

Golden Gazette

www.fairfaxcounty.gov/OlderAdults

HERMAN “SMITTY” SMITH UNITES COMMUNITY

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

I’d never met Herman “Smitty” Smith previously, but when I walked into his barbershop, I gravitated toward the man in the back. With a steady hand he was shaving a customer’s beard, and then he looked up.

Although he was wearing a mask, his eyes were smiling at me. I asked, “Are you Smitty?” In a teasing voice he answered, “Well, some people call me that.” In an instant I knew why he had a steady and loyal following of customers. Not only is he skilled at his craft, Smitty has a knack for putting people at ease.

Smitty, 81, has been cutting hair since 1962. He learned the trade



Jennifer Turner has been getting her hair cut by Smitty since she was a kid.



Smitty Smith takes a short break from his daily schedule.

during his military service with the U.S. Navy. Since the Navy mandates that hair must be kept neat, clean, and well groomed, he got plenty of practice, and liked it. He says that after his discharge, it just made sense to continue cutting hair.

“My father was pleased when I decided to cut hair professionally,” he says. With Father’s Day coming up, Smitty is reminded of the first time he cut his father’s hair. “He was so very proud and supportive of my decision and success at

becoming a barber. It meant so much to me when I cut his hair for the first time.” According to Smitty, it was his most memorable and validating haircut of his career.

To be successful for so many years—even during the pandemic, Smitty reveals the importance of developing camaraderie with and respect for all clients. “I like talking with my customers, and we have good conversations,” he says. Meeting new and unexpected customers from all walks of life

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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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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**.

Smitty's Unites Community

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makes the job interesting. He has cut the hair of many football players like Charley Taylor, Roy Jefferson, Gary Clarke, Doug Williams, and more. “And I learn something every day,” Smitty relays. He also finds it satisfying to make people look and feel good. “They know I really care about them.”

Smitty reminisces about the shop's history. “It was built by Dr. Harold Johnson in 1959. He was a Black doctor and professor at Georgetown University.” He also says that although the business' heyday was in the 1960s and 1970s, it remains popular. Interestingly, he has found that topics of conversation are not new. “We have been talking about the same things for decades—politics, family, sports, religion, travel, and civil rights.” He adds that the new term, “social justice,” is simply a continuation of the struggle for civil rights and has always been a hot topic of discourse, especially for Black men.

According to Smitty, the shop has a notable past with the Black community in Falls Church. “It's a place for people to gather, socialize, and speak freely.” Everyone is welcome to his shop, and he likes diversity. “We cut women's hair, too.” He has been cutting his wife's hair for many years. “She keeps it short.”

While topics of conversation remain unchanging, hairstyles are not. Smitty notes, “Back then, people mostly asked for short haircuts—Afros, precision designs, and simple trims.” Currently, he explains, the predominant styles are fades (all the hair is not buzzed to one length) and shorter haircuts, including balding in some instances! “Some are even returning to the Afro. It all looks good.”

In addition to giving a great haircut, Smitty reveals the secret to his shop's success and perhaps . . . his philosophy of life. “I treat people fairly and honestly and recognize the importance of others.” He also knows that all his barbers contribute to the shop's



Above: Smitty's Barber Shop. Upper right: Smitty and longtime customer James Turner—Jennifer's dad!

success. Last, but not least, he understands the importance of easy and pleasant conversations and acknowledges every customer who walks through the door. “I want my clients to feel validated and special. After all, we are all human.”

Community activities are often advertised on the shop's windows. “We even have some smaller activities in the parking lot from time to time,” Smitty says. One of his barbers works closely with James Lee Community Center, and when possible, the shop helps them out, too, demonstrating responsible local outreach.

Smitty's shop is an example of how, if something is working, then let it be. The shop attracts older citizens, their children, and grandchildren. Despite the pandemic, a few new customers come in the shop. “Although business slowed during this challenging time, we still managed,” says Smitty. “I am blessed to have a loyal following who continue to come, a few for more than 50 years!”

Smitty wants our readers to know his tips for great looking hair. “It's simple,” he explains, “Shampoo regularly, comb and style your hair every day, and keep it neatly cut and trimmed.” ☀

Curious About Juneteenth?

