

# Golden Gazette

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

## May Is Older Americans and Adult Abuse Prevention Month

by Trina Mayhan-Webb, Director of Adult and Aging Services, Department of Family Services

According to the Administration for Community Living, Communities of Strength is the theme for this year's Older Americans Month. Fittingly, this theme highlights older adults' strength during unprecedented times. It is through a lifetime of experiences, successes, and difficulties that older adults may be relied on to face challenges with resilience and wisdom.

In Fairfax County, where our 55 years of age and older population is forecast to grow nearly 23% by 2035, we see first-hand how the strength of older adults adds to our community. When called upon to volunteer, mentor, advise, or teach, an older adult is there to help.

double-edged sword in that older adults step up first, and yet, so many of them are in need or will need our services in the near future. We recognize that vulnerable older adults deserve protection from abuse, neglect and exploitation.

This past year has re-enforced that strength of community is built and shown by acts of kindness, quick conversations shared with a friend, working in someone's garden, teaching a new recipe on Zoom, or taking a neighbor's pet for a walk. And when we share these activities with others—even virtually—we help others build resilience too.

On a personal note, my 99-year-old grandmother Josephine Joyce is an example of someone who has mastered resilience with beauty, grace, and pride. The story of her life is filled with decades of joy and struggles. Just like so many others, she helped in building strong communities and continues to provide a foundation for others to emulate.

Thank you older Americans for the ways you have led and strengthened our Fairfax area community through example! 🌟



Josephine Joyce, 99, master of resilience.

### INSIDE THIS ISSUE

More Features	4
PSAs	6
Caregiving	8
Activities	10
Volunteering	12
Sports	13
Sponsors	14
Calendar	20

As Director of Adult and Aging Services, I am reminded of our mission to enhance the quality of life for older adults, adults with disabilities and caregivers while leveraging a strong support of advocacy from our community. Often it's a

# 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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## 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**.

# Hi! Hi! Hey! The Third Army March Is Here to Stay

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

Most of the American public is not aware that General George S. Patton Jr. insisted that his Third Army have a band during World War II to boost morale. Even more surprising is that there was a march written specifically for Patton by the Third Army Band's Bandmaster, Gregorio A. Diaz, and—it is not the march from the 1969 movie Patton!

It is hard to fathom that a march for General Patton could be forgotten while in plain sight for 46 years. All it took was recognition by Fairfax County resident and former enlisted member of the U.S. Army Band, "Pershing's Own," Colonel Lawrence Devron.

While on a 2012 work assignment at the headquarters of the Third Army/U.S. Army Central in South Carolina, Devron was gripped by an old, yellowed, handwritten music score. It was displayed in an isolated trophy display case dedicated to the musicians of the Third Army Band of World War II. According to Devron, it was the original condensed score, composed and hand-written by Chief Warrant Officer Gregorio Diaz on April 10, 1945. It was inscribed, "The Third Army March, respectfully dedicated to Lieutenant General George S. Patton, Jr. and the gallant officers and men of the Third U.S. Army."

In disbelief of his discovery, Devron asked the archivist if there was a recording of the March. When the answer was no, he envisioned his next mission. He recalls that, in 1963, at his freshman convocation ceremony at The Eastman School of Music, the director, Dr. Howard Hanson, composer and champion of American classical music told them, "Music is a dead art!" (pause) "But, you—you must make it live!"

"I just had to learn more about the aged score and bring it back to life out of respect for its composer, Gregorio Diaz, and for those to whom it was dedicated," Devron pronounced.

After much research, he found an online article written by Tom Diaz, son of Gregorio. With his help, Devron was able to better understand the special bond between Gregorio Diaz and Patton.

Devron also learned that Diaz, who was born in the Canary Islands, left home at age 12 and made his way to Mexico. At age 16, he crossed into the United States and readily joined the U.S. Army in 1924 to gain citizenship. "What a remarkable man!" exclaims Devron.

The last component to resurrecting the work was locating the original instrumental parts from the score. Working with the U.S. Army Band music library staff, he was able to accomplish this feat.

