

Golden Gazette



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

www.FairfaxCounty.gov/OlderAdults

Edwin B. Henderson II: Shedding Light on the History of Civil Rights

by Gwen Jones, Department of Family Services

Edwin B. Henderson II is descended from people who made a genuine impact on this world. His grandfather, Dr. E.B. Henderson, who founded the first rural branch of the NAACP, also introduced basketball to the African American community in Washington, D.C., leading to him receiving the posthumous title of “The Grandfather of Black Basketball.” Henderson’s father, Dr. James H.M. Henderson, was an accomplished scientist who made significant contributions to the research of tissue culture through his work with HeLa cells. Following in their footsteps, Henderson is also making an impact. He is the founder of the Tinner Hill Heritage Foundation, whose mission is to document and preserve the history of civil rights in our region. Through his work, the thoughts, actions, and names of those who fought injustice and discrimination will be recognized, recorded, and appreciated by future generations.



Edwin B. Henderson II, educator, author, and founder of the Tinner Hill Heritage Foundation.

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Edwin Bancroft Henderson II was born in 1955 in Tuskegee, Alabama, into a prominent and accomplished family. His mother, Betty Alice Francis Henderson, who came from a well-known family in Washington, D.C., was a professor of early childhood

education at the Tuskegee Institute (now University). His father, Dr. James Henry Merriweather Henderson, was a biomedical researcher and director of the George Washington Carver Research Foundation at the Tuskegee Institute. Henderson, his brother and two sisters experienced a childhood that he describes as “rather privileged.” They spent their summers at Highland Beach, MD, in a house that their mother had inherited from her grandfather. When Henderson was six, the family spent a year living just outside of Paris, France, while his father was on sabbatical. During this time, they traveled extensively, documenting their time in home movies and a story written by his mother. Henderson’s parents ensured that their children received an excellent education. Henderson first attended the Tuskegee Institute

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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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Laboratory School before going to Boggs Academy, a college-preparatory academy for African Americans, located in Keysville, Georgia. After that, he attended Tuskegee University, earning a bachelor's degree in history.

Henderson was named after his paternal grandfather, Dr. Edwin Bancroft Henderson, a civil rights leader who founded the first rural branch of the NAACP to combat segregation and discrimination. While serving as director of health and physical education for Washington, D.C.'s African American schools, he organized the first athletic leagues for African Americans, introducing basketball on a wide scale to the African American community. This work included founding associations to train and organize African American officials and referees. He was a published author of "The Negro in Sports" and "The Spalding Handbook," between 1910-1913, which he also edited. The bulk of his writing consisted of thousands of letters to the editor and articles he wrote for the National Negro Press Association between 1920-1970.

From the very beginning, Henderson was the apple of his grandfather's eye. He especially enjoys telling the story of how he came to be named after his grandfather. When he was born, his grandparents traveled from their home in Falls Church, VA, to Tuskegee, AL, to meet their new grandson. Henderson's parents shared that they intended to name the baby Dave Merriweather Henderson. Upon hearing this, his grandfather took to his bed and a doctor was called, who confirmed that he was very ill. Concerned, James and Betty decided to name their new son after his grandfather. After learning of the name change, his grandfather "threw off the covers, came downstairs and got something to eat. He was fine," shares Henderson.

In 1965, Henderson's grandparents moved from Falls Church to Tuskegee, living in an in-law apartment in the family's home. Because Dr. James Henderson often worked long hours conducting his research, Henderson's grandparents helped raise their grandchildren and their presence was welcome and appreciated. Spending time with his grandparents, Henderson developed a love for African American culture as well as a love for sports. They also modeled the importance of building good character.

Henderson's fascination with photography began when he was a teenager. Every Christmas, his family developed photo postcards in the darkroom at the Carver Foundation to send to friends and family. Learning how to process film and print photographs led him to begin shooting his own photos in high school and college. While he was a student at Tuskegee, he had two photos accepted into a United Negro College Fund exhibit at the Metropolitan Museum of Art. This led him to enroll at Brooks Institute in California, where he earned a degree in photography. Moving to Oakland, California, he studied Television Engineering, and spent the 1980s working in the field of photography and television.

While still living in California, Henderson began teaching in Compton, and continued to teach there for five years. Eventually, he returned to Tuskegee University, earning a master's degree in counseling education. Wishing to travel, he applied for and received a fellowship, and spent a year at a university in Nairobi, Kenya, before returning to the US and moving into his grandparents' home in Falls Church in 1993.

After moving to Falls Church, Henderson joined Fairfax County Public Schools. He initially worked as an elementary school counselor before teaching US History at Luther Jackson Middle School for 12 years. His favorite part about teaching was interacting with his students. "Some people say I was crazy because middle school is such a rough time, but it's also a very exciting time with a lot of change," he says. Henderson enjoyed sharing the history of civil rights with his students. "I think it was good to teach children diverse and inclusive history and I found the students very receptive to it. Whereas the other teachers and many of the administrators, not so much," he shares.