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

Although commemorated for more than 150 years by African Americans, Juneteenth remains a curiosity for many people across the nation.

Juneteenth—a word coined by combining June and Nineteenth—marks a final chapter in the end of slavery, which was abolished by the 13th Amendment. But for the enslaved Blacks in Galveston, Texas, it wasn't until June 19, 1865, when they finally learned they were free—two and a half years after the Emancipation Proclamation and 10 weeks after the surrender at Appomattox Court House.



Juneteenth Art Quilt by Sheryl Sims. The quilt is her unique way to remember and honor the day.

In 2020 Fairfax County declared Juneteenth a county holiday. This was following Virginia's declaration that a state holiday be observed. It is an official holiday in all states except Hawaii.

Juneteenth is not yet a national holiday. It is interesting to note that the last national holiday passed by the United States Congress was Martin Luther King, Jr., Day in 1983 which occurs on the third Monday in January.

Throughout the years, Juneteenth carried many names from Liberation Day, Freedom Day, and Jubilee Day to Emancipation Day. Despite various names, its meaning and significance remained constant—freedom. According to a PBS article written by historian Henry Louis Gates, Jr., “In one of the most inspiring grassroots efforts of the post-Civil War period, freed slaves transformed June 19 from a day of unheeded military orders into their own annual rite.”

Here are a couple of sentiments from older adults in the county when asked about Juneteenth.

Jocelyn Jones thinks Juneteenth is bittersweet, “A day of celebration with sadness.” She continues, “It’s not something I learned about until I was much older.” She wishes that it had been taught in school.

Everett Brown says, “I think about its importance and reflect on all that happened to African Americans and our heritage on that special day.”

Another way to appreciate the day is by participating in the County's Library Juneteenth Book Festival. The festival seeks to boost and celebrate Black American stories and the people behind them. Use this link [youtube.com/channel/UCu--Ur5D1oWHD3JOM9rODxw/videos](https://www.youtube.com/channel/UCu--Ur5D1oWHD3JOM9rODxw/videos) for a video archive of the virtual book festival featuring Black American writers, artists, and industry professionals.

If you are interested in learning more about Juneteenth, visit the resources below.

- ◆ Juneteenth World Wide Celebration at [Juneteenth.com](https://www.juneteenth.com)
- ◆ Juneteenth (1865): June 19, 2020 at [Census.gov](https://www.census.gov)
- ◆ Juneteenth (Encyclopedia Britannica)

Some local communities within the county may be offering additional ways to celebrate. Check with your homeowners association or local newspapers for events.

The Golden Gazette is honored that Sheryl Sims, art quilter and visual story teller, graciously wrote a poem just for the Golden Gazette as one of the

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many ways she celebrates Juneteenth. In addition, her newest creation in a series of “Historic Moments” quilts depicts Union troops arriving in Galveston, Texas declaring an end to slavery. (See *Golden Gazette*, March 2021 for Sheryl’s story.) 🌟

Juneteenth

The days we toiled were hard and long
Sad stolen lives and mournful songs
Tears and blood flowed from our souls
As those we loved were killed and sold

We prayed for strength just to carry on
Toiling throughout the night and again at dawn
Tattered rags from scarred, weary, bodies hung
Starving for the scraps our cruel masters flung

A cry for freedom was all we sought
Yet cries and sweat was often for naught
The Masters’ whips were cruel and harsh
Some fled to hide among trees and marsh

Long bitter paths with dogs in pursuit
Trees filled with decay and stranger fruit
Property, not people, is all they saw
While ancestors were sold to places far

Oh, Freedom Day, when will you come?
Like America’s buffalo, so free to roam
Confederates soldiers seeking to hold tight
Despite the fact that they lost the fight

The day did come, and on June 19th
Despite what many chose to think
Jubilee Day, liberating one and all
“Free those enslaved!”--the Union called.

1865, was indeed, a year for change
Breaking free from slavery’s awful chains
Hear the voice of Gen. Gordon Granger
And, heed the prayers of departed ancestors—

For we are finally “Free At Last!”

