

Golden Gazette

www.FairfaxCounty.gov/OlderAdults

Special Hunger Action Month
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Pickleball Is Fun, Friendly and Competitive

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



Sandy Hylton thought pickleball was just as silly as its name and nothing to consider seriously. “I couldn’t picture myself playing a game with *that* name,” she laughs. Four years later, Sandy is the reigning champion at the Minto U.S. Open Pickleball Championships in the 60-plus age group.

Sandy, a retired Fairfax County Public School teacher, says that it took just one match to embrace the sport, and most importantly, the welcoming group teaching her to play. “I am a social person and like to have fun with friends,” she says. “I really wanted to be a part of this group.”

Retiring after 31 years as a health and physical education teacher and coach for numerous sports while at Lake Braddock Secondary School, her active routine slowed down. To Sandy, leaving teaching was more of an adjustment than becoming an empty nester 10 years earlier. According to Sandy, her social network dwindled just as her joints began to ache from being an avid tennis player since age 12.

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“I played 4.0 USTA tennis in Fairfax County for many years,” she says, “so, I still wanted an activity to keep busy, but it had to be a bit easier on my body. I really wanted my transition into retirement to go smoothly.”

Competition was also important to Sandy. “I am very competitive and sometimes it takes people by surprise,” she candidly admits. Athletic by nature, Sandy was a cheerleader at Old Dominion University where she met and married an ODU basketball player named Leon. Unfortunately, basketball took a toll on Leon’s knees, and he cannot play

pickleball but regularly rides a bike. “While he cannot be my partner on the court, Leon is my biggest fan.”

Sandy taught health and physical education in her long career with Fairfax County Public Schools, along with math and high school algebra, at Washington Irving Middle School in Springfield. At Lake Braddock Secondary School in Burke, she coached tennis, track and field, and softball. As a manager of a successful girls travel soccer team that won many state championships, she was a soccer mom and known to all as the “go to” person. “I like to

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

Pickleball

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win,” she reminded me, with a grin. Sandy and Leon have two daughters, Stacie and Stephanie, who were standout athletes in school. “We instilled the spirit of competition, along with winning with modesty and losing with grace.”

It’s all about pickleball now, and as she admits, “I am hooked and actually enjoy it more than tennis.” She regrets that she missed out on so many years of fun before entering the pickleball arena. “There is lots of laughter on and off the courts and many friendships have been formed.”

Laughs aside, Sandy wanted to take her game to a higher level. “There is always something new to learn in this sport,” she says. Sandy participated in pickleball camps and clinics led by professional players. Then in 2018, she played in her first tournament at the Mid-Atlantic Open in Arlington. “We won the silver medal in the women’s doubles, and I was thrilled,” she declares. “I knew that I wanted to continue competing which led ultimately to winning the championship in Florida.”

Sandy recommends pickleball to everyone. She says that it helps with stamina, muscle toning and hand-eye coordination. “It is a quick-thinking aerobic game where one needs to stay focused and strategize.” Sandy says that the hardest part of the game is remembering the score. “There are three scores the server calls out to start the play,” she says. “It’s amusing to players and onlookers alike when all four players get confused as to the score and what side of the court to stand when serving.”

Although Sandy’s travels were few this past year, she always packs her pickleball equipment—a small paddle and plastic ball. Pickleball has grown the past few years, and courts are available nearly everywhere in the U.S. “I like to be prepared,” she says with a smile. “On a cross country trip, I played in several places and met wonderful people.”

Locally, pickleball is offered at some Fairfax area community centers and Fairfax County Parks and Recreation facilities. Sandy suggests that you start with a beginner class until you are confident with your game. New courts were recently added at the Audrey Moore RECenter in Annandale.☀

WHO CREATED THE SPORT OF PICKLEBALL?

The game was created in 1965 by three dads: Joel Pritchard, Bill Bell, and Barney McCallum. They made up the game for their children who were bored on summer break.