In 1997, Henderson founded the Tinner Hill Heritage Foundation, whose mission it is to preserve and celebrate the early civil rights history of Falls Church, Fairfax County and Northern Virginia. One of the earliest events sponsored by the foundation was the Tinner Hill Music Festival, which has grown from a community-based street festival to a festival that routinely books national and international musicians. Another early initiative was the construction of the Tinner Hill Monument in 1999, a granite arch honoring the people of Tinner Hill and the

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NAACP's first rural branch. Henderson credits the City of Falls Church and the Fairfax NAACP with helping him make the foundation a reality.

Although he had been considering it for some time, in 2005 Henderson embarked on a campaign to get his grandfather inducted into the Naismith Basketball Hall of Fame. He believed the honor was long overdue given his grandfather's work to introduce and promote the sport to the African American community in Washington, D.C. Henderson's initial nomination packet consisted of a 138-page booklet detailing his grandfather's work and included letters of recommendation from Henry Louis Gates and Earl Lloyd, the first African American to play in the NBA. His grandfather didn't get in that first year, or in subsequent years despite Henderson making a video the next year, then updating the video the following year. Eventually, the committee, led by Manny Jackson, created a special category to induct African American pioneers into the Hall of Fame. In 2013 Henderson learned that his grandfather had finally been accepted into the Hall of Fame. Having experienced a difficult year, even learning the good news via tweet from sports journalist David Aldridge didn't dampen his joy. "It was exciting. I felt proud. I felt vindicated, you know, all these emotions came to the surface," he says.

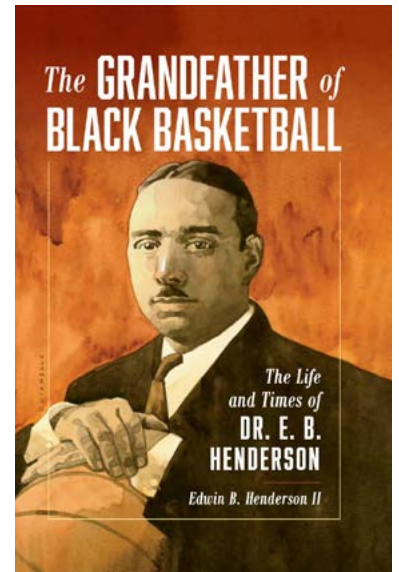
From his experience of trying to get his grandfather included in the Basketball Hall of Fame, it was clear to Henderson that few people knew of his grandfather's significant contributions to the sport. The idea of writing a book about his grandfather occurred to him about 10 years ago but became a serious pursuit five years ago. After his publisher, Roman and Littlefield, accepted his proposal, the real work began. Henderson describes the process as a journey where he learned a lot along the way. "A lot of people think that once you turn in your manuscript that everything is done with; there was probably as much work after the submission as there was getting the manuscript done," he says.

While conducting research for his book, Henderson's greatest source material came from a cardboard box found in his attic. At the time of his grandfather's death, someone had packed the contents of his file cabinet in the box and stored it away. Inside was a treasure trove

of materials. "That box contained things that no one else had, like the letters from Spaulding regarding the publication of the handbook, the contract from Carter G. Woodson to write "The Negro in Sports," scrapbooks with photographs that no one else has," Henderson shared. The box also contained many of his grandfather's writings, which he used extensively in his book, saying, "A lot of the book is in my grandfather's words, not in mine. I let him speak to what he did, rather than for me to just say what he did. I think that makes it a little bit more powerful as well."

"The Grandfather of Black Basketball: The Life and Times of Dr. E. B. Henderson" will be released on February 20. Henderson anticipates that his job for the foreseeable future will be promoting his book. A book release party, featuring an author talk and book signing, will take place on March 9 from 1-2 p.m. at Mary Riley Styles Public Library in Falls Church. Visit mrspl.org/event/eb-henderson-ii-grandfather-black-basketball-14624 for more information and to register.

Beyond promoting his book, Henderson looks forward to a busy 2024. The 30th annual Tinner Hill Music Festival will take place on June 8 at Cherry Hill Park. Performers will include Grammy award winning artist George Porter, the Blind Boys of Alabama, and more. Tinner Hill is also working with the City of Falls Church on two new initiatives. The first is a mural project along South Washington Street in Falls Church. The mural will include the message "Welcome to Tinner Hill" and the unveiling is planned to take place on Juneteenth. The second initiative will designate a portion of South Washington Street in Falls Church as the Tinner Hill Historic and Cultural District. ☀



"The Grandfather of Black Basketball: The Life and Times of Dr. E. B. Henderson" by Edwin B. Henderson II, will be released on February 20, 2024.

Meet Your New Board of Supervisors Members

by the Fairfax County Office of Public Affairs

Dranesville District Supervisor James N. “Jimmy” Bierman, Jr.

James N. “Jimmy” Bierman, Jr. was born and raised in McLean, Virginia. His love for the Dranesville community started at an early age when he was first learning to swim at the Spring Hill Rec Center and checking out books at the Dolley Madison Library. After earning degrees at Williams College and Stanford Law School, Supervisor Bierman knew he wanted to return to McLean to raise his own family and ensure they were afforded the same opportunities that he was.