*... continued to page 4*



*General Patton inspects the Third Army Band, led by bandleader Gregorio Diaz. At right: Lawrence Devron and Gregorio Diaz.*



### The Third Army March

... continued from page 3

Finally, after more than a year of lobbying for a recording session, on November 6, 2013, the “Third Army March” was performed and recorded by the U.S. Army Band, “Pershing’s Own”, in Brucker Hall at Fort Myer, Arlington, Virginia. “This performance was the first time the March had ever been recorded since it was composed for General Patton,” says Devron, proudly. Additionally, the March has not been heard publicly since 1973 when the Third U.S. Army and its band were deactivated.

When reflecting on the “Third Army March,” Devron wants people to remember Diaz’ respectful vision for the piece as a celebration of the much-anticipated end to the war in Europe, which he wanted to share with Patton. But first, he had to prove its worth to the general. When played for Patton, he liked it very much, however, he wanted it dedicated to *all* the officers and enlisted personnel of the Third Army. Devron commented, “So, cleverly, Diaz did both.”

Four premiere performances took place in July 2014. The Cary Town Band of North Carolina, on July 3 and 4, was the first municipal band preceding the “Pershing’s Own” performances at the U.S. Capitol and Brucker Hall at Fort Myer, Virginia.

The latter performance at Brucker Hall incredibly was attended by the late Gregorio Diaz’ family and a former member of the Third U.S. Army Band, John Farris, now 96, a Fairfax County resident and retired Fairfax County Public School band teacher.

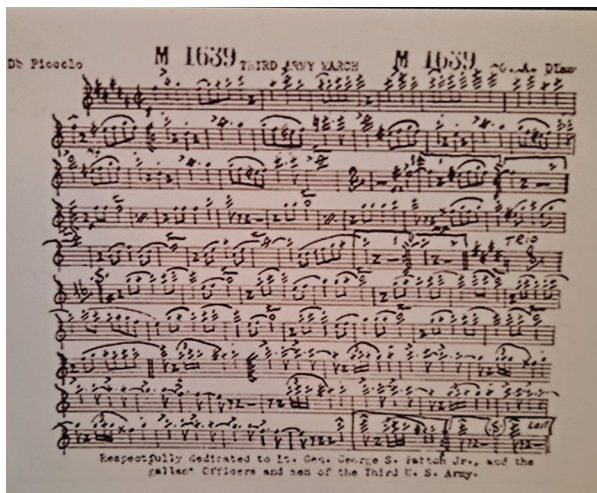
Devron’s passion for music, along with respect for all service



John Farris, former member of the Third Army Band and lone survivor.

members who served and lost their lives, made it possible for the re-emergence of the “Third Army March.” It is regularly performed at concerts and competitions by high school, college, municipal, and Army Bands across the country. In addition, the march was performed in the Czech Republic and in Norway. The video performances may be found at “Third Army March” performed by The United States Army Band “Pershing’s Own” [youtube.com/watch?v=qA6X6F9PvEg](https://www.youtube.com/watch?v=qA6X6F9PvEg)

Devron is satisfied that he has fulfilled Dr. Hanson’s charge to make music live by tenaciously reviving the “Third Army March.” ✨



The infamous glass case where the Third Army March was displayed in plain sight.



## Jason Kim: Helping Others as a Meditation Practice

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

At his mother's urging, Sang Woo "Jason" Kim left South Korea in 1963. He was just 18 and considered himself lucky to be immigrating to the United States for an education and a better life.

Surprisingly, it was not daunting for him to leave South Korea. He says that he knew he would feel at home in America—a country to which he was grateful for backing his country during the Korean War. "In my school, we flew the American flag alongside the Korean flag, which is also red, white, and blue," he says.

After applying to a college in New York, where the family had some relatives, and passing an English proficiency test, he waited for an acceptance letter. He confesses that even though he passed the test, "I really could not converse." Whether he could converse well or not, when his acceptance letter finally came, he packed his bags and embarked on his odyssey to a new and better life.

He arrived in Los Angeles and then continued to New York to attend Clarkson College. Prior to commencing classes, he changed his name to Jason, the American version of Sang Woo. This was not a requirement, but a personal choice. Even though he was now a Jason, the essence and meaning of Sang Woo—working man—couldn't be more apt for his future life.

He graduated and with an advanced degree in engineering. Then, in 1973, he moved to Fairfax County for his first job in his field. Between graduating and working, Mr. Kim visited his family in South Korea, where he was introduced to a young woman, to whom he ended up proposing marriage. "It was not an arranged marriage, more of an arranged meeting," he chuckles, "We exchanged photos and letters to get to know each other." Bok Sung returned to America with him to begin her new life.

