

Golden Gazette



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

www.FairfaxCounty.gov/OlderAdults

Margie Weiss Helps People Reach Their Full Potential

by Gwen Jones, Department of Family Services

After achieving athletic success in gymnastics at a young age, Margie Weiss has gone on to coach and train countless athletes to succeed at the highest levels of competition, including her three children and her granddaughter. Her commitment to health and fitness has also led to a successful career as a personal trainer, where she helps people, both young and old, achieve their fitness goals, improve their health, increase their mobility and achieve a better quality of life.

Growing up in Chevy Chase, MD, Margie Weiss' (née Sims) affinity for gymnastics began in early childhood. "My mom used to say, 'by the time you were two years old, I never talked to your face, I always talked to your feet because you were always upside down,'" says Weiss. As a child, she saw gymnastics on TV and knew she wanted to try it, so her parents searched for a gymnastics class for girls. Eventually, they found one at a local rec center led by members of the University

of Maryland's Gymkhana Gymnastics Troupe. She also took ballet and dance classes throughout her childhood.

As her gymnastics skill grew, Weiss soon needed a coach. She signed on with a local PE teacher at Walter

Johnson High School in Bethesda, MD, who ran a gymnastics troupe at the local YMCA. In 1967, while still in high school, Weiss was the all-around winner of the National Gymnastics Championships.

After graduating high school, Weiss attended the University of Massachusetts on

a collegiate gymnastics scholarship. Her gymnastic success continued in college and in 1969 she was selected for the Collegiate All-American Women's Gymnastics Team. Weiss attended UMass for two years, then transferred to the University of Maryland to complete her degree after suffering an injury.

Weiss first laid eyes on her future husband, Greg Weiss, when she was in the eighth grade attending a gymnastics tournament that he was competing in. His performance earned him a spot on the 1964 Men's Gymnastics Olympic Team. The pair eventually met during Weiss' first year of college while she was home for winter break practicing in the gym at the University of Maryland. Being the only two gymnasts in the gym, they struck up a conversation and later began dating. In 1970 the two wed and settled in Olney, MD.

The couple founded a gymnastics studio and formed a girls gymnastics team, training athletes competing at the



Margie Weiss and Brooke Frishman, the third generation of the Weiss family who has achieved the status of elite athlete. Photo courtesy Margie Weiss.

INSIDE THIS ISSUE

Virtual Center for Active Adults	5
Fall Prevention Classes	6
5 Uses for Your Library Card	8
Emergency Preparedness	10
Medicare 101 Workshops	14
Help for Scam Victims	15
Sponsors	17
Community Calendar	20

... continued to page 3

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

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Reasonable accommodations will be provided upon request. Call **703-324-7948, TTY 711**. The TTY number for all contacts in this publication is 711 unless otherwise stated.

It is our policy that all articles published in the Golden Gazette must be written by employees of Fairfax County agencies or partner organizations.

READER SUGGESTIONS FOR CONTENT TO THE GOLDEN GAZETTE

We'd like your feedback! What topics would you like to see in future issues? How can we make this publication even better?

Do you know a centenarian living in Fairfax County or an older adult who has given back in a significant way? We are always looking for interesting older Fairfax County residents to feature.

Email your suggestions to **DFSGoldenGazette@FairfaxCounty.gov** or call **703-324-GOLD**.

... continued from page 1

highest level of gymnastics. Athletes from around the country and overseas moved to Maryland to train with the pair. Born into this world were Weiss' three children – daughters Genna and Geremi and son Michael. "My kids didn't play with trucks and dolls, they played on balance beams and trampolines," says Weiss.

All three of the Weiss children started in gymnastics before moving on to other sports. "At the basic level, I always suggest that everyone get their kids into gymnastics and ballet because it is so hard, and it gives you so many assets for moving into other sports," says Weiss. At age 6, Genna switched from gymnastics to tower diving. At age 9, Geremi was introduced to ice skating, which she took to immediately. Their youngest, Michael, initially tried diving before making the switch to ice skating.

Supporting three children's athletic ambitions required an investment of both money and time. Thankfully, Weiss found a wonderful skating coach, saying, "We looked far and wide for a coach. We wanted someone who would be a real mentor to my kids. Audrey was amazing. She was like a second mother to Michael." But by the time Michael was 13, the twice a day drive Weiss made between Olney and the Fairfax Ice Arena was taking a toll, so they sold their gymnastics gym and relocated to Fairfax.

After moving, the family owned and operated Gold's Gym in Fairfax. By this time, Genna had made the National diving team and lived with a family in Florida for two years (where diving platforms were plentiful) to train. She would go on to become a seven-time national champion and a world champion in platform diving.

Weiss continued to guide the athletic careers of her two younger children and served as their secondary coach, saying "My job was to look at them and ask, where

are your vulnerabilities? Because anything that is an issue could become an injury and hinder your career. I specialize in what each person needs and what they need to do." Geremi enjoyed success in ice skating but chose to go to college after graduating high school instead of continuing to compete. Michael achieved great success in skating, including representing the United States at the 1998 and 2002 Winter Olympics. He later enjoyed a long professional career, touring and performing extensively.

"My job was to look at them and ask, where are your vulnerabilities? Because anything that is an issue could become an injury and hinder your career. I specialize in what each person needs and what they need to do."

-Margie Weiss

After 34 years of marriage, Margie and Greg divorced. For a while, Weiss lived with Michael's family and helped his wife Lisa with their children while Michael was on tour. She also continued to teach fitness classes and train elite athletes and other adults.

Her less frenetic schedule allowed Weiss to enjoy more leisure activities than when she was raising her kids. Although she had traveled extensively, it was always for athletic competitions. Her more recent travels have been for pleasure and often

include beach destinations. She also enjoys reading, watching sports, and corresponding with her wide circle of friends, saying, "When you're as old as I am, you have friends all over the world from the stuff we've done."