He has been an active community leader and has done work to shape policy at the local, state, and national levels. After working on healthcare reform advocacy at Families USA, clerking for a federal judge, and a career as a litigator in private practice, he joined the Federal Government as an Attorney Advisor at the Department of Homeland Security during the Biden-Harris Administration.

Before joining the government, his pro bono work included representing advocacy organizations and direct service providers, individuals with disabilities, undocumented immigrants, and indigent defendants. Supervisor Bierman also served as an Associate Trustee of the Washington Lawyers Committee for Civil Rights and Urban Affairs.

In addition to this work, Supervisor Bierman spent three and a half years on the Fairfax County Police Civilian Review Panel, providing oversight of the police department and strengthening the relationship between law enforcement and the community it serves. From March 2021 through February 2022, he chaired the panel, focusing on increasing transparency and accountability and promoting a safer community.

Supervisor Bierman, his wife, and their son live in McLean.



(L-R) Supervisor James N. Bierman, Jr. (Dranesville District) and Supervisor Andres F. Jimenez (Mason District).

Mason District Supervisor Andres F. Jimenez

Andres F. Jimenez was born in Bogota, Colombia and raised in West Virginia. He moved to the Mason District 12 years ago with his wife, Shanna. They have since raised two daughters and numerous adopted pets in Mason. Supervisor Jimenez looks forward to serving his community as the first immigrant and Latino Mason District Board Supervisor.

He has a long history of public service including years as a Democratic staffer on Capitol Hill, working on federal affairs for the City of New York, and in leadership across a number of environmental nonprofits including Citizens’ Climate Lobby and the Ocean Conservancy. Supervisor Jimenez is currently the Executive Director of Green 2.0, where he works to elevate communities both under-represented and disproportionately impacted by climate change and environmental catastrophes.

He is on the board of the Culmore Clinic in Falls Church and served as the at-large Fairfax County Planning Commissioner from 2020 to September 2023. A strategic thinker and relationship builder, he looks forward to continuing to serve his community as the Mason District Board Supervisor. 🌟

Exercise and Caregiving

by Allegra Joffe, Fairfax Area Agency on Aging

Family caregivers are often stretched for time during the day caring for themselves, a loved one, or multiple loved ones. Making time to exercise may feel like an overwhelming task to someone who is very busy, but research shows that family caregivers who exercise will be able to stay healthier physically, emotionally, and mentally. Exercise can be a healthy outlet for caregivers and help decrease caregiver stress.



Exercise does not need to be done in a regimented schedule or with a gym membership. Family caregivers can be creative with how they add exercise to their days with actions like parking farther away in the parking lot when running an errand, or, if able, taking the stairs instead of an elevator. At home, a caregiver can utilize free online workout videos or free local library virtual workouts with live instructors. If your loved one is able to exercise, find time to exercise together or take a walk. Research recommends 30 to 40 minutes of moderate exercise three times a week. It is important to speak with your health care provider before beginning a new exercise program. If you wish to learn more about caregiving resources, call our Aging, Disability, and Caregiver Resource Line at **703-324-7948** or visit FairfaxCounty.gov/OlderAdults.

Virtual Dementia Friendly Information Session

Wednesday, February 14, Noon-1:15 p.m.

Join this presentation and learn how to become a dementia friend. Turn your new understanding of dementia into 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. Register online at bit.ly/DementiaFriendlyFairfax or call **571-407-6961**.

Current Popular Scams – Tips to Protect Your Loved Ones

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

In this presentation, Melissa Smarr from the Silver Shield Anti-Scam Task Force will provide an overview of current popular scams that target loved ones of older adults and people with disabilities. Every day there are victims who are being financially and emotionally exploited by scammers. Learn how to protect, identify, and report these crimes to better protect yourself and your loved ones. Register online at bit.ly/CAREWEB1 or call **571-407-6961**.

Fairfax Caregiver Alert Notifications!

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

Fairfax Caregiver YouTube Playlist

View Caregiver Webinar videos produced by the Fairfax County Area Agency on Aging on demand on YouTube. Choose from a variety of topics, interests, and workshops. View videos at bit.ly/PlaylistCaregiverWebinars. 🌟



Caring for You, Caring for Me

Wednesdays, February 28-March 27,
10:30 a.m.-12:30 p.m. Free.