For more than 45 years, Mr. Kim has called Fairfax County his home. He and Bok Sung raised two daughters. One is now a physician and the other, a lawyer. The Kims have three grandchildren who are all in high school or college. "It's a dream come true!" he exclaims.

Now that Mr. Kim is retired, he spends most of his time volunteering and helping others. His interest in volunteering began with his meditation practice. He meditates daily and believes the goal of meditation is to empty one's mind, the best way to accomplish that being to deny oneself and serve other people.

For nearly 10 years, Mr. Kim has been volunteering at the Korean Central Senior Center, one of his main responsibilities being to help seniors get on and off the bus. He has also taught citizenship classes for many years.

Mr. Kim says that when he gives back to the community by volunteering, special bonds are formed. For example, he remembers one elderly woman who was a student in his Citizenship Attainment class. Despite not knowing any English, she was determined to pass her citizenship test. "She took my class many times but struggled to learn," he says. After a year, Mr. Kim decided to give her private tutoring. "I also encouraged her to pray diligently to pass the test." After two years of tutoring, she passed both the written and interview portions of the citizenship exam. "I was so proud of her when she became a naturalized citizen," he says with sincerity.



*Jason Kim proves his strength of mind by volunteering at the Korean Senior Center, Centreville and meditating.*

**Jason Kim**

*... continued from page 5*

There was another woman who affected him. “She unexpectedly approached me at the senior center,” he says, and “asked for help.” She had just relocated from another state and needed help finding housing and several other services. Mr. Kim took it upon himself to drive her to various senior apartments, then helped her apply for housing, food assistance, and health care.

As he was waiting to take his new friend to yet another appointment, he began to grow impatient. “Suddenly,” he says, “a stranger appeared in front of me wearing a bright white gown and smiled at me.” Mr. Kim believes that this was an angel. “It was a sign for me to continue helping others,” he says emphatically.

Mr. Kim is ready to add more joyous and meaningful volunteer stories to his repertoire. He says, “The opportunity to meet new people, the satisfaction of teaching and helping others, and the spiritual growth I have personally experienced makes it all worthwhile.” ✨

*Many thanks to Heisung Lee, Korean Senior Center director, for her help in interviewing Mr. Kim and her guidance on South Korean history and culture.*

**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. At the April 21 meeting, Karen Hannigan, supervisor, Aging Disability and Caregiver Resource (ADCR) unit, Fairfax County, presented Older Adult Bullying in Congregate Settings from Senior Apartments to Nursing Homes—Reducing Older Adult Bullying is Possible.

ADCR consists of social service specialists who are available to provide information about services and resources Monday through Friday, 8 – 4:30 p.m., at 703-324-7948, TTY 711. ✨

**COA Meeting Wednesday, May 19, 1 p.m.**

- ◆ Via Zoom:  
<https://us02web.zoom.us/j/87314070663>
- ◆ Access Code: **COA-m1234!**
- ◆ Dial **888-270-9936** or **602-333-0032**
- ◆ Conference code **231525**.
- ◆ **ADA accommodations?** Please contact Hilda Naranjo, **703-324-7496** or [hilda.naranjoaraujo@fairfaxcounty.gov](mailto:hilda.naranjoaraujo@fairfaxcounty.gov); TTY services, available via **711**. ✨

**Mark Your Calendar for Medicare Virtual Workshops**

*from the Virginia Insurance Counseling and Assistance Program*

This Medicare 101 Workshop, led by the Virginia Insurance Counseling and Assistance Program provides information on Medicare options including Parts A, B, C and D, Medigap, and changes to Medicare.

**Tuesday, June 1, Medicare 101, Virtual, 1-2:30 p.m. Tysons-Pimmit Regional Library, Falls Church.**

Register at 703-790-8088, option 4 or <https://librarycalendar.fairfaxcounty.gov/event/7460515>. For ADA accommodations, call 703-324-5851, TTY 711.

