



Corazon Sandoval Foley: Documenting the Past While Looking to the Future

by Gwen Jones, Department of Family Services

Corazon Sandoval Foley believes in honoring history. She has written several books about the history of her hometown of Burke, VA, conducting careful research to accurately depict the people and events that shaped the community. She has also worked to document the many contributions of Asian-Americans and Pacific-Islanders to Virginia history, a population not often acknowledged in books about Virginia history. While examining the past, Foley has also turned her eyes to the future, working to create the Burke/West Springfield Senior Center Without Walls to serve older adults. She has also been a tireless advocate for a permanent senior center in the Springfield district. While her work has been at times both exciting and exhausting, she is committed to always speaking out for what she believes in.



Corazon Sandoval Foley with grandchildren Ciara and Daniel in front of the recently erected Burke's Station historical marker.

with the U.S. State Department diplomatic service in Port-au-Prince, Haiti; Cebu, Philippines and Leningrad, USSR (now known as Saint Petersburg, Russia). In 1980, they moved to West Springfield and in 1995, had a house built in Burke, VA – and have long considered themselves Burkites, having fallen in love with their hometown. Both Corazon and Michael worked in the intelligence field with the State Department and Central Intelligence Agency while raising their two children.

After retiring in 2007 at age 57, Foley found she was still full of energy and excited to pursue new projects. In 2008, she led the Fairfax County Asian American History project to document the history, experiences, and contributions of Asian Americans in Fairfax County. The project resulted in the publication of a book, "The Fairfax County Asian American History Project: A

... continued to page 3

INSIDE THIS ISSUE

PSAs	4
Stalking and Older Adults	8
Estate Planning	11
Medication Preparedness	12
Substitute Teaching	14
Library of Things	16
Calendar	17
Sponsors	18

Corazon Sandoval was born and raised in the Philippines, emigrating to the United States in 1970 to pursue a Master's in Business Administration at George Washington University. After marrying Michael Daniel Foley, the couple served

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

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

SUBSCRIBE NOW!

The publication is available in print, online and via email. Subscribe to the Golden Gazette online at FairfaxCounty.gov/OlderAdults and click on "Subscribe."



You can also "Unsubscribe" and change your contact information at this page. If you cannot access the internet, call **703-324-GOLD (4653)** and leave a message to subscribe or unsubscribe with your contact information.

The *Golden Gazette* is also read over the phone to subscribers who register with The Washington Ear. Go to WashEar.org or call **301-681-6636** to register for this free service.

GOLDEN GAZETTE

Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035
FairfaxCounty.gov/OlderAdults
DFSGoldenGazette@FairfaxCounty.gov
703-324-GOLD (4653)

Michael Becketts
Director, Department of Family Services

Trina Mayhan-Webb
Division Director, Adult and Aging
Trina.Mayhan-Webb@FairfaxCounty.gov

Gwen Jones
Editor, Golden Gazette
Gwendolyn.Jones@FairfaxCounty.gov

ADVERTISE

For information, please call **703-324-GOLD (4653)** or email DFSGoldenGazette@FairfaxCounty.gov.

Advertisements do not imply an endorsement for services and products by Fairfax County Government. For consumer concerns, please call Consumer Affairs at 703-222-8435.

DISCLOSURES

The names and addresses, including email addresses, of persons receiving the Golden Gazette are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1a. Code § 2.2-3700 through 3714. Inquiries or complaints concerning this policy should be directed to the Adult and Aging Services, 12011 Government Center Pkwy., #530, Fairfax, VA 22035-1104.

Reasonable accommodations will be provided upon request. Call **703-324-5411, TTY 711**. The TTY number for all contacts in this publication is 711 unless otherwise stated.

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

READER SUGGESTIONS FOR CONTENT TO THE GOLDEN GAZETTE

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

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

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

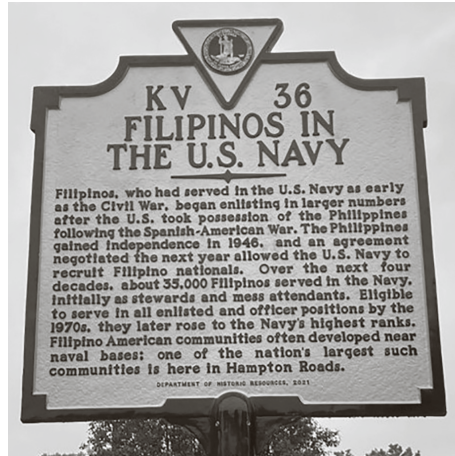
... continued from page 1

Contemporary History Honoring 143 Years of Asian Residents in Fairfax County.” In 2009, Foley was named Lady Fairfax in recognition of her work on the project. She has gone on to write several more books detailing Asian American contributions to Virginia history.

Foley says local history has always fascinated her and she has worked to document the stories of the early families and history of Burke. Through her research and by conducting oral history interviews, she has written four books about the history of Burke, going as far back as 1728. Her writing has also included her own family history. She edited her father-in-law’s World War II diary to create “Long Ago and Far Away: The World War II Diary of Daniel Foley, Jr. of Vallejo, California.” To honor her late father, she wrote "Sandoval Stories, 1760s-2013: Filipino American Odyssey from Iloilo, Palawan, Manila to Fairfax County, Virginia" which documents her own family’s history.

Not long after retiring, Foley also began driving a group of older women from her church, Nativity Catholic Church, to the Lorton Senior Center for a line dancing class. During the drives to and from the center, the women expressed their wish for a senior center located in their district. Foley’s first thought was “it can’t be that hard,” so she began to petition the Fairfax County Board of Supervisors to establish a Senior Center in the Springfield District.

