

BRENDA KLIMAVICZ SHARES HER CREATIVE ENERGIES TO BENEFIT COMMUNITY

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

As a preschool teacher, Brenda Klimavicz thrived by creating fun, fictional, characters and art with her students. She often encouraged them to use their imaginations for stories to match these whimsical characters. Her goal was to instill a love of reading. When her preschool closed in the spring due to the pandemic, she needed a new place to share her creative energies.

Brenda used her time and talents to learn digital illustration—images done completely on a computer or hand-drawn images scanned into a computer. Soon she was able to digitally adapt Bobby B. Frog; a character that always appealed to her preschoolers. “You can say that I took a virtual leap with the frog,” she chuckles.



Brenda Klimavicz uses a digital program for creating her imaginary characters.

INSIDE THIS ISSUE

More Features	4
Safety	5
PSAs	6
Caregiving	8
Nutrition	10
Activities	11
Volunteering	12
Sponsors	14
Calendar	20

Her next challenge was to find a new home for Bobby that would both attract children and provide a launch pad for adventure. A walk in her neighborhood, one Brenda does daily, provided the answer. “I have six Little Free Libraries near my home, and each is unique and fun.” For those who are unfamiliar with them, the Little Free Libraries are small wooden structures people often set up in their front yards where they are easily accessible to the public. They contain a treasure of books, recapturing the old-fashioned concept of “take

... continued to page 3



Brenda surrounds herself at the library with her animal characters—just for fun.

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.

**SUBSCRIBE
NOW!**

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

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

The *Golden Gazette* 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

Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035
Fairfaxcounty.gov/OlderAdults

Michael Becketts

Director, Department of Family Services

Trina Mayhan-Webb

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

Amy Carlini

Communications Director, Department of Family Services
Amy.Carlini@fairfaxcounty.gov

Mary Jane Dye

Editor and Advertising Manager
Mary.desoniadye@fairfaxcounty.gov

ADVERTISE

For information, please contact Mary Jane Dye at **703-324-4653** or **Mary.desoniadye@fairfaxcounty.gov**.

CONTRIBUTE

While the *Golden Gazette* is free, contributions help defray costs. If you would like to contribute, send a check payable to County of Fairfax and write *Golden Gazette* Contribution in the memo line to: Fairfax County, P.O. Box 3406, Fairfax 22038-3406.

DISCLOSURES

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.

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

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

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** or call **703-324-GOLD**.

Creative Energies Benefit Community

... continued from page 1

a book, leave a book.” The movement itself was started by the late Todd Bol in 2009. The small structures can be found around the world, including several locations locally. There is even one at the Fairfax County Sheriff’s Department, primarily for children to use during visiting hours at the jail. The libraries’ distinct locations inspired Brenda to have Bobby go on entertaining and exciting virtual library tours.



The Little Library Museum and the Little Free Library at Church and Mill St., in Vienna.

Brenda needed to announce Bobby B. Frog’s World Tour, so she sent the word out on Instagram and Facebook. “Owners of Little Libraries from around the world sent photos to me,” she says. Brenda used the photos to create customized illustrations, for each library, that included Bobby. “Sometimes he is driving his jeep, delivering books, or making friends,” she says, “but the love of reading and adventure shines through.”

In the Little Free Libraries’ spirit of “always a gift, never for sale,” Brenda gives her artwork to the library steward, the person responsible for that little library. It has been used to make signs, bookmarks, stickers, and other materials promoting the little libraries.

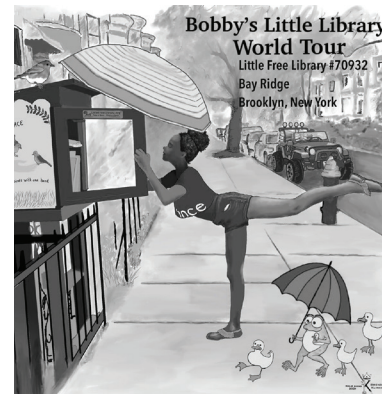
Bobby B. Frog visits brick-and-mortar libraries, too. Last April, he appeared with a local historical society to celebrate reading with the Little Libraries of Vienna. The event included games and prizes, and visits to all 60 Vienna Little Libraries.

She says that the tour has been more rewarding than she ever could have imagined. “We have been welcomed into a philanthropic community of people who share a love of reading,” Brenda says enthusiastically.

She has also worked with a food pantry. According to Brenda, the manager of the pantry is working



Brenda working on a book about her travels with Bobby B. Frog.



Books in Arabic, Chinese, Spanish, German, Russian, Polish, Portuguese, and Hebrew are traded at this library in Brooklyn.

hard to destigmatize food insecurity.

“Families were making after-dark food runs to the pantry, hiding in shame!” To fill a need she saw here, Brenda donated artwork that was used to make cute magnets, marketing the pantry like any grocery store, making people feel more comfortable “shopping” there.

Brenda plans to return to the preschool classroom this fall. In the meantime, with the help of her husband, she is installing a Little Free Library in her Vienna front yard. “I am very excited about this project!” she declares. Another of Brenda’s newest adventures is employing her artistic talents to benefit a charity dedicated to women’s shelters. “I paint house and pet portraits, and the money goes directly to the charity,” she clarifies.