Caring for You, Caring for Me is a blend of interactive support and education for caregivers. Participants report increased feelings of confidence and competence in their caregiving role after attending this program. This workshop is facilitated by ElderLink and offered in-person at Insight Memory Care Center (3953 Pender Drive #100, Fairfax 22030). Space is limited and pre-registration is required. Contact Kristin Martin at 703-324-7577, TTY 711, or visit tinyurl.com/CFYCFM4U to register. 🌟

Fairfax Area Commission on Aging

by Linda Hernandez-Giblin, Fairfax Area Agency on Aging

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

At the January 17 COA 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, February 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](https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging/meetings) or contact Linda.Hernandez-Giblin@FairfaxCounty.gov or call 703-324-5859. For ADA accommodations, contact Ana.Valdivia@FairfaxCounty.gov or call 571-407-6960 TTY: VA Relay 711. 🌟

Activity Programs in Long-Term Care Facilities

by Katie Patterson, Long-Term Care Ombudsman

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

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. For more information about activity programs, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, TTY 711, or email NVLTCOP@fairfaxcounty.gov. 🌟

SHAPE the Future of Aging Plan Update

by Elizabeth Margetta, Fairfax Area Agency on Aging

The SHAPE the Future of Aging Plan is a five-year strategic plan which the Fairfax County Board of Supervisors officially approved on May 23, 2023. The plan supports continuing efforts to make the Fairfax Area an excellent place to age well.

SHAPE is an acronym with five domains that significantly impact the life of an older adult:

- ◆ **S** is for “Services for Older Adults and Family Caregivers,” which includes caregiver support and dementia friendly resources.
- ◆ **H** is for “Housing and Neighborhood Supports.” This includes affordable housing, home modifications, home maintenance, villages, and livable communities.
- ◆ **A** is for “Access to Mobility Options,” which includes transportation, mobility support, and walkability.
- ◆ **P** is for “Personal Well-being.” This includes community engagement, isolation, public and mental health, and nutrition.
- ◆ **E** is for “Economic Stability and Planning,” which includes financial stability, exploitation, employment, end of life, and business partnerships.

In preparation for the development of the SHAPE the Future of Aging Plan, the Fairfax Area Agency on Aging (AAA) worked to solicit community input through both a nationally benchmarked survey, the “Community Assessment Survey of Older Adults” (CASOA), and a series of community gatherings and forums to inform community needs.

Following the CASOA survey, the Fairfax AAA contracted with a consultant, Health Management Associates (HMA), which assisted in gathering qualitative data from the community through town halls, community gatherings, focus groups and key informant interviews. Community input was intentionally driven by the fact that not all voices are always heard through a survey, and the AAA wanted to provide opportunities for all voices to be heard from our diverse community.



The SHAPE the Future of Aging Plan acts as a North Star, for county and community-based organizations to look to as we implement services for older adults in our community. It’s a guide not only for the Department of Family Services’ Adult and Aging division as we evaluate the needs of our older adult population and their caregivers, but also for the community-based organizations that serve and support the same population. We know the County government alone cannot meet all the needs that exist in our community, and we know that the work of community-based organizations is imperative to older adults, adults with disabilities, and their caregivers to being supported in a way that allows them to thrive in our community.

As part of the implementation of the SHAPE the Future of Aging Plan, Initiative Development Committees have been formed for each SHAPE category and are being facilitated by Commissioners of the Fairfax Area Commission on Aging with support from the Fairfax Area Agency on Aging. The Initiative Development Committees were created to provide input on implementation strategies to operationalize the recommendations in the SHAPE the Future of Aging Plan. These committees meet monthly to identify and operationalize initiatives. There will be annual SHAPE the Future of Aging Plan progress reports to the Board of Supervisors Older Adult Committee. The first annual report is scheduled for May 2024.

For more information about the CASOA and the SHAPE the Future of Aging Plan, please visit FairfaxCounty.gov/topics/shape-future-aging. ☀

Nourishing Our Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

Would you like to assist community members who face food insecurity? There are several local nonprofits that collect and distribute food. Food pantries continue to experience an urgent need for donations and are also seeking volunteer support in other ways.

A Simple Gesture is a hunger relief organization that collects food from donors. The food is put into green reusable grocery bags that are collected by volunteers and distributed to food pantry partners.



Bob Schnapp collecting reusable shopping bags filled with donated food for A Simple Gesture Reston.

In 2015, Reston resident Bob Schnapp brought A Simple Gesture to this region. Bob has been instrumental in building this program from 21 initial donors to more than 1500 donor families. Since its inception, **A Simple Gesture Reston** (ASG-R) has donated nearly one million pounds of groceries to four local pantries in Reston and Herndon. Schnapp shared, “Donors find our program easy and satisfying to be able to help their neighbors. Our motto is ‘You fill the bag; we do the rest’.”

Signing up to participate in ASG-R is especially convenient for those who work during weekdays and find it challenging to donate to food pantries during the times they are open. Volunteer drivers come to your home to collect the green bags the first Saturday of every other month and deliver the food to the pantries.

Bob Schnapp was recognized for his tireless efforts and awarded the **2023 Governor’s Volunteerism and Community Service Award** as the **Outstanding Senior Volunteer** in the Commonwealth of VA. If you’d like to help him continue this important work, you can volunteer by donating food, picking up filled bags and delivering them to pantries, sorting food at pantries, or in an administrative capacity. You can learn more and sign up at **CoolGreenBag.org/Signup**.

If you’d like to find other ways to volunteer within the region, go to **bit.ly/FFXVOLUNTEER**.