After learning that there was no budget to establish a new permanent senior center, Foley worked with Fairfax County’s Neighborhood and Community Services staff to create a senior center in her community that has no fixed location. In 2009, the Burke/West Springfield Senior Center Without Walls (BWSSCWoW), a public-private partnership, launched. The center is supported by libraries, churches, and private organizations, who donate space in their facilities to host classes which are monitored by volunteers. Fairfax County supports the center by providing administrative support.



Corazon Foley's grandchildren, Daniel and Ciara, submitted the topic of "Filipinos in the U.S. Navy" to a statewide historical marker contest. Their entry was one of five selected and erected.

The BWSSCWoW was successful from the start, with participants lining up early each quarter to register for classes so they could secure a spot. In 2017, the Library of Virginia named her a “Changemaker” as one of the 2017 Virginia Women in History Awardees for her work establishing the Fairfax County Asian American History project and creating the BWSSCWoW.

During the COVID-19 pandemic, the BWSSCWoW suspended in-person classes so the website was expanded to serve as a resource and

digital activity hub to help combat social isolation among older adults in Fairfax County. In 2020, Foley received the Andrus Award for Volunteer Service – the AARP’s most prestigious award – for her continued advocacy in support of older adults in her community and her contribution to the creation and operation of the BWSSCWoW.

Although proud of the success of the BWSSCWoW, Foley has never given up on establishing a permanent senior center in the Springfield District. Fifteen years after Foley began advocating for a senior center, Fairfax County leased an 8,000-square-foot storefront in the Huntsman Square shopping center to serve as location of the senior center. On October 11, 2022, the Board of Supervisors approved a budget of \$250,000 to renovate the space.

Foley has passed her love of history onto her two grandchildren – 12-year-old Daniel and 10-year-old Ciara. In 2021, then-Governor of Virginia Ralph Northam sponsored a student competition to honor Asian American Pacific Islander Heritage Month. Students were asked to submit nominations on topics of national, state, and regional significance to Asian American Pacific Islander history in Virginia. Historical markers of the winning entries would be created and erected. After consulting with their grandma, Daniel and Ciara submitted the topic of Filipinos in the U.S. Navy, and their submission was one of five selected. The historical marker recognizing

... continued to page 4

... continued from page 3

Filipino-American service in the U.S. Navy was erected in Virginia Beach in May 2022.

While supporting her grandchildren's historical marker aspirations, Foley was also pursuing one of her own. She had discovered that the historical marker erected in Burke Station contained inaccurate information, so she petitioned the Virginia Department of Historical Resources to replace it with a corrected marker. Eventually they agreed and the new marker was installed in October 2022. Foley fought to correct the historical inaccuracy because she believes it is important that people know the true history of Burke, a place that she is proud to call her hometown. Foley is advocating for other historical markers to be erected in Burke as well as one in the City of Fairfax to recognize firefighters and other first responders.

In May 2022, Foley suffered the loss of her husband Michael. She takes great comfort in spending time

with friends and family, especially her grandchildren. She has also discovered that her advocacy work helps her continue to stay engaged, even while she grieves. Attending the BWSSCWoW line dancing class where she connects with friends and enjoys the music is also something she looks forward to every week.

To honor her late husband, Foley is petitioning the Fairfax County Board of Supervisors to honor the generations of Foleys who have served in the United States Military by naming the new center the "Foley Community Center." She is also hoping that the county will consider opening the new center as a community center rather than a senior center, a change that would allow the center to serve the entire population of Springfield while providing opportunities for generations to interact and learn from one another. While she eagerly awaits the opening of the center, she plans to stay active and continue to advocate for the causes she supports. ✨

Resolutions that Matter: A Commitment to Emergency Preparedness

by Carly Mullinax, Department of Emergency Management and Security

The new year traditionally brings thoughts of new beginnings and resolutions for self-improvement in the year to come. This year, the Fairfax County Department of Emergency Management and Security (DEMS) would like to encourage you to make a resolution that could empower you to effect important change in your life and the lives of your family members.

A mindset of preparedness is one which is ready for "when," not "if," disaster strikes for you and your family. Though thinking about the worst-case scenario can be stressful, taking concrete steps to prepare for an emergency provides a sense of empowerment and wellbeing. Planning for an emergency does not have to be overwhelming as there are many resources available to assist you. The following steps outline how you can begin to prepare for emergencies and resources to stay informed in the event of a disaster.

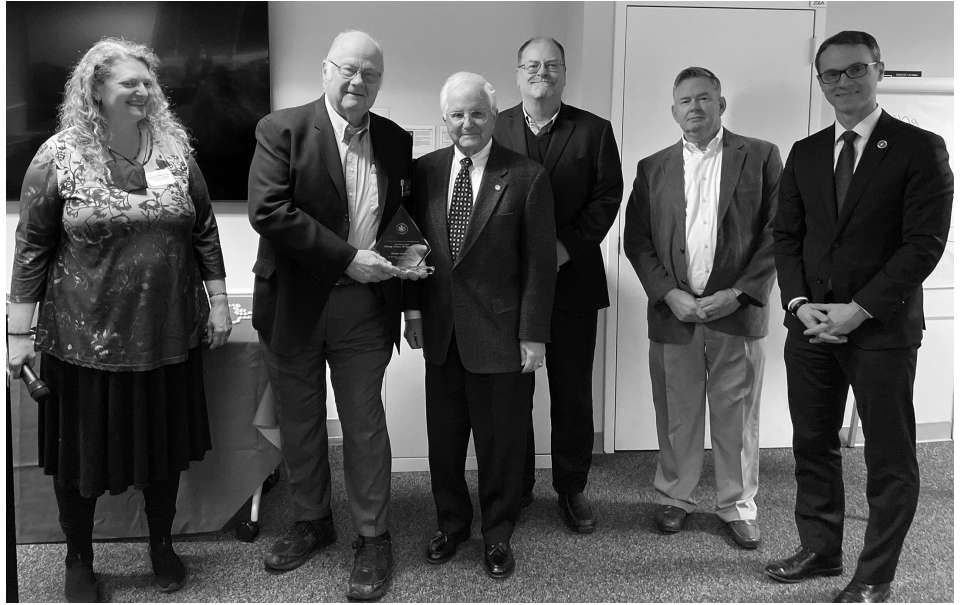
- ◆ **Stay informed!** The Fairfax Alerts system is the best way for residents of Fairfax County to sign up for free emergency alerts to be sent directly to