Looking back over the past year, Brenda says that one never knows what is around the corner. “Something as life-changing as the pandemic gave me the impetus to conceive new ways to use my artistic gifts in the service of others.” ☀

Stuart Hill Stays in Tune with Life by Doing What He Enjoys

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

Originally from Great Britain, Stuart Hill crossed the big pond at six years old. His father made the journey earlier in 1955 to complete his higher education. It was a time when the Cold War raged, and England was under the threat of a nuclear attack. "It was a stressful time, and my father made the decision to bring us here for safety and financial security," says Stuart. "It was a good move for a good life in America."

Stuart completed his schooling by way of Boston University and later earned a master's degree from George Washington University. He landed his first job in Northern Virginia in 1975 and ever since has called the Commonwealth his home. "I guess you could say that I'm practically a Virginian," the 69-year-old Stuart says with a smile. "I've been here a long time."

In 2006, after a successful business career, Stuart knew it was time to retire and enter another phase of life. "In the 60s, we'd say it's time to hang loose," he chuckles, "and that's what I wanted to do. . . relax, explore and spend more time doing what I enjoy like teaching yoga and playing the Native American Indian Flute."

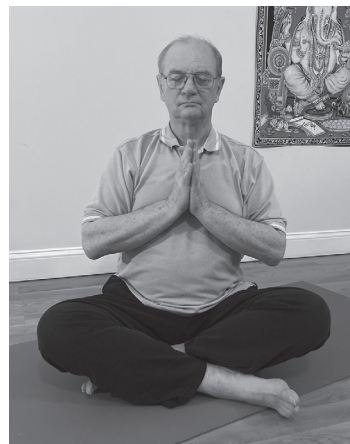


Stuart says that for many years he practiced martial arts. In the late 1990s, he added yoga. "I began to integrate yogic philosophy into my life," he says. Now, with his new lifestyle, yoga continues to keep Stuart mentally and physically fit.

By 2010 he was certified and teaching several types of yoga to older adults at various senior centers in Fairfax County. "Yoga is a bit easier on the muscles as you get older," he says, and "offers a wider range of benefits including control and balance. This is important for older adults to keep from falling."

Along with Stuart's yoga classes, he adds another element—Native American Indian Flute. He says that he became enchanted with the flute in 2001 and after learning to play, began

. . . continued to page 5



Stuart Hill begins his yoga routine with the Easy Seated Pose and meditates.



The Bow Pose stretches the whole front of the body and gives a nice massage to abdominal organs.



The Warrior Pose II helps calm and steady your mind. It also strengthens legs and ankles while increasing stamina.

Stuart Hill

... continued from page 4



Stuart not only plays Native American Indian Flute, he collects them, too.

collecting them. “The Native American Indian Flute uses a common airflow to create musical scales and sounds,” he says. “Each flute is different, being made by a different maker, of a different wood type, in a different key.” According to current student, Roger Mahach of Falls Church, “Stuart’s expertise and reverence when playing

the Native American Indian Flute adds a healing component to his classes.”

Stuart is the founder of the Virginia flute circle which, until 2017, met monthly to share knowledge, teaching, and mutual playing opportunities. “For 10 years, we held flute festivals with workshops,

concerts, flute vendors and more,” he says. Members of the flute circle performed weekly in a hospice for several years. “I believe the flute is spiritual and healing,” he says. Stuart has taught dozens of people, starting their flute journeys.

Reflecting on his life, Stuart wants to share two important lessons. He says that by completing college and participating in a computer-based consulting and management career, he learned to be diligent and persevere. Second, when he and his wife Debbie started a family, he learned to care, share, and foster good will. “These qualities or attributes have helped me and, also, helped me to help others.”

There are many things Stuart wishes he had known at 20, but experiencing life has allowed him to understand self-care, connect with his inner self, be at one with the higher powers in the world around him, dedicate his services to family, friends and, colleagues, and to make the world a better place.

His advice to future generations? “Be diligent, persevere, care, share, and foster good will.” ☀

RESOURCE

Enroll in the Senior Community Service Employment Program

from the Department of Family Services, Public Assistance and Employment Services Division

Are you 55 or older and unemployed? Do you want to get back to work, but need additional training and skills? Then consider enrolling in the Senior Community Service Employment Program (SCSEP). The program’s purpose is to improve the overall well-being and economic security of older Americans. This happens through community collaboration with nonprofits and local government agencies. The program is uniquely targeted to the older adult workforce.

SCSEP matches older adults with part time training assignments at community nonprofit organizations or local government agencies. During these assignments, SCSEP participants build new

skill sets and self-confidence, all while earning a modest stipend. The networking and professional development of the program often leads to permanent employment.

Here is a testimonial from Aster Workneh: “SCSEP gives opportunities to work and train in different nonprofit organizations. I now have work experience and confidence to do office work.” Aster recently returned to her host site and continues to excel. She was selected to take advanced training related to her employment goals. She looks forward to gaining employment that will leverage her new skills. Email DFSSCSEP@fairfaxcounty.gov for program details. ☀

PUBLIC SERVICE ANNOUNCEMENTS

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 (BOS) and the City Councils of the City of Fairfax and the City of Falls Church.

At the June 16 COA meeting, Judith Cabelli, Director, Affordable Housing Development Division, Department of Housing and Community Development, gave a presentation on strategic planning of affordable housing in Fairfax County.

The Fairfax County Communitywide Housing Strategic Plan, Phase 2, as it is called, includes a recommendation for 5,000 new affordable units over the next 15 years, and a commitment to preserve all “market-affordable” units in Fairfax County.

A Preservation Task Force was convened to provide the Fairfax County Board of Supervisors with policy recommendations for creative and sustainable housing preservation initiatives that are consistent with the One Fairfax Initiative and best practices.

