

Golden Gazette

FAIRFAX COUNTY DEPARTMENT OF FAMILY SERVICES

www.FairfaxCounty.gov/OlderAdults

Winifred Evans is a Living Legend

by Gwen Jones, Department of Family Services

Winifred Evans has lived a long and meaningful life, much of it in service to her country and to others. While admired by family, friends, and colleagues, 105-year-old Evans recently achieved wider recognition when she was honored with a Living Legend proclamation from the Military Women’s Memorial. While this designation was bestowed for her years of service with the U.S. Air Force, it has also brought attention to her many other accomplishments, including service with the Peace Corps and Red Cross, authoring several books, and serving as a charter member of the Women in Military Service for America Memorial.

Winifred (Winnie) Evans was born in 1917 in Harrisburg, PA, to Rose and Hunter Evans. As a child, she excelled at school and displayed a passion for writing at an early age. Her parents encouraged Evans and her brother, Robert, to pursue higher education.

Hunter Evans, a graduate of the Philadelphia College of Pharmacy, worked as a pharmacist and served as a role model for his children, while Rose Evans passionately encouraged them to attend college, knowing it would open doors of opportunity.

Family tragedy inspired Evans



On August 17, 2023, Major General Irene Trowell-Harris (left) and Lieutenant Colonel Marilla Cushman (right) presented Winnie Evans (center) with a proclamation from the Military Women’s Memorial, declaring her a “Living Legend.” Photo courtesy Chesterbrook Residences.

to pursue a career in nursing. As a child, she witnessed the illness and untimely death of her three-year-old sister and wanted to contribute to finding medical cures. She attended the University of Pennsylvania, where she received a bachelor's degree in nursing, followed by a master's degree in nursing from Catholic University. She also traveled to Oslo, Norway, where she received a graduate certificate in nursing.

In 1955, Evans joined the U.S. Air Force at Holloman Air Force Base in New Mexico. While there, she provided nursing care for airmen and their dependents and trained staff. She eventually was promoted to Chief Nurse and achieved the rank of Major. From 1957 to

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DON'T MISS A SINGLE ISSUE OF THE *Golden Gazette*!

The *Golden Gazette* is a free monthly publication published by the Fairfax County Department of Family Services. It covers local news-to-use and human interest stories for older adults and caregivers.

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GOLDEN GAZETTE

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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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1962, Evans served with the Air Force Nurse Corps Reserve. She also taught at the University of New Mexico College of Nursing.

Inspired by President John F. Kennedy, Evans volunteered with the Peace Corps in 1962. Before departing, she and her fellow volunteers destined for Togo, West Africa, met with the president. In Togo, Evans traveled between remote villages, providing medical care for families and setting up immunization centers, where she vaccinated thousands of children. Her work in Togo was challenging but gratifying and inspired her to write "Africa, Once More With Feeling," a book of poetry that expressed her love for Africa.

In 1965, Evans joined the United States Agency for International Development, providing health care to school children and refugee families in Saigon. Her good works and bravery were acknowledged by



Winnie Evans at the beginning of her nursing career. Photo courtesy Winnie Evans.

the Mayor of Saigon in a certificate of appreciation given to her by the Republic of Vietnam in 1966.

Evans went on to serve as a nurse at various locations worldwide, including Thailand, Latin America, and the United States. In August 1972, she was honorably discharged from the U.S. Air Force. She continued to serve with other organizations – working for the American Red Cross in their blood development program and as a nursing instructor at Georgetown University. She also served as a clinical nurse in local homeless shelters.

In the 1980s, Evans joined other women veterans advocating for a memorial to women who served in the U.S. Armed Forces. Her belief that the courage and sacrifice of those who served should be recognized led her to become a charter member of the Women in Military Service for America Memorial. Dedicated in 1997, the memorial is located at the entrance of Arlington National Cemetery and features an education center and interactive exhibits. The memorial also includes a Register, an interactive database that records and preserves the names, service information, photos and memories of the service women who register, preserving their records for future generations. To learn more about the memorial, visit WomensMemorial.org.

In September 1996, Evans and her brother proudly attended a ceremony at Arlington National Cemetery that paid tribute to the 185,000 African American soldiers and officers who served with the Union Army during the Civil War, including their great-grandfather, Horace Bennett. The siblings had devoted many hours to researching Horace Bennett, who served as a sergeant in Company F of the 54th Regiment, Massachusetts Colored Volunteer Infantry under Colonel Robert Shaw. Sergeant Bennett was wounded during the Second Battle of Fort Wagner but recovered and fought in the Battle of Boykin Mills. The 1989 movie "Glory" told the story of the 54th Regiment from its formation to the Second Battle at Fort Wagner.



Winnie Evans shaking hand with President John F. Kennedy. Photo courtesy Winnie Evans.

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Evans also authored several published books, including a book of poetry called “On Wings of Victory” and a medical suspense novel titled “The Cult of the Black Mamba.”

In 2018, Evans moved to Chesterbrook Residences, a senior living community in Fairfax, where she enjoys the activities, entertainment, care, and companionship the community offers.

On August 17, 2023, Evans was honored with a “Living Legend” proclamation from the Military Women’s Memorial during a special ceremony held at Chesterbrook Residences. The proclamation recognizes female veterans who have reached the age of 100. The award was presented by Major General Irene Trowell-Harris, U.S. Air Force, Retired, and Lieutenant Colonel Marilla Cushman, U.S. Army, Retired, and senior advisor for the Women’s Military Memorial. Attendees included members of the American Legion, Evans’ family and friends, dignitaries including Dranesville District Supervisor John Foust, and the staff and residents of Chesterbrook Residences who turned out in force to celebrate her achievement.

Evans was honored to receive the award and delighted by the impressive turnout. She summarized her years of service this way, “It’s all about meeting people and finding out what you can do to make things better.” It is apparent that she made things better for countless people around the world and for that she deserves to be called a Living Legend. ✨

Fairfax Area Commission on Aging

by Beth Ann Margetta, Fairfax Area Agency on Aging

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

At their October 18 meeting, the COA continued discussion of the implementation of the SHAPE the Future of Aging Plan and Initiative Development Committees. SHAPE Initiative Development Committee meetings will be ongoing through the duration of the plan.