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

**Wednesday, June 23, Virtual, 3-7 p.m.** Learn more at [shiphelp.org](http://shiphelp.org). Registration is now open.

**Tuesday, July 13, Medicare 101, Virtual, 10:15-11:45 a.m., NCS Virtual Center for Active Adults.** Register at 703-339-7676 or <http://bit.ly/VICAPJuly21> ✨

## So you got vaccinated, now what?

from the Fairfax County Health Department

Whether it is a hug from your grandchild, visiting with friends, or going to a matinee, we all look forward to returning to simple pleasures now that we are vaccinated. Here are the Centers for Disease Control and Prevention (CDC) guidelines for fully vaccinated people to consider when re-entering society.

### When are you considered fully vaccinated?

You are considered fully vaccinated two weeks after your second dose in a two-dose series, like the Pfizer or Moderna vaccines, or two weeks after a single-dose vaccine, like Johnson & Johnson's vaccine. If it has been less than two weeks since your shot, or if you still need to get your second dose, you are not fully protected.

### What is it safe to do, now that I've been fully vaccinated?

- ◆ Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- ◆ Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing.
- ◆ Refrain from quarantine and testing following a known exposure if asymptomatic.
- ◆ Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel.



- ◆ Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States.

### Do I still need to wear a mask, social distance, and avoid crowds?

- ◆ Take precautions in public by wearing a fitted mask and maintaining physical distancing.
- ◆ Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease.
- ◆ Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households.
- ◆ Avoid medium- and large-sized in-person gatherings.
- ◆ Get tested if experiencing COVID-19 symptoms.
- ◆ Follow CDC and health department travel requirements and recommendations.



### What if I am around someone who has COVID-19?

If you are fully vaccinated and you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms. However, if you live in a group setting and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms. Also, watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms, get tested and stay home and away from others.

You can see the full CDC guidance online at: [cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html) 🌟



## CAREGIVING

## Finding Caregiver Support

by *Giuliana Valencia, DFS Caregiver Coordinator*

Every 11 seconds, an older adult is treated in the emergency room for a fall. This should not come as a surprise. As we age, muscle mass and bone density decreases, making older adults a high risk for falling. If you are concerned that your loved one is a fall risk, but are not sure where to look for help, the Fairfax Adult Day Health Center offers many resources. This includes short videos, articles, and even a fall risk quiz. The quiz helps to determine whether your loved one should get an assessment. The assessment should be with a primary care physician or physical therapist who specializes in preventing falls.

To learn more about the Fairfax Adult Day Health Center activities and its resources on fall prevention, visit Adult Day Health Care at [fairfaxcounty.gov](http://fairfaxcounty.gov) or call 703-246-8743, TTY 711 for information.

### Caregiver Webinar: Do's and Don'ts for Discussing Dementia

When a loved one has a new diagnosis of dementia, it may be difficult to know how to talk about it with others. These conversations can be intimidating but are necessary. This webinar will provide some do's, and don'ts, and tips for successfully and confidently discussing this sensitive topic not only with the person who has dementia, but with other family members, friends, and health care providers. Join this webinar on Wednesday, May 19 from Noon-1 p.m. The webinar will be presented by Lindsey Vajpeyi, director of education and outreach, Insight Memory Care Center. Register online at [fairfaxcounty.gov/OlderAdults](http://fairfaxcounty.gov/OlderAdults) and scroll to the Free Events or call 703-324-5484.

### ElderLink's Caregiver Support Call

Many caregivers face difficult questions about advanced medical treatment and end of life decisions in crisis situations. Whether your loved one can be included in this discussion, or not, ElderLink's

support call will help you think about discussions that need to be had and the decisions that need to be

made. Join us on Tuesday, May 11 from 7-8 p.m., to talk about how to Manage Advanced Care Planning and End of Life Decisions

This session will be held via Zoom. A link and alternate phone number to join the session by computer or phone will be provided after registration. Register online at [fairfaxcounty.gov/OlderAdults](http://fairfaxcounty.gov/OlderAdults) and scroll to the Free Events.

### Caring for You, Caring for Me

This free virtual program is a blend of interactive support and education for caregivers of older adults. It focuses on advocacy and care for both the caregiver and care recipient. Participants report increased feelings of confidence and competence in their caregiving role after attending this program.

Sessions are held via Zoom for five weeks beginning May 3 through June 7, 1-3 p.m. For more information, please contact Kristin Martin at 703-324-7577 or 703-324-7210, TTY 711 or visit <https://tinyurl.com/CFYCFM4U> to register.