One Fairfax is a joint racial and social equity policy of the Fairfax County Board of Supervisors and School Board. It commits the county and schools to intentionally consider equity when making policies or delivering programs and services. The Board of Supervisors adopted the Preservation Task Force recommendations at their meeting on April 13, 2021.

Find the complete One Fairfax policy at fairfaxcounty.gov/topics/one-fairfax ☀

Attend the July COA Meeting

- ◆ Wednesday, July 21, 1 p.m.
- ◆ Via Zoom:
<https://Us02web.zoom.us/j/82848374447>
- ◆ Access Code: **COA-m1234!**
- ◆ Dial **888-270-9936** or **602-333-0032**
- ◆ Conference code **231525**.

For ADA accommodations, contact Hilda Naranjo, **703-324-7496** or email her at Hilda.naranjoaraujo@fairfaxcounty.gov; TTY services available via **711**.☀

Please note that electronic meeting are scheduled due to the State of Emergency caused by the COVID-19 pandemic. Find updates at Fairfaxcounty.gov/familyservices/older-adults/fairfax-area-commission-on-aging/meetings

Medicare Virtual Workshop

from the Virginia Insurance Counseling and Assistance Program

Medicare 101 Workshop, led by the Virginia Insurance Counseling and Assistance Program, provides current information on Medicare options.

Tuesday, July 13, Virtual Medicare 101

10:15-11:45 a.m.

NCS Virtual Center for Active Adults.

Contact: 703-339-7676 or go to

<http://bit.ly/VICAPJuly13> ☀



COVID-19 and Safe Swimming this Summer

from the Fairfax County Health Department

Looking forward to taking a water aerobics class this summer? Here is what you need to know about safe and healthy swimming.

Get Vaccinated for COVID-19

If you are fully vaccinated, you can resume activities without wearing a mask or socially distancing in most settings. You are considered fully vaccinated two weeks after receiving the second dose in a two-dose series (Pfizer-BioNTech or Moderna), or two weeks after receiving a single-dose vaccine (Johnson & Johnson). If you haven't been vaccinated yet, make an appointment by calling the Fairfax County Health Department at 703-324-7404.

Know Your Pool's Rules

You may still be asked to wear a mask or keep space between you and others this summer. If you are not

fully vaccinated, however, you should continue to take preventative measures when you visit beaches and pools.

Don't Forget Healthy Swimming Basics

Germ in contaminated water in pools, hot tubs/spas, lakes, rivers, or oceans can result in diarrhea, skin rashes, ear pain, cough or congestion, and eye pain. Avoid getting sick by keeping water out of your mouth when you swim. Always practice healthy swimming habits like staying out of the water when you have diarrhea and showering and washing your hands before getting in the water.

Enjoy Swimming in Fairfax County!

Learn about Fairfax pools and aquatic classes at [Fairfaxcounty.gov/parks](https://www.fairfaxcounty.gov/parks) 🌞

Extreme Heat and What You Should Know

from the Office of Emergency Management

Extreme heat that is coupled with high humidity can be deadly. It slows evaporation and requires the body to work harder to moderate its core temperature. Overexposure to heat or overexertion may trigger heat cramps, heat exhaustion, and heat stroke.

Do you know the signs and what to do?

- ◆ Heat cramps are muscular pains and spasms due to heavy exertion.
- ◆ Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place, and body fluids are lost by heavy sweating. It must be treated with fluids and cooling the skin, or it will turn into heat stroke.
- ◆ Heat stroke is life-threatening and happens when a person's temperature-control system (sweat) stops working. Victims will be completely incoherent or unconscious requiring immediate medical attention.

Here are some ways to avoid a heat-related illness:

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

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

- ◆ Stop any strenuous activity.
- ◆ Get somewhere cool.
- ◆ Drink something if you can.
- ◆ Cool your skin by taking a cold bath or holding anything cold against your body.
- ◆ Call for help or dial 911. Do this before your condition compromises critical thinking skills! 🌞

CAREGIVING

July Caregiver Support

by *Giuliana Valencia, Social Services Specialist, Fairfax Area Agency on Aging*

Deciding to move a loved one to a long-term care facility is never easy. Often a caregiver feels overwhelmed by guilt and grief. In fact, it is not uncommon for a family caregiver to promise never to place a loved one in a nursing home. Unfortunately, often when that promise is made, they do not fully understand how care and needs will change with time. Caregivers also worry about not getting quality care in the facility and fear a decline in overall health.

If you are contemplating a move for your loved one, please know that these types of feelings and angst are normal. Another important aspect when caregiving is to have conversations with family members and explore all available resources. This will help in making the best decision for your situation. Some resources in Fairfax are:

- ♦ **The Northern Virginia Long-Term Care Ombudsman Program** provides information about long-term care providers to help consumers make informed decisions. Find information at **Fairfaxcounty.gov/OlderAdults** and click on Long-Term Care Ombudsman or call 703-324-5861, TTY 711.
- ♦ **Caregiver Consultations** yields an in-depth conversation with a social worker about the caregiving needs of a loved one. Please call 703-324-5374, TTY 711 for a caregiver consultation between 8 a.m.-4:30 p.m., Monday through Friday.

Caregiver Webinar- Driving Safety Among Older Adults: A Medical Perspective

This webinar offers a medical perspective on why we need to address driving safety among older adults. It will explore the causes that impair driving ability, provide advice on how to address driving ability with older drivers, and give an overview of places that provide driving safety courses and CarFit checks. Register at **Fairfaxcounty.gov/OlderAdults** and scroll to the Free Events or call 703-324-5484.