If you wish to submit volunteer opportunities for a future column, please contact Tanya Erway at **Tanya.Erway@FairfaxCounty.gov**. 🌟

Help Needed at the Polls!

The Fairfax County Office of Elections is looking for community members to serve as election officers for the March 5, 2024, Presidential Primary election. In particular, we need bilingual officers who speak Korean and Vietnamese. This is a great opportunity to get to know your neighbors and help your community! You will receive \$250 as a thank you for your service.

Learn more and apply at **FairfaxCounty.gov/elections/officers/new-officers**. 🌟



Who Will Care for Your Pet When You're Gone?

by Gwen Jones, Department of Family Services

For many of us, our pets are family, providing companionship, affection, and a sense of purpose. As much as we dote on our animal companions, many of us have not given serious thought to what will happen to them if we became incapacitated or die suddenly, and fewer have made arrangements to ensure that they will be cared for after we're gone.

According to the Fairfax County Animal Shelter, 746 pets were surrendered during the last six months of 2023. Of these, 29 surrenders were due to the death of an owner. While this number is relatively small compared to the total, these surrenders may have been avoided with proper planning.



What is a Pet Trust?

A pet trust is a legal agreement that provides for the care of one or more pets when their owner dies or is no longer able to care for them. The trust names a caretaker and sets aside money to care for the pet. A named trustee is responsible for holding the money “in trust” and making regular payments to the caregiver to care for the pet. A pet trust can be created as a standalone document if you don't have a will or as part of your personal will or trust.

The benefits to setting up a pet trust include:

- ◆ Trusts can take effect at the death of the owner or if they become incapacitated and can no longer care for their pet.
- ◆ Trusts are legally enforceable arrangements, so you can be confident that your directions regarding the care of your pet will be carried out.
- ◆ Trusts formalize the details of the arrangement, including how much money will be provided and your pet's special care needs, including preferred food brand and existing medical issues.

Creating a Pet Trust

Before meeting with your attorney to discuss creating a pet trust, here are a few things you can do to prepare:

- ◆ **Choose a Trustee** – The trustee you select should be someone who you believe will act in the best interest of your pet. This person can be a friend, family member, a professional, such as an attorney, or a trust company. Make sure the person you select is willing to serve as the trustee. Selecting a backup trustee is recommended.
- ◆ **Choose a Caregiver** – Who do you trust to care for your pet after you're gone? Once you select a caregiver, ask them if they are able and willing to care for your pet. Selecting a backup caregiver is also recommended in case circumstances change for the primary caregiver.
- ◆ **Calculate the Cost** – Determine an annual budget by adding up your pet's basic monthly costs, such as food, treats, medication, and care (e.g. grooming or dog walking). To this total, add non-monthly expenses, like vet checkups, shots, licensing fees and any boarding costs.
- ◆ **Determine the Size of the Trust** – Use the annual budget and life expectancy of your pet to determine how much money you should put into the trust.

The trust may also include instructions regarding your wishes regarding cremation or burial of your pet when they die. In Virginia, the trust terminates at the death of the pet, so you should specify how any remaining funds are distributed.

The Friends of the Fairfax Animal Shelter has created a free guide with information about creating a pet trust. The guide includes a list of questions to consider, either alone or with your financial advisor. The guide can be found at ffcas.org/ways-to-donate/forever-friends-planned-giving.

Other Options

If creating a pet trust isn't possible, there are other actions you can take to plan for the care of your pet when you die. Talk to trusted friends and family to line up a caregiver and backup caregiver. You may choose to consult with your attorney about formalizing this agreement by leaving your pet to the caregiver in your will. You may also choose to leave money to the caregiver to cover some of the cost of caring for your pet. If you are unable to find a caregiver, a trusted pet sanctuary organization may agree to rehome your pet after your death. ✨

Tax Preparation Assistance Now Available

by Gwen Jones, Department of Family Services

April 15 is right around the corner! If you need help preparing your tax return, there are free resources available to assist you.

Volunteer Income Tax Assistance (VITA)

If you or your family earned less than \$64,000 in 2023, you may qualify for this free service! The Volunteer Income Tax Assistance (VITA) program is a national program sponsored by the Internal Revenue Service (IRS) that helps income-eligible families maximize their tax returns and avoid the fees businesses charge to prepare taxes. Since 2008, Fairfax County Department of Family Services has provided operational support to coalition partners processing tax returns, bringing back over \$100 Million in refunds to the Northern Virginia Community. In-person VITA services are available at several sites in Northern Virginia. Walk-ins are welcome, no appointments are needed. For more information, please email DFSVITA@FairfaxCounty.gov or call 703-533-5320 (please leave a message).