Sheryl Sims

Two New Scams Involving the Coronavirus Vaccination Card

from Melissa Smarr, Silver Shield Task Force

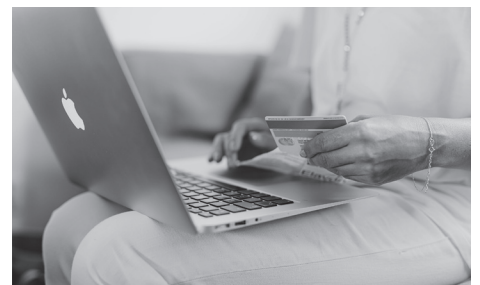
Be on the lookout for the coronavirus vaccination card scam. According to the Federal Trade Commission, this is the newest fraud being reported in large numbers by consumers. Visit [Consumer.ftc.gov/blog/2021/02/social-media-no-place-covid-19-vaccination-cards](https://www.consumer.ftc.gov/blog/2021/02/social-media-no-place-covid-19-vaccination-cards) for details.

As with most scams, there are two versions:

1. The first one involves people posing with their Coronavirus Vaccination Card on social media platforms. Scammers, then, are easily able to get personal information and use it. The scammers apply for credit cards, attempt to file tax returns, and try to obtain home loans with the information printed on your card. It is important not to post a picture of your card—keep your personal information private.
2. The second one is scammers who sell fake vaccination cards on the internet. This is the result of recent news stories about the possibility of vaccination passports. Some people are concerned about obtaining the vaccination shots and so scammers are using fear to their advantage. They sell the cards for several hundred dollars—and in some cases, thousands of dollars. Those purchasing the card want it to travel. Make no mistake, these cards are fake. Scammers want to defraud you of your money.

No final decisions have been made on whether a vaccination passport will be required to travel. Do not waste your money on a fake vaccination card. 🌟

Do not ever pay for a Coronavirus Vaccination Card. It is a scam.



PUBLIC SERVICE ANNOUNCEMENTS

Fairfax Area Commission on Aging

by Jacquie Woodruff, 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 COA are appointed by the Board of Supervisors and the City Councils of the City of Fairfax and the City of Falls Church. There are currently 12 members who serve for a term of two years:

1. City of Fairfax, Carolyn Sutterfield, Chair
2. Braddock District, Mike Perel, Vice Chair
3. Sully District, Cathy Muha, Secretary
4. At Large, Catherine S. Cole
5. City of Falls Church, Martha J. Cooper
6. Dranesville District, Kay Larmer
7. Hunter Mill District, Phyllis Miller Palombi
8. Lee District, Sharron Dreyer
9. Mason District, Kathleen Hoyt
10. Mount Vernon District, Diane R. Watson
11. Providence District, Joseph A. Heastie
12. Springfield District, Tom Bash

At the May 19 COA meeting, Nicole Wynands, Department of Transportation Planner, presented on the Active Fairfax Transportation Plan. Fairfax County is continuing its efforts to prioritize transportation for all with its launch of the ActiveFairfax Transportation Plan.

Active transportation is self-propelled, human-powered travel including activities such as walking, biking, rolling (scooter/wheelchair/stroller), hiking, running, and riding.

See page 10 to learn about Fairfax County's newest transportation program that streamlines pre-existing taxi voucher programs. Also see page 12 to learn about recent award winner Diane Watson. ✨

Attend the June COA Meeting

- ◆ Wednesday, June 16, 1 p.m.
- ◆ Via Zoom:
<https://Us02web.zoom.us/j/84907426481>
- ◆ 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**. ✨

Medicare Virtual Workshops

from the Virginia Insurance Counseling and Assistance Program

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

Free Medicare Fair! This virtual fair is for people turning 65, retiring, or joining Medicare due to a disability. Learn about Medicare and all its parts to assist you with initial enrollment decisions.

Wednesday, June 23, Virtual Medicare Fair, 3-7 p.m. Learn more at Shiphelp.org. Registration is now open.

Tuesday, July 13, Virtual Medicare 101, 10:15-11:45 a.m., NCS Virtual Center for Active Adults. Register at 703-339-7676 or <http://bit.ly/VICAPJuly13> ✨

June 5 is the Last Day for Early Voting in the Democratic Primary

from Fairfax County Office of Elections

Vote early in the June 8 Democratic primary for Virginia governor, lieutenant governor, attorney general and six House of Delegates districts in Fairfax County.