Long-Term Care: Understanding Options and Advocacy

Surveys show that at some point, a family caregiver will face the decision of whether or not to place a loved one in a long-term care facility.

This panel conversation will provide information about different options and resources to help you make a decision. It also provides information on advocating while they are in a care facility.

Panelists: Kristen Lucia, Northern Virginia Long-Term Care Ombudsman Program; Denise Pitts, attorney, Legal Services of Northern Virginia, Inc.; Tavana Limage, Fairfax assistant program manager, Adult Protective Services.; Allison Fitch, financial exploitation coordinator, Fairfax Adult Protective Services. Register at **Fairfaxcounty.gov/OlderAdults** and scroll to the Free Events or call 703-324-5484.

Parkinson's Educational and Movement Programs

The Inova Parkinson's and Movement Disorders Center provides comprehensive care and accessible support, and they are now offering additional resources. Everyone living with Parkinson's, family and friends, as well as allied health professionals, is welcome to join the educational and movement programs. For more information email **Sonia.gow@inova.org** or call 703-375-9987.☀

Theft and Loss in Long-Term Care Facilities

by Camden Doren, Social Services Specialist, Ombudsman Program, Department of Family Services

Theft or loss of belongings, money and other property is a significant concern for many residents of nursing and assisted living facilities. Residents have the right to use personal belongings and have the right to be free from exploitation or misappropriation of their property.

Misappropriation of resident property means deliberately using their property without permission. Exploitation means taking advantage of a resident for personal gain through threats, intimidation, or coercion. All long-term care facilities must take reasonable steps to ensure that a resident's property is kept safe from theft and loss. They must have policies and procedures for preventing and responding to theft, misappropriation, and exploitation.

Take steps to prevent your belongings from getting lost or stolen by:

- ♦ Marking all personal items and taking photos of valuables,

- ♦ Keeping a copy of the inventory list created by staff and updating it as needed,
- ♦ Asking the facility about their policies for protecting personal belongings,
- ♦ Asking for a secure place to lock up valuables in the facility.

If you or your loved one is a victim of theft or loss, report the loss immediately to appropriate staff at the facility and notify local law enforcement.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program is often called on to assist residents and consumers to advocate for their rights to ensure quality of care and quality of life. For more information about theft and loss of a resident's personal belongings, or other nursing facility and assisted living concerns, please call the NVLTCOP at 703-324-5861, TTY 711, or email NVLTCOP@fairfaxcounty.gov. ☀

How Do Family Caregivers Manage Distressing Memory Impairments?

by Jennifer Purcell, Social Worker, ElderLink, Fairfax Area Agency on Aging

Join the July ElderLink Caregiver Support Call for discussion on how we, as family caregivers, manage difficult and challenging behaviors of people with memory impairments.

Alzheimer's disease and other dementias are often accompanied by challenging behaviors that we are not always prepared to handle. When loved ones become angry or aggressive, it is not unusual to feel hurt or frustrated. Reminding yourself that the exacerbated behavior you are seeing is a result of the disease and—not the person's choice—may help you cope with your feelings of distress.

Many of us have experienced these behaviors, so how have you dealt with these challenges? What successes

or learned lessons will you share with other group members?

Join us on Tuesday, July 13, 7–8 p.m. The call is facilitated on Zoom by two dynamic and experienced ElderLink social workers, Krystale Noriega and Jennifer Purcell.

Register at [Fairfaxcounty.gov/familyservices/older-adults](https://www.fairfaxcounty.gov/familyservices/older-adults) and look for the links under Hot Topics. You may also call 703-324-5374 or email Krystale.Noriega@fairfaxcounty.gov or Jennifer.Purcell@fairfaxcounty.gov. An access link and phone number will be provided after registration. ☀

NUTRITION

Include Fresh Fruits and Vegetables in July Celebrations

by Maria Loh, Program Coordinator, Congregate Nutrition, Fairfax Area Agency on Aging

The month of July is a great time to eat healthy. At each meal, half of our plate should include fruits and vegetables. The benefit of a diet rich in fresh fruits and vegetables is that they are good sources of vitamins, minerals, and fiber. Studies show that diets high in produce may lower the risk of some chronic diseases, like high blood pressure, heart, and some forms of cancer. Fresh fruits and vegetables also are lower in calories, sodium, and fat.

July is a good time to buy apples, beets, cabbage, cucumbers, eggplant, green beans, blackberries, blueberries, cantaloupe, nectarines, peaches, potatoes, sweet corn, tomatoes and watermelon.

Here are ways to enjoy more fruits and vegetables in your daily life:

- ◆ Add some fresh fruit such as strawberries or blueberries to your morning cereal or yogurt.
- ◆ Keep sliced fresh fruit and vegetables in your refrigerator for a quick afternoon snack.
- ◆ Make a smoothie with a blend of your favorite fruits and vegetables.
- ◆ Make snacks/appetizers such as canapes, replace crackers with slices of raw zucchini or cucumber.
- ◆ Make a quick vegetable soup by boiling vegetable broth with beans, onions, carrots, and potatoes, or whatever vegetables you prefer.

Here is a quick and refreshing smoothie recipe for you to try.