NVACASH Tax Preparation Sites

Alexandria

Gerry Hyland Government Center
8350 Richmond Hwy., Alexandria, VA 22309
Tuesday & Wednesday 6-8 p.m.; Saturday 10 a.m.-3 p.m.
Operates February 3 – April 13, 2024

Annandale

Fairfax Virginia Career Works - Fairfax Annandale Center
7611 Little River Turnpike, Annandale, VA 22033

Tuesday & Thursday 4-6:30 p.m.
Saturday 10 a.m.-4 p.m.
Operates January 30 – April 13, 2024

Herndon

Neighborhood Resource Center
1086 Elden St., Herndon, VA 20170
Thursday 6-8 p.m.; Saturday 9:30 a.m.-11:30 a.m.
Operates January 27– April 13, 2024

Reston

Reston Employment Resource Center
11484 Washington Plaza W Suite 110, Reston, VA 20190
Tuesday 3:30-7 p.m.; Saturday 9 a.m.-12 p.m.
Operates January 30–April 16, 2024

AARP Foundation Tax-Aide in Northern Virginia

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

Mason District Government Center

Open January 29–April 15; Closed February 19
Mondays & Thursdays: 1-8 p.m.
Tuesdays, Wednesdays, Fridays: 9:30 a.m.-1 p.m.
Saturdays: 9 a.m.-1 p.m.

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... continued from page 11

Walk-ins welcome; Appointments available. More information at NovaTaxAide.org/sites/mason.

Sherwood Regional Library

Closed February 19
Mondays-Wednesdays: 10:15 a.m.-2 p.m. and 5-8 p.m.
Thursdays-Saturdays: 10:15 a.m.-2 p.m.
Walk-ins only. More information at 571-892-9374 or Sherwood.Taxes@gmail.com.

Arlington Central Library

Open February 1–April 11
Tuesdays: 10 a.m.-7 p.m. and Thursdays: 10 a.m.-4 p.m.
Make an appointment at NovaTaxAide.org. More information at 703-829-6192 or acl.taxaide47@gmail.com.

Columbia Pike Branch Library

Tuesdays: Noon-7 p.m.
Fridays & Saturdays: 10 a.m.-2 p.m.
Appointments and walk-ins. More information at NovaTaxAide.org.



Centreville Regional Library

Tuesdays: 4-8 p.m.; Wednesdays: 1-5 p.m.
Saturdays: 10:30 a.m.-2:30 p.m.
Appointments and walk-ins. More information at 703-239-3742 or CentrevilleTaxAide@gmail.com.

James Lee Community Center

Tuesdays & Thursdays: 1:30-4:30 p.m.
More information at NovaTaxAide.org.

Jim Scott Community Center

Open January 30–April 13; Closed February 17, March 26, 28, and April 2
Tuesdays, Thursdays & Saturdays: 9:30 a.m.-1 p.m.
Visit NovaTaxAide.org to make an appointment. Some

walk-ins accepted. Email questions (not appointments) to ProvidenceTaxAide@gmail.com.

Herndon Fortnightly Library

Open February 3–April 15
Mondays: 4-8 p.m.; Saturdays: 10 a.m.-2 p.m.
Appointments recommended. See NovaTaxAide.org.

Reston Community Center

Open February 1–April 13
Tuesdays: 9 a.m.-2 p.m.; Thursdays: 4:30-8:30 p.m.
Saturdays: 9 a.m.-3 p.m.
Appointments and walk-ins. More info at NovaTaxAide.org.

Bull Run Regional Library

Mondays & Wednesdays: 10 a.m.-5 p.m.
Saturdays: 10 a.m.-3:30 p.m.
Walk-ins only.

Chinn Park Regional Library

Open February 6–April 11; Closed March 5
Tuesdays & Thursdays: 10 a.m.-3 p.m.
Saturdays: February 24, March 9, March 23 and April 6: 10 a.m.-3 p.m.
By appointment only – see NovaTaxAide.org.

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

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

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

Visit IRS.gov for more information. ☀

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, an application is required. 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. 🌟**

Mature Living – Volunteering

Volunteerism helps build strong communities and increases socialization. Volunteering can also improve physical health and longevity in those who volunteer.

Host Anne Hall talks with representatives of two volunteer organizations in Fairfax County. Emily Swenson, Supervisor of Volunteer Solutions with the Area Agency on Aging, reveals how this team has evolved over the years. Emily shares tips on how to connect to this volunteer resource for individuals who need assistance, as well as those who want to assist others.

Volunteer Fairfax's CEO, Jennifer Williamson and Board Member Donna Patchett talk about their organization, and the variety of opportunities for people of all ages who want to help in their community.

This episode also includes personal stories from two volunteers, Maria Romain, a S.A.I.L. instructor, and Jeff Rogers, an IT On-Call volunteer. They explain how they got involved in volunteering, and the benefit they gain from their experience.

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. 🌟**

Emergency Preparedness for People with Cancer

by Jairo Ayala, Division of Emergency Preparedness and Response, Fairfax County Health Department

Emergencies affect individuals managing health conditions such as cancer very differently. Therefore, being prepared for emergencies is especially important.

Preparedness for people with cancer includes taking measures to ensure your routine treatment is not interrupted. Here are a few tips to help you prepare and ensure your health and medical needs are met during emergencies.

Plan with your cancer team and healthcare providers.