their phone via phone call, text message, or email. You can customize your alerts to include traffic, weather, and community updates. Sign up at FairfaxCounty.gov/Alerts.

- ◆ **Create an emergency plan!** Discuss a plan of action with family members or caregivers to determine ahead of time where you will go in the event that you must leave your home and what you will need to bring with you. DEMS has created the Community Emergency Response Guide (CERG) to assist you in crafting a plan and learning about how to prepare for disaster. You can find the CERG and other resources at FairfaxCounty.gov/EmergencyManagement/cerg.
- ◆ **Create an emergency kit!** Creating a bag full of items you will need in an emergency is a powerful, yet simple way to ensure you are as prepared as possible for when disaster strikes. For a list of all the items you should include in your kit, visit FairfaxCounty.gov/Emergency/ReadyFairfax/MakeAnEmergencyKit. ✨



L to R: Deborah Hammer, chair, Fairfax Area-Disability Services Board, Stephanie Davidson, and Fairfax County Supervisor James Walkinshaw (Braddock).



L to R: Deborah Hammer, chair, Fairfax Area-Disability Services Board, along with representatives from Marian Homes, Inc., Bill Crowder, past president, Ercole Barone, past president, Tom Savage, vice president, Paul Wilkinson, board member, and Fairfax County Supervisor James Walkinshaw (Braddock).

Martha Glennan Disability Inclusion and Equality Award Winners

by Karen Kelly, Department of Family Services

On December 12, 2022, Fairfax County recognized Stephanie Davidson and Marian Homes, Inc. at the Fairfax Area Disability Services Board's (FA-DSB) Martha Glennan Disability Inclusion and Equality Awards Ceremony. The awards are presented annually to recognize people, businesses, nonprofits, government agencies, and other organizations that excel in demonstrating a commitment to promoting equal rights and community inclusion for people with disabilities in the Fairfax area and highlight how people with disabilities have significantly benefitted from their efforts.

Stephanie Davidson is Director of Residential Services at Langley Residential Support Services (LRSS). Mrs. Davidson has dedicated 30 years at LRSS fiercely defending the rights of people with developmental disabilities, treating each individual like family, and has ensured LRSS community members voices are listened to and valued. Her everyday work and creative solutions to challenges have been shown to improve the inclusion, equality and outcomes of hundreds of LRSS residents and program participants.

Marian Homes, Inc. is a non-profit that owns, remodels and maintains houses which are used as group homes for people with intellectual disabilities in the Fairfax area. Marian Homes has successfully bought and remodeled seven homes in Fairfax County. These homes enable adults with intellectual disabilities to live independently with others once their parents can no longer care for them. It also provides aging parents with peace of mind about their children's futures. Around 40 individuals with intellectual disabilities have benefitted from the group housing offered through Marian Homes. These individuals are able to continue to live independent, productive lives, working and contributing to society.

The FA-DSB congratulates our winners and thanks everyone who is continuing to support people with disabilities in all aspects of community life! 🌟

Carving Out an Identity Separate from Caregiving

by Giuliana Valencia, Fairfax Area Agency on Aging

For many individuals, becoming a family caregiver is not only taking on a new job but also taking on a new identity. It is not uncommon for the caregiver to focus solely on their loved ones' needs and waits to the point that they may end up losing their own identity. Being a family caregiver is going to impact how a person thinks and feels about themselves. Therefore, it is important to set aside some protected time separate from caregiving and recognize that one's ability to do that will depend on the caregivers' responsibilities, as well as the help and support they receive from their family and others, including accessing supportive services available in the community.

Remember that as your loved one's condition changes, your tasks and responsibilities may gradually increase and lead you to experience stress and frustration. Knowing whether you are losing your sense of identity may not be obvious to you but becoming familiar with the following warning signs will help you prevent it on time.

- ◆ Your conversations are mainly about your loved one's needs even when people ask about you.
- ◆ Your plans and life revolve around your loved one.
- ◆ You have no time for yourself.
- ◆ Your self-care is minimal to nonexistent.
- ◆ You are constantly feeling that you are not doing enough for your loved one.

If you are struggling with this, try reaching out to our Aging, Disability, Caregiver Resource Line at **703-324-7948** to learn about respite options or simply to request a caregiver consultation.

Stroke Support Group, Helping Hands Stroke Club

Are you caring for a loved one who is a stroke survivor?



Helping Hands Stroke Club is hosting support groups for stroke survivors and caregivers on Fridays from 1 to 2 p.m. The group focuses on understanding stroke and its impact, reducing risk, adjusting to life after stroke, and much more.

To receive location details and register, email Erica Wrenn at Erica.Wrenn@FairfaxCounty.gov or call **703-246-7151**.

Group Speech Therapy Sessions

These therapy sessions are offered by the Fairfax County Health Department and are for stroke survivors only. They meet every second and fourth Friday of each month. The next speech group session will be on Friday, January 13, from 11:30 a.m. to 12:30 p.m.

