

Golden Gazette

www.FairfaxCounty.gov/OlderAdults

A Lifetime Built on a Strong Foundation: Dan Hall (105)

by Kathleen Thomas, Department of Family Services

Fairfax County is proud to celebrate Older Americans Month in May. The theme for this year's celebration is "Age My Way." Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way.

We are excited to share the story of one Fairfax County resident who personifies what so many older adults strive for at this point in their lives, aging in place.

Dan Hall celebrated his 105th birthday in February and has lived in the county for 69 years. He was

surrounded by family and friends as he blew out the candles on the cake at his house that he proudly built with his own two hands.

"Fairfax County is a good place. Wonderful place to build a house. I made my home here," he remarked in a recent interview. "I had a good career. Good health care and my best friends are right here."

Dan purchased 1.119 acres from his supervisor for \$800 and started building the foundation in 1953. It took him two years to build the basement of his house while working full-time for what is now called the Washington Metropolitan Area Transit Authority. He covered the basement with roll roofing and lived in it with his wife, Ann, and their son, Roger, for

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Dan Hall in front of his house that he built himself.

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.

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The *Golden Gazette* also is 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

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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.

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

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

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10 years before he constructed the next level of the home.

Dan still resides in the home he built. A ramp was installed a few months ago to make it easier for him to go in and out of the house. He heats his home with a woodburning stove, and up until a few years ago, Dan split the firewood himself. He says he is happy to be able to live in his home today, surrounded by loving friends and neighbors.

A friendly yet determined and focused man, Dan was influenced by his early life experiences. He is the oldest of five children. His father died when he was very young. Dan attended school until grade 5 when the Great Depression struck, and many families had to make difficult decisions to survive. Dan was sent to live with his grandfather to help on his farm.

“I wasn’t happy to live with my grandfather. It was hard work, and I missed my mother and my siblings,” he recalled.

When Dan was 15, he walked seven miles from his grandfather’s farm to Independence, VA to sign up for the Civilian Conservation Corps (CCC), a program developed by President Franklin D. Roosevelt to help alleviate unemployment that was widespread during the Depression. Young, unmarried men were recruited to work in parks and forests doing conservation work such as building roads and bridges, planting trees, stringing new telephone lines and other work.

“I lied about my age because I didn’t want to live on my grandfather’s farm anymore,” he admits. “Even though I was too young, I was able to join. I was paid \$30 every month. I sent my mother \$25 every month and I kept \$5.”

Dan was assigned to Camp #2 at Big Meadows in Shenandoah National Park. On his second day, the camp leadership discovered he knew how to drive a tractor and that he had a driver’s license. They soon made him a truck driver and bulldozer operator.



Dan Hall on the ramp that was installed at his house.

He spent six years in the CCC from 1932 – 1938. He met his wife, Ann, during this time at a restaurant where she worked as a hostess. They married in 1940 and moved to Washington, D.C where Dan began a career working as a streetcar operator.

After he retired in 1979, Dan continued to do yard work, wash windows, paint and other odd jobs.

“I worked for a family that owned property in the Seven Corners area.”

After a while, nearby neighbors hired him too.

When asked why he has enjoyed such a long life, Dan chalked it up to a few things. “I have had good health and good neighbors. I take care of myself, no smoking, no drinking. And I’m on the move all the time!”

Dan’s wife, Ann, passed away several years ago but his son Roger and his family live nearby. Dan says he is very lucky to have so many friends and neighbors too.

“I enjoy every day of it as old as I am,” he said. “And I’m looking forward to being 106 years old!”

We honor all older adults for their contributions to our community and for aging their way, everyday!



Nutrition Resources for Aging in Place

by Maria Loh, Fairfax Area Agency on Aging

As more older adults choose to age in place, it is important to understand that food access, availability and good nutrition play a part in helping them remain safely in their own homes. This year's theme for Older American's Month is Age My Way, and there are many resources to help older adults remain in and stay engaged in their communities. The following are nutrition resources and programs that are available to for older adults.

Meal on Wheels

The Meals on Wheels (MOW) Program provides homebound Fairfax area older adults aged 60 and over a total of 11 nutritious meals delivered weekly. The program offers a diverse, universal menu with entrees representative of many world cuisines. Anyone can make a referral to the Fairfax MOW program by calling the MOW intake line at 703-324-5409.