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

In Person: Pennino Building, 12011 Government Center Pkwy, Fairfax, 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. ✨

NOVA United Senior Women’s Basketball Association Celebrates 20 Years!

Congratulations to the players of NOVA United, who celebrated their 20th anniversary in September! To recognize their many accomplishments and contributions to our community, the Fairfax County Board of Supervisors honored NOVA United with a proclamation at their September 26 meeting. ✨



Fairfax County Adds 150 Affordable Homes for Older Adults with Grand Opening of Oakwood Meadow

by Fairfax County Redevelopment and Housing Authority

In an effort to provide more opportunities for Fairfax County older adults to affordably age in place, the Fairfax County Board of Supervisors and the Fairfax County Redevelopment and Housing Authority (FCRHA), together with development partner Arlington Partnership for Affordable Housing (APAHA), celebrate the grand opening of Oakwood Meadow Senior Residences. Located in the Kingstowne neighborhood of Alexandria, Oakwood Meadow offers 150 one- and two-bedroom apartments to qualifying adults aged 62 and older.

“During the past few years, we opened or began development on more than 400 affordable homes for Fairfax County’s older adults,” said Lenore Stanton, Chair, Fairfax County Redevelopment and Housing Authority. “Each unit enables another older adult to age in place affordably, and to continue to contribute to the community they built.”

“Our SHAPE the Future of Aging study cited affordable housing as a barrier for older adults wishing to live in Fairfax County post-retirement. All residents deserve the opportunity to remain in their community of choice, and Oakwood Meadow is the latest example of a successful public-private partnership to boost the housing stock for this growing population,” said Rodney Lusk, Supervisor, Franconia District.

“Oakwood Meadow shows that underutilized, vacant public property can be transformed into something beautiful that serves the people of our community,” said Jeffrey C. McKay, Chairman, Fairfax County Board of Supervisors. “It also is an example of how affordable housing is – and can be – everywhere across Fairfax County.”

About Oakwood Meadow

Location: 5815 South Van Dorn Street, Alexandria, 22310.

Size: 150 units of affordable older adult housing serving residents at or below 60 percent of Area Median Income (AMI).



Dignitaries gathered for Oakwood Meadow's ribbon-cutting.

Features:

- ◆ Community amenities include a fitness center, business center with computers, multipurpose room, game room, arts and crafts room, laundry room on each floor, shuttle service, and package lockers.
- ◆ Units feature a fully equipped kitchen with custom cabinetry, energy efficient appliances, and granite countertops.
- ◆ Located one-half mile from the Van Dorn Metro Station and one mile from the Kingstowne retail center.

Funding and Partnerships: Oakwood Meadow Senior Residences is made possible by a public-private partnership with APAHA. In 2018, the FCRHA awarded APAHA the rights to redevelop an underutilized stormwater retention area owned by the County into affordable apartments for independent seniors. In addition to the contribution of public land, Fairfax County and the FCRHA invested \$5.25 million in local Housing Blueprint funding, nearly \$12.6 million in revenue bond financing, and awarded eight federal project-based vouchers for the development. Additional financing for the development includes both four and nine percent Low-Income Housing Tax Credits awarded by Virginia Housing, funding through the Virginia Housing Trust Fund administered by the Virginia Department of Housing and Community Development, and nearly \$30 million in equity investments from Bank of America.

Property Ownership and Management: Oakwood Meadow is owned by APAHA.

How to apply: Qualified individuals can apply via the Oakwood Meadow website: OakwoodMeadowSenior.com. 🌟

“Permit Library” Guides Residents Seeking Building and Land Disturbance Permits

By Mary Mulrenan, Land Development Services

Permits are required for several types of home renovation projects. We may decide to make modifications to our home to help us age in place, or perhaps we’ll renovate to enhance our enjoyment of it, installing pools, spas, decks or enclosed porches. Building or land disturbance permits are required for many home improvement projects. So, how do you start the permit process?

Land Development Services (LDS) recommends you start at the new permit library, which can be found at [FairfaxCounty.gov/landdevelopment/permit-library](https://www.fairfaxcounty.gov/landdevelopment/permit-library). The library helps residents discover whether a permit is required, which permit is needed, what documents are required, how long the process may take, and more.

Within the permit library, customers will find a page devoted to each record type. Popular residential “record types” include the following:

- ◆ Household Appliance (for example, replacement or new installation of gas hot water heaters)
- ◆ Residential Additional/Alteration (for example, some interior renovations, decks, finished basements)
- ◆ New Building (for example, a new home, pool, detached garage)
- ◆ Plumbing
- ◆ Electrical
- ◆ Mechanical (for example, replacing HVAC systems)
- ◆ Solar



(All applications are now submitted through the Planning and Land Use System – PLUS at plus.fairfaxcounty.gov/CitizenAccess/Welcome.aspx.)

Each page in the permit library is formatted in a similar way to provide consistency and quick reference across each record type:

- ◆ An explanation of who should apply for the record type.
- ◆ Useful links and resources to help plan for your project.
- ◆ Guidance on submitting applications along with relevant YouTube tutorials.
- ◆ Detailed information on requirements to complete your application. (Requirements may include architectural plans, house plats, or other documents and authorizations.)
- ◆ An explanation of what happens after applications are submitted including how reviews work, any fees due, and the estimated timeframe for review and approval.
- ◆ Once customers reach permit or plan issuance, the permit guides explain how to access the permit card and other approved documents in PLUS.

Building Permits 101 for Homeowners

Planning a project that requires a Fairfax County permit? Attend our Building Permits 101 program on Wednesday, November 29, 11 a.m.-1 p.m. in Room 106 of the Herrity Building, 12055 Government Center Parkway, Fairfax.

Register online or call **703-324-2743**.