### Our Time Machine: Film and Panel Discussion

The Alzheimer's Association is offering the award-winning documentary *Our Time Machine* (Mandarin/English subtitles) and a virtual panel discussion. Watch the film and join the informative panel discussion with Directors S. Leo Chiang and Yang Sun with additional professional panelists on dementia. This event is free. To register and for more detailed information visit [alz.org/nca](http://alz.org/nca) 🌟



## Facility Inspection Reports: Valuable Information for All

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

All long-term care facilities are inspected or “surveyed” on a regular basis to ensure they are complying with regulations and standards of care. These inspection reports are available to consumers online, and each facility is required by law to make the latest state inspection report available for examination in a place readily accessible to everyone.

These reports provide valuable information about a facility’s deficiency citations in particular areas, and what actions they took to resolve the deficiencies. This information also can be useful for researching a specific facility when considering long-term care options for oneself or a loved one.

Nursing facility surveys can be found through the Care Compare tool located on Medicare’s website, [medicare.gov](https://www.medicare.gov), as well as through the state survey agency, [vdh.virginia.gov/epidemiology/licensure-and-certification](https://www.vdh.virginia.gov/epidemiology/licensure-and-certification).

Assisted living facilities inspection reports can be found on the Virginia Department of Social

Services website, [dss.virginia.gov/facility/search/alf.cgi](https://dss.virginia.gov/facility/search/alf.cgi). The Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) can also assist consumers in interpreting inspection reports, and can provide aggregate complaint data for specific facilities located in the City of Alexandria, Arlington County, Fairfax County, and Loudoun County.

As a mandated program under the Older Americans Act, the NVLTCOP is often called to assist residents and consumers to advocate for their rights in order to ensure quality of care and quality of life. For more information about inspection reports and complaint data, or other nursing facility and assisted living concerns,

please call the NVLTCOP at 703-324-5861, TTY 711, or contact by email at [NVLTCOP@fairfaxcounty.gov](mailto:NVLTCOP@fairfaxcounty.gov). ☀



## ElderLink Self-Management Programs Are Free

by Dianne Duke, ElderLink, Fairfax County Area Agency on Aging

Fairfax County’s virtual chronic self-management programs are free interactive workshops that run for six weeks. Check out the programs below.

- ◆ **Caring for You, Caring for Me: May 3-June 7, 1-3 p.m. Free.** This program is a blend of interactive support and education for caregivers. Participants report increased confidence and competence when caregiving. Class offered via Zoom. Contact Kristin Martin at 703-324-7577 or visit <https://tinyurl.com/CFYCFM4U> to register.
- ◆ **Diabetes Self-Management Program. May 13- June 17, 10 a.m.- Noon. Free.** Geared for individuals interested in learning how to

effectively manage their diabetes/pre-diabetes. Learn how to maintain healthy blood sugar, menu planning, and preventing complications. Offered via Zoom. Register at <https://tinyurl.com/DSMP123> or call Dianne Duke at 703-324-7721

- ◆ **A Matter of Balance-Virtual Program-May 19- July 14, 1:30-3:30 p.m. Free.** This program is for those concerned about falls, anyone who has fallen, and restricted activities because of falling concerns. Set goals for increasing activities, view falls as controllable, and exercise to increase strength and balance. Offered via Zoom. Register at <https://tinyurl.com/AMOB123> or call Dianne Duke at 703-324-7721. ☀

ACTIVITIES

## The Virtual Center for Active Adults Offers Lineup of Teaching Artists

from the Department of Neighborhood & Community Services

The observance of Older Americans month coincides with the Arts for Life Festival—a month-long celebration of the arts. Fairfax County Senior Centers will transform into beehives of activity with virtual classes and events that allow participants to enjoy the benefits of the arts.

Although senior centers remain physically closed to the public due to the pandemic, the Virtual Center for Active Adults and ARTSFAIRFAX have partnered to offer virtual Artist Residencies on the VCAA. During May and June, teaching artists will lead weekly virtual workshops and programs.