The last day to vote early is Saturday, June 5, polls closing at 5 p.m., with 16 sites available to cast your ballot:

- ◆ Fairfax County Government Center
- ◆ North County Governmental Center
- ◆ Mount Vernon Governmental Center
- ◆ Burke Centre Library
- ◆ Centreville Regional Library
- ◆ Franconia Governmental Center
- ◆ Great Falls Library
- ◆ Herndon Fortnightly Library
- ◆ Mason Governmental Center
- ◆ McLean Governmental Center
- ◆ Providence Community Center
- ◆ Sully Governmental Center
- ◆ Thomas Jefferson Library

- ◆ Tysons-Pimmit Library
- ◆ West Springfield Governmental Center
- ◆ Laurel Hill Golf Club (*only open June 5*)

On weekdays, early voting sites will be open from 2–7 p.m., and on Saturday, June 5 voting locations will be open from 9 a.m.–5 p.m. No reason is needed to vote early, and any registered voter can cast a ballot early.

Every early voting location will have a ballot drop-off box that will be available during the hours these sites are open. Return your vote-by-mail ballot in the box at any early voting site or use the 24-hour drop box that will be installed outside the Fairfax County Government Center sometime before June 8.

For more information or questions, contact the Fairfax County Office of Elections at 703-222-0776, TTY 711, or visit [Fairfaxcounty.gov/elections/early-voting-june-primaries](https://www.fairfaxcounty.gov/elections/early-voting-june-primaries). ☀



Free Senior Legal Helpline

from Virginia Department for Aging and Rehabilitative Services

Looking for legal help on a long-term care issue or public benefits such as Medicaid? Or perhaps you're befuddled about guardianship and advanced directives? If so, you may want to call the free Statewide Senior Legal Helpline at 844-802-5910.

Attorneys staff the helpline and the program serves Virginians 60 and above as well as those calling on their behalf. Callers can also request help regarding financial exploitation, adult abuse and neglect, age discrimination, and some limited consumer issues.

This helpline provides advice only and not full legal representation. Those needing legal representation

will be referred to Legal Services or the State Bar Referral Service.

Attorneys staff the line Monday-Friday during normal business hours. Callers should expect to leave a message. The attorneys will make every effort to return calls within 48 hours. There is no financial eligibility test—all are welcome.

The helpline is possible through a contract between Virginia Poverty Law Center and the Virginia Department for Aging and Rehabilitative Services. Funding originates from a Model Approaches to Statewide Legal Assistance Systems grant from the Administration on Community Living. ☀

CAREGIVING

June Caregiver Support

by *Giuliana Valencia, DFS Caregiver Coordinator*

Safety protocols to prevent the spread of the COVID-19 continue to disrupt daily life including social support. As the summer begins, many family caregivers might be longing to go outside and enjoy different activities—all within the confines of safety to protect themselves and others.

Physical activity helps one to relax and improves mood. If you are looking for activities, local parks, trails, and other outdoor areas are great places to stay agile while staying six feet apart.

Keep in mind that parks and outdoor spaces may draw larger crowds as more people are looking for safe ways to enjoy the summer. Find parks in Fairfax County at [Fairfaxcounty.gov/parks](https://www.fairfaxcounty.gov/parks).



Technology and Caregiving Webinar: Latest Devices and Apps

This webinar, presented by Steve Gurney, founder and publisher of Positive Again Sourcebook, will provide an overview on how emerging technology can help family caregivers. Participants will learn how to use technology to improve caregiving tasks and activities. Join us, Wednesday, June 23, Noon–1 p.m. Register online at [Fairfaxcounty.gov/OlderAdults](https://www.fairfaxcounty.gov/OlderAdults) and scroll to the Free Events or call 703-324-5484.

ElderLink’s Caregiver Support Call Via Zoom

Caregiving is demanding and can leave caregivers little time or energy to maintain relationships. It’s essential to keep relationships healthy for many reasons, including help in times of struggle. Join this caregiving discussion, Tuesday, June 8, 7–8 p.m. A Zoom link and alternate phone number to join the session by computer or phone will be provided after registration. Register at [Fairfaxcounty.gov/OlderAdults](https://www.fairfaxcounty.gov/OlderAdults) and scroll to the Free Events.

