

# Golden Gazette



FAIRFAX COUNTY DEPARTMENT OF  
**FAMILY SERVICES**

[www.FairfaxCounty.gov/OlderAdults](http://www.FairfaxCounty.gov/OlderAdults)

## Master Gardener Joe Francis: Passionate about Gardening and Giving Back

by Gwen Jones, Department of Family Services

Joe Francis is the ultimate lifelong learner. At 86 years old, he has devoted much of his life to learning about plants and gardens. As a member of Fairfax County's Master Gardener Program, Joe also enjoys sharing his knowledge about gardening with members of the community.

Joe's interest in plants began almost by accident. Growing up in Lackawanna County, PA, Joe attended a boarding school where the boys were required to play sports as part of their education. Lacking enthusiasm for sports, Joe was often sent to the office as punishment for not participating. During one of those visits, the 14-year-old noticed a landscaping crew working outside and asked if he could join them instead of participating in team

sports. The headmaster agreed and Joe's gardening education began. Joe learned very basic plant care while working with the crew, but the experience sparked his lifelong fascination with gardening.

After graduating



*Joe stands in front of his home next to a Seven Sisters rosebush. The rosebush is one of two that were in the yard when he and his wife Aggie purchased the home in 1970.*

from high school, Joe joined the Army and left Pennsylvania. While in the Army, Joe was often transferred so he was unable to put down roots. However, during this time he met and married his wife, Agatha (Aggie) and they had a son. While their son was still an infant, Joe was sent to serve in the Vietnam War. When he returned to the states, he was stationed at the Pentagon. Joe and his family initially moved to Arlington, but in 1970 purchased their home in Herndon. Situated on three acres, the four-square style home, built in 1906, was ideal for Joe's gardening ambitions.

While Joe and Aggie were improving their home, raising their son, and developing their gardens, Joe also developed a passion for orchids. His interest

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## GOLDEN GAZETTE

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

## READER SUGGESTIONS FOR CONTENT TO THE GOLDEN GAZETTE

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

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

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



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began when Aggie gave him his first orchid (which he still owns.) Knowing little about how to care for orchids, Joe joined the National Capital Orchid Society and began attending seminars and workshops offered by the society and its sister societies. In addition to the seminars, Joe also learned a lot about orchid care from his fellow society members.

As Joe's orchid collection grew, he became interested in finding all the old orchid hybrids. He also learned about the primary diseases that affected orchids and worked to purge diseased plants from his collection.

When Joe retired from the Army, he embarked on a second career – working at a nonprofit for 23 years until retiring for good in 2001. That same year, Joe joined Fairfax County's Master Gardener Program. To become certified as a Master Gardener, members must complete 33 hours of training per year for three years, and once certified, provide 24 hours of community service annually.

As Joe grew more active with the program, he became impressed by his fellow members. Many of them were like Joe – recent retirees who brought a wide range of knowledge and skills to the program. Joe noticed that the one shared trait of all his fellow Master Gardeners is their passion for giving back.



In fact, when asked what he most enjoys

*On Joe and Aggie's patio, water lilies grow in an antique cast iron sugar cane kettle that once belonged to Aggie's mother.*



*Joe next to a tile mural he and Aggie commissioned for their home. It depicts the flora and fauna that Joe and Aggie found on the property when they purchased their home in 1970. The words in the banner near the bottom of the mural are "More grows in the garden than the gardener has sown."*

about the Master Gardener program, Joe says that he loves the clinics. "To me, that was the greatest part of the experience. People would ask weird questions and we had to pull out what they were really asking. This interaction and helping the public was the greatest thing."

During his many years with Fairfax County's Master Gardeners Association, Joe has held many leadership roles and has become a beloved figure among members and Virginia Cooperative Extension staff. Beyond his expertise and many contributions to improving the FCMGA, Joe is known for making new members feel welcome and helping them find a place within the group where they can get involved and thrive.

In addition to serving as a Master Gardener, Joe has found many other ways to give back to his community. For 37 years, Joe donated plants to the Town of Herndon for the landscaping of public spaces. This partnership began when Joe remarked to Herndon's then-mayor about how ugly the shrubbery was at the Herndon Community Center. The mayor responded by inviting Joe to use his

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gardening skills to beautify it. Joe accepted the challenge and began providing plants he grew in his greenhouse to Herndon's landscaping crews, along with advice for how to care for them.

Joe recently donated his collection of orchids to the U.S. Botanic Garden. The 700+ plants are now housed in one of their facilities and put on display when they bloom.

Over the past few years, Joe has also grown tomato seedlings in his greenhouse and donated them to community gardens. He chooses varieties that produce smaller plant sizes and have high nutritional value. This year he donated over 60 plants of varieties such as Cherokee Red and Brandywine.

Joe and Aggie have no plan to leave their beloved home and have made modifications to ensure that they can age in place, including installing an elevator and making the bathrooms accessible. They both continue to work tirelessly in their garden with some assistance from a landscaping crew, who have learned a lot while working alongside the couple. Joe continues to be an active member of and tireless advocate for the Master Gardener program, saying "People can bring their own gifts and talents to the Master Gardener program. It is a great opportunity for retirees or empty nesters. It gives you a whole new life!"

