

Special COVID-19 Vaccine Section Inside! Page 9

www.fairfaxcounty.gov/OlderAdults

Celebrating Black History Month

## THE GRAVEL AND GRIT OF OLANDER AND MARGARET BANKS

by Mary Jane Dye, Editor, Golden Gazette

It was 1957, and there was gravel as far as the eye could see on the property near Franconia that would one day become a beautiful neighborhood park.

Opportunity came to mind when Olander Banks Sr., a young African American entrepreneur, viewed the land. It would be a perfect place to move his quickly growing auto salvage business from the City of Alexandria. His wife Margaret, however, envisioned something even better—a home in the country to raise their growing family.

According to their daughter Carolyn Banks Summers, her dad was overjoyed that Margaret wanted to move to the country. “Buying the land and building a home became a labor of love for him,” she says. Her parents were childhood sweethearts who met in elementary school.



Carolyn Banks, daughter, at the dedication for the park's new brick entrance.



Olander and Margaret Banks step out on the town.

Purchasing the land on Old Telegraph and Hayfield Roads was the beginning of his grit and unflinching determination to turn this gravel pit into an oasis for his family—especially Margaret. The family lived in a small house on the property while work on her dreamhouse began.

... continued to page 3

### New Look for Golden Gazette

by Mary Jane Dye, Editor, Golden Gazette, Department of Family Services

Everyone and everything needs a refresh sometimes. This includes the Golden Gazette. Thank you to everyone who shared their suggestions for improvement.

The content you love has not changed but the new layout will allow articles to flow better. And we now have special sponsor pages that are grouped so you can quickly find advertising and resources. ☀

### INSIDE THIS ISSUE

More Features	4
Caregiving	6
PSAs	8
Safety	13
Nutrition	16
Activities	18
Volunteering	20
Sponsors	22

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

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

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## GOLDEN GAZETTE

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For information, please contact Mary Jane Dye at **703-324-4653** or [mary.desoniadye@fairfaxcounty.gov](mailto:mary.desoniadye@fairfaxcounty.gov).

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## 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?

Email your suggestions to [DFSGoldenGazette@fairfaxcounty.gov](mailto:DFSGoldenGazette@fairfaxcounty.gov) or call **703-324-GOLD**.

*Olander and Margaret Banks...continued from page 1*

A Franconia Museum publication, *Historic Franconia Legacies*, states that there were at least a thousand truckloads of fill dirt brought in to transform the property. The house was designed from plans that came from a popular women’s magazine. Carolyn says that her mom was creative and added to the plans giving it her own personal touch. “The house ended up having 27 rooms,” she chuckles, “lots of space for nine children.”

The home and the estate became a community. “We had a lot of family and friends visit all the time. There were so many occasions to celebrate with our large extended family,” says Carolyn. “It was a wonderful way to grow up.”

Carolyn also states that her mother was the heart of the home. “She loved to cook and plant flowers while dad liked to go fishing.” Olander and Margaret liked to work in their huge vegetable garden. “It was one of the many things that they loved to do together,” says Carolyn.

She also reminisces about the two state-of-the-art barbeque pits where her brother Ricky became a pit master. One pit was specifically built with her mom in mind. The pits were set off by a luxury pool. “Family and guests could cool off and burn some calories after all the wonderful food,” she says.

For more than 40 years, Olander and Margaret enjoyed their county home. In 1991, they celebrated their 50th wedding anniversary. It was a special occasion that was complemented by daughter Carolyn’s wedding to Hosea Summers. “It was so special, and everyone I cared about was there,” says Carolyn.



*Even with the chill of winter, the park remains beautiful.*



*The completed Banks estate in 1962*

In 1996, Margaret passed. Although heartbroken, Olander continued to manage his family, home and business for a number of years. In 1999, after 42 years, he retired from the daily operations of Banks Auto Parts.

Olander may have retired, but he wasn’t finished giving back to family, community and the memory of Margaret. In 2001, to ensure the family legacy, he had a mutual agreement drawn up with the Fairfax County Park Authority. The family home and ten acres would become a park dedicated to his wife Margaret upon his death.

Olander remained in his home under the steadfast care of two of his daughters, Bernadette and Carolyn, until December 2010. He passed in January 2011 at age 88 after a short stay in a local rehabilitation center. “We know that dad is reunited with mom, and that gives us peace,” says Carolyn.

The Banks brothers Olander Jr., Cardell, Michael, Gregory, Ronald and Kenneth, along with sisters Deborah, Bernadette and Carolyn, invite the community to visit this remarkable park with open green space, a winding creek and a canopy of trees. “It’s more than a park,” says Carolyn. “It’s a gem of nature.” The park’s motto reflects her family’s sentiment: It is a special place for future generations to enjoy.”

The Olander Banks Sr. and Margaret Lomax Banks Neighborhood Park is located at 7400 Old Telegraph Road. It is open daily from morning to dusk. Visit [bankslegacy.org](http://bankslegacy.org) for more information. ☀

## The Quest for Researching African American Ancestors

by Bobbi Bowman, African American Genealogy Special Interest Group Member

Searching for ancestors is a popular leisure-time pursuit, especially for people who are retired. For African Americans it is a complicated quest. Birth and death records, census and school records do not exist for ancestors who were enslaved. Neither do letters, as they were forbidden to learn to read and write. In fact, it was illegal. Their existence and identities were almost completely obliterated.

Despite the many challenges, here are some strategies to find your ancestors.

Talk to your oldest relatives. Ask the names of grandparents, aunts, uncles, cousins. Are there bibles or baby books that contain family names? My sister discovered our family tree in her baby book.

Research family names. Find every family member in every U.S. Census. Begin with 1940—the most recent census available for research. Slaves are not listed by name in the U.S. Census until 1870, the first census after the Civil War.

Find marriages licenses. They provide the names of the bride, groom, and their parents' names. Marriage licenses after the Civil War brim with the names of parents of those who were enslaved.

Locate death certificates. Look for the name of the informant, the person reporting the death (usually a



son, daughter or spouse) and the names of parents. The death certificate of my great, great, great grandmother Nancy, who died in 1922 at 103, is the only record that names her parents.

The ancestors want you to unmute them. They will show you the way! ✨

*Bobbi Bowman, a Fairfax County resident, is a retired journalist and graduate student in history at George Mason University.*

### Learn More

Ancestry Library Edition is freely available through March 31 from anywhere with your Fairfax County Public Library card. Email Laura Wickstead, Virginia Room Librarian, at [laura.wickstead@fairfaxcounty.gov](mailto:laura.wickstead@fairfaxcounty.gov) for more information and to learn about the African American Genealogy Special Interest Group.