PICKLEBALL’S NAME IS A MYSTERY

According to the USA Pickleball Association, there are two stories surrounding the silly name.

Joan Pritchard, Joel’s wife, says that it’s a combination of different sports. It reminded her of the pickle boat in crew, where oarsmen were chosen from the leftovers of other boats.

But according to McCallum, the game was named after the Pritchard’s dog Pickles, who would chase the ball and run off with it. So, when a name was needed, pickleball seemed like a good choice.

HOW TO PLAY

This easy to learn game is played year round, uses a plastic whiffle-like ball and flat paddle that is smaller than a tennis racket. The court is similar to badminton with an off-limits area close to the net called, the “kitchen.”

Matches consist of two or four players and last about 20 minutes. Three games are played to 11 points, but you must win by two, and only the server can score.

Emergency Health Profile – Tell 9-1-1 the “Rest of the Story”

by Steve McMurrer, 9-1-1 Systems Administrator, Department of Public Safety Communications

Paul Harvey, a well-known radio broadcaster, gave fascinating background information over the radio for many years by using his famous “Rest of the Story” tagline about a commonly known event. Now you can follow in Paul’s footsteps, so to speak, and tell 9-1-1 the rest of your medical story in a very simple and effective way.

Communicating essential medical information to 9-1-1 during a crisis is always helpful and often can be the difference between life and death. Remembering all the details of your health situation and relaying it to 9-1-1 is difficult on a normal day and is nearly impossible during an emergency crisis. If you want to quickly give 9-1-1 the “rest of your story,” please take this opportunity to fill out a voluntary personal Emergency Health Profile at FairfaxCounty.gov/911/emergency-health-profile.

The information for your Emergency Health Profile is stored at a third-party secure site (RapidSOS), who teamed with the American Heart Association, American Red Cross, and Direct Relief to sponsor this voluntary health database.

To complete the profile, you will need to go to the profile webpage to enter your information. You will also need your wireless phone and an email address. You can voluntarily enter behavioral health information, pre-existing medical conditions, allergies, emergency contacts and more. The data fields on the Emergency Health Profile form are flexible and allow you latitude in telling your medical story. Remember to be accurate but also be brief as 9-1-1 emergencies move quickly and the first responders in 9-1-1 need to find the important information quickly.

Some of the emergency profile fields on the webpage such as “Other” can be used to tell critical relevant information such as “wheelchair bound” or “autistic child in home” or “oxygen in use at home.” You know your story best, so tell it to 9-1-1 so they can check this emergency profile after they have sent the initial wave of first responders.

Remember this Emergency Health Profile is voluntary and is just another way to assist responders. If you enter the profile and later change your mind you can delete the profile. But if you keep the profile, remember to update it periodically if your health situation changes. Now you know the “Rest of the Story.”

For more information and to sign up, visit FairfaxCounty.gov/911/emergency-health-profile☀

DIAL for Assistance

The Disability Information and Access Line (DIAL) is available to people with disabilities looking for assistance in scheduling their COVID-19 shot. Call the Fairfax County Health Department at 703-267-3511 with Coronavirus questions or call 703-324-7404 for questions about COVID-19 vaccines.☀

Create Your FREE Personal Health Profile

So Fairfax County 9-1-1 and other first responders can better help you during an emergency.




Create Your Personal Health Profile at:
www.fairfaxcounty.gov/911/emergency-health-profile

HUNGER ACTION MONTH**Fight Hunger in Fairfax with Stuff the Bus***by Gwen Jones, Department of Neighborhood and Community Services***Fight Hunger in Our Neighborhoods!**

Stuff the Bus has announced that their next food drives will take place on Saturday, Sept. 11, in honor of the National Day of Service, and on Saturday, Oct. 9, from 10 a.m.–3 p.m. Donations can be made at 21 locations throughout Fairfax County and the City of Fairfax. Help fight hunger and feed hope in our community by donating. For updates, including donation locations, most requested food items and more, visit <http://bit.ly/FfxStufftheBus>. ✨

Having Difficulty Preparing Meals?*from the Department of Family Services*

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?***from the Department of Family Services*

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

Stand Against Hunger!