Learn more about Fairfax County's Master Gardener program at **FairfaxGardening.org**

### Three Simple Steps for a Successful Garden by Joe Francis

**Step 1:** Test your soil. This will tell you what you need to add to the soil to ensure your plants will thrive.

**Step 2:** Study your light patterns. By studying how much sun a location gets at various times of day, you can determine what plants you can successfully grow in that location.

**Step 3:** Plant your garden! ☀



## Make the Switch – Sign up for the Golden Gazette Email!

**During the month of June, over 50 Golden Gazette subscribers switched from paper to email subscriptions. Thank you!**

Please join them! By swapping your paper subscription for an email subscription, you will help us reduce paper and cut costs! You will also be able to read the Golden Gazette anywhere on your phone or tablet device.

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1. Go online to **FairfaxCounty.gov/familyservices/older-adults**
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## You Are Being Discharged. What's Next?

by Camden Doran, Long-Term Care Ombudsman

Being discharged from a long-term care (LTC) facility can often cause a mixture of feelings for a resident and their families. Many may feel joyous at the thought of returning home, and others may be confused about the discharge process in general. All LTC facilities are required to provide notice of discharge to a resident, or their authorized decision maker, in writing. However, the regulations regarding discharges vary between a nursing facility (NF) and an assisted living facility (ALF).

A NF must provide written notice of a resident's discharge at least 30 days in advance, and must include the following information:

- ◆ Reason for discharge,
- ◆ Proposed date of discharge,
- ◆ Location of where the resident will be discharged,
- ◆ Information about how to appeal the discharge, and
- ◆ Contact information for the Long-Term Care Ombudsman Program and other agencies responsible for advocacy on behalf of persons with mental illness and developmental disabilities.

Upon initiating a discharge within an ALF, the facility is required to document in the resident's records that discharge planning has begun, and the resident is to be moved within 30 days. Written notice of a resident's discharge should be provided at least 14 days prior to the resident leaving and should include information pertaining to the actual discharge date and location. In some instances, an emergency discharge may require less than the 14-day notice.

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 a resident's rights when it comes to discharge planning, 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](mailto:NVLTCOP@fairfaxcounty.gov). ☀

## Celebrating the Americans with Disabilities Act (ADA) 32nd Anniversary!

by Karen Kelly, Department of Family Services, Disability Rights and Resources

The Fairfax County Department of Family Services is honored to celebrate the Americans with Disabilities Act (ADA) 32nd Anniversary. The ADA is a civil rights law which prohibits discrimination against people with disabilities in public life. This includes employment, transportation, government programs and services, public accommodations, services operated by private entities, telecommunications, and all public and private places that are open to the general public. The law ensures that people with disabilities have the same rights and opportunities as everyone else.

The anniversary celebration takes place on July 26. Individuals can participate by visiting the ADA anniversary webpage [adaanniversary.org](https://adaanniversary.org).

There you can learn about this important law, celebrate the anniversary and share information.

People with disabilities can face barriers to public life daily. The Fairfax County Department of Family Services is proud to support the ADA and strives to promote equal access, rights and opportunities for all individuals. ☀

**ADA32** ★ ★ ★ ★ ★  
★ 1990 - 2022 ★

**Americans with Disabilities Act**

Celebrate the ADA! July 26, 2022

## The Role of Self-Compassion in Caregiving

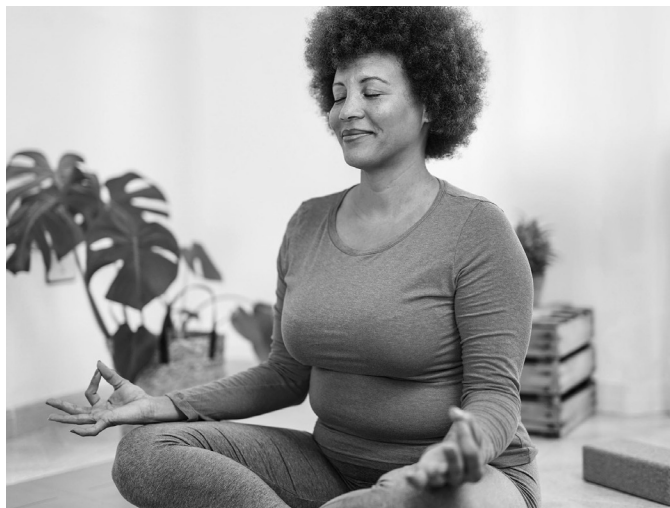
by Giuliana Valencia, Fairfax Area Agency on Aging

Becoming a caregiver for a loved one can be a rewarding and challenging experience. Often, family caregivers struggle with the stress of the responsibilities and the unpleasant emotions that arise from it. Whether these emotions and feelings happen right away or after a few years of caring for someone, it is important to know that they are valid and need to be acknowledged. If left unattended, our critical inner voice may lead some caregivers to experience guilt, anger, shame, and helplessness. Psychologists have found that learning to be kind and understanding of ourselves can stop the self-criticism that often make things worse. By developing self-compassion, we can help bring our emotions into balance and increase our sense of wellbeing. Furthermore, research has shown that self-compassion has a positive effect on depression, stress, anxiety, and self-criticism.