At 75 years of age, Weiss continues to train elite athletes as well as individuals of all ages but feels that she has special insight into training older adults. She is skilled at modifying exercises to adapt to her clients' physical limitations. "My thing is to keep them safe and healthy and able to walk and not shuffle or fall," she says. Weiss also teaches fitness classes at a local gym, often to much younger participants who marvel at her fitness. Since the COVID pandemic, the number of people she trains virtually has also expanded and includes clients from around the country.

... continued to page 4

... continued from page 3

People often assume that Weiss must love to exercise, but that is not what has motivated her all these years. While she attributes her gymnastics success to her fierce competitiveness, her lifelong physical fitness stems from her sincere desire to stay active and healthy. “People say, you must love fitness because you do this. No! I just don’t like the alternative. If you could sit and watch TV all day and be fit, then I would probably do that,” she says, laughing. As she has aged, she has modified some of her activities and is more careful with her body. She also pays attention to the food she eats – making sure that she consumes a healthy diet and gets enough protein.

Her advice for older adults who want to get fit is this – “it’s not too late; today is the first day of the rest of your life.” Weiss recommends consulting with a professional to ensure that your exercise program is well-rounded, which will help you avoid injury. She suggests starting slowly and using light weights, increasing incrementally over time. She has witnessed her clients’ lives change through exercise, including one 70-year-old who, after losing 40 pounds, no longer needs medication to control his diabetes.

In addition to training her regular clients, Weiss recently began training Brooke Frishman, her granddaughter and the third generation of her family to compete at the highest levels of athletic competition. A college student, Brooke was recently named to Israel’s 2024 Women’s U20 (Under 20) Championship Lacrosse Team. While working with Brooke, Weiss employs the same strategy she used to train her own children – identifying and addressing any vulnerabilities to keep Brooke in top form and free of injury. She also helps Brooke with her required drills and ensures that she stretches thoroughly after every workout. In July, Weiss traveled with the team to Braga, Portugal, where they competed in the 2024 Women’s European Lacrosse Championship.

While training another elite athlete has made her life busier, the opportunity to guide another member of her family to athletic success is an exciting new challenge, one that Weiss is happy to take on. 🌟

Mature Living – Dementia

Have you ever misplaced your keys or forgotten someone’s name? Incidents like these happen to many of us, but is it just a lapse in memory... or could it be something more serious?

The Alzheimer’s Association reports that “Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life.”

Having memory loss alone doesn't mean you have dementia. Memory loss can have different causes, and depending on the cause, some dementia symptoms might even be reversible. Dr. Jennifer Pauldurai from Inova Neurology gives an overview of this disease. Allegra Joffe, Supervisor of the Caregiver and Support Services Unit at the Fairfax Area Agency on Aging, shares resources available in Fairfax County for those with dementia and their caregivers. In addition, a local family caregiver shares her personal experience with a family member with dementia and offers words of wisdom and encouragement.

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. 🌟

Stay Active From Anywhere with the Virtual Center for Active Adults

by Karen Goff, Neighborhood and Community Services

Transportation. Illness. Weather. Mobility.

These are some of the common barriers to participating in on-site senior programming. Fairfax County Neighborhood and Community Services' Virtual Center for Active Adults (VCAA) has the solution.

NCS revamped the VCAA – a free, online platform – in 2022, partnering with local jurisdictions and agencies for a wider reach in bringing high-level, engaging programming to older adults. The partners share the goal that recreational programs, especially for more vulnerable populations, should not be limited by geography or other barriers to participation.

Everyone is welcome – either from their own electronic device or to stream with others at one of 14 NCS Senior Centers. VCAA also offers a library of more than 25 on-demand content, making classes and programs even more convenient.

“NCS is very proud of the partnerships and expansion of the VCAA since 2022,” said NCS Division Director Chris Scales. “We heard from so many senior center participants, particularly in the wake of the COVID-19 pandemic, that they would enjoy the option of streaming content. It is growing in popularity among seniors who want to stay active and connected with their peers, whether they are on an extended vacation, recovering from an illness or just want to easily learn or stay fit on their own schedule.”

VCAA partners have listened to community input to curate a monthly schedule with something for everyone. Some of the most popular courses include virtual travel, exercise (including stretching, yoga and Tai Chi), foreign language classes, cooking, trivia time, music appreciation and tech skills.

Here is what some participants had to say on recent feedback surveys:

- ♦ Attending virtual classes has made me more active, and I look forward to taking the classes and hearing lectures on different topics.



- ♦ I loved learning new words and practicing words I already knew in Spanish and German classes.
- ♦ I really appreciate that the county is providing so many activities for seniors and the disabled.
- ♦ You are keeping me alive. As I cannot go in person to my old Wakefield Senior Center, I would have withered at home as nerve pain makes it hard to move.
- ♦ Having live instructors for virtual classes motivates me, even though I do exercises lying on the sofa! Love it when I can ask questions, or they ask us questions; almost as good as being there!
- ♦ Interaction with live people keeps me from being lonely in a wheelchair.

Please visit the NCS VCAA page at bit.ly/novaVCAA to learn more and find programming that matches your interests. We hope to see you online soon! 🌟

It's Your Turn to Talk Trash

by the Department of Public Works and Environmental Services (DPWES)

DPWES seeks feedback from residents on their current trash and recycling practices and their opinion on proposed county-wide zero waste strategies through a quick online survey. DPWES will summarize and share survey responses with the Board of Supervisors to help inform their review of the draft Solid Waste Management Plan this winter. **By participating in the survey, you could win a \$100 gift card.** The survey is open **August 1-September 30, 2024.** Take the survey at engage.fairfaxcounty.gov/zerowastesurvey. 🌟

ElderLink Health & Wellness/ Caregiver Support Workshops

by ElderLink

ElderLink Virtual Support Call for Family Caregivers of Older Adults

Tuesday, September 10, 7-8 p.m. Free.