## Mount Vernon Genealogy Speaker to Discuss Freedman's Village

Award winning writer and educator Ric Murphy will discuss his recent book, *Section 27 and Freedman's Village in Arlington National Cemetery*, at Mount



Ric Murphy

Vernon Genealogical Society's meeting on Tuesday, Feb. 16, from 1-2:30 p.m. It is a virtual program, and all are welcome to attend.

Murphy is the National Vice President of History for the Afro-American Historical and

Genealogical Society. His book explores how Arlington House, a slave plantation and home of Robert E. Lee, became a military camp for Federal troops, a freedmen's village and farm, and America's most important burial ground.

Nonmembers are welcome to attend one program a year without cost. Register no later than Friday, Feb. 12, by emailing your name and address to [contact-us@mvgenealogy.org](mailto:contact-us@mvgenealogy.org). Visit [mvgenealogy.org](http://mvgenealogy.org). ✨

## Bonnie Kern Fairbank Trades Tap Shoes for White Wig

by Mary Jane Dye, Editor, Golden Gazette, Department of Family Services

It was a bold move for the tall teenager with dancing feet. At 16, Bonnie Kern Fairbank packed her suitcase and took the train to New York City. She wanted to perform synchronized high kicks in glamorous costumes with the world famous Rockettes at Radio City Music Hall.

“I always wanted to dance,” says Bonnie, “so I begged my parents for lessons.” Her mom, who gave her the nickname “Dancing Feet,” did not need much convincing. “She always told me that my dancing feet would take me somewhere,” Bonnie laughs.

A local dance studio in Washington D.C., where they were living at the time, allowed her to enroll in classes. She was just four, and the head instructor argued she was too young. “Luckily, my mom was persuasive,” Bonnie remembers.

By age six, the family was living in the Virginia countryside in a town called Burke. It was the late 1940s, and Bonnie’s family took up residence in an old farm off Old Keene Mill Road. “Back then, it was a dirt road,” chuckles Bonnie, and “it was not easy to get anywhere, including dance lessons, but we managed.”

In 1954, she attended the new Annandale High School. Although smart, and popular among her classmates, Bonnie admits that she was ready for a full-time career. “I was already modeling at age 14 for the Patricia Stevens Agency.” She and her mom would travel back and forth to New York City for photo shoots and runway modeling. “I got my taste of the Big Apple, and I wanted more,” she declares.

When just a sophomore, she asked her parents if she could move to New York City to pursue her dream. According to Bonnie, they were not thrilled. Her dad insisted that she get her diploma, so that’s what she did—two years early! Her mom’s advice was to always remember family values and have humility.

Eventually, after only one failed tryout, Bonnie got a spot with the Rockettes. “I spent five years with the group and loved every minute of it,” says Bonnie. She left the Rockettes after meeting and marrying a young man from Arlington named Ralph Fairbank. Together, they raised a family.

While her feet are still dancing, she admits they are past their prime. Bonnie now specializes in acting—portraying historic women. Her favorite is Martha Washington. “I really want people to get to know Martha as a strong but flawed woman,” says Bonnie. She also gives tea etiquette parties in Colonial garb to children at historic sites. Her most popular character is Mrs. Claus. She dresses up and goes to children’s hospitals to visit the patients. Bonnie reveals, “It’s very humbling, and I treasure those moments with them.”

Bonnie can hardly wait to get back to acting after the pandemic. “I’ve done some virtual events, but it’s not the same,” she sighs. Reflecting on her life, Bonnie says, “Portraying historical figures is the most exciting thing I’ve ever done.” ☀



Martha attends a National Press Club breakfast.



Bonnie competing in the Ms. Senior Virginia Pageant.



As Mrs. Claus.

## CAREGIVING

## Finding Caregiver Support

by *Giuliana Valencia, DFS Caregiver Support*

### The Practice of Self-Care

The practice of self-care comes from knowing and understanding our own emotional, mental, and physical needs. It is an intentional practice in one's life to maintain and promote wellness and wholeness. It is not about adding to your "to-do" list.

For caregivers who are feeling less energy, it may be difficult to practice self-care. A good way to include self-care into your day would be adding activities that you and your loved one can do together. For instance, join a virtual exercise class, go for a nature walk, make space for art, listen to music, sing and/or attend a virtual yoga class.

Looking for new activities to practice self-care? The Fairfax County Park Authority offers plenty: guided park tours, virtual community fitness classes and more. For information, visit: [fairfaxcounty.gov/parks](http://fairfaxcounty.gov/parks) or call **703-324-8700**, TTY 711.

### Virtual Caring for You, Caring For Me Program

This free virtual program is a blend of interactive support and education for caregivers of older adults. It focuses on advocacy and care for the caregiver and care recipient. According to participants, there is an increased feeling of confidence and competence in caregiving after attending the program. Sessions are held via Zoom for five weeks every Monday from Jan. 25 through Feb. 22. For more information, call **703-324-7577** or **703-324-7210**, TTY 711.

### ElderLink Caregiver Support Call

Some topics in caregiving are hard to talk about. Join our ElderLink experts for a discussion about these difficult moments, deal breaker situations, and taboo topics in a safe environment, Tuesday, Feb. 9, 7–8 p.m. Call sessions are via Zoom. A link and alternate phone number to join by computer or phone will be provided after registration is completed.



### Chronic Disease Self-Management Program: Via Telephone

Do not let ongoing health problems stop you from living an enjoyable life. Fairfax County's Chronic Disease Self-Management Program—via telephone—is a free six-week group workshop. You will learn how to live better by effectively managing ongoing health conditions. Caregivers will gain advice on dealing with caregiver stresses. Listen, learn and share positive strategies for better overall health, self-confidence and skills needed to take control and improve your overall happiness. Space is limited, and preregistration is required.

Telephone sessions are held for six weeks every Thursday, Jan. 28–March 4. For more information, call **703-324-7721**, TTY 711, or email **Dianne.Duke@FairfaxCounty.gov**.

### Insight Memory Care Center

Insight Memory Care Center offers support groups and individual/family consultations to reduce caregiver stress and provide practical solutions for families affected by the Alzheimer's disease and other memory impairments. Insight Memory Care Center also provides free online monthly education programs that help caregivers build skills and confidence, and learn about other community resources for Alzheimer's and dementia. A SHARE Program is also offered for families to find a way to plan their future. For more information, contact **Lindsey.vajpeyi@insightmcc.org** or call her at **703-204-4664**. ☀

## One Size Does Not Fit All

by Camden Doran, NVLTC Department of Family Services

A person receiving long-term care services has the right to receive individualized care. Services and activities should strive to attain or maintain a person's highest practicable physical, mental, and psychosocial well-being. Often this can be addressed in a person's initial assessment and plan of care (POC). As each individual is assessed for services, many things should be taken into account, including life history, strengths, functional abilities, and nutritional status. Preferences regarding food, communication, and daily routines should also be honored to enhance quality of life. Staff, family members, and the person receiving the services should work together in creating the POC to ensure

all medical and non-medical issues are discussed and agreed upon. A POC can be updated at any time as an individual's preferences or condition changes.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program is often called to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. For more information about care planning, or other nursing facility and assisted living concerns, please call the Ombudsman Program at **703-324-5861**, or contact by email at [NVLTCOP@fairfaxcounty.gov](mailto:NVLTCOP@fairfaxcounty.gov). ✨