To develop self-compassion, one has to learn to become mindful of what one is doing. Mindfulness means focusing our attention on the present and slowing down our tendencies for thinking, judging, and doing many things at once. A quick and simple exercise to develop mindfulness is to sit comfortably with your feet flat on the ground, lay your hands on your legs, close your eyes, and focus your attention on your breath. If you notice that your mind wanders, gently bring it back to your breath. You can try this for a few seconds or minutes each day. Remember that there will be times when you might feel frustrated because your mind wanders, but the fact that you notice it is wandering is part of developing mindfulness, and therefore, self-compassion.

### Adult Service Options for the Aging - Caregiver webinar

Today, there are more options than ever before for older adults who need help living in their homes or for those who can no longer live alone safely. Gone are the days where an institution, like a nursing home, was the only alternative. The options for care can be overwhelming and confusing but with a little education, families and caretakers can help their loved ones find a solution that best suits them



including those that allow them to age in place. Join us Wednesday July 20, from noon to 1 p.m. for this webinar for a brief synopsis of the Fairfax County Home Based Care program, the Virginia Medicaid Commonwealth Coordinated Care Plus Waiver (CCC Plus), and the Auxiliary Grant program option for Assisted Living Facility placement.

This session will be facilitated by Tammi Cave, Adult Social Services Specialist, Susan White, Public Health Nurse, and Jonathan Bell, Long-Term Care Supervisor, Fairfax County Department of Family Services.

Online Registration: [bit.ly/CAREWEB1](https://bit.ly/CAREWEB1) or call 703-324-2019.

### Home Safety Education: A Caregiver Panel Conversation

According to the National Safety Council, research has shown since 2020, 113,500 people died from preventable injury-related home deaths. This number continues to increase every year. In this panel conversation, we will explore home safety educational tips and resources to help prevent injury and accidental deaths in the home. Join us on Friday, July 1, from 2 to 3:30 p.m.

Panelists include Don Ryan, Director of Partnerships, Rebuilding Together Arlington/Fairfax/Falls Church; Jessie Tamayo, Life Safety



Educator, Fairfax County Fire and Rescue Department; and Meg Hawkins, Community Outreach Officer Sully Police District.  
Online Registration: [bit.ly/AAAPanel](https://bit.ly/AAAPanel)  
or call 703-324-2019.

### **You are My Sunshine Intergenerational Music Workshop**

You are My Sunshine music workshop utilizes vocal warmups, a cool down and four familiar and well-loved pieces of music to engage the whole family. Each song will invoke feelings, memories, be set in context and have a separate activity attached. The premise of the workshop is that anyone can sing and use a song to reach, teach and put across an idea. Join on Saturday, July 9, from 10:30-11:30 a.m.

This session will be facilitated by Karen Webber, Teaching Artist/ Peer Mentor/ Peer Specialist.  
Online Registration: [bit.ly/StayingWell-123](https://bit.ly/StayingWell-123)  
or call 703-324-2019.

### **Creating Memory & Engagement at Home Intergenerational Workshop**

Sometimes, it feels impossible to get the whole family together for a positive experience particularly when memory loss is a part of the dynamic. Join this workshop on Saturday, July 23, from 10:30 to 11:30 a.m. for ideas and strategies. Discover exercises together with common household items, use sensory engagement to spice up together time, identify obstacles that may be interfering with engagement and create something together for enjoyment and purpose.

This session will be facilitated by Cate McCarty, PhD, Dementia Coach, and Nicole McMonigle Knight, Dementia Care Connections, LLC.  
Online Registration: [bit.ly/StayingWell-123](https://bit.ly/StayingWell-123)  
or call 703-324-2019.

### **Caregiver Support Group**

The Fairfax Adult Day Health Centers invites you to join their family caregiver support groups every 3rd Tuesday of the month, from 10:30 a.m. to noon. In July, the topic will be Nutrition/Sweets. If you wish to attend, please sign onto the Zoom Meeting: [vdh.zoom.us/j/3222872381](https://vdh.zoom.us/j/3222872381) ☀

## **ElderLink Virtual Support Call for Family Caregivers of Older Adults:**

### **Open Forum**

**Tuesday, July 12, 7-8 p.m.**

Please join us for an open forum on caregiving issues, questions you may have, as well as feedback and suggestions for the support call going forward. After registering for the support call, a Zoom link and phone number will be provided so that you can join virtually or by phone. To register visit [bit.ly/31MRCuj](https://bit.ly/31MRCuj).