Congregate Nutrition

The Congregate Nutrition Program provides Fairfax area residents aged 60 and over a weekday lunch-time meal and opportunities for socialization and recreation at Fairfax area senior centers. Please contact your local senior center for more information about the program.

SNAP

The Supplemental Nutrition Assistance Program (SNAP) is a nutrition assistance program for low-income individuals and families. According to the National Council on Aging, three out of five older adults who qualify for food assistance (SNAP) are missing out on receiving this benefit. Eligible households with adults over 60 and no earned income can receive benefits for 36 months, which is 12 months longer than what has been offered in the past. This program helps low-income

individuals and families buy food using a special debit card called an EBT Card. The card has money automatically loaded on to it. The dollar amount on the EBT card will vary depending on your household size and income. Apply for SNAP today by visiting www.CommonHelp.Virginia.gov or calling 1-833-5-CALL-VA (1-833-522-5582).

Basic Needs

Coordinated Services Planning connects Fairfax County residents with county and community-based resources. Specialists will guide callers through an assessment to identify needs and connect them to eligible resources, which include emergency food. Please call 703-222-0880, TTY 711 for more information.

Resources and Services

The Aging, Disability and Caregiver Resources Line at 703-324-7948, TTY 711 is also another great resource to connect individuals and caregivers to services. ☀



Find Area Shepherd Centers

The Shepherd Centers are a nonprofit organization sponsored by local area congregations, community groups, and individuals to serve adults 50 years and older. Its primary purpose is to assist older adults to live independently in their homes and to offer programs for enrichment and socialization. They also provide transportation services. You must apply for this transportation service. Once accepted into the service, a request for a ride must be made five days in advance.

The centers are also seeking volunteers. Call or email a specific site for information on what is available.

- ◆ **Annandale/Springfield**
703-941-1419, ShepherdsCenter-Annandale.org
- ◆ **Fairfax/Burke**
703-323-4788, SCFBVA.org
- ◆ **McLean/Arlington/Falls Church**
703-506-2199, SCMAFC.org
- ◆ **Oakton/Vienna/Reston/Herndon/Great Falls**
703-281-0538, SCNOVA.org
- ◆ **South County**
703-799-0505, SCSC-Transport@Verizon.net
- ◆ **Western Fairfax County**
703-246-5920, 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 driver or office assistant/ride scheduler through one of these organizations:

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

Adult Abuse Prevention Month

By Teebe Negasi, Adult and Aging Division

The month of May is Adult Abuse Prevention Month in the Commonwealth of Virginia. While acknowledging that many older adults lead healthy, happy lives, this month we recognize that vulnerable older adults need protection from abuse, neglect, and exploitation.

During the last state fiscal year, 39,185 reports of abuse, neglect and exploitation were received across the commonwealth. Fairfax County's Adult Protective Services (APS) received the greatest number of reports among all 120 local departments of social services (3,103 reports), representing 8% of the commonwealth's total reports. Self-neglect is the most common type of maltreatment experienced in Virginia at 56%, followed by Neglect by Others (17%), Financial Exploitation (13%), and Physical Abuse (6%). A wide variety of protective services are offered to older and vulnerable adults who have been determined by APS workers to need them following investigations of reports. APS workers may arrange for various health, housing, social and legal services to stop the maltreatment and prevent further maltreatment. Services may also be arranged for individuals in emergency situations who lack the capacity to consent to services.

In Virginia, an APS report can be made by anyone who suspects that an adult aged 60 or older or an incapacitated person aged 18 to 59 is being abused, neglected, or exploited. Reports can be made to Fairfax County's Department of Family Services' APS hotline at 703-324-7450 or to the 24-hour toll-free Virginia APS Hotline (1-888-832-3858).

Source is PeerPlace, the Department of Aging and Rehabilitative Services data system for Adult Protective Services. ☀

New Regional Virtual Senior Center Launches May 2

by Gwen Jones, Neighborhood and Community Services

When senior centers throughout the region closed due to the COVID-19 pandemic, staff became concerned about the danger isolation posed to the mental and physical health of older adults. To help minimize those feelings, senior centers pivoted from in-person to virtual programming so that participants could stay connected while remaining physically distant.

Although centers are now open and in-person programs have resumed, the need for virtual programming continues, both for those who cannot leave their homes as well as those who are no longer comfortable visiting centers in person.