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 and the City Councils of the City of Fairfax and the City of Falls Church. The next meeting is slated for Wednesday, Sept. 15. ✨

COA Meeting, Wednesday, Sept. 15, 1 p.m.

The COA continues to meet electronically in September. Join from PC, Mac, Linux, iOS or Android: <https://us02web.zoom.us/j/89691439914> ■ Access Code: COA-m1234!

Live meeting audio by dialing 888-270-9936 or 602-333-0032; Conference Code: 231525

ADA accommodations, contact Hilda Naranjo, 703-324-7496 or Hilda.Naranjoaraujo@fairfaxcounty.gov; TTY services available via 711.

For meeting updates, go to: <https://bit.ly/DFS-BAC-COA-Meetings>

New Name, Same Great Service

from the Department of Family Services

The DFS Self-Sufficiency Division has a new name: Public Assistance and Employment Services (PAES). The division still offers the same important services including food, financial, medical and employment assistance, with improved and more convenient access—no need to come into an office, 24-hour document drop-off and 24-hour applications through CommonHelp, virtual webinars and information sessions on demand and more. PAES, which better describes services, reflects a more people-focused and customer-friendly approach. Learn more at <https://bit.ly/DFS-PAES>. ✨

Upcoming Live and Virtual Medicare 101 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. In-person workshops have limited seating and registration for library events begin 30 days prior to the presentation date.

Call the Virginia Insurance Counseling line with questions at 703-324-5851 or you can email DFSVICAP@fairfaxcounty.gov.

1. **Monday, Oct. 4, 2–3:30 p.m.**
Medicare 101, Virtual & In-Person
Thomas Jefferson Library, Falls Church
Register:
In-Person— <https://librarycalendar.fairfaxcounty.gov/event/8026030>
Zoom— <https://librarycalendar.fairfaxcounty.gov/event/8046946> or 703-573-1060
2. **Thursday, Oct. 7, 10 a.m.–Noon**
Medicare 101, Virtual
Shepherd’s Center of Northern Virginia
703-281-0538
3. **Wednesday, Oct. 13, 3–4:30 p.m.**
Medicare 101, Virtual
Reston Regional Library, Reston
Register:
<https://librarycalendar.fairfaxcounty.gov/event/7943774> or 703-689-2700
4. **Thursday, Oct. 14, Noon–1:30 p.m.**
Medicare 101, Virtual
Reston Community Center, Reston
Contact: Cassie Lebron, 703-390-6157
5. **Tuesday, Oct. 19, 6–7:30 p.m.**
Medicare 101, Virtual
Great Falls Library, Great Falls
Register:
<https://librarycalendar.fairfaxcounty.gov/event/7963810> or 703-757-8560.

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Medicare Workshops

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- 6. Friday, Oct. 22, 3–4:30 p.m.**
Medicare 101, Virtual & In-Person
 Kings Park Library, Burke
Register:
 In-Person—<https://librarycalendar.fairfaxcounty.gov/event/7930613>
 Zoom—<https://librarycalendar.fairfaxcounty.gov/event/8057216> or 703-978-5600
- 7. Wednesday, Oct. 27, 6–7:30 p.m.**
Medicare 101, Virtual
 Sherwood Regional Library, Alexandria
Register:
<https://librarycalendar.fairfaxcounty.gov/event/7947207>
- 8. Thursday, Oct. 28, 6–8 p.m.**
Medicare 101, Virtual
 Reston Community Center, Reston
 Contact: Cassie Lebron, 703-390-6157
- 9. Wednesday, Nov. 3, 2–3:30 p.m.**
Medicare 101, In-Person
 Great Hall, Vienna Presbyterian Church, Vienna
 Contact: Charles Geschiere, 703-938-9050 x151
- 10. Monday, Nov. 8, 4–5:30 p.m.**
Medicare 101, Virtual & In-Person
 Tysons-Pimmit Regional Library, Falls Church