It is important to have a plan to avoid any disruptions in your scheduled chemotherapy or radiation sessions. Make sure you discuss the options you have for receiving care during an emergency with your providers. This may include locating neighboring treatment centers if you are unable to physically access your usual treatment center or discussing alternate treatment options.

Know your health information.

You may need to evacuate during an emergency. Therefore, it is important to be informed about the specifics of your diagnosis in case you need to receive care elsewhere. This includes knowing your exact cancer type, cancer stage, medications you take, and where you are in your treatment plan. Make sure to keep a written list of all the medications you take as well as any important medical documents you may need.

Follow recommended safety guidelines and protect yourself from disaster-related infections.

Receiving cancer treatments like chemotherapy and radiation can weaken the immune system.

1. Keep food and water safe during emergencies.
2. Keep your skin clean and dry. Cover any cuts or wounds unless otherwise instructed by your cancer team or healthcare provider.
3. Follow recommended guidance regarding the use of face coverings and social distancing.
4. Avoid crowded areas and people who are sick or are experiencing symptoms.
5. Wash your hands with soap and water frequently.



6. Stay up to date on important vaccines like influenza (flu), COVID-19, Hepatitis A, Hepatitis B, pneumococcus, tetanus, and other common infections.
7. Know the common symptoms of infections, such as cough, sore throat, and fever, and call your healthcare provider if you are experiencing these symptoms.

Build an emergency kit.

- ◆ Make sure to include an extra supply of all your chemotherapy medication and other meds — ideally enough for at least seven days. Include any medications or over the counter products that help you manage your chemotherapy or radiation side effects.
- ◆ Talk to your healthcare providers about the possibility of obtaining an extra supply of medications.
- ◆ Make sure you include extra sanitation supplies, such as masks, hand-sanitizer, gloves, soap and alcohol wipes, in your first aid kit.

Plan with your family.

Remember to share your emergency plan with family members, friends, neighbors, or anyone who you may need help from during an emergency.

Practice self-care.

Finally, make sure that you are taking care of yourself.

Ensure that you are engaging in basic self-care such as taking care of your physical, emotional, spiritual, and mental health. This can be as simple as practicing deep breathing, meditation, doing light exercise, limiting your exposure to media outlets, reaching out to loved ones, practicing mindfulness, helping others, or engaging in any stress-reduction techniques that work for you. ☀

Need Help Meeting Your Heating Needs?

by the Public Assistance and Employment Services Division of DFS



The Crisis Assistance Program is designed to help households overcome energy emergencies that cannot be met by other resources. An energy emergency is determined

when a household has no heat or is in imminent danger of being without heat. Crisis Assistance offers assistance with one or more of the following:

- ◆ Payment of primary heat source utility bills.
- ◆ Payment of security deposits for primary heat utility.
- ◆ Purchase of primary home heating fuel when the fuel supply is low.
- ◆ Repair of inoperable or unsafe heating equipment.
- ◆ Replacement of heating equipment for homeowners only (when repair is not possible).
- ◆ Provision of supplemental heating equipment/maintenance.

Open application period:

Applications accepted through March 15 for heating equipment repair/purchase/maintenance, a onetime-only heat security deposit, purchase of home heating fuel and payment of a heat utility bill.

Apply for Fuel Assistance and Crisis Assistance

- ◆ **Online:** at CommonHelp.Virginia.gov
- ◆ **Phone:** Enterprise Call Center at **833-5-CALL-VA (833-522-5582)**.
- ◆ **In Person:** Applications for Energy Assistance are available at the Fairfax County Human Services Centers. Operating hours are Monday-Friday, 8 a.m.-4:30 p.m.
 - ◆ **Alexandria** - Gerry Hyland Government Center, 8350 Richmond Hwy., Alexandria
 - ◆ **Annandale** - Heritage Center, West Wing, 7611 Little River Turnpike, Annandale
 - ◆ **Fairfax** - Pennino Building, 12011 Government Center Parkway, Fairfax
 - ◆ **Reston** - Lake Anne Office Building, 11484 Washington Plaza West, Reston
- ◆ **Paper Application**
 - ◆ Mail: 12011 Government Center Parkway, Suite 232, Fairfax, VA 22035
 - ◆ Fax: **703-653-1355**
 - ◆ Email: DFSmycase@FairfaxCounty.gov
 - ◆ Drop off at one of the four DFS office locations. ☀

PIPP Makes Dominion Energy Bill More Affordable

by the Public Assistance and Employment Services Division of DFS

PIPP (Percentage of Income Payment Program) helps Dominion Energy customers manage their electric bills year-round. The program is for people whose household income is below 150% of the poverty level. Your monthly bill amount, or “PIPP Amount,” is based on a percentage of your household income and primary heat source. For example, if your monthly income is \$1,000 and your primary heat source is electric, your monthly PIPP payment would be capped at \$100 (10% of your income).