To address this ongoing need, five jurisdictions in Northern Virginia are partnering to offer a regional virtual senior center for older adults and adults with disabilities. The Northern Virginia Virtual Center

for Active Adults will launch on Monday, May 2, to coincide with Older Americans Month. The five jurisdictions – Arlington County, Fairfax City, Fairfax County, Prince William County, and the Town of Vienna – will work together to offer live virtual programming on Zoom five days a week. The events will range from fitness classes to special presentations to interactive games.

There is no fee to participate in the programs on the NOVA VCAA. All older adults and adults with disabilities living in Northern Virginia are welcome! Visit the NOVA VCAA on or after May 2 by going to **Fairfaxcounty.gov** and searching for “Northern Virginia Virtual Center for Active Adults.” ✨



Visitation in Long-Term Care Facilities

by Camden Doran, Northern Virginia Long-Term Care Ombudsman Program

Residents in long-term care (LTC) facilities have the right to receive visitors, such as family, friends, or organizations and individuals providing health, social, legal, or other services. However, during the COVID-19 public health emergency, LTC facilities were instructed by their licensing agencies to restrict visitation as a mitigation strategy to prevent the spread and outbreak of COVID-19.

LTC facilities have slowly reopened to visitors over the past year and have received guidance to remain open to visitors at all times, with certain infection control precautions in place, such as masks and physical distancing when possible. Additional information and updated guidance regarding visitation in both an assisted living and nursing facility can be found online.

For nursing home visitation information, visit the Centers for Medicare and Medicaid website www.cms.gov and search “nursing home visitation”.

For assisted living facilities, visit the Virginia Department of Social Services website www.dss.virginia.gov/ and search “assisted living visitation”.

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 in order to ensure quality of care and quality of life. For more information about visitation, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, or contact the Ombudsman Program by email at NVLTCOP@fairfaxcounty.gov. ✨

Assisting Others to Age Their Way

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

“I want to commend one of your volunteers. Last week, I needed urgent medical supplies at Kaiser pharmacy, Nancy immediately swung into action and delivered what my doctor prescribed. Without her help, I would have ended up in the hospital, which is what I am avoiding now. As a result, my health is improving, thanks to Nancy.”

This was the first part of the heartfelt praise and gratitude “Ms. S.” expressed in an email to Christie Elliott, a Regional Volunteer Coordinator for Volunteer Solutions. Volunteer Solutions is a program within the Department of Family Services helping older adults, adults with disabilities and family caregivers.

Older adults can live independently in their homes for longer when compassionate volunteers like Nancy get involved. May is Older Americans Month and the Administration for Community Living (ACL) has chosen the theme, “Age My Way.” This theme highlights how older adults generally strive to remain in their homes and communities for as long as they can safely do so.

Ms. S. continued sharing her appreciation in the email, “Nancy is always there consistently whenever I call to arrange medical transportation. She is a very skilled and careful driver, always greets me with a smile and a positive attitude. I am so very thankful to her as a volunteer through Fairfax County Adult and Aging Services and I consider her my friend. Your agency is fortunate to have Nancy as a volunteer and she is an asset to our community.” Ms. S.

has a social worker who connected her to Volunteer Solutions for medical transportation and medication pick-up.

There are many opportunities for community members who want to help older adults age in place. It can be as simple as providing support to a neighbor by regularly taking out the trash. Community members can also peruse the websites of local organizations who are searching for volunteers to find other ways to help. Volunteers are needed to provide transportation, social visiting, grocery shopping, household tasks (including yard clean up), and more.

Volunteer Solutions offers opportunities to help in any of those roles. Learn more at bit.ly/FXVSVOL. NV Rides is a helpful resource as well, at nvrides.org. Fairfax County offers a wide variety of volunteer opportunities at bit.ly/FFXVOLUNTEER. No act of kindness is too small. 🌟



Inspect Your Deck

by Mary Mulrenen, Land Development Services

Help us celebrate Building Safety Month by having your aging deck inspected this year. Collapses and failures of decks, porches and balconies accounted for about 2,900 injuries across the country between 2016 and 2019, according to the U.S. Consumer Product Safety Commission. Just a little prevention goes a long way toward safe enjoyment.

Fairfax County recommends regular inspections by a licensed contractor. (Learn about Hiring a Contractor on the Fairfax County website, search “Hiring a Contractor.”) The older the deck, the more often it should be inspected. If you haven’t been maintaining your deck and see issues with connection points or wood quality, consider staying off until a professional inspects, repairs or replaces it.