### **The Caregiver Roller Coaster: The Lows and Highs of Caregiving**

**Tuesday, August 9, 7-8 p.m.**

Even with good planning, caregiving is an unexpected adventure. Let's talk about the downs and the ups, the lows and the highs, the challenges and the victories of your caregiving journey. After registering for a support call, a Zoom link and phone number will be provided so that you can join virtually or by phone. To register, visit [bit.ly/31MRCuj](https://bit.ly/31MRCuj).

### **Free Consultations for Caregivers**

Need an in-depth conversation with a social worker about the caregiving needs of a loved one? Free one-hour consultations are available through ElderLink. Call 703-324-5374, TTY 711, and ask for a caregiver consultation, between 8 a.m. and 4:30 p.m., Monday through Friday. ☀

## New Wellness Center for Older Adults Opens in the Braddock District

by Gwen Jones, Department of Family Services

On Thursday, May 19, dignitaries and invited guests gathered for a ribbon-cutting event to open the new **Wellness Center for Older Adults (WCOA)**.

Located at Braddock Glen in Fairfax in the Braddock District, WCOA is a first of its kind center supporting preventative health by offering free and easy access to programs and resources for older adults and adults with disabilities in Fairfax County.



*Invited guests and dignitaries gathered on May 19 for the grand opening of the Wellness Center for Older Adults. Speakers included Jeff McKay, Chairman of the Fairfax County Board of Supervisors, James Walkinshaw, Braddock District Supervisor, and John Cook, former Braddock District Supervisor.*

Programs offered at WCOA are inclusive and accessible and can be modified and adapted to meet the individual needs of participants. Operated by the nonprofit ServiceSource, the center is partnering with numerous community-based organizations offering services and programs, including:

- ◆ American Health Care Professionals offer blood pressure screenings and nurse consultations.
- ◆ NOVA Scripts Central conducts medication safety reviews for participants and prepares medication lists for individuals to keep on hand for medical appointments or in case of emergency.
- ◆ AARP Virginia offers brain health and other educational presentations to participants.
- ◆ George Mason University's Health and Human Services students will conduct consultations with participants starting this Fall. Students studying social work, nursing and nutrition will gain hands-on clinical experience while offering assistance and support to older adults and adults with disabilities.

The WCOA is currently accepting referrals for a day program for adults with developmental disabilities. Community members are welcome to visit the center to socialize and use the technology lab and fitness room. To make an appointment for services offered by community partners or to reserve a seat for a special event or presentation, call **703-970-3601**.

The center is located at 4027B Olley Lane, Fairfax, VA 22032 and is open Monday-Friday, 9 a.m. to 3:30 p.m. To learn more about the WCOA, including participating community partners, available services, and upcoming special programs, visit **[ServiceSource.org/virginia-wcoa](https://ServiceSource.org/virginia-wcoa)**. ☀



*Tom Deeley, an individual in the ServiceSource day program at the WCOA, spoke at the ribbon-cutting event.*



## Hosting “Camp Grandparents” this Summer? Here are Some Health Reminders

by the Fairfax County Health Department

When the school year ends, summer camps begin. A popular summer camp is run by someone your family trusts. It's located in a place the kids are familiar with, and it is free for parents.

It's Camp Grandparents!

Are you hosting Camp Grandparents this summer? Here are some tips to keep you (camp counselors) and your campers (grandkids) happy and healthy.

- ◆ **Use bug spray.** Bug bites from disease-carrying insects like mosquitoes and ticks are not on the roster for Camp Grandparents. Use insect repellents with the EPA registered and CDC recommended ingredients DEET, Picaridin, IR3535, oil of lemon eucalyptus, para-methan-diol (PMD) and 2-undecacene to protect yourself from bug bites and the diseases they can carry.



- ◆ **Stay up-to-date on COVID-19 vaccines.** Everyone 50 and older is eligible for a second COVID-19 booster dose and everyone 5 and older is eligible for a first booster dose. Protection against COVID-19 decreases over time and getting a booster renews that protection. Making sure everyone is up to date on their vaccines can keep both the campers and counselors safe at Camp Grandparent.
- ◆ **Apply sunscreen before spending time outside.** Choose a broad spectrum sunscreen with SPF of 15 or higher and reapply every two hours or after swimming or sweating. Sun damage causes more than just wrinkles, so make sure you and the kids are all wearing sunscreen.
- ◆ **Stay hydrated.** Chasing kids around is a workout. Make sure everyone takes water breaks regularly so no one gets dehydrated.

Get more health tips on our website:  
[FairfaxCounty.gov/health](https://FairfaxCounty.gov/health) ☀️



## GrandInvolve Scores Big

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

It's not uncommon for ice hockey fans to be perched on the edge of their seats while watching an action-packed game. What makes it even better is watching \$100 being added to your program's pot of money every time the Washington Capitals ("Caps") score a goal. GrandInvolve volunteers experienced this level of excitement when their program was chosen for the 2021-22 Burke & Herbert Bank Scores for Kids campaign.

"It was a very exciting hockey season for all our volunteers as we kept up with NBC Sports Washington. We're thankful to their team who promoted our GrandInvolve program repeatedly at each game throughout the season, both on-air and in its social media," gushed Dot Keenan, GrandInvolve founder and executive director.