You can find the permit library link on the left side of the LDS home page at [FairfaxCounty.gov/landdevelopment](https://www.fairfaxcounty.gov/landdevelopment).

If you have questions during the permitting process and prefer to speak to staff, you can call **703-222-0801**. LDS also offers in-person and virtual customer support.

Walk-in Customer Support

Herrity Building, 12055 Government Center Parkway, Fairfax, Suite 324

Monday through Thursday, 8 a.m.-4 p.m. and Friday, 9:15 a.m.-4 p.m. (Visitors may not be added to in-person queues past 3:45 p.m.)

For virtual support, call to schedule an appointment or sign up online via the *Meet with Staff* page [FairfaxCounty.gov/landdevelopment/meet-staff](https://www.fairfaxcounty.gov/landdevelopment/meet-staff). ☀

Coordination Between Fairfax County 9-1-1 and the Regional Crisis Call Center (RCCC)

by the Fairfax-Falls Church Community Services Board

Each year, 1 in 5 people are likely to encounter a mental health challenge. If you, or anyone you know, is experiencing a mental health crisis, the Regional Crisis Call Center is just a call or text away. Operating 24/7 around the clock, you can talk or text with empathetic and trained professionals who will offer immediate assistance, such as referrals for community services and guidance on behavioral health services. Simply dial the call center directly at **703-527-4077**, or text **85511**.

Through Marcus Alert Legislation, the Fairfax County Department of Public Safety Communications (9-1-1) is coordinating with the Regional Crisis Call Center to connect people to mental health or behavioral health assistance in non-emergency situations. The Regional Crisis Call Center, required in the Marcus Alert law, serves as a hub connecting people with non-emergency behavioral health needs to phone support and resources, and regional mobile crisis teams to people desiring in-person support.

In Fairfax County, Marcus Alert protocols integrate seamlessly with existing initiatives, including Diversion First, and the Co-Responder Program, an existing partnership between Fairfax County Police Department and the Fairfax-Falls Church Community Services Board. Crisis Intervention Teams are trained law enforcement paired with trained clinical staff responding to behavioral health related emergency

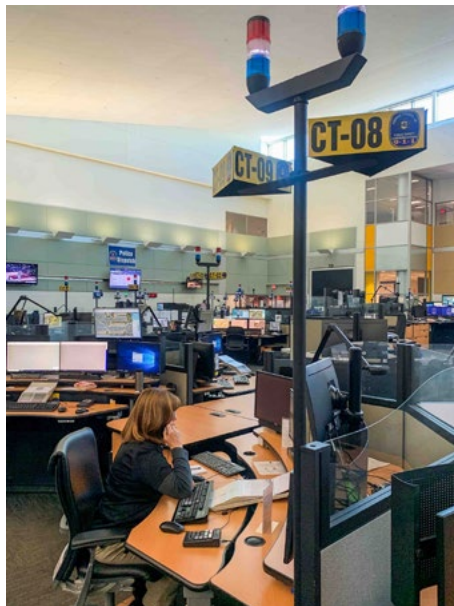


Photo courtesy Fairfax-Falls Church CSB.

and non-emergency calls in the community. First responders in the county are coordinating with behavioral health clinicians whenever feasible.

Help 9-1-1 and first responders by entering your health information on the Emergency Health Profile by visiting **FairfaxCounty.gov/911/emergency-health-profile**. When calling 9-1-1 during an emergency or behavioral health crisis, your vital health information is made available to the dispatcher. By setting up an Emergency Health Profile that is unique to you, essential health information can assist first responders in providing

better care to you in an emergency.

Remember, you are not alone, and help is just a call or text away.

Additional Information:

- ◆ To learn more about the Marcus Alert law, visit [FairfaxCounty.gov/community-services-board/marcus_alert](https://www.fairfaxcounty.gov/community-services-board/marcus_alert).
- ◆ To learn more about the Diversion First initiative, visit [FairfaxCounty.gov/topics/diversion-first](https://www.fairfaxcounty.gov/topics/diversion-first).
- ◆ To learn more about the Co-Responder Program, visit [FairfaxCounty.gov/community-services-board/services/co-responder-program](https://www.fairfaxcounty.gov/community-services-board/services/co-responder-program). ☀

November is National Family Caregivers Month

by Allegra Joffe, Fairfax Area Agency on Aging

Every November we celebrate National Family Caregivers Month. This month is dedicated to honoring and recognizing family caregivers, as well as raising awareness and providing education about caregiving issues.

Each year, an estimated 53 million adults in the United States provide care to an older adult, or an adult with a disability, according to the AARP and the National Alliance for Caregiving's 2020 Report. The Rosalynn Carter Institute defines a family caregiver this way: "A family caregiver can be a friend, a spouse, a partner, a neighbor, an adult child, or any family member who provides care and assistance to a loved one as part of an ongoing relationship and as an expression of love and concern for that person. There is generally no financial or material gain." Family caregivers have become the backbone of our caregiver infrastructure, and often, they do not self-identify. They describe themselves as wife, daughter, son, or neighbor. In doing so, they are not accessing vital supportive services for themselves and their loved ones.

If you know a family caregiver, celebrate them by thanking them for the care they provide for their loved ones. Family caregivers may feel stressed, overwhelmed, and undervalued. Some ways to support a family caregiver could be to offer a meal, provide a listening ear, stay with their loved one to give them a break, and ask them about the ways that you can best support them.

If you are a family caregiver, thank you for all you do to provide care for your loved ones while balancing life's other demands. If you want to learn more about caregiving resources, call our Aging, Disability, and Caregiver Resource Line at **703-324-7948** or visit **FairfaxCounty.gov/OlderAdults**.



Understanding Common Mental Health Conditions in Older Adults

Wednesday, November 15, Noon-1 p.m.

This webinar is presented by Karyn Walsh, LCSW, NoVa Older Adult Counseling. Karyn will provide a clinical overview of the diagnosis and treatment for anxiety, depression, bipolar and hoarding conditions. We hope persons affected by mental illness, including caregivers, will learn information and strategies to better cope with these challenges. Register online at bit.ly/CAREWEB1 or call **571-407-6961**.