Topic: Emergency Preparedness for Caregivers. Join us for a brief presentation and discussion facilitated by the Department of Emergency Management and Security (DEMS) on the topic of Emergency Preparedness including considerations to be made, actions and steps that you can take now, and resources available to assist. Conducted via MS Teams. Register at tinyurl.com/CaregiverTSG or call the ElderLink Intake Line at **703-324-5374**.

Exploring Dimensions of Aging

Join Inova ElderLink in partnership with the Fairfax Area Agency on Aging for virtual training sessions to benefit family and professional caregivers. Using an immersive training platform, Embodied Labs, you will “see through the eyes” of older adults who are facing real-life challenges to their well-being. Following the training, participants will receive a license to access the Embodied Labs platform on demand for continued learning. Register at tinyurl.com/exploring-aging.

- ◆ Elder Safety and Well-Being Lab: Preserving Physical & Psychological Health; Tuesday, September 10, Noon-1:15 p.m.
- ◆ The Frank Lab: Social Isolation; Tuesday, September 17, 2-3:15 p.m.
- ◆ The Dima Lab: Lewy Body Dementia and Parkinson's Disease; Monday, September 23, 2-3:15 p.m. ☀



Resources to Help Prevent Falls

by Gwen Jones, Department of Family Services

September 23-27 is Falls Prevention Awareness Week, a nationwide observance created to raise awareness of the importance of preventing falls, how to reduce the risk of falls, and resources to help older adults live without fear of falling. In Fairfax County, a variety of programs and classes are available for older adults to help prevent falls.

ElderLink, a nonprofit partnership between Inova and the Fairfax Area Agency on Aging, aims to promote the well-being, safety and independence of older adults and caregivers. In keeping with that mission, ElderLink offers a variety of free fall prevention programs, including:

A Matter of Balance

This award-winning, evidence-based workshop is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn fall prevention strategies through discussion and activities, as well as gentle exercise to strengthen balance, flexibility and coordination. A Matter of Balance is available on the following dates and times:

- ◆ **Mondays, September 9-October 28, 10 a.m.-Noon;** Vienna Community Center, 120 Cherry St. SE, Vienna; Register at viennava.gov/residents/parks-recreation/classes-and-programs.
- ◆ **Wednesdays, September 11-October 30, 1-3 p.m.;** Falls Church Community Center, 223 Little Falls Street, Falls Church; Register at tinyurl.com/AMOB123.

Bingocize®

Bingocize® is a 10-week program that combines the game of bingo with fall prevention exercises (seated or standing). Play bingo, win prizes, and meet new people while learning about techniques to reduce falls and increase activity. Bingocize® is available on the following dates and time:

- ♦ **Wednesdays and Fridays, October 2-December 13, 2-3 p.m.;** George Mason Regional Library, 7001 Little River Turnpike, Annandale; Register at tinyurl.com/Bingocize123

To learn more about these programs, or other programs offered by ElderLink, please call the ElderLink Intake Line at **703-324-5374, TTY 711**.

SAIL (Stay Active and Independent for Life) Classes

SAIL is a strength, balance and fitness class for adults 65 and older designed to help prevent falls. SAIL classes are offered at various Fairfax County Senior Center and Rec Center locations.

Learn more about Fairfax County Senior Centers at FairfaxCounty.gov/neighborhood-community-services/senior-centers. View Senior Center event calendars at FairfaxCounty.gov/neighborhood-community-services/calendars.

Learn more about Fairfax County Rec Centers at FairfaxCounty.gov/parks. Browse available classes and register at FairfaxCounty.gov/parks/parktakes.

Free SAIL classes are available online via Zoom on the Virtual Center for Active Adults. For class listings, visit bit.ly/novaVCAA. ☀

Theft and Loss in LTC Facilities

by Katie Patterson, Long-Term Care Ombudsman



Theft or loss of belongings, money or other property is a significant concern for many residents of nursing and assisted

living facilities. Residents have the right to use personal belongings and have the right to be free from exploitation or misappropriation of their property. Misappropriation of resident property means deliberately using the resident's property without permission. Exploitation means taking advantage of a resident for personal gain through threats, intimidation, or coercion. All long-term care facilities must take reasonable steps to ensure that a resident's property is kept safe from theft and loss. They must have policies and procedures for preventing and responding to theft, misappropriation, and exploitation.

Take steps to prevent your belongings from getting lost or stolen by:

- ♦ Marking all personal items and taking pictures of valuables.
- ♦ Keeping a copy of the inventory list created by staff and updating it as needed.
- ♦ Asking the facility about their policies for protecting personal belongings.
- ♦ Asking the facility for a secure place to lock up valuables.

If you or your loved one is a victim of theft or loss, report the loss immediately to appropriate staff at the facility and notify local law enforcement.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program 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 theft and loss of a resident's personal belongings, or other nursing facility and assisted living concerns, please call the NVLTCOP at **703-324-5861, TTY 711**, or contact by email at NVLTCOP@fairfaxcounty.gov. ☀

All About SNAP for Hunger Action Month

by Stevie Kelly, Department of Family Services

Did you know September is Hunger Action Month? There are lots of ways to talk about hunger in our community, and this year the Department of Family Services is focusing on the Supplemental Nutrition Assistance Program (SNAP). SNAP helps eligible individuals and households buy groceries with a debit card, called an EBT card, that is automatically loaded with money for food every month. Many older adults may be eligible for SNAP benefits but think it's too much trouble to apply. The Public Assistance and Employment Services (PAES) team is here to help. "SNAP is such an important support for people! More older adults should apply for SNAP, especially since they can receive credit for certain medical expenses, giving them more SNAP dollars to spend on groceries each month," said Lisa Tatum, Division Director of Public Assistance and Employment Services (PAES). When asked about an important feature of SNAP, Lisa highlighted the ability

to order groceries online at some retailers, saving shoppers time and hassle. "The opportunity to order groceries online and have them delivered is very helpful to people who may have challenges going to the grocery store."



