ Fans increase airflow and may seem like a good solution, however they may actually provide a false sense of comfort. Since they do not help reduce your body temperature or prevent overheating, they should not be your only cooling method.
- ◆ If you are unable to afford your cooling costs, weatherization, or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help: Benefits.gov/benefit/623. Fairfax Libraries also have Conserve Energy Kits which have some supplies which can help you weather-proof your home and are available to Fairfax County residents at no cost! For more information on the kits, visit: Research.FairfaxCounty.gov/Lot/Conserve.

For more information on extreme heat, visit: FairfaxCounty.gov/Emergency/ReadyFairfax/ExtremeHeat. ☀

Volunteer to Make a Difference

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

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

The **Fairfax County Park Authority's Adapted Aquatics** program needs volunteers to provide encouragement and assistance to children and adults with physical and/or intellectual disabilities. Certified instructors coach everything from basic swimming and water safety to swim team practice for Special Olympics. Volunteers will get into the pool and must have basic swimming skills. Commit to a few hours per week. Each session is 6 to 10 weeks. Classes are on weekends at Rec Centers across Fairfax County. Apply at bit.ly/2EQgVOG or contact Linda at Linda.Crone2@FairfaxCounty.gov to learn more.

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. Next sessions will be June 15 at 1 p.m. and June 28 at 7 p.m. Spanish speakers are also needed. Visit FairfaxCasa.org, or email Alexis Shield at volunteer@casafairfax.org for information.

Volunteer Solutions offers opportunities to provide support to older adults, adults with disabilities, and family caregivers one-on-one, or in senior and adult day healthcare centers. To learn more and register go to bit.ly/FXVSVOL, email VolunteerSolutions@FairfaxCounty.gov, or call 703-324-5406.

The **Fairfax County Park Authority** needs volunteers to help at the Twin Lakes Golf Course in Clifton. Duties include assisting golfers, coordinating the pace of play as the course marshal, and managing the tee sheet. A driver's license is required. The time commitment is one day a week (6-hour shift), between sunrise and sunset, during their regular season from March to December. For more information, contact John Mandell at John.Mandell@FairfaxCounty.gov.



By donating food through Food For Neighbors' Red Bag Program, you will help ensure that hungry students have enough to eat. Photo courtesy Christa Soltis.

Food Donations Needed

Food For Neighbors raises awareness, mobilizes communities, and partners with local middle and high schools to connect vital resources with food-insecure students. Sign up today to donate one bag of food five times a year via the **Red Bag Program**. Go to FoodForNeighbors.org/red-bag-program to learn more.

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

Staying Put This Summer? Check Out These Staycation Options

by Gwen Jones, Department of Family Services

If you don't want to brave crowded airports or sit in highway traffic, consider an alternative – a staycation! A staycation is a vacation spent at home or near home, doing fun activities and visiting local attractions. Fortunately, Fairfax County has plenty of great places to visit and things to do. The nonprofit, Visit Fairfax, suggests several ways to have fun this summer without venturing too far from home.



Adventures on the Water

Strap on a life preserver, grab a paddle, and get out on the water! Enjoy the view while spotting birds and other wildlife on shore. Many sites in Fairfax County offer canoe, kayak, paddleboard, and other boats you can rent. Rental rates vary by type and location. Call or visit the location's website for more information.

- ◆ **Belle Haven Marina** – George Washington Memorial Pkwy, Alexandria
Visit SailDC.com or call 703-768-0018.
- ◆ **Burke Lake Park** – 7315 Ox Rd., Fairfax Station
Visit FairfaxCounty.gov/Parks/Burke-Lake or call 703-323-1641.
- ◆ **Fountainhead Regional Park** – 10878 Hampton Road, Fairfax Station
Visit NovaParks.com/Parks/Fountainhead-Regional-Park or call 703-250-9124.
- ◆ **Mason Neck State Park** – 7301 High Point Rd., Lorton
Visit dcr.Virginia.gov/state-parks/mason-neck or call 703-339-2385.

- ◆ **Occoquan Regional Park** – 9751 Ox Road, Lorton
Visit NovaParks.com/Parks/Occoquan-Regional-Park or call 703-690-2121.
- ◆ **Pohick Bay Regional Park** – 6501 Pohick Bay Dr., Lorton
Visit NovaParks.com/Parks/Pohick-Bay-Regional-Park or call 703-339-6104.
- ◆ **Riverbend Park** – 8700 Potomac Hills St., Great Falls
Visit FairfaxCounty.gov/Parks/Riverbend or call 703-759-9018.