Quick Avocado Pineapple Spinach Smoothie

- ◆ 2 cups unsweetened coconut water
- ◆ 1 cup diced pineapple
- ◆ 2 cups ice
- ◆ 1 ripe avocado
- ◆ 2 cups baby spinach, washed and drained
- ◆ Honey to taste

Combine all ingredients in a blender. Add honey to taste and serve. 🌟



Getting Enough Daily Fluids

from the National Institute on Aging, U.S. Department of Health and Human Services

It's important for your body to have plenty of fluids each day. Water helps you digest food, absorb nutrients from food, and then get rid of the unused waste.

Water is found in foods—both solids and liquids, as well as in its natural state. With age, you might lose some of your sense of thirst. Furthermore, some medicines might make it even more important to have plenty of fluids. Water is a good way to add fluids without adding calories. Try these tips for getting enough fluids:

- ◆ Don't wait until you feel thirsty to drink water or other fluids.
- ◆ Take sips of water, or juice between bites.

- ◆ Add liquids throughout the day.
- ◆ Have a cup of low-fat soup as an afternoon snack.
- ◆ Drink a full glass of water when you take a pill.
- ◆ Have a glass of water before you exercise.
- ◆ Drink fat-free or low-fat milk, or other drinks without added sugars.
- ◆ If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.

Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Find more information at [Nia.nih.gov/health/getting-enough-fluids](https://www.nia.nih.gov/health/getting-enough-fluids). 🌟

Having Difficulty Preparing Meals?

The Meals on Wheels nutrition program provides home delivered nutrition services targeted to persons 60 years of age or older as well as younger individuals who may have a disability and are temporarily unable to prepare meals for themselves due to illness or accident. Weekly meals are available for in-home delivery. Priority is given to older individuals with the greatest economic and social need, with special emphasis on low-income minority

individuals, older individuals with limited English proficiency, and individuals at risk for institutional placement. The program is targeted to support eligible adults to remain independent in their own homes with support by this program. The meals program currently provides a weekly, contact-free meal delivery of 11 flash frozen meals. Meals are delivered one time per week. Apply by calling the Department of Family Services, **703-324-5409**.☀

Are You Eligible for SNAP?

The Supplemental Nutrition Assistance Program (SNAP) can be used like cash to buy food from authorized retailers and online from Amazon and Walmart but cannot be used for delivery fees. Recipients receive an Electronic Benefit Transfer card. Your account is debited each time eligible food items are purchased. A secret Personal Identification Number is required.

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/**, or call 1-855-635-4370. For details, call the Department of Family Services Customer Care Line at 703-324-7500, TTY 711.☀

ACTIVITIES

Select Fairfax County Senior Centers are Now Open

from the Department of Neighborhood & Community Services

After being closed for more than a year, select Fairfax County Senior Centers re-opened to the public on Tuesday, June 29. Members are welcome to visit any of the re-opened centers to use fitness rooms and computer labs, play games, and socialize.

Staff and instructor-led programs are not being offered but are scheduled to resume when senior centers open at full capacity on Sept. 7, 2021.

No temperature or daily health checks are required to visit any of the re-opened centers. However, please stay home if you feel ill. If you are not fully vaccinated against COVID-19, wear a mask during your visit. Participants will be required to sign a liability waiver to visit senior centers.

Current hours of operation are 9 a.m.–4 p.m., Tuesday through Friday. The re-opened locations

include Herndon, Lewinsville, Lincolnia, Little River Glen, Lorton, and Sully Senior Centers, as well as Kingstowne Center for Active Adults and Wakefield Senior Center at Audrey Moore RECenter.

Locations that remain closed include Bailey's, Hollin Hall, James Lee, Pimmit Hills, Providence, and South County Senior Centers.

The Virtual Center for Active Adults will continue to offer virtual classes and programs throughout the summer. Find the VCAA's weekly events at **<http://bit.ly/NCSvcaa>**.

For the latest information about the Senior Center re-opening plan—including additional center re-openings and FAQs, visit **<http://bit.ly/SCreopen2021>**.☀

VOLUNTEERING

Young Men Continue to Serve Community During Pandemic

by Tanya Erway, Volunteer Solutions Recruitment Coordinator, Department of Family Services

With the advent of virtual schooling and social distancing this past year, today's youth have spent more time online than ever before. It's inspiring to learn about young people like Nick Matsukas and others of the Young Men's Service League of Vienna-Oakton who refused to let a pandemic stop them from making a difference in their community.

The Vienna-Oakton chapter of the league has 123 boys and 115 moms. Their mission is: "To assist, serve and support those who are in need in our community, develop leadership skills among our membership, and promote mother-son relationships." It provides mothers and sons valuable, philanthropic opportunities to bond and serve together during their high school years.

When the pandemic hit, the league got busy creating ways to continue offering volunteer services while social distancing. The philanthropy that Nick's mom Tina supports is Fairfax Seniors. Nick created Virtual Bingo for the Herndon Senior Center last summer. It was offered once a week through Zoom.

For several weeks, Nick met virtually with a group of older adults to call bingo numbers and letters. He realized it was important to train other members to help run the game. So, he created a webinar. When the boys returned to in-person learning, bingo transitioned to the Virtual Center for Active Adults.

The Young Men's Service League of Vienna-Oakton has also supported older adults by writing notes to people in Herndon and Fairfax under the Volunteer Solutions' "Caring Cards" initiative. The boys have also done small, odd jobs for Herndon Senior Center (pre-pandemic and during), e.g., Nick brought home their wooden backgammon game, glued, and fixed it. Additionally, they've done outdoor gardening at the center, too.

Other outdoor activities have included cleaning up yards for the past few years during Volunteer Solutions' annual Helping Hands projects and raking leaves. They have also collaborated with the Fairfax County Park Authority to clean up debris, pull weeds, and spruce up historical sites.