Caring for You, Caring for Me

The Virtual Social Visitor Program is provided by the Volunteer Solutions Program. Vetted volunteers provide support through regular phone calls made to family caregivers, many of whom are or have been caregivers themselves.

A few benefits from this program include:

- ◆ alleviation of loneliness/isolation
- ◆ opportunity to chat with a volunteer about lighthearted topics as well as share journeys/stories
- ◆ development of a supportive relationship with a volunteer
- ◆ provision of an informal listening ear/sounding board

Sign up by emailing VolunteerSolutions@fairfaxcounty.gov or calling 703-324-5406, TTY 711. We will match you with a volunteer.

Medicaid Webinar for Family Caregivers

Please join us on Wednesday, June 30, 2–3 p.m., for a virtual information session with representatives from the Department of Family Services, Self-Sufficiency Division. Panel experts will share information about the Medicaid program, CCC+ waivers, the application process, and current program flexibilities due to the COVID-19. **Please note that information will be presented in Spanish only.** The webinar will be presented by Patricia Araujo, quality improvement manager and Jeanetta Vinson, long-term services and support and energy assistance manager. To register, call 703-324-5484. ☀

Emergency Preparedness in Long-Term Care Facilities

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

All nursing and assisted living facilities should have a comprehensive emergency plan. This ensures that people can be protected and supported in times of crisis. A nursing home is required to have evacuation plans in case of a natural or manmade disaster. Emergency preparedness plans should be tailored to a facility's geographic location and should take into consideration the residents' levels of care.

Each facility must also review the evacuation plan with residents, train new employees in emergency procedures, and hold drills and periodic reviews with staff. Assisted living facilities also are required by the state to have a similar emergency preparedness plan.

Residents and families should inquire about their facility plans and, if needed, ask questions.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program, NVLTCOP, 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 long-term care facilities emergency preparedness requirements or other nursing facility and assisted living concerns, call the NVLTCOP at 703-324-5861, TTY 711 or email NVLTCOP@fairfaxcounty.gov. ☀

New Alzheimer's Website Is Designed to Educate Everyone

from the National Institute on Aging

Alzheimers.gov is a new website designed to support people whose lives are touched by Alzheimer's disease and related dementias.

Whether you are living with dementia, a family member, friend, health care professional, researcher, or advocate, **Alzheimers.gov** is for you. Explore the website to find information about Alzheimer's

disease and related dementias including causes, symptoms, diagnosis, and treatment. Also find tips and resources for caregivers and people living with dementia and many more resources. ☀



Adjusting to Communication and Behavior Changes with Dementia

Communication can get difficult as you struggle to meet and understand the needs of someone with dementia. Insight Memory Care Center invites you to a free, virtual workshop. You will learn strategies

for effective communication and understanding. Also, how to respond to difficult behaviors. This event is Wednesday, June 9, 1–3 p.m. Please, register at [Insightmcc.org](https://insightmcc.org). ☀

Attend the Free Chronic Disease Self-Management Virtual Program

from Dianne Duke, Social Worker, ElderLink, Fairfax County Area Agency on Aging

The free Chronic Disease Self-Management program is for people interested in learning how to live better by managing symptoms. Learn how to manage pain and fatigue, eat healthier, and remain active.

Program is via Zoom on Thursday, June 24– July 29, 10:30 a.m.–12:30 p.m. To register, call Dianne Duke, social worker, ElderLink, 703-324-7721 or tinyurl.com/CDSMP123. ☀

RESOURCES

Need a Little Help to Keep Cool this Summer?*from The Self-Sufficiency Division, Department of Family Services*

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



The Cooling Assistance Program can help with the following:

- ◆ Payment of electric bills to operate cooling equipment.
- ◆ Payment of electricity security deposits to operate cooling equipment, for eligible households.
- ◆ Repair of a central air conditioning system, heat pump, ceiling fan, attic fan or whole house fan.
- ◆ Purchase of a whole-house fan, including ceiling or attic fans when there is no other working cooling equipment in the home.
- ◆ Purchase and installation of one window unit air conditioner for households when there is no other working cooling equipment in the home.