Jay Riat, Fairfax County Building Official and Land Development Services Division Director, suggests answering these questions and following these key tips for additional deck safety:

- ◆ Is the wood still solid, with no rot, splitting or insect damage, including in-ground posts? For composite decks, are there breaks, mold or delamination?
- ◆ Are all points where the deck is attached to your home secure?
- ◆ Is there rust or corrosion on any fasteners used to connect decks, rails, beams and joists?
- ◆ Are guards, rails and stairs sturdy and well-secured?
- ◆ Don’t add large, heavy items such as swimming pools or hot tubs on top of a deck; this is dangerous and could cause a collapse.
- ◆ Make sure all stairs are well-lit for safe travel when dark – adding inexpensive solar-powered lights is a quick fix.



- ◆ If you use grills, heaters and outdoor fire pits on decks, be careful and follow all rules regarding use. In addition to structure failure or collapse, fire is an obvious deck hazard.
- ◆ Do not crowd the deck beyond designed load-bearing capacity.

Remember: Before building a deck or replacing an existing one, building permits are required. If you are unfamiliar with Land Development Services (LDS) and the Fairfax County building permit process, visit the LDS web page for more information and use the Permitting Wizard for guidance. Search for “decks.”



**JOIN LAND DEVELOPMENT SERVICES STAFF
AT A BUILDING SAFETY OPEN HOUSE**

SUNDAY, MAY 22, 2-4 PM

**TYSONS-PIMMIT REGIONAL LIBRARY
7584 LEESBURG PIKE, FALLS CHURCH**

703-790-8088, TTY 711.

Be Prepared for Hurricane Season Which Starts June 1

By The Department of Emergency Management and Security

Hurricanes are violent weather systems with well-defined surface circulation. Threats from hurricanes include high winds, heavy rainfall, storm surge, rip currents, and tornadoes.

The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October.

Know the Difference Between a Watch and a Warning!

- ◆ Hurricane Watch - Conditions are possible within the next 36 hours.
- ◆ Hurricane Warning - Conditions expected within 24 hours.

What To Do Before:

- ◆ Sign up for Fairfax Alerts and have a battery or crank powered weather radio available.
- ◆ Decide early whether you will evacuate, and where you will go.
- ◆ If you evacuate, bring your emergency kit with you.
- ◆ Prepare your home (shut off utilities, secure property, etc.).

- ◆ Ensure you have insurance and inventory your personal property.
- ◆ Secure or bring inside any outdoor objects that could blow away or become "missiles" and cause damage.

What to do During:

- ◆ Listen to radio and television for official, up-to-date information.
- ◆ Find a safe room within your home (an interior room, closet, or bathroom).
- ◆ Do not go outside until the National Weather Service's National Hurricane Center confirms the storm has left the area.

What to Do After:

- ◆ Return home when local officials say it is safe.
- ◆ Avoid walking or driving through floodwaters.
- ◆ Check in with family and friends by texting or using social media. ☀

Second COVID Booster for People Over 50

by the Fairfax County Health Department

The FDA authorized, and the Centers for Disease Control and Prevention (CDC) recommends, a second booster dose of a COVID-19 mRNA vaccine for people 50 and older, and people 18-49 who received the Johnson & Johnson/Janssen COVID-19 vaccine as both their primary series dose and booster dose.

Individuals in these groups may choose to receive the second booster if at least four months have passed since their first booster dose.

Second booster doses are available from pharmacies, healthcare providers, as well as at the Fairfax County

Government Center and the Hyland South County Center. Find locations at www.vaccines.gov.

A new federal website www.COVID.gov provides updated resources and guidance based on the COVID-19 Community Transmission Level, and provides information about prevention, testing and treatment.

Stay informed with the most recent Fairfax County COVID-19 updates and information by following the Fairfax County Emergency Information blog at <https://fairfaxcountyemergency.wpcomstaging.com/>. ☀

Resources for Family Caregivers: Learning to Accept Help

by *Giuliana Valencia, Fairfax Area Agency on Aging*

Caring for a loved one is a huge undertaking, yet many family caregivers struggle to ask for or accept help from others. According to the Cleveland Clinic, caregivers are so busy caring for their loved ones that they tend to neglect their own physical, emotional, and social needs, and when that happens, caregiving can lead “to fatigue, hopelessness and ultimately burnout.” As a matter of fact, from 2007 to 2016, researchers at the University of California, Berkeley, measured the mental health of 176 family caregivers who provided care for loved ones with neurodegenerative diseases. Their findings indicated that 40 percent of the caregivers suffered from depression and experienced high levels of anxiety, social isolation, and frustration. Furthermore, they found that people who were tended to by caregivers experiencing mental illness died sooner than those being looked after by caregivers in good mental health. Therefore, getting or accepting help from others will enable caregivers to protect their health and their ability to continue to care for their loved ones.