During this past year, they helped with the Cornerstones Personal

Protective Equipment (PPE) Drive (a local non-profit.) They assembled bags of PPE that contained a face mask, hand gel and a face shield that were distributed to school-age children, outside in Reston.

Women Giving Back is yet another philanthropy that the league supports. The boys and moms sort and box clothes, make shelves and assist during the shopping hours.

These are just a few examples of fantastic work that these young men and their mothers have been doing for several years. For more information, go to **Ymslvo.org** 🌟



It's virtual senior bingo time courtesy of Nick Matsukas.



Nick and mom Tina serve together helping the local community—making a difference!

For current ways to volunteer in Fairfax County, go to <http://bit.ly/FFXVOLUNTEER>.

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 or email Volunteer@casafairfax.org for information. 🌟

Find Area Shepherd Centers

The Shepherd Centers are a non-profit 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 service. You must apply for the transportation service. Once accepted into the service, a request for a ride must be five days in advance.

The centers are also seeking volunteers. Call or email 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, email 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 🌟

It's a Go. Senior Olympics Return

from Northern Virginia Senior Olympics

The 2021 Northern Virginia Senior Olympics (NVSO) are a go for Sept. 18-30.

Events include golf, 10-pin bowling, swimming, pickleball, croquet, bocce, horseshoes, cycling, orienteering, miniature golf, sudoku, jigsaw puzzles, crossword puzzles, yo-yo, cornhole toss, basketball field goals and free throws, and more.

Registration begins Saturday, July 31 at Nvso.us and closes Monday, Sept. 6. The cost is \$15 which covers multiple events. There are additional fees for golf, 10-pin bowling, cycling, and orienteering. All past NVSO participants will receive a brochure in July with detailed information.

Participants must be 50 years of age by Dec. 31 and live in a sponsoring jurisdiction. "It is expected that all participants and volunteers are vaccinated against COVID-19 and follow protocols in place during the competitions," says Michael McLaughlin, NVSO acting chairman.

Sponsoring jurisdictions are the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Fauquier, Loudoun, and Prince William. Find information at Nvso.us or call 703-508-0331. 🌟

Fairfax County

Services for Older Adults

703-324-7948

TTY 711

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!

Subscribe to the
Golden Gazette and Fairfax 50+ e-News.



facebook.com/fairfaxcounty50



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

A publication of Fairfax County, Virginia.

INDEPENDENT LIVING



HUNTERS WOODS
AT TRAILS EDGE

DEALS SO HOT, THEY'RE COOL.

Take advantage of *vibrant retirement living at no cost* with a Summer Staycation through August 31st or get \$10,000 to help with downsizing and staging to help make this *your easiest move yet*.

Come see what makes Hunters Woods at Trails Edge so special!

*Schedule a tableside
surf & turf lunch or dinner:*

HuntersWoodsAtTrailsEdge.com

888.902.4733

*Other terms may apply.
Call for complete details.*



If you know someone experiencing any form of abuse, neglect or exploitation who is 60 or older or 18 or older with a disability that affects decision-making...

We can help.

Adult Protective Services

703-324-7450

TTY 711

This number is available 24/7.

By law, your call will be kept confidential!



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

Pat is a Senior Helping Seniors with:

- Getting your home organized and renovated as needed
- Guidance on what types of housing for downsizing
- Unique Marketing for the best price & terms
- Negotiating and advocating for your best interests
- Taking extra special steps to safely market during Covid-19



I have over 45 years' experience, and I am a Senior Real Estate Specialist with many satisfied clients.



PAT SAWHNEY

RE/MAX 100

703-395-9214

Patsawhney42@gmail.com

See my video ad at GetMovingWithPat.com

Lawn Mowing

Dependable, Attentive & Courteous Service

\$30 Weekly Service 4,000 sq. ft.

Entails mowing, trimming & edging • Marc's Mowing Service

571-422-3195

marcslawncare@gmail.com

Custom Exercise Program

Older adults, wheelchair & walker users, post-rehab, balance & fall prevention.

Contact Julie today!

(571) 261-8240 or visit

www.SeniorFit.health

Certified Personal Trainer - In-person or virtual!



Select Fairfax County Senior Centers are Now Open!

Visit us to use fitness rooms and computer labs, play games and catch up with friends!

For locations, days and hours of operation and FAQs, visit <http://bit.ly/SCreopen2021>.



A Fairfax County, VA, publication.
June 2021



*Need Help
Caring for a Loved One?
We are Here for You.*

Providing In-Home Care services to seniors and people with disabilities in Northern Virginia

Physician Directed Quality and Affordable
Companion, Personal and Senior Care Services.

- We focus on the 4 R's:
 - Reconciling Medications
 - Retarding Disease Progression
 - Reducing Hospitalization
 - Reducing Injury
- Services include:
 - Meal Preparation, Laundry and Light housekeeping
 - Assist with Bathing and Grooming
 - Transportation to Errands and Appointments
 - Individualized and Flexible Care Available 24/7
 - 24/7 Physician/RN Direct Access

Follow Us

Call **703.595.2878**
brighthousecare.com • contact@brighthousecare.com

4 Hours of Free Services for all New Clients

Complimentary Assessment & In-Home Consultation




COVID-19 vaccines are giving our lives back. Tell family & friends why you did it.