Applications for the Cooling Assistance Program will be accepted from June 15–Aug. 16. Submit applications for Cooling Assistance in the following ways:

- ◆ Online—**Commonhelp.virginia.gov**
- ◆ Phone—Enterprise Call Center, 1-855-635-4370
- ◆ Paper Application: Energy Assistance main number, 703-324-4328 (HEAT) to request a mailed application
- ◆ Fax: send completed application to 703-653-1355

Some households are pre-approved for Cooling Assistance and do not need to submit an additional application or electric bill. To find out if you are pre-approved, call 703-324-4328 on or after June 7.

New TOPS Program Offers Additional Transportation Options*from Neighborhood and Community Services*

Fairfax County Department of Neighborhood and Community Services is excited to announce the new Transportation Options Programs and Services program (TOPS) is now available. This new program streamlines pre-existing taxi voucher programs—Seniors On-The-Go!, TaxiAccess, and Dial-A-Ride programs—into one new program that issues subsidized funds on a transportation debit card as well as expands access to other transportation options.

Transportation options will now include taxicabs, rideshare services such as Uber and Lyft, public transportation (bus and rail via SmarTrip card) and Capital BikeShare rentals.

Program participants are eligible for two subsidies per year (one subsidy every six months). Each subsidy will provide \$100 in benefits at a cost to the participant of \$20.

To learn more about TOPS or apply online, visit Fairfaxcounty.gov/neighborhood-community-services/transportation/tops. For questions, contact Human Services Transportation Customer Service at 703-222-9764, TTY 711. ☀



Application Period for Publicly Owned Housing to Begin June 7

from Fairfax County Redevelopment and Housing Authority

Having access to housing that is affordable is an essential component for individuals and families across Fairfax County. Whether you rent or own your home, it plays a critical role in your ability to achieve positive outcomes for your health and wellbeing, security, individual development, and economic stability.

Beginning on June 7, the Fairfax County Redevelopment and Housing Authority (FCHRA) will be accepting new tenant applications for publicly owned housing offered through the Rental Assistance Demonstration (RAD) program. Applications will be accepted online only beginning at 8 a.m. on Monday, June 7 and ending at 11:59 on Sunday, June 20. There are no application fees and anyone may apply. Applicants may submit applications using a computer, tablet or smart phone.

The FCRHA owns 1,060 townhomes, garden apartments and condominiums through the RAD-PBV program which generally serves households earning less than 50 percent of the area median income (approximately \$60,000 for a family of four). Units are available with up to four bedrooms. Tenants pay between 30 and 35 percent of their

income for rent and the FCRHA receives a Federal subsidy to cover the remaining sum. Individuals receiving a unit through the program must meet all eligibility criteria at the time they are offered a home.

Online applications received during the two-week application window will be included in a computerized drawing where approximately 2,500 households will be randomly selected to be added to the waitlist. It is expected that the FCHRA will be able to serve all eligible households from this pool of applicants in about two to three years.

Those applicants who may need assistance to obtain computer access, can find free access to a computer or WiFi for their wireless device at branches of the Fairfax County Public Library. Branches are currently open for Express Services; daily visits are limited to 30 minutes. For details about Public Library access, branch locations or more, call 703-324-3100, TTY 711, or visit **Fairfaxcounty.gov/library**.

For more program details and application instructions, visit **Fairfaxcounty.gov/housing/RADApplications**. ☀

ACTIVITIES

Helping Endangered Pollinator Populations

from the Department of Neighborhood & Community Services

Some Fairfax County Senior Centers and staff have stepped up to support pollinators and are sharing their experiences with center participants to educate them about environmental stewardship and how they can get involved.

In 2019 Lewinsville Senior Center staff and participants planted a sensory garden in new raised garden beds, including plants and a water feature to attract and nourish bees and butterflies. Although

the center is currently closed, staff continues to maintain the garden.

Last summer, Herndon Senior Center partnered with the Herndon Women's Club to create a Pollinator Garden in existing flower beds. Club volunteers planted milkweed and other plants that support pollinators. The garden was recently certified by the nonprofit Monarch Watch as an official registered Monarch Waystation Garden.

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Diane Watson: Community Champion Award Winner

by Jodi Smith, Volunteer Solutions Regional Volunteer Coordinator

Congratulations to Diane Watson for winning a Community Champion Award at the 29th Annual Volunteer Service Awards ceremony presented by Volunteer Fairfax.