To receive location details and to register, email Erica Wrenn at Erica.Wrenn@FairfaxCounty.gov or call **703-246-7151**.

Virtual Kinship Café-Support and Encouragement for Caregivers

Are you raising a child for a family member or friend?

If you answered “yes,” you are a kinship caregiver. We offer support to kinship families through Virtual Kinship Cafés that help build a community network among kinship caregivers. This is a relaxed, casual support setting, and it is virtual. Our topic for January is Open Forum. If you are interested in attending, join us on Thursday, January 19, from 6:30 to 8 p.m.

To register, email **BuildingStrongerFamilies@FairfaxCounty.gov** or call **703-324-7720**.

Death Café

Death Cafés are an opportunity to demystify the death experience. We offer an open, safe environment for discussing thoughts and feelings about all manner of death and dying. At a Death café, people drink tea and discuss death. Our aim is to increase awareness of death to help people make the most of their (finite) lives. This Death Café will be hosted by Hannah, a librarian who has been hosting Death Cafés since 2018. Please note: Death Cafés are not meant to act as support groups or grief counseling.

This program will be hosted on Saturday, January 7, from 3 to 5 p.m. at the Pohick Regional Library. To learn more and register, visit: bit.ly/DeathCafe-Library. ✨

Need Help with Your Heating Emergency?

by the Public Assistance and Employment and Training Division of DFS

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

Fairfax Area Commission on Aging

by Jacquie Woodruff, Fairfax Area Agency on Aging

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

At the December 21 COA meeting, Louis Nuzzo, Assistant County Attorney, presented about the Virginia Freedom of Information legislative changes relevant to Boards, Authorities, and Commissions.

COA Meeting Wednesday, January 18, 1 p.m.

The meeting will be held electronically due to the COVID-19 pandemic. Join from PC, Mac, Linux, iOS or Android:
us06web.zoom.us/j/81007441572.
Access Code: COA-m1234!

Live audio of the meeting may be accessed by dialing **888-270-9936** (US Toll Free) or **602-333-0032**; conference code: 231525.

For ADA accommodations, contact Ana Valdivia, **571-407-6960** or **Ana.Valdivia@FairfaxCounty.gov**; TTY services available via 711.

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

Stalking and Older Adults: How to Recognize This Crime and Get Help

By John Crowover, Domestic and Sexual Violence Services

January is National Stalking Awareness Month (NSAM). Though millions of men and women are stalked every year in the United States, the crime is often misunderstood, minimized, or ignored. Stalking is a pattern of behavior directed at a specific person that causes fear. Many stalking victims experience being followed, approached, or threatened – including through technology. Stalking is a terrifying and psychologically harmful crime in its own right, but it is also a predictor of potentially lethal violence: 1 in 5 stalkers use weapons to threaten or harm victims, and stalking triples the risk of intimate partner homicide.

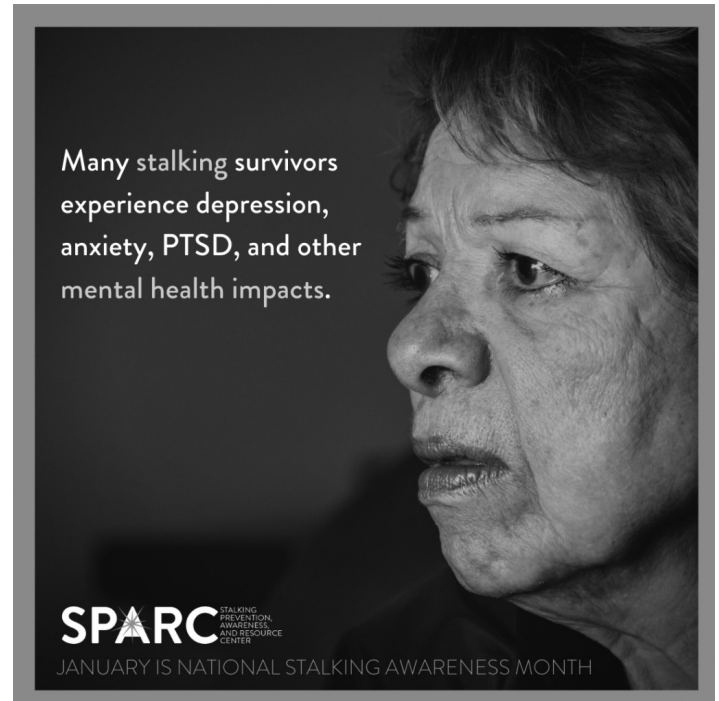
Stalking can also be a form of elder abuse. According to the National Council on Aging, approximately 1 in 10 older Americans (age 60 and older) have experienced some form of elder abuse. A recent report found some estimates range as high as 5 million older adults are abused each year. Another study estimated that only 1 in 24 cases of abuse are reported to authorities.

The Stalking Prevention and Awareness Resource Center (SPARC) and National Clearing House on Abuse in Later Life (NCALL) noted in 2021 that stalking is underreported. The 1 in 24 statistic is striking since it includes only older adults who have the economic, physical, and psychological resources to report the abuse inflicted upon them (i.e., a phone, the ability to pick up the phone or talk to a safe person, and knowledge that they needed to reach out for help). The statistic does not include older adults living in residential facilities, which is a significant number of people.

What can bystanders do for someone they know if that person has disclosed being abused or stalked? In honor of National Stalking Awareness Month, know the crime, name it, and stop it following these tips:

- ◆ If someone discloses stalking, listen and be supportive.
- ◆ Don't blame the victim for the crime or for the stalker's behavior.

- ◆ Remember every situation is different, and allow the person being stalked to make choices about how to handle it.
- ◆ Find a trusted person to talk to about the situation.
- ◆ Consider taking steps to increase your own safety.