The Scores for Kids Campaign is a partnership that began in 2015 between Burke & Herbert Bank and NBC Sports Washington. The Caps' excellent performance this past season resulted in a very generous \$27,500 donation to GrandInvolve! Several GrandInvolve board members, volunteer leaders, and a representative from Fairfax County Public Schools were thrilled and honored to accept the money on May 24 at the Burke & Herbert Bank headquarters in Alexandria, Virginia.

GrandInvolve volunteers are older adults who are placed in Title I schools to provide support to Fairfax County teachers and students. The volunteers may help in any number of ways, including as reading or math helpers, mentors, classroom assistants, and more. They help students build confidence, and achieve and maintain grade-level skills. This program fosters intergenerational relationships which are beneficial to all involved, across the age spectrum.

GrandInvolve plans to use this money to expand their volunteer presence across Fairfax County. The pandemic has posed a challenge in the past two years, but in the 2022-23 school year their hope and goal is to place 10 volunteers in each school where they have an established partnership. They currently partner with 25 Title I schools and plan to add more.

If you're patient, encouraging, dependable, and interested in volunteering, email **volunteer@grandinvolve.org**. For more information go to **Grandinvolve.org**.

To explore various Fairfax County volunteer opportunities, go to **bit.ly/FFXVOLUNTEER**. If you would like to advertise a volunteer opportunity, email Tanya Erway at **Tanya.Erway@FairfaxCounty.gov**. 🌟



*Burke & Herbert Bank presented GrandInvolve with its \$27,500 Scores For Kids donation on May 24. From left: Joe Beninati, Washington Capitals Play-by-Play Announcer, NBC-Washington; Dorothy Keenan, Founder and Executive Director, GrandInvolve; David Boyle, President and CEO, Burke & Herbert Bank; and Nardos King, interim Chief Equity Officer for Fairfax County Public Schools.*





## Prepare Your Pets for Emergencies, They Are Part of Your Family!

by Fairfax County Department of Emergency Management and Security

Don't forget about your pets when you are developing your emergency plan. If you have a plan, you will likely encounter less difficulty, stress, and worry when you need to make a decision during an emergency. If local officials ask you to evacuate, that means your pet should evacuate too. If you can't get back to your house, identify in advance a trusted friend or neighbor who can retrieve or care for your pet.

Don't forget to make an emergency kit for your pet! Just as you do with your family's emergency supply kit, first think about the basics for survival, such as food and water. Have two kits, one larger kit if you are sheltering in place and one lightweight version if you need to evacuate. Review your kits regularly to ensure that their contents, especially food and medicine, have not expired.

Lastly, make sure you have the important paperwork for your pet, including any medical records or instructions on how to take care of your pet in case they end up with a family member, friend, or even at a shelter during an emergency. Ensure your animals are wearing collars with up-to-date identification. You can also ask your vet about microchipping your pets to ensure they make it back to you if you are separated.

To watch the Department of Emergency Management and Security's Pet preparedness video, visit [youtu.be/m-2sII\\_Mj7M](https://youtu.be/m-2sII_Mj7M). 🌟

## Fairfax Area Commission on Aging

by Jacquie Woodruff, Legislative and Policy Supervisor, 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 Board of Supervisors and the City Councils of the City of Fairfax and the City of Falls Church.

At the June 15th COA meeting, Jewish Council for the Aging staff presented information related to the 50+ Employment Expo and economic stability and planning. The COA continued discussion about their analysis to support the SHAPE the Future of Aging Plan development.

### COA Meeting Wednesday, July 20, 1 p.m.

The COA continues to meet virtually this month. Join from PC, Mac, Linux, iOS or Android: [us06web.zoom.us/j/86128237838](https://us06web.zoom.us/j/86128237838). Access Code: **COA-m1234!**

For live audio, dial **888-270-9936** or call **602-333-0032**; conference code: **231525**

For ADA accommodations, contact: Hilda Naranjo, **703-324-7496** or [Hilda.Naranjoaraujo@fairfaxcounty.gov](mailto:Hilda.Naranjoaraujo@fairfaxcounty.gov); TTY services available via 711.

Meeting will be held virtually unless otherwise impacted by Fairfax County's State of Emergency Status due to the COVID-19 pandemic.

For meeting updates, visit:

[bit.ly/DFS-BAC-COA-Meetings](https://bit.ly/DFS-BAC-COA-Meetings) 🌟

## Prepare for the Extreme Heat

by Department of Emergency Management and Security

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. Heat can be very taxing on the body. Overexposure to heat and/or overexertion (too much exercise or effort) can trigger a heat-related illness – heat cramps, heat exhaustion, and eventually heat stroke. Do you know the difference and signs?