Community Champions were virtually awarded by each member of the Board of Supervisors to represent their districts. Diane was recognized and represented by Jeffrey McKay, Chairman of the Board of Supervisors.

Diane Watson is an activist, advocate, educator, facilitator, and collaborator for her neighbors and older adults throughout the Fairfax region. Some of Diane's valuable qualities are her in-depth knowledge of services, dedication, hospitality, service, and compassion—especially for the most vulnerable.

It was in Diane's initial role in 2016 as a Fairfax 50+ Community Ambassador when she learned about county services and programs. She considers this role as her gateway into volunteer service. Diane says, "I learned that communication needs to be frequent and ongoing especially when it comes to county services."

In 2018 Diane began helping with Volunteer Solutions. She has served as a grocery shopper and social visitor—pre-pandemic. (She is now a virtual social visitor.) Diane and her husband George also completed orientation for Meals on Wheels in March 2020. Ironically, they did just one route delivery before the pandemic changed the delivery system.

Close to home, Diane serves the Lorton 55+ Active Adult Spring Hill Community as a block captain and care team leader.

She also works with the Northern Virginia Aging Network to discuss advocacy plans and issues of

mutual concern. Along with this work, Diane serves on the Fairfax Long Term Care Coordinating Council, a council that identifies needs and creates solutions for long term care services and programs that enhance the lives of older adults and people with disabilities. In addition, she serves on the council's COVID-19 Impact and Response Committee.

Pursuing even more advocacy efforts, she is the Mount Vernon District representative on the Fairfax Area Commission on Aging. (See page 6 for commission information.)

Diane also serves on the Promoting Behavioral Health Team. The team is a committee of the Partnership for a Healthier Fairfax responsible for implementing behavioral health strategies in the Partnership's Community Health Improvement Plan.

She is active in the Dementia Friendly Fairfax Initiative and supports those living with dementia and caregivers. In July 2020, she started promoting Dementia Friendly information sessions via Zoom.

Even after suffering a serious accident that forced her into physical therapy, she continued to advocate for older adults in the physical therapy center. While wearing bandages and slings, she generated a list of improvements that could be made to ensure patients were not lonely. Her actions demonstrate how communities that care for their oldest members are places where people of all ages can truly thrive.

Diane Watson epitomizes how one person can make a very big difference. 🌟



Diane Watson, Community Champion Award Winner

For current volunteer and donation opportunities, please visit bit.ly/FFXDONATE2

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 ☀

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.

- ◆ **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 ☀

Helping Endangered Pollinator Populations

... continued from page 11

Another way staff support pollinators is by raising monarch butterflies. In 2018, Rose Robinson, recreation therapist, started the Butterfly Project after learning about a network of educators who use monarch butterflies to teach environmental conservation. Rose has involved center participants in her efforts with interactive programs and presentations. In 2020, Sasha Swinnerton, recreation therapist at HSC also began raising monarchs in their new pollinator garden. Sasha worked with other HSC staff to share updates with participants in the center's weekly newsletter. "I remember delivering meals and seniors would tell me about the butterflies they saw on their walks. It was a great way to connect with the seniors during isolation," said Sasha.

To learn more, join Rose and Sasha for a presentation on the Virtual Center for Active Adults at bit.ly/NCSvcaa on Thursday, June 24 at 10:30 a.m. They will discuss the Monarch Migration, Butterfly Waystations, plant selections, the life cycle of a butterfly and supplies to care for them. ☀

All Are Welcome to Beginner's Genealogy Special Interest Group

from the Virginia Room, Fairfax Regional Library

Are you new to genealogy? Eager to learn how to organize your family history data? Running into brick walls before you feel like you've even gotten started? Don't miss this opportunity for novice genealogists to gather, learn, and share challenges. Sponsored by the Fairfax Genealogical Society, this beginner's group is led by John Turbyfill and Laura Wickstead, librarian, Virginia Room. Everyone is invited on the second Thursday of the month for this free, 10:30– 11:30 a.m., Zoom meeting. Visit Fxs.org/ for more details and to register or email Laura.wickstead@fairfaxcounty.gov. ☀

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In May and June, four teaching artists representing a range of disciplines will lead weekly interactive programs on the Virtual Center for Active Adults.