Understanding Stroke- A Caregiver Webinar

What is a stroke? Are there ways to prevent stroke? Are there ways to treat strokes? If you are curious about these questions, this talk is for you. Stroke is a leading cause of disability, but treatments have changed drastically over the years. Understanding stroke can keep you and your loved ones better informed in this important and evolving field.

This webinar will be presented by Dr. Lironn Kraler, M.D., board-certified neurologist and vascular neurologist, Clinical Assistant Professor at Stanford University School of Medicine, and Associate Program Director for the Vascular Neurology Fellowship at Stanford. Join us on Wednesday, May 18, from noon to 1:00 p.m. Online Registration: <https://bit.ly/CAREWEB1> or call 703-324-5484.

Understanding Faith and Spirituality in the Caregiving Journey: A Panel Conversation

For many family caregivers and their loved ones who are experiencing severe illness or are at the end-of-life, faith and spiritual beliefs are powerful factors in coping with illness, pain, suffering, and loss. Understanding how one’s own spiritual traditions influence health care decisions is essential. In this panel conversation we will explore how faith and spirituality, in whatever form, can help family caregivers in their journey.

Panelists include Father Juan Puigbó, St. Leo The Great Catholic Church; Rev. Ronald Kobata, Minister Emeritus, Buddhist Churches of America; Rev. Dr. Ken Patrick, Chaplain, Blue Ridge Hospice; and Rabbi Joshua Ackerman, Hospice Chaplain, Jewish Social Services Agency. Join us on Friday, May 27, from 2-3 p.m. Online Registration: <https://bit.ly/AAAPanel> or call 703-324-5484.

Miscommunication or Missed Communication? The Challenges of Hearing Loss

Join Bonnie O’Leary, Northern Virginia Resource Center for Deaf & Hard of Hearing Persons (NVRC) Outreach Manager, for a virtual Zoom presentation that will cover: the continuum of deafness and hearing loss and how to recognize this invisible disability in patients; the communication challenges that hearing loss presents and which communication strategies are most effective; the differences between interpreters and CART writers; useful apps for communication in medical settings, especially when COVID masks are mandated; and information about Inova’s 24/7 Language and Disability Services.

This presentation will be held on Thursday, May 19, from 7-8 p.m. To register: <https://bit.ly/TheChallengesofHearingLoss> 🌟



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 ☀

VICAP: Understanding Medicare, Medigap, Drug Plans, and Long-Term Care Insurance

Department of Family Services, Adult and Aging Division

Registration is required for all sessions.

Monday, May 23

In-person (limited seating)

7 to 8:30 p.m.

Centreville Baptist Church, 15100 Lee Hwy, Centreville, VA 20120

Contact: Robert Lee, cornwallee@aol.com or 571-212-8097

Tuesday, May 24

Virtual

Noon to 1:30 p.m.

Reston Community Center, Reston, VA 20191

Contact: Cassie Lebron, 703-390-6157

Thursday, June 2

Virtual

Noon to 1:30 p.m.

Tall Oaks Assisted Living, Reston, VA 20190

Contact: Leslye Lawson, Director of Community Relations & Marketing

Register online <http://talloaksal.com/Know>, 703-834-9800, or llawson@talloaksal.com

Tuesday, June 7

Virtual and In-Person (limited seating)

6 to 7:30 p.m.

Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church, VA, 22043

Registration starts Monday, May 2. Register online at librarycalendar.fairfaxcounty.gov/event/8928883 or call 703-790-8088, x4. ☀

Nurture Environmental Literacy: Free Library Programs and Resources

By Christina Paladeau, Fairfax County Public Library

Throughout 2022, Fairfax County Public Library (FCPL) is celebrating literacy in all its forms, showcasing a different type each month. With Earth Day celebrated recently and spring blooming into summer, May is Environmental Literacy Month at your local library.

What is Environmental Literacy?