For more information on safety planning in Fairfax County, seek assistance from Domestic and Sexual Violence Services (DSVS) through its Domestic and Sexual Violence 24-Hour Hotline at **703-360-7273** or Adult Protective Services at **703-324-7450**. If the danger is immediate, call 9-1-1 for law enforcement help.

Other national resources for information include:

- ◆ Stalking Prevention and Awareness Resource Center (SPARC) website: **StalkingAwareness.org**
- ◆ National Clearinghouse on Abuse in Later Life (NCALL) website: **ncall.us** ☀

Meaningful Ways to Serve Our Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

It's a new year, filled with possibilities. Did you make a resolution to be healthier? Forming social connections, helping others, and feeling productive can be an important part of that plan. Consider engaging in one or more of these volunteer opportunities:

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

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

FACETS is a non-profit organization whose mission is, "Opening doors for people in need." Their volunteers support families and individuals in various ways, including afterschool homework help, food distribution, administrative support, and much more. Go to FacetsCares.org or contact Suzanne Hough at shough@facetscares.org or 703-352-5090.

GrandInvolve is looking for older adult volunteers to help in Title I elementary schools as mentors, tutors, classroom assistants, and more. The volunteers help students achieve and maintain grade-level skills in reading and math, and build confidence. This program fosters intergenerational relationships which are beneficial to all involved. For more information, go to Grandinvolve.org or email volunteer@grandinvolve.org.

Haven of Northern Virginia is committed to offering support, compassion, information, and resources to the bereaved and seriously ill. Volunteers provide individual and group support to those experiencing a loss. Please contact Haven at 703-941-7000 or havenofnova@verizon.net.

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



Domestic and Sexual Violence Services (DSVS) is Looking for a Few Good Volunteers!

Interested in volunteering? Attend the Domestic and Sexual Violence

- ◆ Tuesday, January 10, 8:30 a.m.
- ◆ Wednesday, January 11, 6 p.m.
- ◆ Tuesday, January 17, 9 a.m.
- ◆ Wednesday, January 18, 6 p.m.
- ◆ Friday, January 20, Noon
- ◆ Monday, January 23, 6 p.m.
- ◆ Wednesday, January 25, 6 p.m.

Services' (DSVS) winter 2023 orientation for prospective volunteers to learn about DSVS, who they serve and how you can help! There are several orientation dates; choose the one that's most convenient for you.

For more information, contact Tanisha Cox at Tanisha.Cox@FairfaxCounty.gov. ✨

Volunteer Advocates Needed!

by Camden Doran, Long-Term Care Ombudsman

Many residents in long-term care (LTC) facilities can sometimes feel alone, isolated, and powerless. 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. The NVLTCOP needs volunteers who can advocate for the rights of residents in LTC facilities and help them with concerns that they are unable to resolve alone. If you possess skills in listening, communicating, problem solving, empathy and wish to help residents, please consider becoming a Volunteer Ombudsman. We seek

those who are willing to complete a comprehensive initial three-day training, commit to a minimum one year of service, and who can devote at least four hours per week assisting residents at assigned facilities close to home or work. In addition, each volunteer will be required to participate in ongoing training opportunities throughout their tenure with the NVLTCOP. For more information about NVLTCOP's volunteer program, or other nursing facility and assisted living concerns, please call the NVLTCOP at **703-324-5861, TTY 711**, or contact Camden Doran by email at **Camden.Doran@FairfaxCounty.gov**. ☀

Guard Your Wallet (and Heart) Against Romance Scams

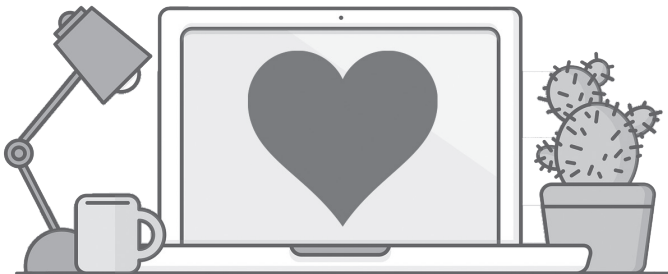
by Melissa Smarr, Fairfax County Silver Shield Anti-Scam Campaign

Many people are looking for love or just a companion after the loss of a spouse or partner. Adding to this already nerve-wracking process is the danger of getting scammed. Scammers are lurking on dating websites, hiding behind their computer screens, knowing that they can find very trusting people to send them money.

but believed he needed the money to see her. After contacting the FBI, she discovered that the man was from overseas and she was not able to retrieve any of her money. This story is not meant to scare you, but to make you aware that there are criminal scammers on dating websites, posing as potential companions, who only want your money.

Follow these tips to protect yourself from becoming the victim of a romance scam:

- ◆ Do not give money to anyone you've never met.
- ◆ If anyone pressures you to send them money, end the relationship.
- ◆ If a person provides multiple excuses why they do not want to meet you in person, end the relationship.
- ◆ Beware of any photos the person sends. There have been cases where scammers will take photos they've found online, claiming to be the person in the photo.
- ◆ Do not overshare with anyone you meet online. Scammers gather your personal information to convince you to send them money.
- ◆ Trust your instincts. If something does not feel right, end the relationship. ☀



The local news has shared stories of men and women losing thousands of dollars by sending money to their new loves. One recent case in our community involved a teacher who lost her spouse right before she retired. She spent the first six months of her retirement extremely sad while coping with her new reality. She decided to join a dating website to find a companion because she was lonely. After joining a dating site, within six months she gave approximately \$260,000 to her new companion. She never met the man,

Achieve Peace of Mind by Making an Estate Plan

By Gwen Jones, Department of Family Services

Have you made any resolutions for the new year? If you want to do something that will have a real impact on your life and the lives of those you love, make 2023 the year you tackle your estate plan.