Pictures and Poetry: Visualizing your Words for the World with Tamarrah Addison



Music City DC! The History of Popular Music in the Nation's Capital with Ken Avis



Moving Dialogues with Kelly King



World of Rhythm and Sound with Tom Teasley

Photo by Ossie White III.

For program descriptions, dates and times, visit <http://bit.ly/AFLfest>



A Fairfax County, VA, publication.
May 2021



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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.

WELCOME TO MEDICARE



NEW DATE - JUNE 23, 2021 | 3:00 PM - 7:00 PM ET

Learn about signing up for Medicare! Originally planned for April 7, this event has been moved to June 23. Go to www.shiphelp.org to learn more. **Registration will open in April.**

This virtual Medicare fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts – to assist you in your initial enrollment decisions. There is no cost to attend.

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There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be counselors available through chat from 5:00 to 6:00 to answer your individual questions.



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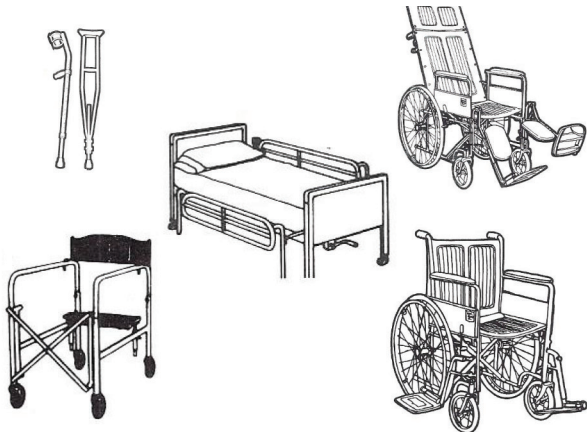
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JUNE COMMUNITY CALENDAR

Saturdays now through Oct. 30, Community Market, 10 a.m.–2 p.m., free, Lorton Workhouse Arts Center.

Enjoy COVID safe activities that include workhouse studio artwork, metal forging demonstrations, entertainment, and food trucks. The Workhouse Arts Center, 9518 Workhouse Rd., Lorton. While you are there, tour the Lucy Burns Museum, 11 a.m.–5 p.m.

Tuesdays in June: 8, 15, 22, 29, Hearing Screenings, 10 a.m.–1 p.m., free, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.

COVID safety protocols will be followed. Address is 3951 Pender Dr., Suite 130, Fairfax. For more information and to schedule an appointment, email Bonnie O’Leary at Boleary@nvrc.org or call 703-352-9055, Ext. 106.

Friday, June 11, Movies Under the Moon, beginning at dark, free, Van Dyck Park, City of Fairfax—fun and safe.

Movies Under the Moon will be showing three films the second Friday during June and September—social distancing style. Marked circles in the grass will be provided to aid in social distancing. Masks encouraged, bring blankets and chairs to 3720 Old Lee Highway, Fairfax.

Saturday, June 12, Fairfax Fido Fest, 11 a.m.–2 p.m., free, Westmore School.

Join the “ultimutt” day out with your two-legged and four-legged friends at 11000 Berry St., Fairfax. Enjoy an array of vendors, doggy activities, demonstrations, K9 splash zone, and more. This is a doggone good event for all. For details, go to Fairfaxva.gov/government/parks-recreation/special-events.

Tuesday, June 15, What Genealogists Need to Know about Genetic Privacy and the Law, 1–3 p.m., free, ZOOM Meeting.

When sharing your DNA profile with a consumer genetics service, do you know how your data may be used? Presenter Natalie Ram, J.D., will give an informative session on the intersection of genetic privacy and the law. Register no later than June 12 at Mvgenealogy.org/eventListings.php?nm=20 or by emailing your name and address to Contact-us@mvgenealogy.org.

Saturday, July 3, Annual Independence Day Parade, 10 a.m., free. Starting location, 4100 Chain Bridge Rd., Fairfax.

Parade loops around downtown Fairfax, along Chain Bridge Rd., Main St., University Dr., and Armstrong St. See nine high school marching bands, floats and more. Details at Fairfaxva.gov/government/parks-recreation/special-events.