Medicare 101

Friday, November 17, Noon-1 p.m.

This is a Spanish language virtual presentation for family caregivers whose loved ones are Medicare beneficiaries or individuals who will be eligible for Medicare and want to learn about their options. The session will provide an overview of the many components of Medicare: Part A (inpatient hospitalization/skilled nursing), Part B (outpatient hospital/doctors/labs/radiology), Part C (Medicare Advantage Plans), and Part D (prescription drugs), as well as how to cover the gaps in Medicare benefits through Medicare Supplement Plans. Register online at bit.ly/CharlasEducativas.

Providing Care at the End of Life

Friday, December 1, 2-3 p.m.



In this panel conversation, we will discuss the topic of end-of-life care, which can be overwhelming, and caregivers and loved ones may not be prepared for it. Through this conversation, we are going to explore what

end-of-life care is, what supports are available for you and your family members, and how to manage emotions and needs during the journey. Panelists include Dr. Marjorie Burris, DNP, MSN, BSN, RN, Adult Day Health Care Program Manager, Fairfax County Neighborhood and Community Services, Leora Raskas, Dementia Specialist, Northern VA RAFT, Melissa Long, Director of Education and Support, Insight Memory Care Center, Marcie Campbell, Vice President of Marketing & Intake, Cherry Blossom PACE. Register online at bit.ly/AAAPanel call 571-407-6961.

37th Annual Caregiver's Conference: When Caregiving Calls: *Building a Framework for Resilience*

The Northern Virginia Dementia Care Consortium has been educating caregivers since 1986. This year's conference keynote speaker is Dr. Aaron Blight, an international speaker and consultant on caregiving, aging and healthcare, and the founder of Caregiving Kinetics. Join us to become better prepared to provide care and support at home or in a facility, learn new ways to engage individuals with dementia, and visit exhibitors who offer supportive services. Topics include *Building Caregiver Resilience: A Framework for Care, Understanding Dementia for Caregivers, Practical Tips in Caregiving, From Confusion to Clarity: Demystifying Advance Care Planning & the Essential Documents for Advocacy, Caring for the Spirit of the Family Caregiver, Simple, Delicious & Nutritious, and A Patriotic Celebration Honoring our Veteran's with the Sentimental Journey Singers.*

The conference will be held in-person on **Friday, November 10, from 8 a.m. to 3:30 p.m.** at the Korean Central Presbyterian Church, 15451 Lee Hwy, Centreville, VA 20121. To learn more about this conference, each session, speakers, and registration, visit nvdcc.com or call 703-578-7431. ☀

Family Councils in Long-Term Care Facilities

by Camden Doran, Long-Term Care Ombudsman

Families of nursing home residents have the right to form and hold regular organized group meetings called a family council. These councils provide families an opportunity to meet privately with other families to discuss and consolidate common concerns about their loved ones, come up with ideas on how to address issues, and present their concerns and ideas to facility staff. Each nursing facility must provide the family council with space to meet privately and must provide a designated staff person responsible for helping and responding to written requests that result from the family council meetings.

Virginia law does not provide specific rights to family councils in assisted living facilities. However, regulations for assisted living facilities do state that a resident council may extend its membership to

family members, advocates, friends, and others. If your loved one's assisted living facility does not have a family council, you could talk to the facility staff about starting one. You can find more information about family councils at the National Consumer Voice website, TheConsumerVoice.org/issues/family/family-council-center.

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 family councils, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, TTY 711, or email NVLTCOP@fairfaxcounty.gov. ☀

Help Veterans in Our Community by Becoming a Medical Foster Home Caregiver

by Gwen Jones, Department of Family Services

The U.S. Department of Veterans Affairs (VA) seeks caregivers to join the Medical Foster Home Program. A Medical Foster Home is a private, residential home that provides veterans an alternative to nursing home care. In a Medical Foster Home, a live-in caregiver provides 24-hour supervision and personal assistance for one to three veterans who require nursing home level of care. The care provided includes medical and mental health care, food preparation, spiritual support, and recreational activities.

Medical Foster Homes give veterans an alternative to a traditional nursing home care setting, offering a smaller, community-based, family setting in a safe environment. This option is often more affordable than long-term, institutionalized care because Medical Foster Homes are a private pay option for veterans. The veteran pays the caregiver a monthly fee that is determined prior to placement in the home. The VA provides home-based primary care services to veterans living in Medical Foster Homes.

To qualify for the Medical Foster Home Program, a caregiver must:

- ◆ Complete an application and be interviewed by the Medical Foster Home Program Coordinator and other staff.
- ◆ Be at least 21 years of age and demonstrate financial stability.
- ◆ Undergo a criminal background check and provide three references.
- ◆ Offer a pleasant, home-like atmosphere within their residence while providing hands-on care to veterans with high-level care needs.
- ◆ Ensure that they, or an approved relief caregiver, are present and available to provide 24/7 care and supervision.
- ◆ Allow access to their home for monthly, unannounced visits by the Medical Foster Home coordinator.

In addition, a caregiver must own or rent their house, and it must be their primary residence. There should be enough space to care for one to three veterans with separate bedrooms. The home must be inspected by a VA multidisciplinary team and the home and caregiver must comply with all state and local licensure requirements and regulations. Finally, the residence must be located within 30 miles of the VA medical center.



Benefits to operating a Medical Foster Home include assistance and oversight by the VA as well as ongoing caregiver education. The Medical Foster Home coordinator has frequent contact with caregivers and assists with assessing for caregiver stress and burnout and providing on-going support and advocacy.

To learn more about the Medical Foster Home Program, visit [va.gov/Geriatrics/pages/medical_foster_homes.asp](https://www.va.gov/Geriatrics/pages/medical_foster_homes.asp)

Caregivers can learn more and apply for the program by calling Nina Davis, Medical Foster Home Coordinator for the Washington, D.C. area, at **202-573-5577** or by emailing nina.davis@va.gov. ☀

Kindness Has Ripple Effects

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

Would you like to make a meaningful difference in others' lives? Below are a few of the many ways to help as a volunteer, or check out bit.ly/FFXVOLUNTEER for more opportunities in Fairfax County.