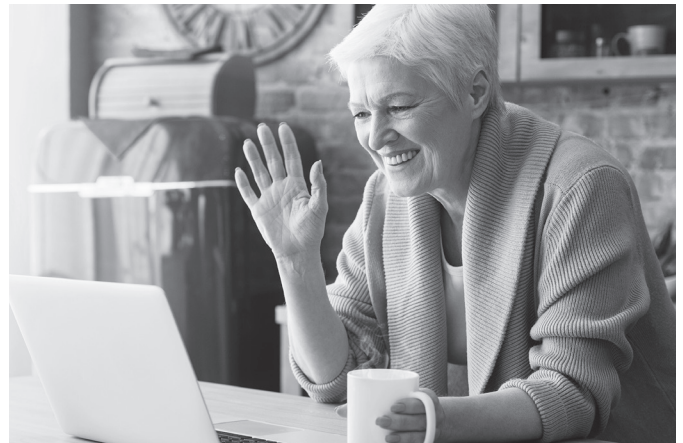
## Virtual Center for Active Adults Working to Fight Isolation

from The Department of Neighborhood and Community Services

It has been nearly a year since the COVID-19 pandemic began in the United States, causing residents to isolate at home to help curb the spread of the virus. While doing this has undoubtedly saved lives, it has also led to a rise in social isolation and loneliness, especially among older adults. Social isolation has been linked to an increased risk of dementia, heart attack and stroke while loneliness is associated with higher rates of depression, anxiety and suicide.

To fight social isolation, the Virtual Center for Active Adults is working to create opportunities for social interaction among older adults through a variety of virtual programs, classes and events.

Older adults and adults with disabilities are invited to join the VCAA to participate and make connections. Lunch Bunch, a social hour that meets every Monday, Wednesday and Friday at noon, allows participants to relax, chat and meet new friends. Other programs that offer opportunities for interacting with peers include the many game and



trivia programs such as Game Show Hour, Music Trivia, Bingo, Brain Games, Cranium Crunches and Crossword Puzzles. Participants can also find opportunities to connect with people who share their interests while engaging in fun activities during a variety of art dancing and language classes.

To view the full schedule of programs, classes and events, visit <http://bit.ly/NCsvcaa>. ✨

## PUBLIC SERVICE ANNOUNCEMENTS

**Fairfax Area Commission on Aging**

by *Jacquie Woodruff, Director, Livable Communities Development, Fairfax Area Agency on Aging*

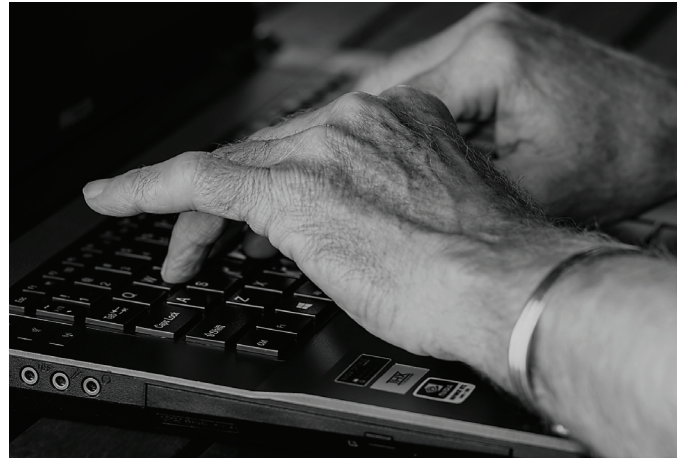
The Fairfax Area Commission on Aging (COA) is an advisory board mandated by the Older American's Act. Commissioners for the Fairfax Area Commission on Aging are appointed by the Board of Supervisors and the City Councils of the City of Fairfax and the City of Falls Church.

At the Feb. 17 COA meeting, Fairfax County Commonwealth's Attorney Steve Descano will present on "The Role of the Commonwealth's Attorney's Office in Preventing Scams Against Seniors and an Update on the Office's Priorities."

**Attend the COA Meeting**

- ◆ Feb 17, 2–4 p.m., Virtual/Video/Audio
- ◆ Zoom:  
<https://us02web.zoom.us/j/82558623809>
- ◆ Password: **COA-m1234!** You may also call **888-270-9936 (US Toll Free)** or **602-333-0032**
- ◆ Conference code: **231525**
- ◆ AT&T Bridge call Toll Free at **1-877-402-9757**
- ◆ Participant access code: **1789207**
- ◆ Live audio. Dial **888-270-9936** or **602-333-0032** —conference code **231525**.

**Need ADA accommodations?** Contact Hilda Naranjo, **703-324-7496** or **hilda.naranjoaraujo@fairfaxcounty.gov**; TTY services, **711**. Access via AT&T Bridge, call **1-877-336-1829**, access code: **8628844** ✨

**Free Virtual 50+ Employment Expo**

The Jewish Council for the Aging along with the Fairfax County Department of Family Services are pleased to present the second in a series of free Virtual 50+ Employment Expos on Friday, Feb. 5, 10 a.m.–2 p.m.

This free Virtual 50+ Employment Expo will present two workshops to allow seniors to enhance job skills, hear presentations from local employers and allow participants to ask questions pertaining to each employer's job opportunities.

To participate register at: <https://virtualexpos.accessjca.org>.

Your Zoom ID will allow you to enter and re-enter the virtual expo all day. ✨

**Virtual Medicare 101 Presentations**

NCS Virtual Center for Active Adults,  
Fairfax County Senior Centers  
**Medicare 101 Virtual Workshop**  
**Tuesday, March 2, 10:15-11:45 a.m.**

Registration is required.

To register, call 703-339-7676 or go to <http://bit.ly/VCAAvicapMAR21>.

To request reasonable ADA accommodations, please call VICAP at 703-324-5851, TTY 711. ✨





## COVID-19 VACCINE FOR OLDER ADULTS

### Those 65 and Older Among First to Receive It

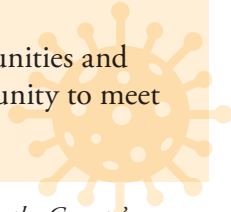
**S**ince the first shipment of COVID-19 vaccine arrived in the Fairfax Health District in late December, thousands of local residents received their first dose. These include health care workers, frontline essential personnel, and older adults.

Public health teams have been working to get all the available vaccines administered as quickly as possible, but caution that it will take time to vaccinate everyone who is part of a group targeted for vaccination as it can take months to get through each priority groups.