Stroll Through a Garden

See what's blooming while you take in the sights, scents, and sounds of these gardens.

- ◆ **Gardens at River Farm** – 7931 E Boulevard Dr., Alexandria
River Farm is a historic 25-acre site that was once part of George Washington's original five farms and has been the headquarters of the American Horticultural Society since 1973. River Farm is known for beautiful views stretching down to the Potomac River, as well as its children's gardens, four-acre meadow, and colorful flower displays. Summer hours are Monday-Friday, 10 a.m.-4 p.m., and Saturday, 9 a.m.-1 p.m. Admission is free (except for special events), but donations are appreciated. For more information, visit AHSGardening.org or call 703-768-5700.
- ◆ **Green Spring Gardens and Horticultural Center** – 4603 Green Spring Rd., Alexandria
Green Spring offers a wooded stream valley with ponds, a naturalistic native plant garden, more than 20 thematic demonstration gardens, a greenhouse, a plant shop, and more. Grounds are open daily from dawn to dusk, but the gate is locked after 5 p.m. There is no entry fee for individuals or families. For more information, visit FairfaxCounty.gov/Parks/Green-Spring or call 703-642-5173, TTY 711.
- ◆ **Meadowlark Botanical Gardens** – 9750 Meadowlark Gardens Ct., Vienna
Meadowlark features large ornamental and native

plant collections. Their Korean Bell Garden, a traditional bell garden pavilion, is the only one of its kind in the Western Hemisphere. Hours are 10 a.m.-6:30 p.m. April through October. Admission fee is \$6 for adults 18-54 and \$3 for adults 55 and older. For more information, visit NovaParks.com/Parks/Meadowlark-Botanical-Gardens or call 703-255-3631.



Meadowlark Botanical Gardens is an enjoyable place to spend time, either wandering the walking paths or enjoying the view from a well-positioned bench.

Discover Local History

Learn about historical events and people, including suffragists, soldiers, and visionaries.

- ◆ **Historic Blenheim and the Civil War Interpretive Center** – 3610 Blenheim Blvd., Fairfax
Built in 1859 by Albert and Mary Willcoxon, this Greek-Revival-style brick house is famous for its soldier signatures, pictographs, and thoughts preserved on the attic and house walls between 1862-1863. The words and pictures have provided insight into the lives of soldiers as well as the effect of the war on residents. The Interpretive Center is open Tuesday-Saturday, 11 a.m.-3 p.m. and a guided tour of Historic Blenheim house takes place at 1 p.m. For tours for groups of four or more, call 703-591-0560 in advance. Admission is free. For more information, visit FairfaxVa.gov/Government/Historic-Resources/Historic-Blenheim or call 703-591-6728.
- ◆ **Lucy Burns Museum** – The Workhouse Arts Center, 9518 Workhouse Way, Lorton
The Lucy Burns Museum examines the 91-year history of the former Lorton Prison Complex, including the events of 1917 which changed the course of the women's suffrage movement in the United States. Hours are Friday and Sunday, noon-5 p.m., Saturday, 11 a.m.-5 p.m. Admission is free for gallery tours and a guided cellblock tour is \$5/person. For more information, visit WorkhouseArts.org/lucy-burns-museum or call 703-584-2972.
- ◆ **The Turning Point Suffragist Memorial** – 9751 Ox Road, Lorton
Located within Occoquan Regional Park, the memorial commemorates the millions of women who engaged in the suffragist movement primarily from 1848 through passage of the 19th Amendment in 1920. The memorial is free, self-guided and open year-round during the park's normal operating hours. For more information, visit NovaParks.com/Parks/Turning-Point-Suffragist-Memorial or call 703-690-2121.
- ◆ **Woodlawn Plantation and Pope Leighey House** – 9000 Richmond Hwy, Alexandria
Home to two iconic properties and a working farm. The mansion, built in 1805, was given to Nelly Custis and Lawrence Lewis by George Washington. The site was operated as a plantation where the couple enslaved over 90 people. In 1846, the site was sold to Quaker families from the north, who sold off parcels of Woodlawn's land to free Black and

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immigrant farmers who worked collaboratively to farm and set up homesteads on the land and care for the property. Also on site is the Frank Lloyd Wright-designed Pope-Leighey House, where visitors can explore and learn about Usonian architecture. Open Friday-Monday, 10 a.m.-4 p.m. Tickets to tour either house are \$15/adults and \$12/adults 62+. Tickets to tour both homes are \$25/adults and \$22/adults 62+. Tickets can be purchased online or onsite. For more information, including tour times and availability, visit WoodlawnPopeLeighey.org or call 703-780-4000.