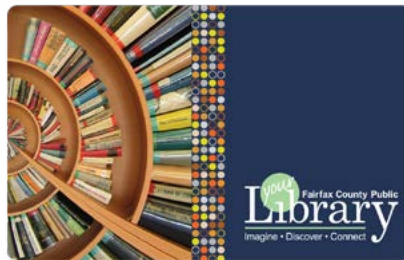
Do you already receive SNAP? Remember to check your card balance frequently and keep your PIN secret to help prevent fraud on your EBT card.

Visit **FairfaxCounty.gov** and search "hunger action month 2024" to learn more about SNAP and other food assistance options in our community. If you want to apply for SNAP, call **1-833-5-CALL-VA (1-833-522-5582)** or visit **CommonHelp.Virginia.gov**. ☀

Five Unexpected Things You Can Do with Your Library Card

by Ashley Atkinson, Fairfax County Public Library

September is Library Card Sign Up Month! While you may know that you can use your library card to check out books from a branch, a Fairfax County Public Library (FCPL) card can be used for a lot more, including some things you probably wouldn't expect. From research and accessing online databases to borrowing items you would have never guessed would be at the library, read on to find out a few of the unexpected things you can do.



Track Your Family History with Genealogy Databases and Resources

Discovering your family's story has never been easier! Your library card grants access to several databases containing genealogical

and historical records, as well as the trove of physical documents and records available through the Virginia Room. Learn more about FCPL's genealogy services at bit.ly/fcpl-genealogy.

Access Digital Versions of Books, Audiobooks and Magazines

FCPL offers cardholders access to thousands of eBooks, eAudiobooks and eMagazines through its partner OverDrive. Accessible on any computer or through the Libby app on tablets and cell phones, these resources bring the library to you with access to the latest releases, popular titles, mainstream periodicals and more wherever you happen to be. Check out the online catalog at fairfax.overdrive.com.

Borrow Board Games, Binoculars and More

Try something before you buy it with the Library of Things. Featuring nontraditional library items that cardholders can borrow, the growing collection contains board games to entertain visiting family, binoculars for birding or stargazing, artwork to spruce up a space and much more. See the complete Library of Things collection at bit.ly/FCPL_LibraryOfThings.

Learn a New Skill or Language with Resources for Lifelong Learning

Your library card grants you access to many databases designed to teach anyone, regardless of age or knowledge level, something new. From 70 different languages to computer and business skills – almost any other topic you can think of, you can learn it through one of FCPL's online resources. Visit bit.ly/FCPL_LifelongLearning to learn more.

Do Research on Topics Such as Finance or Which Car You Should Buy

FCPL has resources, both in-person and online, to get informed about any topic. Whether you need help choosing a car, want to enter the stock market or anything

else, the library can help. Learn more about researching through the library at bit.ly/FCPL_Research.

That is just the beginning! There are so many more things you can do with the help of your local library, both with and without a card. Get one-on-one assistance with your cell phone, computer or other technology with the help of a tech tutor. Pursue your interests and meet like-minded friends with one of FCPL's hundred of programs. Digitize your old photos, videos and documents at a Memory Depot. All are things you can do without a card, but why would you not want one?

Next time you are out and about, stop by your local FCPL branch and unlock the opportunity to check it ALL out! 🌟

Celebrate Communication Returns to Springfield Town Center!

by Eileen McCartin, Ph.D., Executive Director, and Bonnie O'Leary, Outreach Manager, Northern Virginia Resource Center (NVRC) for Deaf and Hard of Hearing Persons

Do you have hearing loss or love someone who does? Please join us at our free outreach event, Celebrate Communication 2024, at the Springfield Town Center on Saturday, September 28, from 11 a.m. to 3 p.m., main entrance, between the Yard House and Maggiano's restaurant. We'll be on the lower level next to the Lego store and Starbucks.



Celebrate Communication 2023 – face painting and the Yellow Dog. Photos courtesy NVRC.

Now in its 22nd year, this unique information fair is hosted by NVRC. It is specifically designed for the deaf and hard of hearing community, their families and friends. Come learn about the latest communication technologies and apps. You'll also find information about cochlear implants, hearing aids, tinnitus, telephone relay services, American Sign Language, and captioning. We will be showcasing the popular live captioning apps on devices provided by Google.

Representatives will be on hand to tell you about local services; the Virginia Department for the Deaf and Hard of Hearing will have information to share about

their Technology Assistance Program. The Washington Metropolitan Area Transit Authority will be issuing reduced fare ID cards for people with disabilities (bring your ID and proof of disability). Browse items from our popular deaf crafters. Chat with NVRC's tech and outreach teams to learn about our device demonstration

room, free educational programs and hearing screenings, ASL interpreter program, tinnitus support, and more.

Special thanks to our sponsors and donors to date: AARP, CapTel, ClearCaptions, Diglo, HearingLife, Lesner Hearing Center, National Court Reporters Foundation, Otolaryngology Associates, Service Source, Sorenson, VA Relay, VDDHH, and Wegmans.