“The COVID-19 vaccine campaign is complex,” said Jesse Habourn, public health emergency management coordinator, Fairfax County Health Department. “The vaccine requires unique storage, specific handling, special training for vaccinators, and vaccination spaces and appointments that keep people socially distanced and safe. Vaccine supply fluctuates week to week from the federal level to the states and down to the locals, which adds an additional layer of complexity. And, all vaccination planning is doubled because each person requires two doses.”

Vaccination is a community-wide effort. Hundreds of health care volunteers and workers have been specially trained and mobilized to assist with the process. Community partners such as Inova and Reston Hospitals are contributing to efforts to get people vaccinated.

“With each vaccination phase there are new opportunities and challenges, and we are working together as a community to meet them and solve them,” Jesse said.



*This information was accurate at the time of printing. Please refer to the County's COVID-19 website for any recent updates or changes.*



## Schedule Your Vaccine Appointment

Vaccine-eligible people can register for appointments online OR over the phone (no need to do both).

◆ Online:

[www.fairfaxcounty.gov/covid19](http://www.fairfaxcounty.gov/covid19)

Click on “Vaccination” at the top of the page and you will see registration information. After your registration is accepted, a scheduling link will be sent to you as vaccine becomes available.

◆ Call: **703-324-7404, TTY 711**

to register for a vaccine via phone

### Good to Know

- ◆ Vaccine eligibility is occurring in phases per the CDC and Virginia Department of Health. More information can be found at [www.fairfaxcounty.gov/covid19](http://www.fairfaxcounty.gov/covid19).
- ◆ As more vaccine becomes available in the future, you will likely be able to access vaccine via your doctor, a health clinic, or pharmacy.
- ◆ It takes two doses. Follow the directions of your vaccine provider to schedule your second dose.
- ◆ One caregiver can attend a vaccine appointment with their loved one for assistance. Caregivers do not receive vaccine at this time unless they are eligible and have made an appointment.

## Vaccine Appointment Tips



**Take a picture of your vaccination card.** That way you won't have to worry about misplacing it.



**Download and use v-Safe.** It's an app that helps you report any reactions you are having to the vaccine. Learn more: [cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html)



**Wear a mask** to the appointment.



Learn from the experiences of others. See Fairfax's COVID-19 **Vaccine Stories playlist on YouTube.** (Go to [www.youtube.com](https://www.youtube.com) and search "Fairfax Vaccine Stories")



## What to Expect After You Get Vaccinated

After you get the vaccine in your upper arm muscle, it's possible you may experience:

- ◆ **Pain and swelling at the injection site (this is the most common reaction).**
- ◆ **Fever or chills.**
- ◆ **Tiredness.**
- ◆ **Muscle aches.**
- ◆ **Headache.**

It's ok. While these symptoms may seem worrisome, they are normal and will go away in a few days. To reduce pain and discomfort at the injection site, apply a clean, cool, wet washcloth over the area and consider using or exercising your arm. To reduce discomfort from fever, drink plenty of fluids and dress lightly. You can also take over-the-counter medication, such as ibuprofen or acetaminophen, to relieve these symptoms.

**In most cases, discomfort from fever or pain is mild. Contact your doctor or healthcare provider:**

- ◆ If the redness or tenderness where you got the shot increases after 24 hours.
- ◆ If your side effects are worrying you or do not seem to be going away after a few days.

### Do Not Be Alarmed. Remember:

- ◆ Side effects may make you feel flu-like and even affect your ability to do daily activities, but these should go away in a few days.
- ◆ With the current COVID-19 vaccines, you will need to get a second shot in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.
- ◆ It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require two shots may not protect you until a week or two after your second shot.

*Please note: Severe allergic reactions have been reported following the Pfizer vaccine during vaccination outside of clinical trials. Individuals with a known history of severe allergic reactions (e.g., anaphylaxis) should consult with their medical provider before getting the vaccine.*



## Vaccine and People with Disabilities

Fairfax follows guidance from the Virginia Department of Health regarding who can be scheduled to receive the vaccine during each phase. There is no category specifically for people with disabilities. Recently Virginia's Governor Northam included "People Ages 16-64 with High-Risk Medical Conditions or Disability that Increases their Risk of Severe Illness from COVID-19," into Phase 1b to provide

vaccine access for this specific group. It is likely that people with disabilities will fall under various subgroups.

Fairfax County will ensure that the vaccine is accessible to everyone when it is their turn. If you need any accommodations to receive your vaccine you can notify your vaccine provider when you make your appointment.

### How It Works



Vaccines work because they cause the body to produce an immune response against a disease. In the case of the Pfizer vaccine, it gives instructions to our cells to make a harmless piece of what is called the "spike protein." Our immune system recognizes that these spike proteins don't belong in our bodies so it begins building an immune response by making antibodies. The antibodies help protect you from getting COVID-19.



The COVID-19 vaccine is a long-anticipated tool that will help slow the spread of illness and end the pandemic. Getting vaccinated will protect you and people around you, including those at increased risk of severe illness from COVID-19. If you don't become infected, you can't spread it to others.



### Vaccine Safety

COVID-19 vaccines have satisfied the requirements issued Emergency Use Authorization (EUA) by the Food and Drug Administration (FDA). Before the FDA grants an EUA, the safety and efficacy of these vaccines were reviewed by FDA scientific staff and by an independent panel of experts convened by the FDA. The CDC and the FDA will continue to monitor individuals who have received the vaccine to ensure there is no evidence of even rare safety issues. The vaccines were tested in large studies to include tens of thousands of people to make sure they met safety standards and protect people of different ages, races, and ethnicities. The study results showed that

the vaccines' benefits outweighed possible risks and provide protection from COVID-19.

COVID-19 can be a severe or fatal disease, even in young, healthy people. The risks from COVID-19 illness are greater than the possible risks from receiving the vaccine, therefore, when you are eligible for vaccination, it is strongly recommended you receive the vaccine. If you have specific questions about whether or not you should receive the vaccine when it is available, please contact your primary care provider. For general vaccine information you can contact our call center at **703-267-3511**.

***In the meantime, it is critical for everyone—even those vaccinated—to continue wearing masks, practice social distancing and wash hands frequently. Although not everyone will be able to be vaccinated right away, but the goal is for everyone to be able to easily get a COVID-19 vaccine soon. Learn more about what to expect when it's your turn to be vaccinated.***

## COVID-19 Vaccine Stories

The Fairfax County Health Department has created COVID-19 Vaccine Stories to highlight the experiences and insights of local medical leaders as they receive the COVID-19 vaccine.