COVID-19 vaccines are

✓ Free. ✓ Safe. ✓ Effective.

for more info:
fairfaxcounty.gov/covid19

Fairfax County Health Dept. | June '21
www.fairfaxcounty.gov/health
703-246-2411





Need 2 B Neat
www.need2bneat.com

Professional Organizing

- Senior Downsizing -De-Cluttering
- Packing & Unpacking ...And More!

(703) 945-0958
need2bneat@gmail.com


Package Deals Available!
E-Mail or Call Today for a **FREE** Consult!



Personalized Fitness Training

Virtual Training/Tai Chi via Zoom or Face Time
One-on-one training for Seniors. Maintain mobility and improve your quality of life. Improve balance, strength, flexibility, and endurance to live life to the fullest.

Rob Robertson, M.S. Exercise Science, CPT, Corrective Exercise Specialist. Call **757-373-5557** or email adrobertson11@gmail.com





703-904-3994
GraceFulCare.com

Provide help whenever with whatever is needed.
Flexible terms - Schedules tailored to meet your needs.
Reston Local & Owner Operated.

companion care when you need it!

25 YEARS!

Fairfax County First-Time Homebuyers Program The Atrium at MetroWest by Pulte

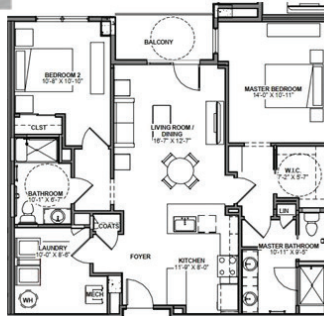


**55+ Active Adult
Community**
Prices start at \$198,314

Mobility Features

ADA range & dishwasher
Removable vanity cabinets
Owner's bath with grab bars
& no-entry shower
2 floor plans

Walk to Vienna Metro

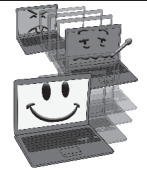


For Additional Information email
Sharon.Shields@fairfaxcounty.gov



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations, call 703-246-5101 or TTY 711. Please allow 48 hours in order to make the necessary arrangements.

Mobile PC Solutions "we come to you"



Family owned and
operated since 2004

- In-home computer support/repair
- Remote & phone assistance
- Printer & networking support
- Smartphone/ Tablet/ TV setup
- One-on-one tutoring

www.mobilepcsolutions.com

Call us today!
703-938-6862

The next **Virtual Medicare 101 Presentation** is scheduled for Tuesday, July 13, 10:15 -11:45 a.m. It is hosted by the NCS Virtual Center for Active Adults, Fairfax County Senior Centers.

To register, call: 703-339-7676 or
<http://bit.ly/VICAPJuly13>.



The fall schedule of Medicare 101 presentations will be available in August.



WE SELL QUALITY PRODUCTS

- | | |
|-------------------------------------|----------------------------------|
| • Lift Chairs | • Walkers |
| • 3- & 4-Wheel
Mobility Scooters | • 3- & 4-Wheel
Rollators |
| • Power Chairs | • Folding Ramps |
| • Transport Chairs | • Commodes |
| • Wheelchairs | • Bath & Bedroom
Safety Items |
| • Accessories | |

REPAIRS AND CLEANING

Mobility Scooters, Lift Chairs, Hospital
Beds, Power Chairs, and Wheelchairs

- Mobile Service - We Come to You
- Flat Rate Labor Charge
- Battery Packages
- Battery Charger Checks
- Discounts on Parts

703-772-5030

**WE RENT WHEELCHAIRS, SCOOTERS
& HOSPITAL BEDS**



Attenda Home Care

Quality living in your home

COMPREHENSIVE IN-HOME CARE SERVICES

- Coordination of Services and Care Providers
- Medication Management
- Dementia Care
- Personal Care
- Companionship
- Hourly and Live-in Care
- Transportation and Doctor
Appointments



... And More

Call Us Today for a **FREE** Consultation

703.608.8838

Don't Miss Our Free Online Seminars



Yahne Miorini, LL.M.



MIORINI LAW

— PLLC —

Practicing Law with Care

Estate Planning

This easy to understand, one hour seminar will help you learn how to protect your family and wealth.

Saturday, June 5 at 10:00 AM

Saturday, July 3 at 10:00 AM

Protect Your Retirement

Don't let long-term care and probate expenses drain your assets. Learn how we can help.

Saturday, June 5 at 11:30 AM

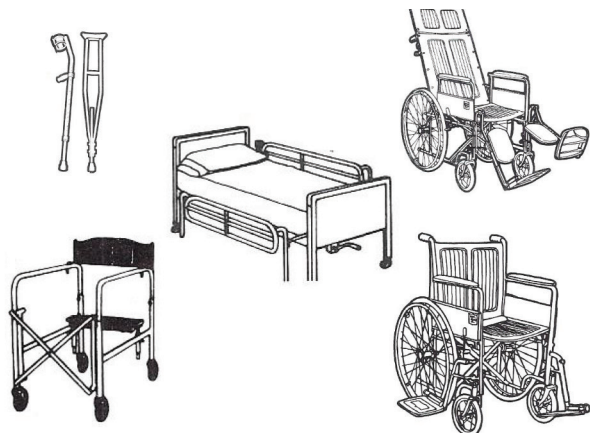
Saturday, July 3 at 11:30 AM

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

Estate Planning | Estate & Trust Administration | Probate | Elder Law
Veterans Benefits | Guardianship & Conservatorship
International Tax Planning | Pet Trusts

NEED IT? - RENT IT!

Rent walkers, wheelchairs, hospital beds, commodes, ramps, and more... by the day, week, or month.