Door prizes! Face painting for kids from 11 a.m. to 1 p.m.! Photo ops with our Yellow Dog mascot! For more information, visit nvrc.org/celebratecommunication. Questions? Contact Bonnie O'Leary at boleary@nvrc.org. 🌟

Family Caregiver Support: Emergency Preparedness

by Allegra Joffe, Fairfax Area Agency on Aging

When you're a family caregiver, being prepared for emergencies is essential. Unexpected situations can arise at any moment, and having a comprehensive emergency plan can make all the difference. Start by assessing potential risks such as natural disasters, medical emergencies, and power outages. Sign up for the Fairfax County alert system at FairfaxCounty.gov/alerts to receive quick notifications about emergencies in your area. Develop a communication plan with a list of emergency contacts and establish two meeting places – one near your home and one outside your neighborhood. Identify multiple evacuation routes and practice them regularly, making special considerations for mobility issues. Inform and train all family members and caregivers about the emergency plan and conduct regular drills to ensure everyone knows what to do.

Prepare for medical needs by creating a detailed medical history, list of prescriptions, identification, and emergency contacts for your loved one and keep them easily accessible. Specialized items like extra mobility aids, batteries for hearing aids, and spare glasses should be part of your kit. Assemble a well-stocked emergency kit that includes water, non-perishable food, a flashlight with extra batteries, a first aid kit, and a week's supply of prescription medications. Ensure you have communication tools like a fully charged cell phone with an extra battery and a battery-powered radio. Comfort items such as extra clothes, blankets, and personal hygiene products are also important. Financial preparedness includes having some cash in small bills and coins. For additional resources, the Division of Emergency Preparedness and Response's website, FairfaxCounty.gov/health/emergency, offers tips and tools to keep you and your community safe, as well as guides on how to make an emergency kit and plan. By following these steps, you can ensure the safety and well-being of you and your loved ones during any unexpected situation. If you wish to learn more about caregiving resources, call our Aging, Disability, and Caregiving Resources Line at **703-324-7948** or visit FairfaxCounty.gov/OlderAdults.



Family Caregiver Learning Opportunities

Oral Health Techniques for Caregivers

Friday, September 13, Noon-1 p.m.

In this virtual webinar presentation, hosted by the Fairfax Area Agency on Aging, Dr. Rosa Mathai, DMD, will educate family caregivers on how good oral health is synonymous with good overall health, and how the ability to speak and eat remains relevant well into old age. Many caregivers are tasked with the responsibility of taking care of a loved one's teeth when they are no longer able. In this webinar you will learn how to care for someone else's mouth as if it is your own. Learning objectives include understanding the caregiver's role in maintaining oral hygiene even for patients who do not express a desire for dental care, having a basic understanding of oral health and hygiene, understanding why dentistry is relevant to good health, reviewing oral hygiene techniques, and recognizing which mouths require professional intervention and how to get it. Register online at bit.ly/CAREWEB1 or call **571-407-6961**.

Fall Prevention 101 - In Spanish

Friday, September 20, Noon-1 p.m.

In this virtual Spanish webinar presentation, hosted by the Fairfax Area Agency on Aging, join Carmen Pastor, Outreach Assistant with Northern Virginia Falls Prevention Alliance with Marymount University, as

she teaches a webinar for family caregivers about fall prevention. This session will provide valuable insights into the common causes of falls among older adults and practical strategies to mitigate these risks. Learn about home safety modifications, balance and strength exercises, and the importance of regular health check-ups. Don't miss this opportunity to enhance your caregiving skills and help ensure the safety and well-being of your family members. Register online at bit.ly/CharlasEducativas or call 571-407-6961.

In-Person Dementia Friendly Information Session

Wednesday, September 25, Noon-1:45 p.m.

Join this in-person presentation at Insight Memory Care Center in Fairfax 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 Dementia Friendly Fairfax Action team members, Allegra Joffe, Supervisor with the Fairfax Area Agency on Aging, and

Diane Watson, Dementia Friends Champion Volunteer. Space is limited and registration is required. Register online at bit.ly/DementiaFriendlyFairfax or call 571-407-6961.

The Saving Claire Project

Friday, September 27, 2-3:30 p.m.

In this virtual panel presentation, hosted by the Fairfax Area Agency on Aging, The Saving Claire Falls Prevention Project begins with a compelling documentary that delves into the complex nature of aging and the patterns that increase fall risk. Claire's journey serves as a cautionary tale, highlighting her attitudes, actions, and the dramatic events that follow her fall. Sponsored in part by the Marymount Center for Optimal Aging (MCOA), the project continues with an interactive discussion and Q&A with a panel of professionals who will share their expertise on fall prevention. Register online at bit.ly/AAAPanel or call 571-407-6961. 🌟

National Preparedness Month

by Moriah Kitaef, Department of Emergency Management and Security

September is National Preparedness Month, an ideal time to ensure that you and your loved ones are ready for any emergency. One of the best ways to start is by gathering as a household to discuss plans for different types of emergencies. For instance, decide on a safe meeting place outside the home in case of a fire. During a tornado watch or warning, discuss the safest area in your home and ensure that everyone, especially those with mobility challenges, can reach it. In the case of thunderstorms, make sure everyone knows to go inside if they hear thunder or see lightning.

Regardless of the type of emergency, creating an emergency kit is essential, and it should be inclusive to meet everyone's specific needs. For those with mobility challenges, consider adding items like a wheelchair or walker repair kit, medications, and any specialized equipment they may require. Individual needs may vary, so think about what items are essential for each person in your household on a day-to-day basis, such as medications, glasses, or communication devices.

By planning and preparing now, you can help ensure the safety of everyone in your household during

a crisis. To learn more about the importance of emergency planning and how to start or improve your own plan, visit FairfaxCounty.gov/emergency/readyfairfax/makeanemergencyplan.

Volunteer Emergency Team (VET) – Join Today!