*“The pandemic is not going to end until we reach herd immunity and herd immunity requires all of us to get vaccinated. We know that the vaccines are safe and effective.”*

—Dr. Gloria Addo-Ayensu, Director Fairfax County Health Department

*“I am getting the vaccine for my family, friends and most of all my patients.”*

—Dr. Sergio R. Rimola, INOVA Fairfax Hospital

## Health and Safety Measures

Even after you are vaccinated, you must continue to follow health and safety protocol. The CDC has given clear direction that individuals should still wear masks, stating “it will be important for everyone to continue using all the tools available to us to help stop this pandemic, like wearing masks, washing hands often, and social distancing.” **Please continue to practice health and safety measures:**



**Wash your hands**



**Wear a mask**



**Cover coughs & sneezes**



**Maintain six feet  
of social distance**



**Stay home when sick**



## Stay Informed

For more information and the latest details, view our COVID-19 Vaccine Webpage:  
**[fairfaxcounty.gov/health/novel-coronavirus/vaccine](https://fairfaxcounty.gov/health/novel-coronavirus/vaccine)**.

The FAQs on the COVID-19 webpage provides additional information about the vaccines, benefits, side effects and efforts within Fairfax County.



Health Department Call Center: **703-267-3511** (TTY 711)



Virginia Department of Health COVID-19 Vaccine Website:  
**[vdh.virginia.gov/covid-19-vaccine/](https://vdh.virginia.gov/covid-19-vaccine/)**

CDC's Advisory Committee on Immunization Practices (ACIP):  
**[cdc.gov/coronavirus/2019-ncov/vaccines/recommendations-process.html](https://cdc.gov/coronavirus/2019-ncov/vaccines/recommendations-process.html)**



Text **FFXCOVID** to **888777** to receive updates from Fairfax County about COVID-19

For Spanish text  
**FFXCOVIDESP** to **888777**



Follow on Facebook:  
**Fairfax County Government**  
and **Health Department**



Email questions or concerns to  
**[ffxcovid@fairfaxcounty.gov](mailto:ffxcovid@fairfaxcounty.gov)**.

*This email account will be staffed  
Monday through Friday, 8 a.m. through 6 p.m.*



Follow on Twitter:  
**@fairfaxcounty**  
and **@fairfaxhealth**

## SAFETY

## Romance Scams

by Melissa Smarr, Silver Shield Task Force

Let's begin February's column talking about a dangerous scam with the sole objective of taking money from people at their loneliest. Often after the loss of a spouse or partner, people turn to dating websites and Facebook to find a companion or, in some cases, love. Unfortunately, there are predators on the same sites looking to take money away from those who aren't careful.

The Federal Trade Commission published that in 2019, the romance scam was the costliest scam reported to the agency. Victims of the romance scam reported losses of over 200 million dollars. Unfortunately, the dollar amount is probably much larger because it is suspected that people are embarrassed by the scam and then do not make a report. Those who handle the investigation of the romance scam want people to report so they can know the true losses victims are experiencing. No one will be judged if someone becomes a victim of a scam. Please stay safe.

Here are some tips to help you avoid becoming a victim of the romance scam:

- ◆ Do not send money to someone you never met, even though the scammer will use high pressure tactics to convince you to do so. Never transfer money, wire money or buy gift cards for anyone unless you feel comfortable.
- ◆ Ask why your new love interest is asking for money.
- ◆ Remember that you can say no to giving money to anyone you have never met in person.
- ◆ If the potential new love is pressuring you just after you started communicating, be aware that this could be a scam.

If you or someone you know becomes a victim of the romance scam, please report it to the following entities:

- ◆ The Fairfax County Police Department Financial Crimes Unit: **fairfaxcounty.gov/Police** or call the non-emergency police number, 703-691-2131.
- ◆ Federal Trade Commission: **ftc.gov/complaint**
- ◆ Federal Bureau of Investigation: **ic3.gov**
- ◆ The dating site or website where the initial communication began. ☀

## IRS Imposter Scams

From the Federal Trade Commission

You get a call from someone who says she's from the IRS. She says that you owe back taxes. She threatens to sue you, arrest or deport you, or revoke your license if you don't pay right away. She tells you to put money on a prepaid debit card and give her the card numbers.

The caller may know some of your Social Security number. And your caller ID might show a Washington, D.C. area code. But is it really the IRS calling?

No. The real IRS won't ask you to pay with prepaid debit cards or wire transfers. They also won't ask for a credit card over the phone. And when the IRS first contacts you about unpaid taxes, they do it by mail, not by phone. And caller IDs can be faked.

Here's what you can do:

**Stop.** Don't wire money or pay with a prepaid debit card. Once you send it, the money is gone. If you have tax questions, go to **irs.gov** or call the IRS at 800-829-1040.

**Pass this information on to a friend.** You may not have gotten one of these calls, but the chances are you know someone who has.

Want to know more? Sign up for FTC Consumer Alerts at **FTC.gov/subscribe**. ☀

## Crisis Assistance Program Helps Households with Energy Emergencies

by Jodie White, Energy Assistance Program Supervisor, Department of Family Services

The Fairfax County Crisis Assistance Program is currently accepting applications. Crisis Assistance is designed to help households overcome energy emergencies that cannot be met by other resources. An energy emergency is determined when a household has no heat, is in imminent danger of being without heat or there is a past due amount owed on the primary heat source utility account.

### Crisis Assistance includes:

- ◆ Payment of primary heat source utility bills that currently have a past due amount owed
- ◆ Payment of security deposits for primary heat utility when no service exists or there is a past due amount owed on the account
- ◆ Purchase of primary home heating fuel when the fuel supply is low
- ◆ Repair of inoperable or unsafe heating equipment
- ◆ Replacement of heating equipment for homeowners only (when repair is not possible)
- ◆ Provision of supplemental heating equipment/maintenance

Applications for the Crisis Assistance Program will be accepted through March 15. Submit them:

- ◆ Online: at [commonhelp.virginia.gov](http://commonhelp.virginia.gov)
- ◆ Phone: the Enterprise Call Center, 1-855-635-4370
- ◆ Paper Application: call **703-324-4328 (HEAT)** to request an application
- ◆ FAX: fax a completed application to **703-653-1355**
- ◆ Email: completed application to [DFSSSEnergy@fairfaxcounty.gov](mailto:DFSSSEnergy@fairfaxcounty.gov) ✨

## Give the Gift of Preparedness this Valentine's Day

by Courtney Ayouro, Office of Emergency Management

Valentine's Day is the perfect time to give a thoughtful gift—one that shows you are thinking about safety during an emergency. Why not put together an emergency kit? Simply place the following items in a water-resistant container or bag for safe keeping and within easy reach.

- ◆ First aid kit
- ◆ Flashlight and extra batteries
- ◆ Portable phone charger
- ◆ Manual can openers

Emergency kits include basic supplies and are tailored to every person's need. You will need additional supplies if your household has children, seniors, individuals with access and functional needs, or pets. As mentioned above, kits should be kept in a water-resistant container or a sturdy, transportable bag, and stored in a reachable location.