- ◆ **Heat Cramps** are muscular pains and spasms due to heavy exertion.
- ◆ **Heat Exhaustion** typically occurs when people exercise heavily or work in a hot, humid place, and body fluids are lost through heavy sweating. Heat exhaustion must be treated with fluids and cooling of the skin, or it will turn into heat stroke.
- ◆ **Heat Stroke** (or "sun stroke") is a life-threatening condition in which the victim's temperature-control system, which produces sweat to cool the body, stops working. Heat stroke victims will be completely incoherent or unconscious, and they require immediate medical attention.

Everyone is vulnerable to heat, but some more so than others, such as women who are pregnant, young children and infants, older adults, and people with chronic medical conditions.

How can I prepare for the warm weather to avoid heat related illnesses?


- ◆ Stay indoors as much as possible and limit exposure to heat and sun.
- ◆ Drink plenty of water or electrolyte sports drinks.
- ◆ Avoid strenuous work during the warmest part of the day.
- ◆ Use a buddy system when working in extreme heat, have a phone handy, and take frequent breaks.

What can you do if you feel woozy, overheated, or unwell? Take action immediately!


- ◆ Stop any strenuous activity and get somewhere cool.
- ◆ Drink something if you can.
- ◆ Cool your skin by taking a cold bath or holding anything cold against your body.
- ◆ Call someone for help or call 911 – do this before your condition compromises your critical thinking skills!

For additional information and resources, visit: [FairfaxCounty.gov/emergency/readyfairfax/extremeheat](https://FairfaxCounty.gov/emergency/readyfairfax/extremeheat). ☀

Heat Exhaustion		Heat Stroke	
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>		<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	



Stay Cool, Stay Hydrated, Stay Informed!





## Cooling Assistance

by Jodie White, Public Assistance and Employment Services

Are you in need of a little help to keep cool this summer? Then apply for the Cooling Assistance Program for low-income households. In order to be eligible, at least one household member must be: 60 years old or older, 5 or younger, disabled according to Social Security or Medicaid, or a Veterans Administration disability rating of 100%.

Cooling assistance can help with:

**Payment** of electric bills to operate cooling equipment.

**Payment** of security deposits for electricity to operate cooling equipment for accounts in danger of being disconnected.

**Repair** of a central air conditioning system or heat pump.

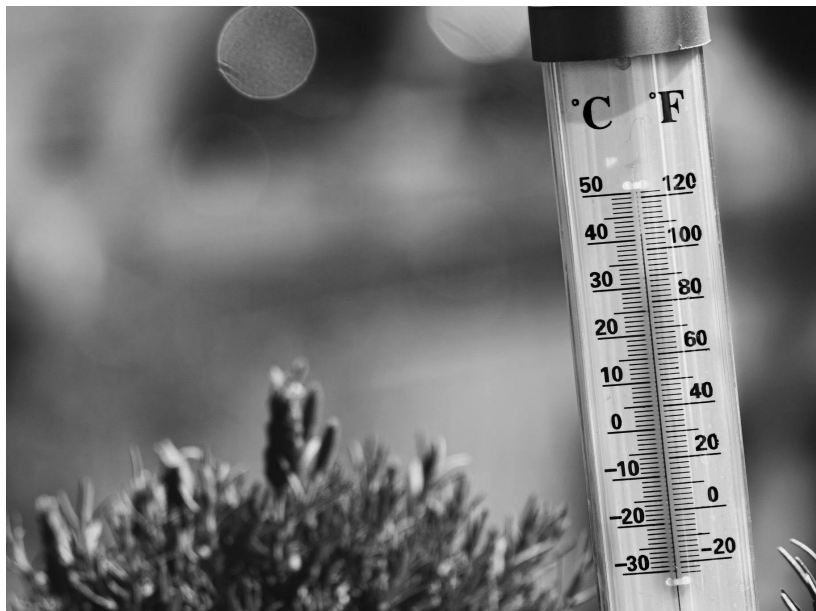
**Purchase** of a whole-house fan, including ceiling or attic fans when there is no other working cooling equipment in the home.

**Purchase** and installation of one window unit air conditioner for households when there is no other working cooling equipment in the home.

**Applications for the Cooling Assistance Program will be accepted from June 15-August 15.**

Applications for Cooling Assistance can be submitted in the following ways:

- ◆ **Online:** at **CommonHelp.virginia.gov**
- ◆ **Phone:** call the Enterprise Customer Service Center at **1-833-522-5582**
- ◆ **In Person:** paper applications are available at all four Department of Family Services office locations.
- ◆ **Paper Application:** call the DFS Energy Assistance main number at **703-324-7500** to request an application be mailed to you. Paper applications are accepted by:



**Mail:** 12011 Government Center Parkway, Suite 232, Fairfax, VA 22035

**Fax:** fax a completed application to **(703) 653-1355**

**Email:** [DFSMycase@fairfaxcounty.gov](mailto:DFSMycase@fairfaxcounty.gov)

**In Person:** drop off at one of the four DFS office locations:

**Gerry Hyland Government Center**  
(formerly South County Government Center)  
8350 Richmond Highway  
Alexandria, VA 22309

**Heritage Center**  
West Wing, 7611 Little River Turnpike  
Annandale, VA 22003

**Pennino Building**  
12011 Government Center Parkway  
Fairfax, VA 22035

**Lake Anne**  
11484 Washington Plaza West  
Reston, VA 20190 🌞

## 6th Annual "Shark Tank" Winners Announced

by Kathleen Thomas, Department of Family Services

The Fairfax Area 50+ Technology Committee is pleased to announce the winners of the 6th Annual "Shark Tank" Technology Challenge.