- ◆ Percussionist, composer and educator Tom Teasley leads “World of Rhythm and Sound,” a series consisting of musical and instrumental performances that encourage active participation. Wednesday and Thursday, 11:45 a.m.-12:45 p.m., May 19-June 24.
- ◆ Master Poetess Tammarrah Addison’s series, “Pictures and Poetry: Visualizing your Words for the World,” is a fun and interactive gathering



Tom Teasley

where participants write poems inspired by images that evoke an array of emotions. Tuesday and Thursday, 5-6 p.m., April 27-June 10; No workshops on May 27 or June 8.

- ◆ Musician, broadcaster, and historian Ken Avis explores Washington D.C.’s lesser-known, remarkable, and fascinating musical avenues in his series, “Music City DC! — The History of Popular Music in the Nation’s Capital.” Monday and Thursday, 2:30-3:30 p.m., May 17-June 28.
- ◆ Kelly King leads “Moving Dialogues,” a movement workshop series that encourages participants to tap into their own creativity while connecting with others. Tuesday and Thursday, 6:15-7:15 p.m., May 11-June 17.



Ken Avis



Kelly King

Additional virtual arts programming will include an arts show, Friday, May 21 at 2:30 p.m. View the full schedule of creative programs and fun events at <https://bit.ly/NCSvcaa>. ☀

## Learn About Low Vision and Helpful Resources with a Virtual Lecture

from Prevention of Blindness Society of Metropolitan Washington



On Thursday, May 20, the Prevention of Blindness Society of Metropolitan Washington will offer a free virtual lecture on low vision beginning at Noon.

According to the society, low vision is defined as an eye condition that becomes more common with age. It can make day to day activities more

difficult. It cannot be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery. Luckily, there is plenty of technology available that can help with low vision.

Learn about what is available from low- to high-tech gadgets and applications. If you want more information about low vision or register to attend the virtual lecture, go to [youreyes.org](http://youreyes.org). You also may call 202-234-1010. ☀



## Farmers Markets Are Open for Business

from the Fairfax County Park Authority

Spring has arrived. This time of year brings longer days, blossoming flowers, chirping birds, and Fairfax County Farmers Markets.

Markets are operated by the Fairfax County Park Authority, and you will find tables filled with seasonal produce, meats, honey, eggs, baked goods, and maybe even some caramel corn. Shopping at the county's markets is a great way to support the community, local farmers and small businesses.

Shoppers are asked to comply with health and safety guidelines to protect market staff, volunteers, and others shoppers. These include limiting families and groups to no more than four members, wearing facial coverings, staying home if sick, and maintaining six feet of distance from others at the markets. Please do not bring pets to the market.

Customers are asked not to touch any of the products, and to use credit, debit or SNAP cards instead of cash—if possible.

Vendors also play a big role in keeping the market safe. They must disinfect tables and keypads, have access to and use an alcohol-based hand sanitizer, offer touchless means of payment, and not offer samples to customers. ☀



Supplemental Nutrition Assistance Program (SNAP) EBT cards are accepted. To see if you are eligible for SNAP benefits, call 1-855-635-4370.

### 2021 Schedule for Farmers Markets

#### Wednesday

**McCutcheon/Mount Vernon**  
April 21–Dec. 22, 8 a.m.–Noon  
Sherwood Library  
2501 Sherwood Hall Ln.

#### Oak Marr

May 5–Nov. 10, 8 a.m.–Noon  
Oak Marr Recreation Center  
3200 Jermantown Rd.

#### Wakefield

May 5–Oct. 27, 2 p.m.–6 p.m.  
Wakefield Park  
8100 Braddock Rd.

#### Thursday

**Annandale**  
May 6–Nov. 4, 8 a.m.–Noon  
Mason District Park  
6621 Columbia Pk.

#### Herndon

April 22–Nov. 4, 8 a.m.–12:30 p.m.  
Old Town Herndon  
700 Block of Lynn St.

#### Friday

#### McLean

May 7–Nov. 12, 8 a.m.–Noon  
1659 Chain Bridge Rd.

#### Kingstowne

May 7–Oct. 29, 3 p.m.–7 p.m.  
5870 Kingstowne Towne Center

#### Saturday

#### Burke

April 10–Dec. 18, 8 a.m.–Noon  
5671 Roberts Pkwy.

#### Reston

May 1–Dec. 4, 8 a.m.–Noon  
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May 2–Nov. 21, 9 a.m.–1 p.m.  
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This trio is enjoying a beautiful day at a local farmers market pre-pandemic.