Fairfax County recommends every household keep three to five days' worth of food, water and supplies in shelter-in-place kits for each member of the household. For additional information and a complete checklist of items to include in your emergency kit, visit: [www.fairfaxcounty.gov/emergencymanagement/ceerg](http://www.fairfaxcounty.gov/emergencymanagement/ceerg). ✨



## Consumer Protection Week

by Susan Jones, Branch Chief, Fairfax County Consumer Affairs

Fairfax County Consumer Affairs announces National Consumer Protection Week, scheduled for Feb. 28- March 6.

Consumer Protection Week is a time to help people better understand their consumer rights and assist them in obtaining tools to make well informed decisions.

During this week, Fairfax County Consumer Affairs will provide virtual presentations and share educational resources and tips.

A not-to-be-missed event this year: the Virginia Department of Treasury, Unclaimed Property Division's Virtual Call-in. It is on Tuesday, March 2, from 10 a.m.– p.m.

For more information on scheduled events, visit the Consumer Affairs webpage at: **[fairfaxcounty.gov/cableconsumer/csd/national-consumer-protection-week-2021](https://fairfaxcounty.gov/cableconsumer/csd/national-consumer-protection-week-2021)**

Fairfax County Consumer Affairs assists consumers through advice inquiries, mediation and arbitration. Consumer Affairs staff supports the Consumer Protection Commission and the Tenant Landlord Commission. You can watch consumer affairs videos, listen to podcasts, read newsletters and explore consumer topics on our website at **[fairfaxcounty.gov/cableconsumer/csd](https://fairfaxcounty.gov/cableconsumer/csd)**. ☀

## Abuse Can Happen to Anyone

by DFS Adult and Aging Division

The mistreatment of older adults can happen in many places, including the person's home, a family member's house, an assisted living facility, or a nursing home.

**To report abuse, exploitation, or neglect of an adult who is 60 years or older or is 18 years and older and incapacitated, call Fairfax County Adult Protective Services at 703-324-7450, TTY 711.**

Reports can be filed for people who live alone or with relatives or who are residents in nursing homes, assisted living facilities, hospitals, or group homes.

### HOW WE HELP

- ◆ We receive and investigate reports of abuse, neglect or exploitation of adults.

- ◆ We receive and investigate reports of adults “at risk” of abuse, neglect or exploitation.
- ◆ We assess for service needs and determine whether the adult in question needs protective services.
- ◆ We may provide case management services.

Anyone can report a suspected incident of abuse, neglect or exploitation. Reporting just takes a phone call. State law requires that the identity of people who report suspected abuse, neglect or exploitation be kept strictly confidential. Reporters are immune from any civil or criminal liability unless they act in bad faith or with a malicious purpose. Some people are required by law to immediately report suspected abuse, neglect and exploitation. ☀

## NUTRITION

## Comforting Scottish Cock-a-Leekie Soup

by Devaki Das, Culinary Instructor, FCPS-Adult Community Education

There is nothing quite as comforting and nutritious as hearty chicken soup during cold weather. It is also nice to step away from the “usual” chicken and noodle variety, and see how the world prepares chicken soup.

This traditional Scottish soup hits all the high notes—leeks sautéed in butter with bacon, then simmered with a whole chicken to make a robust delicious stock. It is finished with just a handful of rice, chopped parsley and—wait for it—thinly sliced prunes! The prunes are magical in this soup and add a lovely golden-brown hue. I’d put this five-ingredient soup on must-make-list this season.

### Scottish Cock-a-Leekie Soup

*Difficulty Scale—Easy*

#### Ingredients

1 whole chicken 3-4 lbs.  
 14 cups water for chicken stock  
 ½ tbs. salt  
 1 tsp. ground black pepper  
 3 tsp. brown sugar  
 2 tbsp. butter  
 4 thick slices of bacon  
 2 lbs. leeks  
 1/3 cup long grain rice  
 ½ cup prunes  
 2 tbs. chopped parsley for garnish

#### Preparation

**Stock.** In a stock pot, add the chicken and water, salt, pepper and sugar. Bring to boil. Lower heat and simmer for 1 hour until the chicken is tender and falls apart. Remove the chicken and set aside until cool to handle.

**Leeks.** Slice & discard root. Halve lengthwise and slice each length into ½” semi-circles.

**Bacon.** Halve lengthwise and slice thin.

#### Method

In a skillet, melt the butter on medium heat. Add the bacon and leeks and sauté until the leeks are translucent. Add the leek and bacon mixture to the chicken stock.

Add the rice and cover the stock pot with a lid, leaving a small gap to allow the steam to escape. Cook for 30 minutes. Meanwhile . . .

- ◆ Chicken. Separate the meat. Discard skin and bones. Shred meat and set aside covered.
- ◆ Prunes. Cut into 1/8” slices and set aside.
- ◆ Parsley. Separate leaves and finely chop.
- ◆ Prunes. Add with chicken and parsley to soup and simmer 15 minutes. Taste and adjust the seasonings. Serve with crusty bread and enjoy! ✨

### Having Difficulty Preparing Meals?

Meals on Wheels provides home delivered meals to adults who have difficulty getting out of the home and who are over the age of 60. Meals are also available to those over 18 years old who have a disability and need assistance preparing meals.

The program is targeted to support eligible adults to remain independent in their own homes with support of the Home Delivered Meals program. The Home Delivered Meals program currently provides a weekly, contact-free meal delivery of 11 flash frozen meals. Meals are delivered one time per week. To learn more or to apply over the phone, call the Department of Family Services at **703-324-5409**. ✨



## Eating Healthy on a Budget

*From the National Institute on Aging*

The cost of food can eat up a big part of your budget. The U.S. Department of Agriculture supports Iowa State University's Spend Smart-Eat Smart website, which can help you create a food budget. Once you have a budget, consider these tips while food shopping:

- ◆ Try store brands—they usually cost less.
- ◆ Use coupons when you can.
- ◆ Try to buy in bulk, but only buy a size you can use before it goes bad.
- ◆ Focus on affordable fruits and vegetables like bananas, apples, oranges, cabbage, sweet potatoes, dark-green leafy vegetables, green peppers and regular carrots.

For more tips, go to [nia.nih.gov](http://nia.nih.gov).

## Are You Eligible for SNAP?

The Supplemental Nutrition Assistance Program (SNAP), formerly called “food stamps,” can be used like cash to buy food from authorized retailers. It can also be used to buy food online from Amazon and Walmart but only the food purchase is covered, not delivery fees. Recipients receive an Electronic Benefit Transfer card, which looks like a credit card. Your account is debited each time eligible food items are purchased. A secret Personal Identification Number is required to use the card.