The **Honor Flight Ground Crew at Reagan National Airport** needs volunteers. Honor Flight brings WWII, Korean War, and Vietnam War Veterans to D.C. to see their memorials (all expenses paid). When the flights arrive at the airport, the Honor Flight Ground Crew volunteers help escort the veterans from the plane to the buses, and when they return, they escort them back to their plane. Honor Flight season is typically between mid-March through the end of June, and then September through early November. Volunteers can sign up to support arrival or departure flights that work in their schedule. Typical time commitment is 1 ½ to 2 hours. Contact dcacoordinator@honorflight.org for additional information.

The **Volunteer Income Tax Assistant Program (VITA)** provides free tax preparation to qualified individuals and families in Northern Virginia. The Fairfax County Department of Family Services is recruiting volunteers to act as greeters, interpreters (including ASL), screeners, tax preparers, online tax coaches, social media outreach, and IT support. No experience or tax training is needed for greeters and interpreters. Free training (classroom and on-line) is available for screeners and tax preparers. Opportunities are available throughout Fairfax County, with flexible schedules, including evenings and weekends. Volunteers are needed through mid-April. For more information go to nvacash.org.

Inova Fair Oaks Hospital Thrift Shop, located at 9683 Fairfax Blvd, Fairfax, is looking for volunteers to help with receiving, sorting, pricing, and merchandising donations, along with customer service, like cashiering and bagging. The store is open Tuesdays through Saturdays from 10 a.m. to 5 p.m. Volunteer shifts are four hours, one day a week, and many choose to do more. The thrift shop proceeds are donated to Fair Oaks Hospital, where they put the money to good use – purchasing equipment and funding



Honor Flight Ground Crew volunteers escort veterans arriving at Reagan National Airport to buses that take them to visit war memorials in and around Washington, D.C. Photo courtesy Honor Flight.

hospital projects. Contact Jessie Johnston at jessamyn.johnston@inova.org or call 703-273-3519 and speak to Jessie or Veronica.

The **Assistance League of Northern Virginia (ALNVA)** helps children in need and their families. Volunteer opportunities include supporting their literacy program by providing weekly help to students at elementary schools so they can improve their reading comprehension skills. Members also help with other 'hands-on' programs that provide weekend food bags, new clothing, sneakers, books, toiletries, and comfort pillows to elementary school students. They also need help with many behind-the-scenes tasks like publicity, marketing, tech support, graphic design, etc. Go to alnv.org to learn more. The membership form is under the 'Become a Member' tab. Contact membership@alnv.org with questions.

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

Winter Weather Health and Safety

by the Fairfax County Health Department's Division of Emergency Preparedness and Response

As leaves fall and temperatures drop, it is a good time to prepare for winter weather storms that can quickly become dangerous. Weather conditions can change multiple times a day, and even a slight change in temperature can determine if you'll see rain, sleet, or snow. Consider these important health and safety guidelines to prepare for winter weather.

Start with building situational awareness and sign up for emergency alerts. There are several ways to get information during emergencies in Fairfax County:

- ◆ Register for Fairfax Alerts, a free service that allows you to receive emergency alerts at different locations by text and email at [FairfaxCounty.gov/alerts](https://www.fairfaxcounty.gov/alerts).
- ◆ Fairfax County's emergency blog is another way to stay connected and learn more about preparedness tips. Sign up at [FairfaxCounty.gov/emergency/blog](https://www.fairfaxcounty.gov/emergency/blog).

Next, take into consideration the health needs of your household members as you build an emergency kit:

- ◆ Fairfax County recommends three to five days' worth of food, water and supplies for each household member.
- ◆ Aim to have seven days' worth of prescription medications on hand.
- ◆ Make sure you have flashlights, blankets, and power packs for your mobile phone and other electronic devices.
- ◆ Learn more about building a home emergency kit at [Ready.gov/kit](https://www.fairfaxcounty.gov/ready.gov/kit).

Then, take steps to make sure you can address your health and medical needs during an emergency:

- ◆ Take stock of all medications and current medical conditions for all household members.
- ◆ Create a personal medicine list for each household member, making sure to include the medication name, dosage, and any instructions on taking it (e.g., with food, in morning or at night, etc.). It should also include details such as your doctor's contact information, nearby hospitals, any medical devices you may need, and their requirements (e.g., battery type, model number, manufacturer).



Shoveling snow is a strenuous activity that puts older adults at increased risk for a heart attack. If you must shovel, take frequent breaks and don't overexert yourself.

- ◆ Talk to your medical provider and pharmacist to stock a seven-day supply through early refills. Check if your early refills are covered by your health insurance as you plan to build a week of prescription medications for your emergency kit.
- ◆ Add your household members to the medical conditions list maintained by your power company if they are dependent on electrically powered medical equipment. This applies to individuals who are dependent on a mechanical ventilator, feeding pump, infant apnea monitor, continuous oxygen, home dialysis, CPAP machine, nebulizer, hospital bed, refrigeration, or HVAC for medical needs. **Important:** Dominion Energy and NOVEC's medical conditions list is valid for 12 months, so remember to complete the form yearly.
 - ◆ Request to be added to Dominion Energy's medical conditions list at [DominionEnergy.com/virginia/start-stop-service/medical-conditions](https://www.dominionenergy.com/virginia/start-stop-service/medical-conditions).
 - ◆ Request to be added to NOVEC's serious medical condition list at [Novec.com/Customer_Services/SMCC.cfm](https://www.novec.com/Customer_Services/SMCC.cfm)

Lastly, pay attention to the following physical, mental, and emotional factors that impact your health in the colder months:

- ◆ Prolonged exposure to cold temperatures increases the risk of developing frostbite and hypothermia. Watch for the signs of these dangerous conditions and seek medical help, if detected. **Important:** Dress appropriately for the cold. Wear warm layers and footwear with a good grip. Cover exposed skin and limit time outdoors.
- ◆ Shoveling is a strenuous activity that raises heart rate and blood pressure while exposure to cold reduces oxygen and blood to the heart, all of which may trigger a heart attack. If possible, arrange for a family member, caregiver, neighbor, or service to shovel for you. If that's not possible, take frequent breaks and monitor yourself closely for warning signs.
- ◆ Equip your home with carbon monoxide and smoke detectors. Carbon monoxide is a colorless, odorless gas that can cause severe illness and death. If you detect signs of dizziness, nausea, shortness of breath, headache, confusion, and weakness, call for emergency help and move toward fresh air.
- ◆ Watch out for charitable giving scams. Perpetrators recognize seniors are more likely to give to those in need during the holiday season. If you wish to donate, go directly to the organization's website. Stay clear of untrustworthy websites offering deals that are too good to be true. Do your homework and confirm the retailer is legitimate. Avoid clicking on links and attachments in suspicious emails. **Important:** If you or someone you know is a victim of a scam, call National Elder Fraud Hotline: **1-833-FRAUD-11**.

By taking these preparedness steps and working with your caregiver and support network, you can enjoy a safe and comfortable winter. If you have any questions about winter preparedness for health and medical needs, please contact the Health Department's community preparedness program at **HDEPR@FairfaxCounty.gov**. Stay safe and warm! ☀

Mature Living – SHAPE the Future of Aging

Fairfax County's aging population is increasing. In 2019, 1 in 7 county residents were aged 65 and older and that number is expected to grow to 1 in 5 residents by 2035! To meet that demand, Fairfax County is working on the SHAPE the Future of Aging initiative to continue to improve Fairfax County's ability to be a place to age well, and for older adults to live safely, independently and with dignity.

Tara Turner, Director of the Fairfax Area Agency on Aging joins host Anne Hall to discuss SHAPE:

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

Channel 16 also spoke with Cathy Cole, Chair of the Fairfax Area Commission on Aging. She shared her experience on the commission, and the important work she and the other volunteers do on behalf of our older residents.

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.** ☀

Let the Library Come to You

by Jennifer Tchida, Access Services Branch Manager

Do you, or someone you know, struggle to visit a library or read library books? The Access Services Library, part of the Fairfax County Public Library system and situated at the Government Center, offers two services for residents of Fairfax County who cannot physically visit the library or cannot read a book due to a disability.

The first service is Home Delivery, which provides materials owned by Fairfax County Public Library. To qualify, a resident must have a permanent or temporary disability, or a physical limitation that prevents them from visiting their local branch. Once in the program, books and DVDs are mailed at no cost to the patron. We have reader advisors on staff to assist patrons with book selections, or the user can choose their books. For tech savvy residents who prefer to read eBooks or listen to eAudiobooks, they can qualify for a library card through our Home Delivery service and access the Libby app. Patrons will also have access to library databases, such as Kanopy, Consumer Reports, and the Washington Post, just to name a few.

The second service we offer is the Talking Books program. We work with the National Library Service for the Blind and Print Disabled, a division of the Library of Congress, to mail digital books and magazines, plus braille materials. Individuals who are unable to read or use standard print due to permanent or temporary blindness, visual impairment, or physical limitations may qualify for the program. The digital books play on a machine that is easy to use, especially for those who are unsure about technology. Materials and machines are borrowed and returned by mail at no cost to the user. For patrons who enjoy using mobile devices, they can use BARD Mobile, the app offered by the Library of Congress. The mobile app is similar to the Libby app in that it provides users with access to eAudiobooks, which can be accessed on any mobile device.

Both services, Home Delivery and Talking Books, require an application. Talking Books also requires a signature from a certifying authority. For more information on either program, or to apply, please call Access Services at **703-324-8380** or email **libas@FairfaxCounty.gov**.



The Access Services Library will mail library materials directly to the homes of residents who qualify for their Home Delivery or Talking Books programs.

Interested in attending a library program from the comfort of your living room? Then join the All Access Book Club. Our book club is held over the phone, just like a conference call. Anyone can join, even people who are not part of our Home Delivery and Talking Book programs. We encourage friendly conversation about our featured book, but anyone is welcome to join the call and just listen.

We love spreading the word about our services, so if you belong to a community group, work for an agency that supports people who could benefit from our services, or live in a facility that allows organizations to make presentations, contact us and we would be happy to visit. Our goal is removing barriers to the library, so let us know how we can help. 🌟

Emergency Preparedness Survey

by the Department of Emergency Management and Security

Fairfax County has launched the 2023 Emergency Preparedness Survey to assess the culture of personal disaster preparedness and resilience in Fairfax County. How prepared are you? Here is your chance to tell us! The survey is multiple choice and should not take more than 10 minutes to complete.

Take the Survey: bit.ly/48z9tpC. 🌟

Help Students Recover from Learning Loss by Becoming a Tutor

by Fairfax County Public Schools Office of Communications

Last spring, Fairfax County Public Schools began hiring for a new kind of tutoring position.

In response to pandemic-related learning loss, the Office of School Support and Tutoring Services analyzed the needs of students across the division, pinpointing the schools where there were the largest gaps between what students were achieving and the goals they should be reaching. Starting with the schools with the greatest needs, they began to match tutors to small groups of students.

Cheryl Temple, an adjunct instructor at George Mason University, saw an ad for the position and was interested in the opportunity to help students. She had worked as an intervention teacher and was interested in a similar position. She also appreciated the flexible schedule the role offered.

“The most fulfilling part of tutoring is working with students and watching their growth,” Temple said. “All the students I worked with were receptive to receiving extra help and that made the experience very gratifying.”

After tutoring for about 6 weeks last year, Temple, a retired educator, was excited to get started again and make a larger impact this year.

“Tutoring is a great way to work with students and stay connected to the field of education,” she said. “Another benefit is you don’t need to take work home, so when you leave you are done. And the school personnel were very welcoming and provided everything that I needed.”

Are You Interested in Tutoring?