Do you have a calling to make a difference in your community during disasters? Then consider joining the Volunteer Emergency Team (VET)!

VET Members:

VET members are ready to be called upon to volunteer when an emergency happens. Volunteers will be signed up in Fairfax County's Volunteer Management System (VMS) and will be the first ones called on when volunteers are needed. Volunteers will have the opportunity (but are not required) to participate in training and exercises year-round, as well as outreach events to educate residents on how to prepare for emergencies.

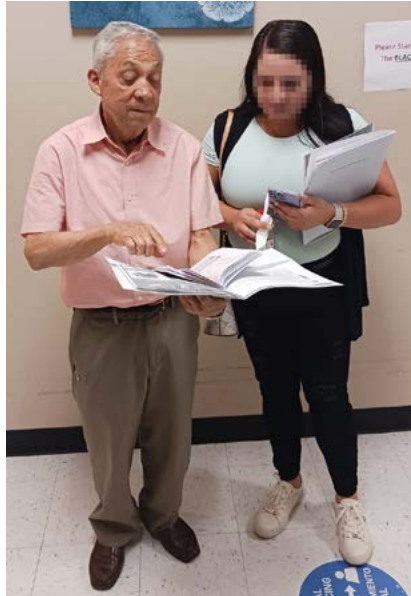
Interested? Apply today: bit.ly/FairfaxVET. 🌟

Senior Community Service Employment Program

by Stevie Kelly, Department of Family Services

September is Workforce Development Month and the Fairfax County Employment Services team wants you to know about the Northern Virginia Senior Community Service Employment Program (SCSEP). SCSEP places mature workers in part-time, temporary, paid community service training to prepare for permanent employment outside the program. SCSEP participants receive a stipend of \$12 an hour while participating in worksite or job readiness training!

Mr. G joined SCSEP in March 2020, right as workplaces everywhere were adapting due to the COVID-19 pandemic. Instead of being discouraged by this unprecedented challenge, Mr. G jumped in with both feet and gained new skills and confidence at several host agencies over the next four years. Mr. G took full advantage of the resources and support offered through



After participating in the SCSEP program, Mr. G found employment where he shares employment resources with VCW clients.

Virginia Career Works Northern (VCW) and Fairfax County Employment Services, sharing that he felt “continuously encouraged and motivated” by program staff. Mr. G’s commitment and hard work paid off – his most recent SCSEP placement at the Consumer Wellness Center led to employment!

Through his new position, Mr. G pays it forward by introducing clients to VCW employment resources and remains grateful for SCSEP’s impact on his family and career.

SCSEP is accepting applications from eligible job seekers age 55 and older. The Northern Virginia SCSEP Program is delivered in close coordination with The SkillSource Group, Inc. and the Virginia Career Works Northern Region. To learn more about SCSEP, visit **FairfaxCounty.gov** and search “SCSEP” or call **703-488-8196**. ☀

Volunteers Needed for Area Shepherd's Centers

by Gwen Jones, Department of Family Services

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.

Shepherd's Centers need volunteers! Drivers are needed and can accept ride requests that work with their schedule. There are also other ways you can help. Contact the Shepherd’s Center near you to learn more about volunteer opportunities:

- ◆ **Shepherd's Center of Annandale/Springfield** – call **703-941-1419**; visit **ShepherdsCenter-Annandale.org**; or email **shepherdscas@vacoxmail.com**.
- ◆ **Shepherd's Center of Fairfax-Burke & South County** – call **703-323-4788** (Fairfax-Burke) or **703-799-0505** (South County); visit **scfbva.org**; or email **info@scfbva.org**.
- ◆ **Shepherd's Center of McLean, Arlington and Falls Church** - call **703-506-2199**; visit **scmafc.org**; or email **contact@scmafc.org**.
- ◆ **Shepherd's Center of Northern Virginia** (serving Oakton, Vienna, Reston, Herndon, Great Falls, Dunn Loring and Merrifield) – call **703-281-0538**; or visit **scnova.org**.
- ◆ **Shepherd's Center of Western Fairfax County** – call **703-246-5920**; visit **scwfc.org**; or email **scwfc.office@gmail.com**. ☀

Support Your Community as a Volunteer

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

If you've been thinking about becoming a volunteer or adding a new and enriching role to your life, please check out the options below, or those on bit.ly/FFXVOLUNTEER.

Volunteer Solutions – a program of the Fairfax County Department of Family Services – serves older adults, adults with disabilities, and family caregivers. Consider improving quality of life and increasing social connections by social visiting, grocery shopping, driving others for errands and appointments, and more. Schedules are flexible. Volunteers are especially needed in the Alexandria, Falls Church, and Annandale regions. Skilled volunteers are also needed throughout Fairfax County senior centers. Go to bit.ly/FXVSVOL to learn more. Contact VolunteerSolutions@FairfaxCounty.gov or 703-324-5406 with questions.

For fifty years, **The Women's Center** has provided mental health counseling, support, and education to the metropolitan area to help people live healthy, stable, and productive lives – regardless of their ability to pay. Located in Vienna, the center has grown to serve not just women, but clients of all gender identities, families, young adults, and children.

The center relies on volunteers to help keep things running smoothly in the office and at events. To learn more, go to TheWomensCenter.org/volunteer or contact the volunteer coordinator, Viki Kinsman, at vkinsman@thewomenscenter.org, or 571-385-1617.

Retired and Senior Volunteer Program - Northern Virginia (RSVP-NV) is one of the core programs of AmeriCorps Seniors and is sponsored by Volunteer Fairfax. RSVP-NV's mission is to mobilize the skills and experience of its volunteers, aged 55+, to help meet community needs in Arlington County, Fairfax County, and the cities of Fairfax, Falls Church, and Alexandria. Volunteer activities vary and include community food support, education success, transportation assistance for seniors, workforce preparation, and emergency preparedness. Volunteers connect to opportunities that best match their interest, location preferences, and preferred time commitment.