VOLUNTEERING

# Striving to Thrive, Not Just Survive

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



*Shobha Sahgal shares her strength by learning to teach seniors through the Virtual Center for Active Adults.*

The May 2021 theme for Older Americans’ month is “Communities of Strength.” Many of Fairfax County’s older adults have demonstrated strength and resilience during this historic time by finding ways to enrich their lives. *(see article on page 7)*

Devoted volunteers, like Shobha Sahgal, have continued to give back in meaningful ways and strive to maintain daily routines and elements of “normalcy” for themselves and others. Local senior centers have been instrumental in successfully helping them to remain strong by offering opportunities to connect virtually.

Shobha is from New Delhi, India, and has been in the Virginia and D.C. area for 42 years. She has one daughter and two grandchildren who reside locally. Shobha took an early retirement from the World Bank in 2000 and has since taught yoga and swimming. During the pandemic, she’s taught virtual yoga for Fairfax County Parks and Recreation, as well as taught classes on her own.

Until this past year, Shobha volunteered in many more capacities—something she has done her entire life. One of her favorites positions was volunteering with the Columbia Lighthouse for the Blind. It was her responsibility to help visually impaired individuals run errands, look after pets, and provide emotional support if needed. She hopes this fulfilling opportunity resumes soon.

Shobha is no stranger to Volunteer Solutions as she registered with us shortly after retiring—more than 20 years ago. As you can imagine, she’s done a variety of tasks through the years: helping women and men with grocery shopping, running errands, transporting people to medical appointments, and interacting with older adults through social visiting. Little did she know how she would later expand her volunteering repertoire in the virtual arena.

Since the pandemic, she has been a virtual social visitor for three women. She calls each of them to chat which helps to reduce loneliness. She also says that this has helped combat her own isolation.

Right before COVID-19 struck, she visited a local senior center as a possible participant, and then they shut down. Shortly afterwards, through Volunteer

*Helping others makes your own life so much more meaningful.*  
*Shobha Sahgal*

Solutions, she learned about an opportunity to be one of the English conversation leaders for the newly created Virtual Center for Active Adults. She and other leaders take turns helping a small group of participants improve their ability to communicate

in English. The Virtual Center for Older Adults includes many activities ranging from fitness, music, dance, and art, to discussion groups, and educational topics.

Shobha shares that learning to Zoom has helped her to stay productive and connected in her volunteer role and with family and friends. She now knows

*... continued to page 13*

## Striving to Thrive, Not Just Survive

... continued from page 12

how to admit people into the Zoom session, how to start and end it, share a screen, and more. Shobha thinks that this is one of the good things to come out of COVID-19. “People have learned how to use technology, and people will continue to use it. Of course, it can never replace personal interaction, but Zooming has been good at keeping people connected,” she says. Shobha’s dedication, compassion, and willingness to give her time for others’ well-being is noteworthy and deeply appreciated.

She shares this moving sentiment which captures her kind spirit: “I will volunteer as long as I’m taking my last breath, and I think everybody should volunteer. Helping others makes your own life so much more meaningful. It gives you a purpose rather than just living for yourself. People can use your time and help, and it’s worth it. It enriches your life. There will never be regrets about it.”

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

## Find Area Shepherd Centers

The Shepherd Centers are a non-profit interfaith 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 an important transportation service.

Please note that the Shepherd’s Center serving Oakton-Vienna-Reston-Herndon and the Shepherd’s Center of Great Falls have merged to create the Shepherd’s Center of Northern Virginia. They are



combining resources, volunteers, programs, and leadership to serve a larger swath of the Northern Virginia region.

- ◆ **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/Great Falls**  
703-281-0538, [scnova.org](http://scnova.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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### Golden Girls Women’s Softball

The Golden Girls of Northern Virginia, a senior women’s softball league, is looking for players. Women 40 and above are welcome to join. All skill levels are needed. The league plays on Wednesday evenings and Saturday mornings in Vienna. COVID-19 safety protocols will be followed. For more information, visit [goldengirls.org](http://goldengirls.org) ✨





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A Fairfax County, Va. publication. April 2019