- ◆ More information can be found on the Dominion Energy website: DominionEnergy.com/Virginia/Billing/Energy-Assistance#pipp
- ◆ Dominion Energy Customer Service staff can discuss your account and any existing payment plans to help you determine if you should apply for PIPP. The Dominion Customer Service number is **866-366-4357**.
- ◆ You may apply for PIPP by completing an online application at CommonHelp.Virginia.gov/access/.
- ◆ You can apply for PIPP by phone by calling **1-833-522-5582**.
- ◆ Receive a paper application from the Fairfax County Department of Family Services by calling **703-324-7500**. ☀

... *Community Calendar continued from back cover*
 light fare; 9:45 a.m. presentation begins. Register by calling **703-385-5738** or emailing village@fairfaxva.gov.

Aging Smartly Class

Saturday, February 24, 9 a.m.-4 p.m.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield
 Experts in their fields will cover various topics including estate planning, living arrangements, downsizing, aged driving, preparing for death, funeral prep, what to do after the death of a loved one, and more. Fee of \$20 (prepaid) which includes lunch. For more information, call **703-451-5855** or visit www.poplc.org/care.

Burke Historical Society Meeting

Sunday, February 25, 3 p.m.

Pohick Regional Library, 6450 Sydenstricker Rd, Burke
 Join Fairfax County librarians Chris Barbuschak and Suzanne LaPierre as they recount the overlooked and little-known history of segregated library services in Northern Virginia. For more information, email Brian Slawski at slawski_brian@yahoo.com.

Memory Screenings at the Wellness Center for Older Adults

Monday, February 26, 10 a.m.-2 p.m.

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 between 10 a.m.-2 p.m. by calling **703-970-3601**.

Mental Health 101 for Older Adults

Tuesday, February 27, 10:15-11:15 a.m.

Learn about mental illnesses specific to older adults. The goal of this presentation is to help address the stigma associated with mental illness through education, support and advocacy. For

more information, visit bit.ly/novaVCAA or join the virtual presentation at bit.ly/VCAAzoom2; Meeting ID: 905 123 5932; Passcode: 3636

Young at Heart Senior Center Advisory Council Craft and Vendor Market

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

Stacy C. Sherwood Community Center, 3740 Blenheim Boulevard, Fairfax
 Shop and enjoy friendly company while supporting the Green Acres Senior Center annual fundraiser. Our vendors will provide a memorable shopping experience whether you are interested in art, crafts, food or jewelry. For more information, please call Diana Osinski at **703-889-0115**, send an email to CRAFTV2024@gmail.com, or call the Green Acres Senior Center at **703-273-6090**.

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

Fairfax County

Services for Older Adults

703-324-7948 |  **TTY 711**

Monday-Friday
8 a.m. to 4:30 p.m.

www.fairfaxcounty.gov/OlderAdults

-  Subscribe to *Golden Gazette*, *Access Fairfax*, and *The Update*
-  Watch *Mature Living* on Ch. 16
-  facebook.com/fairfaxcounty50


 FAIRFAX COUNTY DEPARTMENT OF **FAMILY SERVICES**


A publication of Fairfax County, Virginia.

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February Community Calendar

Join the Lifetime Learning Institute

During its current "open season," area seniors and their friends are invited to consider joining the Lifetime Learning Institute (LLI) affiliated with Northern Virginia Community College. It is an organization centered on classes, activities and fellowship for retirees. The annual membership fee is \$110. For additional information, please email Janice Viola at admin@linoval.org or Mary Alexander at mary@mkalexander.com.

Love to Play Basketball? Join NOVA United!

NOVA United Senior Women's Basketball Association seeks new players 45+ to join the league. Have fun, stay fit and make new friends while playing three-on-three half-court basketball. The annual fee is \$35 and practice takes place at the James Lee Community Center in Falls Church. For more information, email Marianne Simonton at Mrsimonton1@gmail.com.

Brain Gym

Friday, Feb. 2, 2- 3 p.m.

George Mason Regional Library, 7001 Little River Turnpike, Annandale

Improve your brain health with fun exercises like sudoku, word puzzles, memorization games, and more. No registration. For older adults. For more information, call **703-256-3800**.

Nutrition Tips & Benefits by Virginia Cooperative Extension

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

Join Katie Strong, Virginia Cooperative Extension Agent and Registered Dietitian, to learn cooking tips and health benefits. 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

JCA's Free Virtual 50+ Employment Expo

Thursday, February 15, 10 a.m.-3 p.m.

If you are a 50+ job seeker, you won't want to miss this Expo! Join us from 10 to 11:45 a.m. for two workshops. First, learn about the Fairfax County hiring process - they are hiring! The second workshop will discuss Fairfax County employment services for county residents. At noon, hear from area employers who hire 50+ jobseekers! Register today at virtualexpos.accessjca.org.

Fairfax Village in the City's Friday Morning Speaker Series

Friday, February 23, 9:30 a.m.

Sherwood Center, 3741 Blenheim Boulevard, Fairfax, VA 22030

Free event. The speaker will be Steve Gurney, the publisher of the Positive Aging Sourcebook, speaking on the topic of "Solo Aging." 9:30 a.m. coffee and