Your household must meet certain requirements to be eligible for SNAP benefits. The application process can be done by computer or phone—no need to come in-person. Apply online at [commonhelp.virginia.gov/access](http://commonhelp.virginia.gov/access), or call **1-855-635-4370**. For details, call the Department of Family Services Customer Care Line at **703-324-7500**, TTY 711. ✨



## Healthy Winter Cooking on 16

*by Amy Carlini, Department of Family Services*

Channel 16 offers a taste of community! The award-winning station provides county news and government proceedings and features interesting people and places.

*Watch the Healthy Winter Cooking Series, presented by the Department of Family Services' Maria Loh, on the Channel 16 website. Learn to make Lentil and Winter Vegetable Soup, Baked Salmon and Zoodles, and Maple Baked Apples!*

Other shows include 16 Around Fairfax, County Magazine, the library's Check it Out, and Parks Plus. Each of these programs include beautiful footage of county parks and facilities as well as interviews with county staff and residents.

You can enjoy Channel 16 programming online, anytime, or just turn on your television. For online programming, live streaming and the complete broadcast schedule, go to [fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television](http://fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television). ✨

## ACTIVITIES

## Share the Love: Keep a Reading Journal

*From The Fairfax County Public Library*

### Logs Jog Our Memories

Avid readers love to share recommendations for a good book. Sharing the right book can be easy — if you have an excellent memory, are recommending to people who read similarly to you, or you do it on a regular basis, that is. For the rest of us, a reading log or reading journal can help us recall and recommend books we have read.

### A Basic Record

At its core, a reading log is simply a list of books you read or listen to. Elements you may want to capture in a reading log include:

- ◆ Date Finished (or Did Not Finish)
- ◆ Title
- ◆ Author
- ◆ Publication Date
- ◆ Length (pages for books, hours for audiobooks)
- ◆ Category (Mystery, Romance, History, etc.)
- ◆ Narrator Rating (for audiobooks)
- ◆ Would you recommend to someone else?

Logs are easy to keep and capture the basics. You may find interesting patterns with DNFs and authors or categories. Keeping the log in electronic format, like a spreadsheet, can be very useful as a recommendation or a writer's tool to filter and search when you want to revisit books for research purposes.

### Journal the Details

Beyond the basics is a reading journal. A journal is also a log, but it can be much more. The elements you capture depend on how you want to use your journal. Readers' Advisors (think "professional recommenders") or reviewers may want to recall different elements than writers, and vice versa.

Elements you may want to capture in a reading journal include:

- ◆ Basic reading log elements
- ◆ One paragraph plot summary
- ◆ How much you enjoyed on a scale of 1-5 (or 1-10)
- ◆ A favorite passage, quote or scene
- ◆ Was there a character you most liked/disliked? Why?
- ◆ General strengths or weaknesses
- ◆ Why did you read this book? (Reading challenge, recommendation, cover caught your eye, etc.)
- ◆ For categories or genres: Is there a trope you want to capture? (e.g. Romance: forced proximity)
- ◆ For writers: What did you learn from the book in terms of your own writing?

### Find Your Happy Medium

A hybrid of the log and journal formats is probably your best bet. Perhaps only fill out the extra "journal" information when the answer to "Would you recommend?" is "Yes," if there was something particularly striking about the book, or if you rate the book the lowest or highest on your scale.

Remember: this is your journal. There are no rights or wrongs—only what works better or less so for you and your needs. You choose the elements that you want to track. You don't have to fill everything out every time or get the publication date exactly right for the copy you read.

Your journal is meant to jog your memories, not act as a citation for a paper. Keeping a journal can help you become a more active reader, pinpoint your reading preferences, and understand why you would share a book with someone else—be they a friend, family member or even yourself at a future date. ☀

## Watering New Plantings in Winter

by Joyce Hylton, Master Gardener

As we go into the cold and sometimes snowy month of February, a very important concern continues to be soil moisture content.

Young or newly planted trees that have not spread their feeder roots into the surrounding soils will require more attention and regular irrigation because of limited abilities in obtaining water in their growing environment. All newly planted trees should have 1 inches of water per week—even in the winter—for two years.

This is also especially true of conifer trees and evergreens that have needles that are subject to winter burn. Winter burn occurs when evergreen trees can't get enough water from the soil to offset the drying effects of wind and extreme cold.

The key to survival is giving trees adequate moisture before winter freezes the world around them. Once the ground is frozen, watering is not possible. Up to 3 inches of mulch can be applied around the planting zone that will protect roots from freeze/thaw cycle and prevent water loss.

The following is excerpted from *Winterize Your Trees* by Lindsey Purcell, a Purdue University publication.

**Watering.** Whenever rainfall is insufficient for extended periods, supplemental water is needed, especially on newly planted and less-established trees. Follow the “5 + 5 rule,” which says to provide 5 gallons of water plus another 5 gallons for every diameter-inch of tree trunk. This should provide plenty of water to help a tree during times of inadequate rainfall. For mature and well-established trees, 1 inch of supplemental water applied to the root zone every week should keep soil moisture adequate. Continue to water through the fall until the ground is frozen, so that trees have ample moisture to survive the winter months and are ready for spring growth. If limited rain or snowfall in winter indicates drought, it may be necessary to water in the winter. The best time for winter watering is a warm day, when the temperature is above 40 degrees. Refer to Drought? Don't forget the Trees! (FNR-483-W) for more information on watering trees.

For information or to view virtual or past programs from Master Gardeners of Northern Virginia, go to [mgnv.org](http://mgnv.org). ☀



## VOLUNTEERING

**Acts of Kindness Foster Change**

by Tanya Erway, Volunteer Solutions Recruitment Coordinator

**Below are options to consider if you wish to do a good deed.**

**Help Alleviate Hunger**

Food For Neighbors, a nonprofit, needs volunteers to help alleviate hunger in Northern Virginia through its Red Bag Program. The initiative specifically tackles weekend food insecurity for middle and high school students. Red Bag Program participants shop for nonperishable items at their convenience and set items on their doorsteps for collection approximately five times per year. Volunteers are needed to collect, sort, organize and deliver food.

If you can volunteer, donate food, provide grocery gift cards or help financially, visit <https://bit.ly/FFN-RedBag>

*Are you feeling pandemic-weary?  
Do you want to brighten winter  
days that are dreary? Doing acts  
of kindness might be the “boost”  
you need.*

**Be the Voice for a Vulnerable Child**

Fairfax Court Appointed Special Advocates (CASA) provides volunteer advocates for abused and neglected children referred by the Juvenile and Domestic Relations District Court. Volunteers must commit to their assigned child(ren) throughout the life of the case (an average of two years) and visit them twice monthly adhering to COVID-19 safety

precautions. The CASA volunteer is often the only consistent adult in the life of that child. The first step in becoming a CASA volunteer is to attend a virtual information session. Visit [fairfaxcasa.org](http://fairfaxcasa.org), and/or email Alexis Shield at [volunteer@casafairfax.org](mailto:volunteer@casafairfax.org) for more information.