**BROOKE RENTAL
center®**

Vienna • 321 Mill St. N.E.

703.938.4807 • JCB@brookerental.com

www.brookerental.com

Live your **best** life possible.

ComForCare™
HOME CARE



"I wouldn't
let aging stop
me from being me."

We take home care personally.

Services include:

- Personal care
- Transportation
- Dementia care
- Meal preparation
- Housekeeping
- Family respite
- Companion care
- Medication reminders

(703) 870-3711

comforcare.com/virginia/northern-fairfax

©2020 ComForCare Franchise Systems, LLC. Each office is independently owned and operated and is an equal opportunity employer. License Number HCO-201942



A First-Class Move®
A Different Kind of Mover

- Move Management
- Moving Services
- LifeChange Home Redesign Services®
- StageRight Home Sale Assistance®
- Home Away From Home Respite Care Transition®
- OrganizeNation Home Organization Services

Serving the Greater Washington DC Metro Area
(703) 356 - 5183 | (866) 513 - 2326 | www.afirstclassmove.com



ARTIE'S LOCK & KEY
703-273-2177

A Professional Locksmith Company
Specializing in:

- Residential Locks & Keys
- Automotive Keys & Remotes

We Make House Calls or
Visit Our Store - 11204 Lee Hwy, Fairfax, VA 22030
www.ArtiesLockAndKey.com

Mention GOLDEN GAZETTE for \$10 off on your purchase of \$95 or more

Here Today, Here Tomorrow

Given the non-stop consolidation in the banking industry, do you wonder if you are getting the personal service you deserve? Our focus is on preserving our clients' financial assets, managing growth, and efficiently transferring wealth from one generation to another. This stability of purpose allows us to provide the high level of personal service our clients expect.



In McLean, contact:
Theresa J. Hoyt
Vice President
Client Administration
(703) 462-2530

TCV
TRUST & WEALTH
MANAGEMENT

tcvwealth.com

For a FREE estimate, call **703-385-1641**
or visit www.craigslawn.com

Affordable Mowing Services To Meet Your Budget

5th Mow Free* Senior Citizen Discount**


CLC
CRAIG'S LAWN CARE
EST. 1985 / LICENSED & INSURED

OTHER SERVICES WE PROVIDE


- Yard Cleanup
- Mulching
- Dweeding of Beds
- Shrub Trimming
- Aeration & Overseeding
- Leaf Removal
- Gutter Cleaning




*Limit one per new customer only for those who sign up for regular service.
**Applies to regular mowing service only.



**NEEDHAM
MITNICK &
POLLACK
P.L.C.**



Planning for All Ages & All Needs

Wills & Trusts Guardianships
Special Needs Planning Probate
Medicaid Planning

NEEDHAM MITNICK & POLLACK P.L.C.
703-536-7778
510 N Washington Street, Suite 300
Falls Church, Virginia 22046

COUNTY OF FAIRFAX, VIRGINIA
Adult and Aging Services
12011 Government Center Pkwy.
Suite 530
Fairfax, VA 22035-1104

Presorted Standard
U.S. POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 1808

JULY COMMUNITY CALENDAR

July & Aug., Fairfax County Secure Document Shredding, 7-11 a.m.

Residential collection events are open to Fairfax County and residents of the Clifton, Herndon, the Town of Vienna, and the cities of Fairfax and Falls Church. Shredding is on a first-come, first-served basis. You must be in line by 11 a.m. Find details at Fairfaxcounty.gov/publicworks/recycling-trash/document-shredding

- ♦ **Saturday, July 10**, South Lakes High School, 11400 South Lakes Dr, Hunter Mill District
- ♦ **Saturday, July 24**, Kilmer Middle School, 8100 Wolf Trap Rd., Providence District
- ♦ **Saturday, Aug. 7**, Lake Braddock High School, 9200 Burke Lake Rd., Braddock District
- ♦ **Saturday, Aug. 14**, Gerry Hyland Government Center, 8350 Richmond Hwy., Lee District

Wednesday, July 7, ADA Virtual Jeopardy Game, 2-3:30 p.m., Free.

Do you have questions about the Americans with Disabilities Act (ADA)? If so, this virtual ADA game of jeopardy is a fun way to learn. Regional centers in the ADA National Network will answer your questions. You may also join in the fun by suggesting bonus round questions. Submit a question when you register, and it might be picked for the bonus round. You must register by Tuesday, July 6 at Accessabilityonline.org/ADA-Audio/session/?id=110931

Wednesday, July 7, Parks and Recreation Summer Entertainment Series Returns.

Back live and in-person—evening concerts, morning children's shows and drive-in movies. A complete listing of performances, dates and times can be found at Fairfaxcounty.gov/parks/performances. Be sure to sign up for email blasts to get concert updates.

Saturday, July 24, Garden Tour and Ice Cream, 10-11:30 a.m., Green Spring Gardens

Tour the vibrant summer gardens with a Green Spring Master Gardener. Finish at the historic house lawn to enjoy delicious ices, served with toppings and garnishes. \$15 per person. Register online at Fairfaxcounty.gov/parks/parktakes or call **703-642-5173**. Green Spring Gardens, 4603 Green Spring Rd.

Mondays, Aug., 2, 9, 23 and 30. In-Person Chair Yoga, 1-1:45 p.m., Sherwood Regional Public Library, Free.

It's back! Pull up a chair for this 45-minute class that meets in a large room with plenty of space to spread out. No registration necessary. Just show up at 2501 Sherwood Hall Ln. **703-765-3645**.

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