FCPS needs qualified tutors to provide in-person academic support to small groups of students. Tutors provide targeted instruction for K-12 students in language arts/reading and math based on qualifications and competencies. Tutoring sessions take place in-person and on-site under the supervision of school administration, with most sessions taking place during the school day.

To qualify for a tutoring position, candidates must meet at least one of the following:

1. Are currently enrolled at an accredited college/university.
2. Have completed at least an associate degree.
3. Have professional experience working in a field related to language arts, mathematics, or science.
4. Are a current or former FCPS teacher (please note that current teachers will not tutor during their existing contract hours.)

Tutors will be paid hourly at a rate of \$48.58. The position is flexible, and the amount you work and where you work will be based on your availability, qualifications, and the needs presented throughout FCPS. Tutors must be able to work at least 12 hours a week with a maximum of 29 hours a week, for 3-5 days per week. Email tutor@fcps.edu for more information. ✨

Enjoy the Spirit of the Season at a Holiday Craft Show

by Gwen Jones, Department of Family Services

The holiday season is almost here! During this time of year, many of us look forward to attending holiday craft shows. These events are a great place to shop for unique handcrafted holiday gifts and decorations while supporting local artists. Fortunately, we have plenty to choose from in our community. Please note that dates and times of these events are subject to change. Check the website to confirm before you head out the door.

W.T. Woodson High School Craft Show

Saturday, Nov. 4, 10 a.m.-4 p.m.

W.T. Woodson High School, 9525 Main St, Fairfax
This juried show hosted by the W.T. Woodson Crew Boosters features handmade products created by dozens of local artists. Proceeds benefit the crew team. Free admission. WTWCrew.org/craft-show

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Centreville United Women in Faith Bazaar and Craft Fair
Saturday, Nov. 4, 9 a.m.-3 p.m.

Centreville United Methodist Church, 6400 Old Centreville Road, Centreville
Shop this holiday bazaar for holiday crafts, gifts and goodies. Centreville-umc.org/connect/women/umw-bazaar-craft-fair

30th Northern Virginia Christmas Market

Friday, Nov. 10, 10 a.m.-6 p.m.; Saturday, Nov. 11, 10 a.m.-6 p.m.; Sunday, Nov. 12, 10 a.m.-5 p.m.

Dulles Expo Center, South Hall, 4320 Chantilly Shopping Center, Chantilly
Christmas market featuring 225 fine artisans from more than 30 states plus food vendors offering gourmet fare. Admission is \$8 for adults. Children 12 and under are free. DullesExpo.com/event/30th-annual-northern-virginia-christmas-craft-market

Icelandic Association of Washington, D.C. 2023 Christmas Bazaar
Saturday, Nov. 11, 10 a.m.-3 p.m.

American Legion Post 177, 3939 Oak Street, Fairfax
Vendors from across the region will be selling Scandinavian themed Christmas products. IcelandDC.com/topics/Christmas

Fairfax City 2023 Holiday Craft Show

Saturday, Nov. 18, 10 a.m.-5 p.m.; Sunday, Nov. 19, 10 a.m.-3 p.m.

Fairfax High School, 3501 Lion Run, Fairfax
Browse a variety of vendors who specialize in gourmet foods, jewelry, fragrances, home decor, woodworking, and more. Free shuttle bus will be available on Saturday. Admission is \$5/one-day or \$8/two-day. Age 18 and younger are free. FairfaxVa.gov/government/parks-recreation/special-events/holiday-craft-show

Mosaic Holiday Market

Saturday, Nov. 18, and Sunday, Nov. 19, 11 a.m.-4 p.m.

Mosaic District, 2905 District Ave., Fairfax
Shop for unique items at this upscale, handmade and vintage market. UrbnMarket.com/mosaicholidaynovembermarket2023

Northern Virginia Handcrafters Guild Thanksgiving Art & Craft Show

Friday, Nov. 24, 10 a.m.-5 p.m.; Saturday, Nov. 25, 10 a.m.-5 p.m.; Sunday, Nov. 26, 11 a.m.-4 p.m.

Vienna Community Center, 120 Cherry St. SE, Vienna
Browse over 50 juried artists and crafters showcasing and selling a variety of original, handmade items. Admission is \$3. Children 12 and under are free. nvhg.org/shows-1/nvhg-thanksgiving-art-%26-craft-show

City of Fairfax Holiday Market

Friday, Dec. 1, 5 p.m.-8 p.m.; Saturday, Dec. 2, Noon-6 p.m.; Sunday, Dec. 3, Noon-5 p.m.
Friday, Dec. 8, 5 p.m.-8 p.m.; Saturday, Dec. 9, Noon-6 p.m.; Sunday, Dec. 10, Noon-5 p.m.

Old Town Square, 10415 North St., Fairfax
Support local artists and do your holiday shopping. The market will feature a variety of craft vendors, live music, dance, and more. FairfaxVa.gov/government/parks-recreation/special-events/holiday-market

McLean Holiday Art & Crafts Festival

Friday, Dec. 1, 11 a.m.-6 p.m.; Saturday, Dec. 2, 10 a.m.-6 p.m.; Sunday, Dec. 3, 11 a.m.-4 p.m.

McLean Community Center, 1234 Ingleside Ave., McLean
Visit this juried show featuring approximately 80 regional artisans. Admission is \$5 for all three days. Admission is free for children 12 and younger. McleanCenter.org/events/mclean-holiday-art-crafts-festival/

Nova Labs Holiday Maker Market

Saturday, Dec. 2, 10 a.m.-4 p.m.

Nova Labs, 3850 Jermantown Rd., Fairfax
Shop for items offered by our talented artisans and entrepreneurs, created using our makerspace tools. Watch demos and get a tour of Nova Labs maker space. Attendance is free. nova-labs.org/calendar

18th Annual Lorton Holiday Extravaganza & Craft Show

Saturday, Dec. 2, 9 a.m.-3 p.m.