**PRS, Inc.—Donations and Virtual Advocacy**

PRS, Inc., provides behavioral health, crisis intervention and suicide prevention services. PRS CrisisLink staff and volunteers handle crisis calls and texts around the clock. Clinical staff provide behavioral health services through telehealth and in person (when necessary). Stress relief kits are needed and should include coloring books with colored pencils, stress balls, journals, nonperishable snacks, cards with messages of hope, etc. Kits can be mailed or dropped off at PRS, Inc. (10455 White Granite Dr., suite 400, Oakton, VA 22124) between 9:30 a.m.-2:30 p.m., Monday-Wednesday, or items can be donated via Amazon Wish List. Email [volunteer@prsinc.org](mailto:volunteer@prsinc.org) for more information about the wish list and to set a drop-off time. Learn more about PRS, Inc., at [prsinc.org](http://prsinc.org).

Are you connected on social media? Be a virtual advocate. Share PRS' most pertinent wish list items, volunteer opportunities, and/or PRS CrisisLink hotline and text line numbers with your community. Email [volunteer@prsinc.org](mailto:volunteer@prsinc.org) for more information.

**GrandInvolve, Tutoring Fairfax County's Most Vulnerable Students**

Do you like fostering curiosity and helping children learn? GrandInvolve has partnered with Fairfax County public schools since 2014 to place active, older adult volunteers in Title I classrooms. Due to the pandemic, the program has pivoted to virtual



tutoring. If you are interested in learning more about GrandInvolve and its virtual volunteer opportunities, visit [www.GrandInvolve.org](http://www.GrandInvolve.org) or email at [info@grandinvolve.org](mailto:info@grandinvolve.org).

## Volunteer Solutions

### Herndon Drivers Needed

Herndon Village Network relies on volunteers to drive older adults to doctor appointments, grocery shopping and other activities. This service allows seniors to age in place, and it also helps them to remain connected with the community. If you or someone you know might be interested in helping, go to <https://bit.ly/HerndonVillageVol>.

*Submit county volunteer opportunities to Tanya Erway at [Tanya.Erway@FairfaxCounty.gov](mailto:Tanya.Erway@FairfaxCounty.gov).*

### Volunteer Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer driver 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)

### The Shepherd Center

The Shepherd Centers are a non-profit interfaith organization sponsored by area congregations, community groups, and individuals to serve adults 50 years and older. Its primary purpose is to provide services to assist older adults to continue to live independently in their own homes and to offer programs for enrichment, learning and socialization.

- ◆ **Annandale/Springfield**  
703-941-1419,  
[shepherdscenter-annandale.org](http://shepherdscenter-annandale.org)
- ◆ **Fairfax/Burke**  
703-323-4788, [scfbva.org](http://scfbva.org)
- ◆ **Great Falls**, 703-586-9696, [thescgf.org](http://thescgf.org)
- ◆ **McLean/Arlington/Falls Church**  
703-506-2199, [scmafc.org](http://scmafc.org)
- ◆ **Oakton/Vienna/Reston/Herndon**  
703-281-0538, [scov.org](http://scov.org)
- ◆ **South County**  
703-799-0505,  
email [scsc-transport@verizon.net](mailto:scsc-transport@verizon.net)
- ◆ **Western Fairfax County**  
703-246-5920, [scwfc.org](http://scwfc.org) ☀

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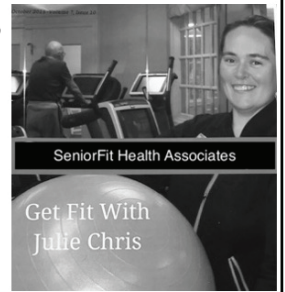
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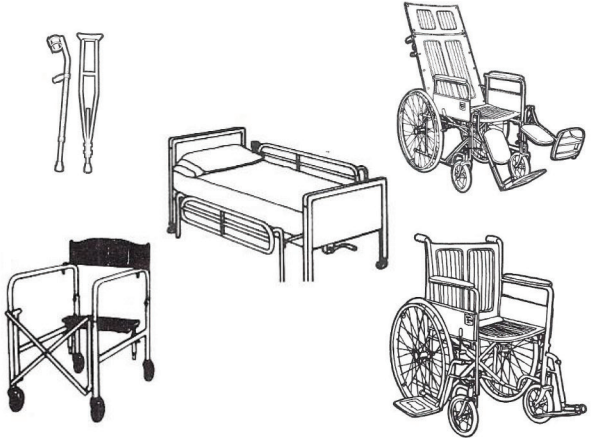



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**For Additional Information email  
Sharon.Shields@fairfaxcounty.gov**

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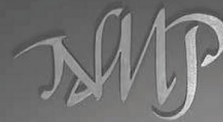
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## February Community Calendar

### **Saturday, Feb. 13, Starting from Scratch with Seeds, 10:30 a.m.–Noon.**

Grow flowers, vegetables and herbs from seeds. Be inspired by a discussion on potting mixes, seed sources and more. Then take home a few seeds to start your own collection. This program will take place on-site with limited registration and social distancing. \$22 per person. Wear a mask. Register online at [fairfaxcounty.gov/parks/parktakes](http://fairfaxcounty.gov/parks/parktakes) or call **703-642-5173**.

### **Saturday, Feb. 20., Virtual EcoSavvy Symposium Program, 9:30 a.m.–12:30 p.m.**

Join the annual EcoSavvy Symposium from the comfort of your own home. Dr. Laurie Fox, horticulture associate at Virginia Tech, and Christine Horner, water quality engineer for the Town of Vienna, discuss innovative techniques to capture, store and redirect rainwater on your property. \$26 per person. Register online at [fairfaxcounty.gov/parks/parktakes](http://fairfaxcounty.gov/parks/parktakes)

### **Saturday, Feb. 27, The 1st United States Colored Infantry 2–3 p.m.**

The movie *Glory* introduced the African American men who were in the ranks as soldiers in the Civil

War. Civil War historian Bryan Cheeseboro will present the story of the 1st United States Colored Infantry, one of the Black regiments that were raised in the District of Columbia. For more information, visit [fairfaxva.gov/government/historic-resources/programs/historic-tours-programs](http://fairfaxva.gov/government/historic-resources/programs/historic-tours-programs).

### **Saturday, Feb. 27, Virtual Great Shrubs for Home Gardens 10–11:30 a.m.**

Take a real-time virtual walk with Horticulturalist Brenda Skarphol as she highlights beautiful flowering shrubs that grow well in Virginia home gardens. A link to connect via Zoom will be emailed before the program. \$10 per person. Register online at [www.fairfaxcounty.gov/parks/parktakes](http://www.fairfaxcounty.gov/parks/parktakes) (code **9NQ.75W8**) or call Green Spring Gardens at **703-642-5173**.

*All information is correct at the time of publishing. However, please verify information by calling provided numbers and web addresses.*