According to the North American Association for Environmental Education (NAAEE) as noted by the Ecological Society of America's Ecosphere journal, environmental literacy is "an awareness of and concern about the environment and its associated problems, as well as the knowledge, skills, and motivations to work toward solutions of current problems and the prevention of new ones."

Whether you're an avid environmentalist or gardener already, or you'd like to learn more about contributing to a healthier planet — or simply a greener neighborhood — for the next generations, the following library programs and resources are here to help.

Free Virtual Environmental Literacy Month Events

Explore ways to support songbirds and achieve personal landscaping goals with native plants in virtual presentations on May 9 and May 11.

Join FCPL virtually on Thursday, May 12, at 7 p.m. for a discussion about our favorite delectable and delicate foods that may disappear as a result of climate change

Advance registration is required for virtual programs.



Visit a Branch for Gardening Tips

- ◆ Discover how to create a butterfly-friendly habitat in your own yard on Thursday, May 5, at 2 p.m. at Tysons-Pimmit Regional Library.
- ◆ Pop into City of Fairfax Regional Library Saturday, May 7, from 1 to 3 p.m. for native plant seeds and advice from Fairfax County Master Gardeners.
- ◆ Learn to grow and use 12 common culinary herbs at Sherwood Regional Library May 22 at 2:30 p.m. Advance registration is required.
- ◆ Have more questions about any type of gardening? Ask a Fairfax County Master Gardener at a plant clinic! Find times and locations at bit.ly/FCPL_PlantClinics.

For more Environmental Literacy events, check out the library calendar at bit.ly/FCPL_GG-environment.

Finally, make sure you're growing in healthy soil by picking up a soil testing kit from any FCPL branch: bit.ly/FFX_SoilTests. 🌞

The Awesome Truth About Glass

by Christine McCoy, Department of Solid Waste and Environmental Services

Glass bottles and jars collected for recycling can be made into new glass bottles and jars an almost-infinite number of times, providing the option for a perfectly closed-loop system. Luckily, we have the Purple Can Club here in Northern Virginia to help us make this happen. Fairfax County's Solid Waste Management Program invested in glass processing equipment and founded a strategic partnership with its counterparts in neighboring jurisdictions to recover and recycle glass through a regional drop-off program. The partnership has led to over 40 drop-off containers being located throughout the region for residents to deposit their used glass bottles and jars. This program is called the Purple Can Club after its eye-catching purple containers. Since its inception in October 2019, 18,500 tons of glass have been

collected for recycling. Due to the high quality, most glass collected through the Purple Can Club is being recycled into feedstock form manufacturing new glass containers.

The Purple Can Club continues to grow and has drawn attention and praise from other municipalities nationwide. Find your nearest Purple Can location at [fairfaxcounty.gov/publicworks/recycling-trash/glass](https://www.fairfaxcounty.gov/publicworks/recycling-trash/glass) and start recycling your glass the best way today.



Refuse, Reduce, and Reuse

by Christine McCoy, Department of Solid Waste and Environmental Services

Refuse, Reduce, and Reuse: Those words should come before “recycle.” Here are some ideas on how to practice the new and improved “Three Rs.”

Refuse What You Don't Need.

Bring your own Tupperware to restaurants and refuse plastic straws. Remove yourself from junk mail lists. Carry a reusable bag in your purse or in your car. Request no plastic utensils when getting takeout and carry your own reusable water bottle.

Buy Used.

You can find everything from clothing to building materials at consignment shops and reuse centers. Items are less expensive and in good condition.

Reduce Packaging and Costs.

Look for products that use less packaging. Less

packaging means less use of raw materials. This reduces costs and the savings can be passed along to the consumer. Buying in bulk can reduce packaging and save money.

Reuse.

Buy reusable, over disposable items. For example, try bringing your own utensils to work to each lunch rather than using plastic forks and spoons. Or bring your own container to the restaurant for taking food home.

Maintain and repair products like clothing, furniture, and appliances.

Borrow, rent, or share items that are used infrequently, like party decorations, tools, or furniture. ☀

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 April 20 COA meeting, staff from the Department of Planning and Development and the Department of Housing and Community Development, along with a Planning Commissioner, shared their expertise in a discussion about older adult housing. ✨

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

The COA continues to meet virtually this month. Join from PC, Mac, Linux, iOS or Android:
<https://us06web.zoom.us/j/85798205264>
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.Naranjo@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: <https://bit.ly/DFS-BAC-COA-Meetings>

Fairfax County

Services for Older Adults

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

www.fairfaxcounty.gov/OlderAdults

- Adult Day Health Care Centers
- Adult Protective Services
- Care Management/Social Work
- Caregiver Support & Respite
- In-Home Care
- Medicare Counseling/VICAP
- Meals on Wheels
- Nursing & Assisted Living Facilities
- Senior Centers & Recreation
- Transportation and much more!