To prepare an estate plan, three legal documents are recommended for nearly everyone – a general durable power of attorney, a last will and testament, and a health care directive (or living will).

A General Durable Power of Attorney is used in situations where you may become incapacitated and can no longer handle your personal or business affairs. When this happens, your designated agent can step in immediately to take care of your affairs – including tasks such as paying bills and taxes to applying for financial assistance or public benefits on your behalf.

A power of attorney must be created before you become incapacitated and when you have the legal capacity to sign the document. After you become incapacitated, it is too late. In those instances, your loved ones may need to petition the court to have a guardian and/or conservator appointed to handle your personal business affairs, a process that can be slow and costly.

Signing a power of attorney does not mean that you will lose the right to make decisions for yourself. If you have capacity, your designated agent can only perform duties if directed by you to do so. If you are incapacitated, your designated agent is required to do what is in your best interest.

A Last Will and Testament is a written statement that specifies how you want your property to be distributed after you die. In your will, you can name an executor to manage your estate after your death. If you have minor or disabled children, you can nominate a guardian for them in your will.

A simple way to get started is to walk through your home and make a list of your property and assets. Although it can be a difficult topic, talk to your loved ones and ask if there are certain items that they want (or don't want) after you are gone.



A Health Care Directive (or living will) is a legally binding document that gives voice to your medical wishes – informing doctors and health care professionals what your preferences are regarding medical care at the end of your life. The directive will specify what, if any, life-prolonging procedures can be administered when there is no likelihood of you surviving. It may also include your palliative care wishes or organ/tissue donation decisions.

A living will ensures that your wishes will be fulfilled. It also alleviates having your loved ones be burdened with making those decisions and prevents conflict among family members who may disagree over healthcare decisions.

To get started, it is recommended that you consult with an attorney who specializes in elder law. Their expertise will help you address your specific needs as well as any state laws, rules, and regulations. One option is Legal Services of Northern Virginia (LSNV), the largest legal aid organization in Virginia. LSNV includes an Elder Law Practice Group providing services and advice to clients 60 years of age and older. To learn more, visit lsnv.org or call 703-778-6800. 🌟

Rx Resolution: Make A Prescription Plan

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

Approximately a third of people over age 60 are on more than five prescription medications at any given time, a term referred to as polypharmacy. As we age, it is very likely that doctors prescribe medications for chronic conditions such as diabetes, asthma, hypertension, or heart disease. This new year, the Fairfax County Health Department's Division of Emergency Preparedness and Response urges you to consider medication preparedness. Ensuring that medication preparedness is part of an emergency plan/kit is important for several reasons:

- ◆ The effectiveness of prescription medication in treating conditions heavily depends on our adherence and ensuring we continue taking them in times of emergencies.
- ◆ Having an extra supply of medication on hand in the event of an emergency helps to prevent missing doses, especially for time sensitive medications.
- ◆ Having enough medication prevents people from having to “share,” or use medications from other people. Sharing medication is strongly discouraged, however, when people find themselves in an emergency and are unprepared, this can happen.

A crucial task in medication preparedness is to start building your personal medicine list. Make it your 2023 New Year resolution to create an easy to access list of essential prescription medications for you and your family. Your medication list should include the full name of the medication, dosage, what the medication is taken for, relevant instructions (e.g. taken in morning or evening, with or without food), and the name, phone number, and address of your pharmacy. To get you started, here are some online and offline options to explore:



Mobile Applications


- ◆ **Medisafe** – Free app that keeps track of your medications and has a feature to share the list with caregivers and emergency contacts. Visit [medisafeapp.com](https://www.medisafeapp.com) for more information.
- ◆ **EveryDose** – Free app where you customize medication reminders, alerts, and reports. Check out the virtual assistant called Maxwell, that can answer medication related questions. Visit [everydose.ai/technology](https://www.everydose.ai/technology) for more information.
- ◆ **MyTherapy** – Free app that also tells you how to take your medication – oral, injection at a specific site, etc. Visit [mytherapyapp.com](https://www.mytherapyapp.com) for more information.
- ◆ In 2022, the **Health app** on Apple added Medications, allowing users to conveniently build and manage a medications list, create schedules and reminders, and track their medications, vitamins, or supplements. In the US, users can simply point their iPhone camera at a label to add a medication, read about the medications they're taking, and receive an alert if there are potential critical interactions for their medications. Visit bit.ly/3VYbGDK for more information.

Downloadable Forms

- ◆ **U.S. Food & Drug Administration (FDA)** offer their My Medicine Record form with very detailed instructions on what information should be included. To view the form, visit bit.ly/3BfI256.
- ◆ **Agency for Healthcare Research and Quality (AHRQ)** have blank versions of Pill Cards. View the full-page Pill Card at bit.ly/3BiKyHJ. View the wallet-sized Pill Card at bit.ly/3FsW59T.
- ◆ **American Society of Consultant Pharmacists (ASCP)** provide a personal medication list form available online that has separate areas for prescription and over-the-counter (OTC) medications. View the form at bit.ly/3BgObOl.
- ◆ **Centers for Disease Control and Prevention (CDC)** has a personal medicines list. However, there's less space for medications than some of

Personal Medicines List

- List all medicines you are currently taking, and use multiple pages as needed.
- Include prescription medicines, over-the-counter medicines, dietary supplements, and herbal products.
- Update this list any time you have a change in the medicines you take.
- Take this list with you when you go to your doctor, pharmacist, or a hospital.



Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

Name: _____ Emergency Contact Name and Phone: _____

Date Last Updated: _____ Page Number _____ of _____

Name of Medicine	Dose/Directions	Medicine Taken For	Prescriber/Doctor	Notes

Chronic Conditions or Diseases

Allergies to Medicine	
Name of Medicine <small>e.g. Penicillin</small>	Describe Reaction <small>e.g. Rash, hives, swollen face or tongue, wheezing</small>

the previous examples. It might be a better fit for someone who only takes a couple medications. View the list at bit.ly/3VHyDLN. ☀

Supervisor Walkinshaw Highlights Services Offered by the Wellness Center for Older Adults

By Allison Geringer, Communications Manager, ServiceSource Inc.

The many stresses of daily life, including the rising cost of living and the lingering effects of the COVID-19 pandemic, have left many people wondering if resources are available in the community that offer support. Fairfax County Supervisor James R. Walkinshaw (Braddock) sought to draw attention to an outstanding free resource available to Fairfax County residents when he visited the Wellness Center for Older Adults (WCOA) on November 29. "Times are tough for many people right now," said Walkinshaw. "Everyone needs to support each other and remain mindful of those prone to community isolation."

Nearly 3 million Virginians are 50 or older, and 22 percent of Virginia adults have a disability. The WCOA offers comprehensive virtual and in-person services for adults ages 50 and older and individuals with developmental disabilities through ServiceSource's Long-Term Community Integration Services (LTCIS) program. All visitors to the center and program participants may participate in activities at the location.



Supervisor Walkinshaw (second from left) talks with a program participant during his visit to the WCOA on November 29.

The WCOA offers a variety of activities and services for the Fairfax community, including preventative health screenings, music, dance, and art therapy, access to fitness room equipment, health and wellness education, and more. During his visit, Supervisor Walkinshaw observed a tech class offered by AARP's Senior Planet and interacted with the participants and community partners.

The WCOA is open weekdays from 8 a.m.-4 p.m. and is located at 4027B Olley Lane, Fairfax, VA 22032.

For more information about ServiceSource and the WCOA, please call **703-970-3601** or visit ServiceSource.org/virginia-wcoa/. ☀

Looking for a Meaningful Second Career? Consider Becoming a Substitute Teacher

by Fairfax County Public Schools Office of Communication and Community Relations

If you are a retiree interested in embarking on a “second act,” consider substitute teaching. It is a wonderful opportunity to earn income while giving back to your community, sharing your knowledge, and connecting with the youngest generation. You may even learn a thing or two from the kids!

School districts across the region and the country are experiencing a substitute shortage and looking for creative ways to encourage qualified applicants to apply. A new Fairfax County Public Schools program provides bonuses to substitutes based on the number of days they work – those who work 50 days as a substitute receive a \$200 bonus, with the program maxing out at \$900 in extra pay for those who log 150 days of subbing this school year.

The school district is also offering bonuses for those who sub on so-called “high volume” days when administrators expect many staff may be out on leave. People who fill in for teachers on those days, which include a number of Fridays throughout the school year, will earn an extra \$80 per day, and those who serve as substitute instructional assistants will earn an additional \$55.

Jason Pensler, principal of Bull Run Elementary School in Centreville, says an average day at his school will have two or three teachers out – whether due to illness, family emergencies or personal leave. High volume days can mean twice as many teachers are absent, he says, adding he hopes the new financial incentives make those times easier to manage.

If you are intrigued by the idea of becoming a substitute teacher but have never taught, here are a few other factors to consider:



76-year old Bunni Cooper has worked as a substitute teacher for Fairfax County Public Schools since 2013. She has no plans to stop, saying that working with children gives her joy and purpose.

- ◆ You don't need to worry about what to teach. Teachers leave substitutes with detailed lesson plans for the day, and school staff are available should you ever need assistance.
- ◆ You control the who, the what, and the where. You can choose which grade levels, subjects and schools you would like to assist.
- ◆ You set your own schedule. You can stipulate which days you are available to work.

“Retirees have so much experience they have acquired in their lifetimes that is so good to share with young folks,” Principal Pensler says. “I’d tell all retirees to consider this – please share your knowledge with students, staff and community. I hope more will consider this good work because it is truly needed and truly valued.”

To learn more about becoming a substitute teacher with Fairfax County Public Schools, visit fcps.edu/careers/career-opportunities/substitute-teaching-opportunities/new-applicants. ✨

Meet Substitute Teacher Bunni Cooper

Bunni Cooper, or Ms. Bunni as she's known to students, has had students ask her to serve as a fill-in grandma. She's also had a group of "feisty" sixth graders ask her to join them at their cafeteria table for regular lunches – and she obliged. Cooper, who worked at the World Bank for 23 years before retiring and becoming a Fairfax County Public Schools substitute, gets hugs in the hallway and warm greetings from students she passes in the hallway on their way to recess.

"I'm not the type to just sit at home and do nothing, so when I retired I looked for a way to pay it forward," Cooper says. "I'm 76 – but you don't act it when you're around kids all day. They taught me a few years back how to do the 'dab' – I've learned all sorts of different dance moves in this job. I just have fun with them."

Cooper, who became an FCPS substitute teacher in 2013, has focused her time almost exclusively at Bull Run Elementary School in Centreville. Cooper works in all grades – from kindergarten to sixth –



and can also be found serving as a stand-in librarian, music instructor, or assisting with special education, depending on the day.

Cooper says she was drawn to substituting because she loves kids, which she notes is important for anyone interested in the work. Now nine years after she first became a substitute, Ms. Bunni typically works five days a week and has no plans to stop.

"These kids give me energy and purpose, they give me so much joy," Cooper said. "I feel like I am helping these students in some way establish the road to their success."