South County High School, 8501 Silverbrook Rd., Lorton
Shop this juried show featuring 180 local crafters and vendors, entertainment, food trucks, and more. facebook.com/events/s/18th-annual-lorton-holiday-ext/843078330020398/

Falls Church Holiday Gift and Craft Show

Saturday, Dec. 2, Gift and Craft Show 9 a.m.- 4 p.m., Children's Holiday Shoppe 10 a.m.- 3 p.m.
Sunday, Dec. 3, Gift and Craft Show 11 a.m.- 4 p.m.

Falls Church Community Center, 223 Little Falls St., Falls Church

Shop crafters selling unique handmade items, baked goods, and more. Event includes live entertainment and raffles. Kids can shop for inexpensive gifts at the Children's Holiday Shoppe. Hosted by the Friends of Cherry Hill Farmhouse. Admission is \$1 for both days. FallsChurchVa.gov/643/Holiday-Gift-and-Craft-Show

Holiday Artisan Market

Saturday, Dec. 2, 11 a.m.-5 p.m.; Sunday, Dec. 3, 11 a.m.-4 p.m.

River Mill Park, 458 Mill St., Occoquan
Artisans will offer a range of original, handmade works, including bath and body products, candles, gourmet food, home décor, fine art, and jewelry. Free shuttle service available. VisitOccoquanVa.com/holiday

Town of Herndon Holiday Arts and Crafts Show

Sunday, Dec. 3, 10 a.m.-4 p.m.

Herndon Community Center, 814 Ferndale Ave., Herndon
Over 70 artisans will sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. Free admission and parking. herndon-va.gov/departments/recreation/special-events/holiday-arts-and-crafts-show

Winter Capital Art and Craft Festival

Friday, Dec. 8, 10 a.m.-5 p.m.; Saturday, Dec. 9, 10 a.m.-5 p.m.;

Sunday, Dec. 10, 10 a.m.-4 p.m.

Dulles Expo Center, North and South Hall, 4320 Chantilly Shopping Center, Chantilly
Featuring the work of over 200 juried artists working in a wide variety of mediums. Admission is \$12 for adults. Children 12 and under are free. DullesExpo.com/event/winter-capital-art-and-craft-festival-2

Herndon WinterMarkt 2023

Saturday, Dec. 9, Noon-7 p.m.

Corner of Lynn and Station Streets in Historic Herndon
Old world holiday market featuring holiday food, drinks, gifts, decorations, and arts and crafts.

HerndonWintermarkt.com

Old Town Alexandria Christmas Fair and Holiday Craft Show

Saturday, Dec. 9, 11 a.m.-4 p.m.

John Carlyle Square, 300 John Carlyle St., Alexandria
Shop for unique arts and crafts, food, and holiday gifts from more than 110 local artisans and vendors. VisitAlexandria.com/events/old-town-alexandria-christmas-fair-and-holiday-craft-show-2 🌟

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Dealing with Difficult Behaviors

Wednesday, November 8, 1-2:30 p.m.

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

During this free hybrid (virtual and in-person) event, we will look at practical strategies and medications for dealing with the troubling behavior problems and communication difficulties often encountered when caring for a person with dementia. Register at Insightmcc.org/get-involved/events/event_calendar.html

Glen Campbell - I'll Be Me: Film Screening and Q&A

Thursday, November 9, 6-8 p.m.

The Virginian, 9229 Arlington Blvd, Fairfax
This film documents musician Glen Campbell's farewell tour after he is diagnosed with Alzheimer's disease, sharing how he and his family navigate the unpredictable nature of the disease through love, laughter and music. Join us for a special viewing of the film, followed by a Q&A afterwards with the Alzheimer's Foundation. This event is offered in partnership with AARP Virginia. Register at Insightmcc.org/get-involved/events/event_calendar.html

Burke Historical Society Meeting

Sunday November 26, 3-4 p.m.

Pohick Regional Library, 6450 Sydenstricker Rd, Burke
In 1957, the Gee Gee Food Corporation opened the first McDonald's in Virginia on Route 1 in Alexandria. Chris Barbuschak, manager of the Virginia Room, will describe how they built the largest single franchise operation of the McDonalds chain in the nation until Ray Kroc bought them out in 1967. No registration required. For more information, visit BurkeHistoricalSociety.org.

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

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Suite 530
Fairfax, VA 22035-1104

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November Community Calendar

Fairfax Memorial Food Drive

**Donations accepted through Friday,
November 17**

Lend a hand to local families by donating non-perishable food items to Fairfax Memorial's food drive. Drop off your donations at Fairfax Memorial Funeral Home or Cemetery Office, 9902 Braddock Road, Fairfax.

Vendors Needed! Young at Heart Senior Center Advisory Council Craft and Vendor Market

The market will take place on Saturday, March 9, 2024, 9 a.m.-2 p.m., at the Stacy C. Sherwood Community Center, 3740 Blenheim Boulevard, Fairfax. If you are interested in selling your crafts or merchandise, spaces are available for \$45 each. Each space comes with a rectangular table and two chairs. For information and/or a Vendor Registration form, please call Mary Fazio at 571-623-4979, email CRAFTV2024@gmail.com, or call the Green Acres Senior Center at 703-273-6090.

All Souls Day Mass in the Park

Thursday, November 2, 11 p.m.

**Fairfax Memorial Park Cemetery,
9902 Braddock Road, Fairfax**

Led by Bishop Burbidge with refreshments afterwards.

Computer Literacy Series

Fridays in November, 11:45 a.m.-12:45 p.m.

Hosted by the Virtual Center for Active Adults

Nov. 3-Using Telehealth: Setting up an account, downloading an app, scheduling an appointment, meeting with a health professional, tips for using telehealth.

Nov. 17-Your Digital Footprint: What is a digital footprint, unintentional digital footprints, managing your online identity, consequences of a digital footprint.

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

Memory Screenings at the Wellness Center for Older Adults

Monday, November 6, 10 a.m.-2 p.m.

Wellness Center for Older Adults, 4027B Olley Lane, Fairfax

Insight Memory Care Center will offer free, confidential memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison. Register for a 30-minute time slot by calling 703-970-3601.