Register:
 In-Person, <https://librarycalendar.fairfaxcounty.gov/event/7747694>
 Zoom, <https://librarycalendar.fairfaxcounty.gov/event/7747648> or 703-790-4018

- 11. Wednesday, Nov. 10, 3–4:30 p.m.**
Medicare 101, Virtual
 Kingstowne Library, Alexandria
Register:
<https://librarycalendar.fairfaxcounty.gov/event/7992481> or 703-339-4610
- 12. Monday, Nov. 15, Noon–1:30 p.m.**
Medicare 101, Virtual & In-Person
 Green Acres Center, Fairfax
 Contact: Anne Chase, 703-273-6090 or seniorcenter@fairfaxva.gov
- 13. Friday, Nov. 19, 2–3:30 p.m.**
Medicare 101, Virtual
 Reston Community Center, Reston
 Contact: Cassie Lebron, 703-390-6157
- Tuesday, Nov. 30, 1:30–3 p.m.**
Medicare 101, Virtual
 Burke Centre Library, Burke
Register:
<https://librarycalendar.fairfaxcounty.gov/event/8021508> ✨

SAFETY

National Preparedness Month

from the Fairfax County Office of Emergency Management

National Preparedness month occurs every September. It is designed to raise awareness about the importance of preparing for disasters and emergencies. Here is a weekly plan for you to use:

Sept. 1-4: Make A Plan. How you will communicate before, during, and after a disaster?

Sept. 5-11: Build A Kit. Gather supplies for everyone in your home, including those with unique needs and pets.

Sept. 12-18: Prepare for Disasters. Know what disasters affect your area. Buy insurance with an inventory of your personal belongings.

Sept. 19-25: Teach Youth About Preparedness
 Talk to your grandkids about preparing for emergencies and what to do if you are separated.

For information, visit [Ready.Gov/September](https://www.ready.gov/September). Find CERG guide content at [FairfaxCounty.gov/EmergencyManagement/CERG](https://www.fairfaxcounty.gov/EmergencyManagement/CERG) ✨

CAREGIVING

Caregiver Alert Notifications Win Top Honors

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

The Fairfax Area Agency on Aging is pleased to announce that its Fairfax Caregiver Alert Notifications program received a 2021 Aging Innovations Award from the National Association of Area Agencies on Aging. It is the highest honor presented to member agencies.

The Fairfax Caregiver Alert Notifications enables family caregivers to remain informed, obtain education, and access programs and services offered by the Area Agency on Aging and other Fairfax County departments via text messages, emails and/or voice communication.

To subscribe to the Fairfax Caregiver Alert Notifications and receive information about existing and upcoming workshops, webinars, and other supportive services, visit: **FairfaxCounty.gov/alerts** and create or sign into your Fairfax Alerts account. Next select Area Agency on Aging and you're done.

Preparing for the Increased Cost of Caregiving

The costs of caregiving can be enormous and are typically a stressor that causes tension for families. Learn appropriate methods to evaluate your situation and then decide which financial option is best to pay for care while preserving quality of life for the whole family.

Wednesday, Sept. 22, Noon-1 p.m. This webinar will be presented by Arvette Reid, Signature Estate and Investment Advisors. Register at 703-324-5484.

Memory Engagement with Arts and Crafts

Participants will be led through purposeful memory engagement with arts and crafts. It is intended for family caregivers with loved ones living with a cognitive impairment or any type of dementia. Join us and learn new skills to add to your caregiving toolbox. All arts and crafts supplies are readily available at your home. This session will be held on Friday, Sept. 10, 2-3 p.m. It is presented by Cate McCarty, Ph.D. Register at **https://bit.ly/StayingWell-123** or call 703-324-5484.