Fairfax County Fire and Rescue Launches Community Connect

by Fairfax County Fire & Rescue Department

Community Connect is a free, secure, and easy to use platform that allows residents and/or business owners to share critical information about their home or business that will aid FCFRD firefighters and paramedics during an emergency.

Stated Fire Chief John Butler: "We are always looking for ways to better serve the residents of Fairfax County. For this reason, we are rolling out a new program, Community Connect, to protect our residents and their property in the most effective way possible. By providing information about your household that you feel is important for us to know about at the time of an emergency, we can ensure you and everything you care about is protected to the best of our ability."

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. The platform has made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.

Data that you provide Community Connect is secure and is used only for the purpose of better serving you during emergency situations. Your information is never used for any other purpose.

To learn more about Community Connect and register: CommunityConnect.io/info/va-fairfax-county. 🌟

Check Out Fairfax County Public Library It's more than just books!

by Ashley Atkinson, Fairfax County Public Library

It is well known that Fairfax County Public Library's (FCPL) 23 branches are excellent places for readers of all ages to find a good book, magazine or newspaper to read or, in the case of our wide collection of audiobooks, listen to. You may be surprised to learn, however, that FCPL branches offer more than just reading material.

The Library of Things, formerly known as Realia, is a collection of physical objects available for loan to FCPL cardholders. Cardholders can borrow these items, just like they would books, for a specific period of time to use outside of the library, whether that be in the comfort of their own homes or during a meeting of friends. FCPL's Library of Things began in April of 2017 when they first started offering thermal cameras and nature backpacks to cardholders. Since then, the collection has grown significantly and now includes items that can be enjoyed by cardholders of all ages.

Library of Things items available* for checkout include:

- ◆ Framed Artwork
- ◆ Binoculars
- ◆ Board Games
- ◆ Book Discussion Kits - Contains 10 copies of the same book, as well as supporting materials such as book discussion questions or author information.
- ◆ Connect Kits – Includes Chromebook computers and a Wi-Fi hotspot, as well as appropriate charging cables.
- ◆ Conserve (Energy) Kits – Contains tools and consumable items that help borrowers make their home more energy efficient and understand more about how various appliances and devices use energy.



Board games, like Chess, and binoculars are just two of the items available for checkout from the Library of Things at Fairfax County Public Library.



- ◆ Hands-On History Kits – Includes primary source replicas such as photographs, journals, military records, replica money and games from a particular time period, as well as lesson plans and activities.
- ◆ Nature Backpacks – Contains nature tools (skills cards, tarp, binoculars, etc.), educational materials and a free pass to any of the Virginia State Parks.
- ◆ Thermal Cameras

In 2023, cardholders can expect even more items to become available through FCPL's Library of Things. Next up is a variety of home improvement tools, which library users can expect to see available for loan this spring or summer. For the latest information about the Library of Things and the items in the collection, visit bit.ly/FCPL_LibraryOfThings. 🌟

*Availability of Library of Things items varies by branch.

Mature Living – Planning for Retirement

The transition into retirement is an exciting time that offers individuals the opportunity to pursue hobbies and interests they may not have had time to enjoy during their working career. Being aware of healthcare costs and taking steps to ensure financial security can help individuals (and their families) as they transition to a new chapter of their lives.

Mature Living host Anne Hall talks with Bill Vaughan, a Volunteer Counselor with the Virginia Insurance Counseling and Assistance Program (VICAP), about healthcare options and costs, as well as how to navigate resources like Medicare. Denise Pitts, an attorney with Legal Services of Northern Virginia, shares information on the importance of estate planning, and *Mature Living* Producer Fran talks with Carolyn Armstead who shares her experience as a recent retiree, and how she prepared for the new phase of her life.

Mature Living can be seen on Channel 1016 on the following days and times:

- ◆ Sunday at 9:30 a.m. and 5:30 p.m.
- ◆ Monday at 5 p.m. and 9:30 p.m.
- ◆ Tuesday at 4 p.m., 8:30 p.m. and 11:30 p.m.
- ◆ Wednesday at 6:30 p.m. and 9:30 p.m.
- ◆ Thursday at 8:30 a.m., 4 p.m. and 11:30 p.m.
- ◆ Friday at 9:30 a.m., 3:30 p.m. and 9 p.m.
- ◆ Saturday at 9:30 a.m., 4 p.m. and 11 p.m.

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

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

January Community Calendar

Fairfax County's Environmental Quality Advisory Council (EQAC) Annual Public Comment Meeting

Wednesday, January 11, 7:15 p.m.

Fairfax County Government Center, Conference Room 9/10, 12000 Government Center Pkwy, Fairfax
You are invited to attend EQAC's public comment meeting to share your view on the state of the environment and to identify environmental issues of concern applicable to Fairfax County. EQAC welcomes in-person, written, and/or video testimony. Please limit comments to three minutes in length. For more information and instructions on how to submit testimony, please call **703-324-7136, TTY 711**, email eqac@fairfaxcounty.gov, or visit bit.ly/eqacpubliccomment.

Burke Historical Society Meeting

Sunday, January 29, 3 p.m.

Pohick Regional Library, 6450 Sydenstricker Rd, Burke, **703-644-7333, TTY 711**
Kathleen Jablonski will share her research on (Old) Burke Village, originally known as the Marshall and Brown subdivision, a historic hidden treasure of Burke.

Young at Heart Senior Center Advisory Council Craft and Flea Market

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

Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax
Join us to shop, eat, and enjoy friendly company while supporting this Green Acres Senior Center fundraiser. If you are interested in selling your crafts or household items, spaces are available for \$35. Each space comes with a rectangular table and two chairs. For information and applications, please contact Pat Zeiss at patzeiss3@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.