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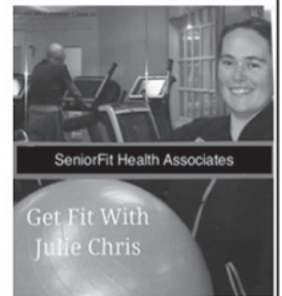
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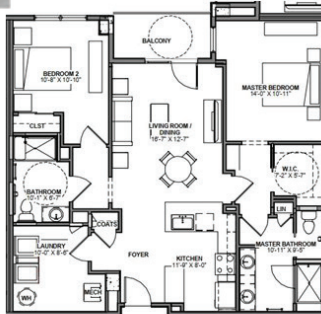


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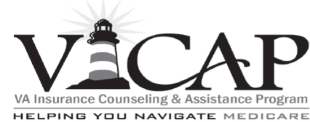
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Learn about signing up for Medicare! Originally planned for April 7, this event has been moved to June 23. Go to [www.shiphelp.org](http://www.shiphelp.org) to learn more. **Registration will open in April.**

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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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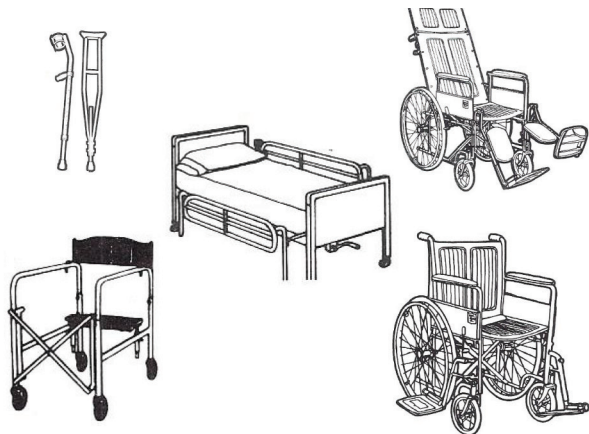
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## MAY COMMUNITY CALENDAR

**Wednesday, May 5, 10 a.m. Lifetime Learning Institute of Northern Virginia, Free Monthly Zoom Forum, Karla Bruce, Chief Equity Officer, Fairfax County Government.**

Karla Bruce will share insights on the Commonwealth's One Virginia Plan and the OneFairfax Project as she provides information on the economic cost and hardship we will experience unless there is a commitment to promote fairness, justice, and equity in the formation of public policy. To register for the free monthly Wednesday Zoom forums (offered to members and nonmembers alike), go to [www.llinova.org](http://www.llinova.org).

**Thursday, May 6, 10-11 a.m., Downsizing Seminar, Free, Vienna Community Center, 120 Cherry St. SE Vienna.**

A comprehensive seminar that discusses many aspects of downsizing. Topics include decluttering your home, organizing it, and getting ready for its sale. Also, how to research future home options including different types of living and levels of care. Register by calling 703-255-7801.

**Sunday, May 9, 2 p.m. Virtual Mothers' Day Tea: Bringing Up Baby, Green Spring Gardens, Fairfax County Park Authority.**

Take an entertaining look at parenting throughout history as we explore child-rearing advice of times

past. Hear surprising advice dispensed by early "experts" that both shock and amuse us today. Virtual lecture \$12. Include an optional tea box for \$24. For information call 703-941-7987.

**Saturday, May 15, 9-10 a.m., Grow Great Tomatoes, Vienna Community Learning and Display Garden, 120 Cherry St. SE, Vienna**

Love home grown tomatoes and want to maximize your yield? Enjoy this class specifically about growing luscious summer tomatoes. Learn about pruning, caging and trellising methods. Also, critter protection, tips and tricks for an early harvest, and how to extend your harvest. Just \$5 for Vienna residents and \$6.25 for nonresidents. Register at [viennava.gov/registration](http://viennava.gov/registration).

**Tuesdays, May 4, 11, 16, 25 and Thursdays, May 6, 13, 20, 27, 10 a.m.-1 p.m., Free Hearing Screenings, Northern Virginia Resource Center for Deaf and Hard of Hearing**

Register for a free hearing screening in May to celebrate Better Hearing and Speech Month. COVID-19 safety protocols will be followed. For more information and to schedule an appointment, contact Bonnie O'Leary, [boleary@nvrc.org](mailto:boleary@nvrc.org). While email is preferred, you may also call 703-352-9055, ext. 106. The location address is 3951 Pender Drive, Suite 130, Fairfax.