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60 Min. Online Meeting

Saturday, May 21 at 10:00 AM

Saturday, Jun. 18 at 10:00 AM

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Learn how a **Senior Asset Protection Trust** can protect your lifetime savings.

30 Min. Online Meeting

Saturday, May 21 at 11:30 AM

Saturday, Jun. 18 at 11:30 AM

* Learn How a Medical Diagnosis Can Impact Your Lifetime Assets

60 Min. In-Person Meeting Tuesday, May 24 and Jun. 28 at 2:00 PM

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

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 Best, Pat Sawhney

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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 and scroll to the Scam Slam Box.

ADVERTISE IN THE GOLDEN GAZETTE!

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

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Meet Kathleen

“The opportunity to work as a Resource Nurse since my retirement allows me to experience the rewarding aspects of public health nursing in the school setting while having a flexible schedule.”

Introducing the NEW Wellness Center for Older Adults!

The Wellness Center for Older Adults is a first of its kind center in Fairfax County, offering both virtual and in-person services for older adults and individuals with developmental disabilities. Operated by the nonprofit ServiceSource Virginia, services include recreation activities, technology access, assistive technology, support groups, health screenings and a day program for people with disabilities.

4027B Olley Lane, Fairfax, VA 22032
Hours: Monday-Friday, 9 a.m.-3:30 p.m.

For more information, email VAWellnessCenter@servicesource.org, call 703-970-3601, or visit <https://www.servicesource.org/virginia-wcoa>



Please join us virtually to celebrate the grand opening!

Thursday, May 19 at 11 a.m.

Watch the event live on Channel 1016 (Cox), Channel 16 (Verizon/Comcast) or stream at www.fairfaxcounty.gov/cableconsumer/channel-16/stream





**Want to make new friends,
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For more information,
go to fairfaxcounty.gov
and search **Senior Centers**.



A Fairfax County, VA, publication.
March 2022



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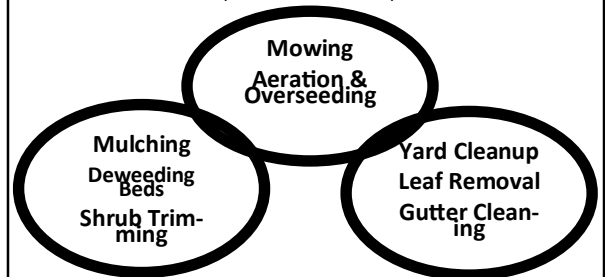
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To register please call 703.667.9800 or email mmmachado@thewoodlandscrc.com

The Woodlands Retirement Community - 4320 Forest Hill Drive, Fairfax, Virginia 22030 - thewoodlandscrc.com

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MAY COMMUNITY CALENDAR

Lifetime Learning Institute of Northern Virginia May Forum

Wednesday, May 4, 10 - 11 a.m.
Zoom, Free

Join us to hear an expert from Green Spring Gardens talk about plants indigenous to the area, honey bees, and garden tips. Register by noon on May 2 at <https://llinova.org/>. Call 703-323-3746 for more information.

Dementia Friendly Fairfax: How to Help a Forgetful Neighbor

Friday, May 6, 1 - 2 p.m.
Virtual, Free

Are you concerned about a forgetful neighbor or friend? This presentation will discuss how to recognize signs of dementia and strategies to improve communication. For more information and registration: dffairfax.org

Caregiver Bootcamp

Saturday, May 14, 9 a.m. - 12:30 p.m.
Virtual, Free

Join Insight Memory Care Center for a special morning training event covering many essential caregiving topics! For more information and registration: insightmcc.org/events

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 www.nvss.org or call Dave at 703-663-7881.

Women's Softball

The Golden Girls of Northern Virginia, a senior women's softball league, is looking for players. Any woman over the age of 40 is encouraged to join. All skill levels are welcome. We play on Wednesday evenings and Saturday mornings in Vienna. For more information, please call visit our web site www.goldengirls.org or call 571-261-9163.

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