RSVP-NV volunteers work on a project together. Photo courtesy RSVP-NV.

Consider supporting causes you care about and pledge to get things done for your community by joining other RSVP members. AmeriCorps is not a moment. It's a movement.

Go to bit.ly/RSVPNova to learn more and register. Contact Karen Coon for more information at kcoon@volunteerfairfax.org or 703-403-5360.

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

Help Needed at the Polls!

by Fairfax County Office of Elections

The Fairfax County Office of Elections is looking for community members to serve as election officers for the November 5, 2024, election.

In particular, bilingual officers who speak Korean and Vietnamese are needed. 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. ☀

In-Person and Virtual Medicare 101 Workshops

by the Virginia Insurance Counseling and Assistance Program

Medicare 101 Workshops, led by the Virginia Insurance Counseling and Assistance Program (VICAP), are for individuals and their care partners who will soon be eligible for Medicare or have Medicare and would like to learn more about it. In-person workshops have limited seating. Registration is required. Registration for library events begins 30 days prior to the presentation date. Register online or call VICAP at **703-324-5851, TTY 711**.

Tuesday, October 8, 2-3:30 p.m., In-Person

Mary Riley Styles Public Library, 120 North Virginia Avenue, Falls Church. For more information, contact Peter Sullivan at **703-248-5030**.

Tuesday, October 15, 6-7:30 p.m., In-Person

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria. For more information, contact Jeffrey Snaveley at **703-765-3645**.

Tuesday, October 22, Noon-1:30 p.m., In-Person

Reston Community Center, 2310 Colts Neck Road, Reston. For more information, contact Cassie Lebron at **703-476-4500**.

Monday, October 28, 11 a.m.-12:30 p.m., In-Person

Kingstowne Library, 6500 Landsdowne Centre, Alexandria. For more information, contact Roxanna Ringer at **703-339-4610**.

Friday, November 1, 9:45-11:15 a.m., In-Person

Stacy C. Sherwood Community Center, 3740 Blenheim Boulevard, Fairfax. For more information, contact Jason Scadron at **703-385-1695**.

Wednesday, November 6, 6-7:30 p.m., In-Person

Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. For more information, contact Lisbeth Herer at **703-790-8088**.

Thursday, November 7, 2-3:30 p.m., In-Person

Thomas Jefferson Library, 7415 Arlington Blvd, Falls Church. For more information, contact Rebecca Wolff at **703-573-1060**.

Friday, November 8, 3:30-5 p.m., In-Person

Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. For more information, contact

Stephanie Hutchins at **703-502-3883**. Register at **librarycalendar.fairfaxcounty.gov/event/12519932**.

Tuesday, November 12, 2-3:30 p.m., In-Person

Kings Park Library, 9000 Burke Lake Road, Burke. For more information, contact Emily Swain at **703-978-5600**.

Wednesday, November 13, 10-11:30 a.m., Virtual

Virtual presentation hosted by ServiceSource. For more information, contact Taylor Johnson at **703-461-6000**. Register at **bit.ly/3WostSp**.

Wednesday, November 13, 5-6:30 p.m., Virtual

Virtual presentation hosted by the Reston Community Center. For more information, contact Cassie Lebron at **703-476-4500**. ☀

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 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.

The COA was in recess during the month of August. SHAPE the Future of Aging Initiative Development Committees continue to meet regularly to continue the work of operationalizing the recommendations in the SHAPE the Future of Aging Plan.

COA Meeting, Wednesday, September 18, 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 **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**. ☀

Resources to Help Scam Victims Recover

by Gwen Jones, Department of Family Services

Realizing that you have been scammed can be a devastating experience. In addition to the stress and worry caused by the theft of your money, victims often feel ashamed for falling victim to a scam. Many suffer a loss of self-worth, blaming themselves and questioning their own intelligence and decision-making ability. Romance scam victims may be especially hard hit, experiencing all the previously mentioned emotions while also grieving the loss of what they thought was a loving relationship. Recovering after being scammed can take time, but there are organizations that can help.



AARP Fraud Watch Network Helpline

AARP's Fraud Watch Network Helpline is a free resource for AARP members and non-members. Trained fraud specialists and volunteers field thousands of calls each month. Call for guidance you can trust, free of judgment. Call **877-908-3360** Monday-Friday, 8 a.m.-8 p.m. To learn more about the AARP Fraud Watch Network, visit aarp.org/fraud.

AARP Fraud Watch Network VOA | ReST Program

The AARP Fraud Watch Network and Volunteers of America (VOA) created the VOA | ReST Program, which stands for Resilience, Strength, and Time. The goal of the program is to help people who have been the victim of a scam recover emotionally by re-establishing trust and building back resilience. Participants are invited to attend the online, hour-long sessions using a computer, tablet or smartphone. Discussions are confidential and participants are welcome to attend as many sessions as they wish. During the program, small groups are led in discussion by one or more trained peer facilitators. To learn more and register for a session, visit aarp.org/money/scams-fraud/voa-rest-program.

Cybercrime Support Network's (CSN) Romance Scam Recovery Group

CSN, along with the FINRA foundation, offers a free support program for romance scam survivors.

Participants can attend 10 one-hour virtual group sessions, facilitated by a licensed counselor. The sessions support victims' mental well-being while focusing on helping them work through their feelings of loss, embarrassment and isolation. Participants also learn about cybercrime and ways to protect yourself online. Learn more at fightcybercrime.org/programs/romance-scam-recovery-group.