This year's contest encouraged students to develop an innovative device or app that enhances the independent enjoyment of life for older adults and adults with disabilities, including wounded warriors. Students were also encouraged to consider projects that may help in such areas as active free time activities, participation in the arts, and caregiving.

INTEGRITYOne Partners presented \$5,750 in prize money to the student winners:

### 1st Place: AutoTrem - \$2,500

Akanksha Tibrewala, Kaavya Karthikeyan, *Chantilly High School*

AutoTrem is a walker for Parkinson's patients to use in a clinical therapy environment. The walker can move automatically but allows patients to gradually reduce the dependence on the automation as they build strength and proper gait.

### 2nd Place: APP-Pill - \$1,500

Andrew Choi, Grace Xiao, Samarth Bhargav, Chris Jia, Hasvika Challa, Jaydon Sun, *Thomas Jefferson High School for Science and Technology*

APP-Pill is an app for the visually impaired that allows older adults and people with disabilities to access and identify their medication. It reads aloud prompts and listens for voice interactions based on instructions scanned from the medication bottles.

### 3rd Place: Signterpreter - \$1,000

Sol Song, Ryan Kim, *Thomas Jefferson High School for Science and Technology*

SignInterpreter is an app that utilizes an open-ended machine learning platform to identify American Sign Language gestures and convert them to text form.

### Honorable Mentions

#### Shoe Sensor - \$250

Mihir Kulshreshta, *Thomas Jefferson High School for Science and Technology*

The Walkly Shoe Sensor is a system to remotely monitor, record and report foot positions to detect falls in older adults.

#### A Website: Alzheimer's Activities - \$250

Sampriti Muthuswamy, *Oakton High School*

Sampriti developed a website, Alzheimer's Activities, which provides curated activities to help improve the quality of life for people with Alzheimer's.

#### FitVibe - \$250

Jessica Wang, *Thomas Jefferson High School for Science and Technology*

FitVibe is a web application that incentivizes physical activity among older adults while promoting relaxation and engagement in creative activity. ☀

Winners of the Shark Tank Challenge were recognized during the Board of Supervisors meeting on Tuesday, May 24, 2022.



## Shepherd Centers Offer Free Transportation Services for Older Adults

The Shepherd Centers are a nonprofit organization sponsored by local area congregations, community groups, and individuals to serve adults 50 years and older. The centers offer free transportation for medical appointments and companion trips (e.g. grocery shopping) for adults 50 and older who live in the center's service area and are ambulatory. You must apply for this transportation service. Once accepted into the service, a request for a ride must be made four days in advance.

Individual centers also offer additional programs and services. Visit the website or call the center in your area for more information. Interested in volunteering at a Shepherd Center? Contact a center to learn more:

- ◆ **Annandale/Springfield**  
703-941-1419, [ShepherdsCenter-Annandale.org](http://ShepherdsCenter-Annandale.org)
- ◆ **Fairfax/Burke**  
703-323-4788, [SCFBVA.org](http://SCFBVA.org)
- ◆ **McLean/Arlington/Falls Church**  
703-506-2199, [SCMAFC.org](http://SCMAFC.org)
- ◆ **Oakton/Vienna/Dunn Loring/Reston/Herndon/Great Falls**  
703-281-0538, [SCNOVA.org](http://SCNOVA.org)
- ◆ **South County**  
703-799-0505, [SCSC-Transport@Verizon.net](mailto:SCSC-Transport@Verizon.net)
- ◆ **Western Fairfax County**  
703-246-5920, [SCWFC.org](http://SCWFC.org) ☀

## Local Nonprofit Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer with one of these organizations:

- ◆ **Herndon Village Network**  
703-375-9439; [HerndonVillageNetwork.org](http://HerndonVillageNetwork.org)
- ◆ **Mount Vernon at Home**  
703-303-4060; [MountVernonAtHome.org](http://MountVernonAtHome.org)
- ◆ **Reston Community Center**  
703-390-6198; [RestonCommunityCenter.com/About-Reston/rcc-Rides](http://RestonCommunityCenter.com/About-Reston/rcc-Rides) ☀