Other Fun Activities

Flex your creative muscles, indulge your taste buds, or create a custom candle just for you.

- ◆ **Workhouse Arts Center** – 9518 Workhouse Way, Lorton
Sign up for a class or workshop. Drawing, painting, glass, ceramics, and a variety of other mediums are offered. Learn more at WorkhouseArts.org or call 703-584-2900.
- ◆ **River Sea Chocolate Factory & Café** – 4520 Daly Dr., Suite 100, Chantilly
Visit Fairfax County's only chocolate factory for chocolate tastings, tours, or a chocolate bomb making workshop. Fees range from \$25-\$49 based on the activity. For more information, visit RiverSeaChocolates.com or call 703-539-2697.
- ◆ **Paddywax Candle Bar** – 1816 Library St., Reston
Create your own custom candle by selecting a vessel and fragrance. You'll be guided through the candle-making process by experienced staff. Fees start at \$40. For more information, visit TheCandleBar.co/products/candle-pouring-reston.

For additional staycation ideas, visit fxva.com/Trip-Ideas/Staycation.

Looking for recommendations on accessible places to visit? Visit Fairfax has created accessibility guides to aid your planning. The guides are available at fxva.com/Plan-Your-Trip/Accessibility. ☀

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. ☀

June Community Calendar

Love to Play Soccer?

Players 50 and older are invited to join the Fairfax Over 50 Soccer League. We play outdoor, year-round, full-field, 11 vs. 11 with paid, licensed referees on Fairfax County fields. We strive to play competitively while staying safe. We are also adding an Over 60 Division this season. We are members of USASA. Dues are required to join. For more information, visit leaguelineup.com/welcome.asp?url=fo5sl

Author Spotlight: Welcoming LGBT Residents

Wednesday, June 7, 11 a.m.-12:30 p.m.

AARP Virginia and Insight Memory Care Center present this event with Tim R. Johnston, author of "Welcoming LGBT Residents." Join us for this free, open discussion to learn practical tips on working with LGBT older adults in senior living settings. This hybrid session will be offered in-person at The Providence Fairfax, 9490 Sprague Avenue, Fairfax, and online. For more information and to register, visit InsightMCC.org, email melissa.long@insightmcc.org, or call 703-204-4664, x141.

Alzheimer's Association Presents: 10 Warning Signs of Alzheimer's

Tuesday, June 13, 10:15-11:15 a.m.

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

Dementia and Driving - Fairfax

Wednesday, June 14, 1-2:30 p.m.

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

In the early stages some people are able to keep driving, but as memory and decision-making skills decline they need to stop. Family and friends need to monitor the person's driving ability to decide when it's time to give up the keys. Learn more about driving assessments and other options to keep everyone safe on the road. This free program is part

of our monthly Care Partner Training series. For more information and to register, visit InsightMCC.org, email melissa.long@insightmcc.org, or call 703-204-4664, x141.

Juneteenth Celebration

Saturday, June 17, 11 a.m.-1 p.m.

Frying Pan Farm Park, 2739 West Ox Road, Herndon

Celebrate African American stories, food traditions, music, and contributions to American spiritual life. Activities will include a special guest storyteller, live music, crafts, history, and food trucks offering African American cuisine. For more information, visit FairfaxCounty.gov/parks/topics/juneteenth.

Mapping Your Ancestor's Neighborhood

Tuesday, June 20, 1-3 p.m.

Have you ever wondered where your ancestors lived, shopped, worked, or attended church? Genealogy educator and lecturer Chuck Mason will discuss how a great deal of this information can be gleaned by matching genealogical records with maps printed during your ancestor's time. Learn more about this free Zoom event at MVGenealogy.org or register by emailing contact-us@mvgenealogy.org.

Pride Month Poetry Reading

Saturday, June 24, 3-5 p.m.

Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly

Celebrate Pride Month with a poetry reading featuring some of the region's most prominent LGBTQ+ poets - Sunu Chandy, Kim Roberts, Holly Mason Badra, and Malik Thompson. This reading lifts up a variety of voices and experiences to honor the rich legacy and contributions of poets and poetry in the queer community.

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.