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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **A message from Kathy Smith**  I hope that everyone is enjoying the summer weather. I have provided guidelines below on how to keep yourself and your family cool and hydrated.  The Fairfax-Falls Church Community Services Board (CSB) plans, organizes, and provides services for people in our community who have mental illness, substance use disorders, and/or developmental disabilities. The CSB also provides early intervention services for infants and toddlers who have developmental delays. This week the CSB is accepting public comments for changes it is making to its Guidelines for Assigning Priority Access to CSB Services. The draft proposes to prioritize care for those who need it most.  I have also included information about London Towne Elementary School’s weekly book giveaway. Book giveaways are always a great place to find a variety of books that you may not have encountered in a bookstore setting. I encourage you to swing by and see if anything interests you.  Lastly, Western Fairfax Christian Ministries (WFCM) is holding a "Stock Our Shelves" event on Saturday, July 29 from 9:00 a.m. to 3:00 p.m. The food drive is to help replenish the shelves of the WFCM food pantry located here in the Sully District. I hope you can join me at one of the food drive locations! More information about the event is below.  Sincerely,  https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/2169e19a-3ea8-40ba-bca7-2c6891dc764e.jpg | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [www.facebook.com/sullydistrict](http://www.facebook.com/sullydistrict)       |     [www.twitter.com/sullysupervisor](http://www.twitter.com/sullysupervisor) | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-facebook-48.png](http://www.facebook.com/sullydistrict) | | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | [https://cdn-images.mailchimp.com/icons/social-block-v2/color-twitter-48.png](http://www.twitter.com/sullysupervisor) | | | | | | | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Heat Safety Basics** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/4cf37cc8-55e0-4607-b6ec-ffd73ab51e02.jpg | | To keep cool as the summertime heat continues, Fairfax County encourages residents to follow this general advice:   * Drink plenty of fluids: **Drink two to four glasses** of cool fluids each hour. Your body needs water to keep cool. Drink water even if you don't feel thirsty. * **Do not drink caffeinated or alcoholic beverages** because they dehydrate the body. * Keep cool indoors: If you can, **stay in an air-conditioned area**. Resting for just two hours in air conditioning can significantly reduce heat-related illnesses. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities. * Electric fans may provide comfort, but with temperatures in the 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off. * Plan outdoor activities around the heat: If you must go outside, **go before noon or at night** when it's cooler. * Avoid strenuous physical activities or reschedule them for the coolest part of the day, usually the early morning. **Limit physical activity** until your body adjusts to the heat. * **Eat light meals**, avoiding high-protein foods because they increase metabolic heat. * **Don’t take salt tablets** unless directed by a physician. * Wear light-colored clothing, which helps reflect sunlight. * **Wear sunscreen** to prevent sunburn. Sunburn makes it more difficult for your body to cool off. * Never leave children or pets unattended in a car—not even for a few minutes. * Ensure your home's cooling system is working properly before it is truly needed. * Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **London Towne ES Holds Weekly Book Giveaways This Summer** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/0265fd20-65e7-48e7-ae19-736395ac4dd5.jpg | | London Towne Elementary School will hold a weekly free book giveaway throughout the summer. Book distribution will run from **11:30 a.m. to 12:30 p.m. each Tuesday and Thursday through August 24**, rain or shine. Books have been donated by students, teachers, and BookWorm Central, and were collected during the last month of school. Anyone can come and take as many books as they would like. Two teachers will be out with the book carts at the kiss and ride location on the side of the school next to the Summer FEEDS barbecue. The book giveaway is being held in conjunction with the Summer FEEDS program.  For more information, contact librarian Megan Carnahan at 703-227-5412. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **"Stock Our Shelves" for WFCM's Food Pantry** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/41ec68a5-0f66-4c66-bb64-56396453c34f.jpg | | Western Fairfax Christian Ministries (WFCM) is organizing a community-wide food drive to help replenish and restock the shelves of the WFCM food pantry, which serves hungry individuals and families in western Fairfax County. This is a very critical time of year for WFCM, and keeping the food pantry shelves stocked during the summer months is always a challenge--particularly with children out of school and unable to access free or reduced price meals daily at their school. Additionally, with many regular donors on vacation during the summer, donations to the food pantry drop during a heavy-use time.  WFCM needs the community’s help to serve those struggling with food insecurity and needs.  WFCM invites you to shop and donate food and monetary donations at three "Stock the Shelves" locations, on **Saturday, July 29, 2017 from 9:00 a.m. to 3:00 p.m.** Food drives will be held at **Centreville Giant Grocery Store (14125 St Germain Drive, Centreville, VA), Chantilly Walmart (4368 Chantilly Shopping Center Drive, Chantilly, VA), and Greenbriar Giant Grocery Store (13043 Lee Jackson Memorial Highway, Fairfax, VA).** At each grocery store location, volunteers will distribute a most-needed food list to encourage shoppers to purchase items needed to restock WFCM’s pantry shelves.  Some of the items most needed at WFCM’s Food Pantry include: canned fruit, canned meats, rice, dry or canned beans, oatmeal or cereal, cooking oil, sugar, juice boxes, dry pasta and sauce, and canned vegetables (other than green beans).  Personal hygiene items are also needed and clients are unable to purchase these items with food stamps:  small dish soap, laundry detergent, soap, shampoo, toothpaste, deodorant, diapers (size 4, 5, and 6) and feminine care items.  Volunteers are also needed to help with the food collection effort between 9:00 a.m. to 3:00 p.m. at the various locations.  Duties will include handing out flyers, collecting donations from customers, and weighing, sorting, and organizing food items.  Volunteers are also needed between 3:00 p.m. and 6:00 p.m. at WFCM’s food pantry (located at 4511 Daly Drive, Chantilly) to help accept food donations as they come in from the grocery store locations that will be a part of the community-wide effort. This is a wonderful event for the entire family and children of all ages are welcome to assist with parental supervision!  It is also great opportunity for children and youth who require service hours for middle or high school.  If you would like to volunteer, please contact Jennie Bush at [jbush@wfcmva.org](mailto:jbush@wfcmva.org) or 703-988-9656, ext. 107.  If you would like to assist but are unable to attend in person, they will also accept financial gifts to assist with pantry needs. You can write a check payable to WFCM and mail to WFCM, attn.: Stock Our Shelves, PO Box 220802, Chantilly, VA 20153. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Public Comment on Changes to Guidelines for Assigning Priority Access to CSB Services** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/9a118b32-6640-44a5-8377-5f689f81fd58.gif | | The Community Services Board (CSB), at its June 28, 2017, meeting, recommended a public comment period on proposed changes to the Guidelines for Assigning Priority Access to CSB Services.  CSB Senior Leadership has led the effort to transform the CSB service system to one that is more flexible and responsive to people with multiple complex needs. However, an increasing number of individuals are either on a waiting list or referred to the private sector due to our limited resources. It is never the intent to deny anyone with an authentic request to receive services at the CSB; however, it was determined that priority guidelines for access to services are essential when demand exceeds available resources. Additionally, there is a need to update language and to clarify priority access to services, particularly for those not familiar with the process.  [Draft priority guidelines for access to services](http://www.fairfaxcounty.gov/csb/board/draft-priority-access.pdf)  were developed by CSB Senior Leadership following extensive review of the capacity and the increasing need for services to meet the growing population, while budget constraints are projected to increase. These guidelines apply the principles provided by professional ethicist Dr. Michael Gillette, who has consulted with the ethics committees of numerous CSBs, including ours, Alexandria, and others across the state. A further review was undertaken through the CSB Board Ad Hoc Priority Guidelines Review Committee, comprised of Board members, staff, and some interested stakeholders.  The [draft document](http://www.fairfaxcounty.gov/csb/board/draft-priority-access.pdf)  incorporates many of the issues addressed in the numerous workgroup meetings as well as feedback provided by CSB Board Members and Associate Committee Members, Human Service Agencies, and at Community Dialogues.  **Please provide your comments by July 26, 2017** to: CSB Board, Fairfax-Falls Church Community Services Board, 12011 Government Center Parkway, Suite 836, Fairfax, VA 22035-1105 or via email to [wwwcsb@fairfaxcounty.gov](mailto:wwwcsb@fairfaxcounty.gov). Printed materials are available for review at the same address; if interested, please call 703-324-7000, TTY 711.  Comments received will be considered and presented to the full CSB Board at the June CSB Board meeting:  **Wednesday, July 28, 2017** 5:00 p.m. Merrifield Center 8221 Willow Oaks Corporate Drive Level 3, Room 409A Fairfax, VA  The proposed revisions will be discussed at the Board meeting before a final recommendation is made to the full Board. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Getting Prepared for Hurricane Season** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/b1261ae8-d06c-4a7e-bcc4-9a284baa1b48.jpg | | Hurricanes are one of nature’s most powerful and destructive events. High winds, heavy rainfall, tornadoes, and flooding can potentially cause loss of life and catastrophic damage to property. Hurricane season begins June 1 and ends November 30. Get prepared by watching this video from Fairfax County’s Office of Emergency Management. [Click here to watch the video](https://www.youtube.com/watch?v=sO2nCY8w2hw&feature=youtu.be).  For more information about hurricane preparedness, please visit [http://www.fairfaxcounty.gov/oem/prepare/hurricanes.htm.](http://www.fairfaxcounty.gov/oem/prepare/hurricanes.htm) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Home Alone: Guidelines For Kids & Parents** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/c38ef321-dbe4-498d-a400-4e1777142e5b.jpg | | School is out and with the summer months comes more free time for many kids – and parent/guardian concerns about leaving children unsupervised at home. Every child is different and parents are ultimately responsible for making decisions about their child’s safety. If you feel your child is ready to be left at home unsupervised, here are guidelines developed by social workers and community partners. It is important to understand these are only guidelines.  **How To Know If Your Child Is Ready:**   * There must be no emotional, medical or behavioral problems that affect their judgement or decision-making skills. * The child must be comfortable being alone. * You and your child should have a safety plan worked out, which includes:   + How to get in touch with you or other responsible adults at all times (including knowing the parent/caretaker’s whereabouts and having a telephone number where you can be reached).   + What to do in case of emergency.   + Guidelines for acceptable behavior.   + Knowledge of emergency telephone numbers. * Your child must demonstrate the ability to follow the safety plan and to make decisions that reflect concern for personal safety.   **Age Guidelines:**  **7 years and under -** Should not be left alone for any period of time. This may include leaving children unattended in cars, playgrounds and backyards.  **8 to 10 years -** Should not be left alone for more than 1½ hours and only during daylight and early evening hours.  **11 to 12 years -** May be left alone for up to 3 hours but not late at night or in circumstances requiring inappropriate responsibility.  **13 to 15 years -** May be left unsupervised, but not overnight.  **16 to 17 years -** May be left unsupervised (in some cases, for up to two consecutive overnight periods).  **Resources for Parents:**   * [Guidelines for Selecting a Babysitter](http://www.fairfaxcounty.gov/dfs/childrenyouth/selecting_babysitter_eng.htm) * [Recognizing Child Abuse and Neglect](http://www.fairfaxcounty.gov/dfs/childrenyouth/recognizechildabuse.htm) * [Child Care Central](http://www.fairfaxcounty.gov/childcare/) * [Student Safety and Wellness](https://www.fcps.edu/resources/student-safety-and-wellness) | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **History Spotlight: Mt. Gilead** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/04aa1e06-c238-4e50-8d43-54fde8f04f02.png | | Mt. Gilead, built in 1785, is the oldest house in Centreville. While it has always been home to a family, it has also served as a tavern, inn, and headquarters for Civil War generals.  Enjoy family friendly activities on the front lawn and further explore the history of Mt. Gilead and the rest of the Centreville Historic Park during the 25th anniversary of Centreville Day on Saturday, October 21, 10:00 a.m. to 5:00 p.m.  For more information, please visit [http://www.historiccentrevilleva.org](http://www.historiccentrevilleva.org/). | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Reminder!** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/09fda2fb-d84a-4ca4-8b5e-f718bdb6508c.jpg | | **Secure Document Shredding Event**  The Fairfax County Solid Waste Management Program will be sponsoring one secure document shredding event in each supervisory district per calendar year.  These events are **only** open to Fairfax County residents along with residents of the Towns of Vienna, Herndon and Clifton and the Cities of Fairfax and Falls Church. **Documents from businesses will not be accepted.**  **Date:** July 22, 2017 **Time:** 8:00 a.m. to 12:00 p.m. **Location:** Westfield High School - 4700 Stonecroft Boulevard, Chantilly, VA 20151  **Procedures for the Event:**  **Please Note:** Shredding events start at 8:00 a.m. and conclude at 12:00 p.m.  All cars must be in line by 12:00 p.m. These are drive-through events and residents will be asked to remain in their vehicles. **For everyone’s safety, you will not be able to stand by and watch your paper being shredded.**   * County staff remove boxes from cars and trucks and empty paper into rolling carts. * Once full, the carts are taken to the shredding truck where they are emptied into a shredder. * All documents are cross-cut shred on-site, by a private contractor, on the day of the event. * Following the event, all paper is delivered to a local recycling facility for processing. * Written certification of shredding will not be provided.   For additional information, please contact **703-324-5230, TTY 711** or visit <http://www.fairfaxcounty.gov/dpwes/recycling/shredding.htm>. | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/dae45889-de7b-4651-b558-1ab13d8e399e.png | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  | | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/3d0501d4-caa8-4150-8e8b-aac76f8cbb92.png | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Animal Shelter Corner** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/138e2569-612f-4074-b205-7f92d808f270.png | | **Meet Reba!**  **Age:** 1 year 9 months **Gender:** Female **Color:** Brown / White **Spayed/Neutered:** Yes **Size:** Large  This girl is an absolute doll and SO people-oriented! She has a really interesting backstory, too: she was hanging around outside someone's house for the last month, and they were feeding her. Eventually they decided to bring her in to the shelter, in the hopes they could find her owner. Sadly, no one came for Reba and so now she's ready to find a new family!  Reba is always ready to go outside for a walk; it's basically her most favorite thing ever. She is really strong and pulls a lot especially at first, but with exercise she soon calms and walks better. She will need to keep working on that with her forever family. Funny quirk: she likes to watch birds, and really just about anything that moves.  Reba does well with other dogs out and about on walks, but might prefer to be an only dog in a home. She absolutely loves car rides - she jumps in the back, though will occasionally try to sneak to the front when she thinks the driver needs help. Reba is super treat-motivated - she has "sit" down cold, and is easy to train because she's happy to perform for a tasty morsel. Reba is also housebroken; once she figures out your routine, she goes to the door and/or whines and gives her people kisses so they'll know she needs a break.  Reba loves balls, balloons, stuffed squeaky toys, and nylabones. She gets very excited during play, and might tend to bowl over small children, so older or no kids in the home would probably be best for her. Last but not least, Reba is a champion snuggler and loves to share the couch and bed with her people.  Are you the forever family that Reba is wishing for? If you would like to meet Reba, please email the shelter at [animalshelter@fairfaxcounty.gov](mailto:animalshelter@fairfaxcounty.gov) and they will set up a time for a meet-and-greet! | |  |  |  | | --- | --- | | |  | | --- | |  | |  |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **Volunteer Opportunity in Sully** | | |  |  |  |  | | --- | --- | --- | | |  | | --- | | https://gallery.mailchimp.com/cec2d2c5cce9734dae2d45ab6/images/007662ac-2c68-4d62-a7b2-58f8c48bb64d.jpg | | **Biological Stream Monitoring**  Join volunteers throughout Fairfax County who monitor water quality in local streams. We train volunteers to assess ecological conditions in streams based on the presence and abundance of benthic macroinvertebrates (aquatic insects). Volunteers also learn how to take chemical measurements about nitrate/nitrite and turbidity. Training includes indoor and field workshops and mentoring by experienced monitors.  **Contact:**  Dan Schwartz 703-324-1422 [dan.schwartz@fairfaxcounty.gov](mailto:dan.schwartz@fairfaxcounty.gov) <http://fairfaxcounty.gov/nvswcd/monitoring.htm> | |  |  |  | | --- | --- | | |  | | --- | |  | | |
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