Financial Crime Resource Center

Access educational resources to help prevent being scammed as well as resources for victims of scams. Their Victim Recovery Checklists offer recommended steps to take immediately after you discover you are the victim of a scam. To access the checklists, visit victimsofcrime.org/victim-recovery-checklist.

National Elder Fraud Hotline

In March 2020, the U.S. Department of Justice launched the National Elder Fraud Hotline to help combat fraud against older Americans and provide services to victims. The hotline is managed by the Office for Victims of Crime and staffed by professionals. Callers are assigned a case manager, who remains their point of contact and assists with reporting the crime and connecting the caller with needed resources. Call the hotline at **833-FRAUD-11 (833-372-8311)** Monday-Friday, 10 a.m.-6 p.m. EST. Services are available for speakers of English, Spanish, and other languages. ☀

... Community Calendar continued from back cover

Better Said Than Done "Mirrors & Magic: True Stories of Wonder"

Thursday, September 12, 7-8:30 p.m.

Old Town Hall, 3999 University Drive, Fairfax
Join storytellers Carol Moore, Laura Packer and Jessica Robinson for a night of storytelling that will take you on a journey from reality to beyond. *Stories intended for a mature audience.* This event is free. For more information, visit fairfaxva.gov/government/parks-recreation/cultural-arts or contact Christine Vincent at Christine.Vincent@fairfaxva.gov or 703-385-2712.

Brain Gym

Friday, September 13, 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 more information, please contact George Mason Regional Library at 703-256-3800.

Northern Virginia Senior Olympics

September 14-29

Cheer on the athletes competing in the 2024 Northern Virginia Senior Olympics. For events, dates, times and venues, visit nvso.us.

Memory Screenings

Monday, September 16, 10 a.m.-2 p.m.

Insight Memory Care Center offers 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. The memory screenings are held on the third Monday of every month at the Wellness Center for Older Adults (4027B Olley Lane, Fairfax). Call to reserve a 30-minute appointment at 703-970-3601.

AARP Presents: Online Relationship Scams Tuesday Sept 17, 10:15-11:15 a.m.

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

Understanding Your Social Security Benefits

Tuesday, September 17, 7-8 p.m.

Learn how to make the most of your Social Security benefits in this webinar presented by Pamela Sams, CRPC, BFA and hosted by the Women's Center. Fee is \$20. To register and to find additional workshops, visit thewomenscenter.org/events/. For more information call 703-281-2657.

Putting for Pets: Benefiting Homeless Pets at the Fairfax County Animal Shelter

Monday, September 23, 9 a.m.

Bull Run Golf Club, 15000 Bull Run Estates Dr., Haymarket
Golf tournament hosted by the Friends of the Fairfax County Animal Shelter. Cost is \$180/golfer and includes 18 holes of golf, generous swag goodie bag, and more. Singles and groups of fewer than four players are welcome. Registration closes Sept. 17. For more information or to register, visit ffcas.org/event/putting-for-pets-2024/

George Mason Friends Book Sale

Wednesday, September 25-Sunday, September 29

George Mason Regional Library, 7001 Little River Turnpike, Annandale
Preview sale, Sept. 25, 5-8 p.m. Entry fee \$20/adult. General sale, Sept. 26-29, 10 a.m.-5:30 p.m., Free. Browse a wide variety of high-quality used books, CDs, and DVDs. For more details, visit georgemasonfriends.blogspot.com or call 703-813-6616.

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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September Community Calendar

Love to Sing?

Register for one of Encore Creativity for Older Adults singing ensembles for adults 55+. The Encore Chorale of Fairfax, singing everything from choral classics to secular holiday favorites, meets Tuesdays starting Sept. 3, 11 a.m.-12:30 p.m. Fairfax ROCKS, singing choral arrangements of rock 'n' roll hits, meets Fridays starting Sept. 6, 10:30 a.m.-Noon. Fee is \$190/ensemble. Register at encorecreativity.org/fall2024. Visit encorecreativity.org or call 301-261-5747 for more information.

Tysons-Pimmit Regional Library Quarterly Book & Media Sale

Thursday, September 5-Sunday, September 8, 10 a.m.-5 p.m.

Tysons Pimmit Regional Library, 7584 Leesburg Pike, Falls Church
Large selection of books and media for all ages and interests. On Sunday, pay \$10 for a full grocery sack or half price if less. Visit tysonslibraryfriends.org for more information.

Fairfax Lions Club Dining for Dollars Fundraiser

Tuesday, September 10, 11 a.m.-9 p.m.

Support a worthy cause by dining at Foster's Grille in Vienna. Simply ask the cashier to put your receipt in the Lion's box, and Foster's will donate 20% of your purchase to Lions' youth, sight, hearing, and

community programs. Donate used eyeglasses and hearing aids during your visit. Questions? Contact Lion Tom at golfertom1943@gmail.com.

Resources and Guidance for Managing Primary Progressive Aphasia

Wednesday, September 11, 1-2:30 p.m.

Hybrid! Virtual and in-person at Insight Memory Care Center, 3955 Pender Drive, Suite 100, Fairfax
Primary Progressive Aphasia (PPA) is one of the subtypes of Frontotemporal dementia, characterized predominantly by the gradual loss of the ability to speak, read, write, and understand what others are saying. Learn more about PPA, including the signs and symptoms, how it differs from other dementias, and the resources available. Learn more or register at insightmcc.org/get-involved/events.

Fundamentals of Estate Planning

Thursday, September 12, 1:30-3 p.m.

Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria
Join Mt. Vernon AAUW and attorney Gretchyn G. Meinken for an important discussion about estate planning, and what can happen when you fail to plan. We will discuss the basic documents you should have, and ways to avoid probate with other estate planning tools available such as trusts and beneficiary designations. No registration.