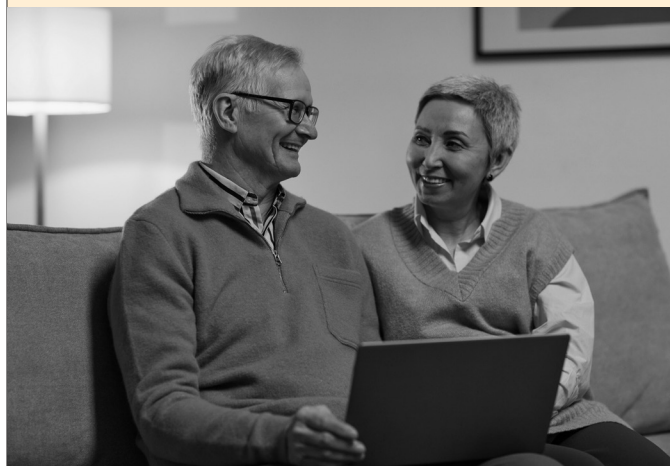
## Mature Living: Caregiving from a Distance

How do families ensure quality care for their loved ones who live in another state or even another country? Mature Living Host Anne Hall talks with Rob Louchen, Geriatric Case Manager with ElderLink, who shares tips for using technology to explore care facilities or interview potential in-home caregivers. Kristen Lucia, Area Agency on Aging Long-Term Care Ombudsman, offers resources that help families decide the best option for their loved one. Long-Distance Caregiver Sarah Rodriguez talks with Mature Living producer Fran about the challenge of caring for her mom (who lives in Mexico) from her home in Fairfax County.

Tune in to Fairfax County's Channel 16 for the latest edition of Mature Living.

- ◆ 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 and other episodes can also be viewed online: [FairfaxCounty.gov/cableconsumer/channel-16/mature-living](http://FairfaxCounty.gov/cableconsumer/channel-16/mature-living) ☀







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go to **fairfaxcounty.gov**  
and search **Senior Centers**.



A Fairfax County, VA, publication.  
March 2022

# Fairfax County Services for Older Adults

## 703-324-7948

TTY 711

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

[www.fairfaxcounty.gov/  
OlderAdults](http://www.fairfaxcounty.gov/OlderAdults)

- Adult Day Health Care Centers
- Adult Protective Services
- Care Management/Social Work
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**FAMILY SERVICES**

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The Woodlands Retirement Community - 4320 Forest Hill Drive, Fairfax, Virginia 22030 - [thewoodlandscrc.com](http://thewoodlandscrc.com)

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**30 Min. Online Meeting**

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**Saturday, Sept. 17 at 11:30 AM**

**\* Learn How a Medical Diagnosis Can Impact Your Lifetime Assets**

**60 Min. In-Person Meeting Tuesday, Jul. 26 and Sept. 27 at 2:00 PM**

**Register by phone at: 703.448.6121 or email: Rukhsar@miorinilaw.com**

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#### Scam Slam Podcast Audio Bulletin

The Fairfax County Silver Shield Anti-Scam Task Force has important information to share about scams every month.

Tune in to Scam Slam  
at [FairfaxCounty.gov/OlderAdults](http://FairfaxCounty.gov/OlderAdults) and scroll to the Scam Slam Box.



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## JULY COMMUNITY CALENDAR

### **Concert: US Air Force Band String Quartet Sunday, July 10, 3 p.m.**

Sherwood Regional Library, 2501 Sherwood Hall  
Lane Alexandria, VA 22314

The US Air Force Band has many different musical ensembles and Sherwood is proud to present their string quartet (part of the USAF Strolling Strings group). Come early to ensure a seat as this concert will fill up fast!

### **Older Adults Roundtables with Supervisor Palchik: Round 1–Caregiving Thursday, July 28, 7-8:30 p.m.**

Join Supervisor Palchik for a Town Hall conversation on the topic of caregiving. Learn about aging and what it means to be a caregiver, who caregivers are, and how caregivers can connect with resources in our community. A presentation will be followed by an open forum Q&A. Join us live on Channel 16 or via livestream from Supervisor Palchik's Facebook page.

### **1st U.S. Colored Cavalry: Private Lives, Public Records Sunday, July 31, 3 p.m.**

Virtual program presented by the Burke Historical Society. Reference librarian and genealogist Leslie Anderson will discuss her research on the 1st U.S. Colored Cavalry, including the lives of its members both before and after the Civil War,

along with strategies that may help you with your own research. Register in advance with the library. Programs are subject to change. Visit our website [BurkeHistoricalSociety.org](http://BurkeHistoricalSociety.org) for updates.

### **Fairfax County Park Authority's Summer Entertainment Series**

The Summer Entertainment Series includes 11 local series at 18 venues across Fairfax County. Pack a picnic basket, umbrella, blankets and lawn chairs to enjoy evening concerts in the parks. Performances are held outdoors and are subject to cancellation due to inclement weather. For lists of performers, locations, dates and times, visit [FairfaxCounty.gov/parks/performances](http://FairfaxCounty.gov/parks/performances)

### **Northern Virginia Senior Softball for Men and Women**

It's not too late to join NVSS for the healthy rewards of fun, fitness, and friendship playing slow-pitch softball. Average age is 67, with many in their 80s. No try-out, just a skills assessment for assignment to one of 24 teams in 3 skill-level conferences. Tuesday and Thursday morning games. Visit [nvss.org](http://nvss.org) or call Dave at 703-663-7881.

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