Art Therapy: Healing Through Art

Art therapy is a field that combines the visual arts and the psychotherapeutic relationship to provide mental health support. During this presentation you will learn more about how art therapy has been used at the Lorton Workhouse, Military in the Arts initiative and have an opportunity to engage in the creative process.

This workshop is Friday, Sept. 24, 2-3 p.m., and presented by Alyssa Goggan, art therapist, The Workhouse Art Center. Register online at **https://bit.ly/StayingWell-123** or call 703-324-5484.

Inova Parkinson's and Movement Disorders

When You Care for Someone with Parkinson's: A Virtual Mini-Conference for Family and Professional Caregivers is on Thursday, Sept.30, free, 10 a.m.-2:30 p.m. Go to **https://IPMDC.org**. Topics include Parkinson's 101 for Caregivers, Medical and Nonmedical Treatments, plus Senior Living Options with virtual exhibit hall. Contact: **Sonia.Gow@INOVA.org** or 703-375-9987.

Become a Dementia Friend!

Dementia Friendly Fairfax is an initiative to bring awareness and support for those living with dementia and their care partners. One-hour virtual Dementia Friends information sessions are the first Friday of each month at 1 p.m. and the third Thursday of each month at 10 a.m. Learn more at **DFFairfax.org**.

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Caregiver Support

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The Well Spouse Association

A nonprofit membership organization, Well Spouse Association advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse or partner. The association offers peer-to-peer support and education for health care professionals and the general public about the challenges and issues “well” spouses face. Individuals can join the Facebook and Reddit groups for free, and there are resources on its website, but beyond that everything is membership-based.

The Well Spouse Association coordinates a national network of peer support groups and many other benefits. Learn more at **WellSpouse.org**.

The local support group facilitators are Richard Faircloth and Terri Corcoran. They meet twice a month by Zoom. Contact Richard at **RFaircloth@aacc.edu** for new information and to be added to an email list with meeting announcements.☀

Family Councils Are Empowering

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

Families of nursing home residents have the right to form and hold regular organized group meetings called a family council. These councils provide families an opportunity to meet privately with other families to discuss and consolidate common concerns about their loved ones, come up with ideas on how to address issues, and present their concerns and ideas to facility staff. Each nursing facility must provide the family council with space to meet privately and must provide a designated staff person responsible for helping and responding to written requests that result from the family council meetings.

Virginia law does not provide specific rights to family councils in assisted living facilities. However, regulations for assisted living facilities do state that

a resident council may extend its membership to family members, advocates, friends, and others. If your loved one’s assisted living facility does not have a family council, talk to the facility staff about starting one. Find information about family councils at **<https://TheConsumerVoice.org/Issues/Family/Family-Council-Center>**.

As a mandated program under the Older Americans Act, the Northern Virginia Long-Term Care Ombudsman Program (NVLTCOP) is called on to assist residents and consumers to advocate for their rights to ensure quality of care and life. For more information about family councils or other nursing facility and assisted living concerns, email **NVLTCOP@fairfaxcounty.gov** or call 703-324-5861, TTY 711☀

Tried and True Exercises Plus a New Game for Fall Prevention

from ElderLink, Fairfax Area Agency on Aging, Department of Family Services

Bingo + Gentle Exercises = Bingocize, Sept. 7-Nov. 16, 2-3 p.m., Free. Group meets twice a week on Tuesdays and Thursdays. Bingocize is a program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo, win prizes, and meet new people

while learning about techniques to reduce falls and increase activity. Classes offered in person: City of Falls Church Senior Center: 223 Little Falls Street, Falls Church. Contact Dianne Duke, ElderLink, at 703-324-7721 or visit **FairfaxCounty.gov/OlderAdults** to register. . . . continued to page 11

RESOURCES

Adult Day Health Care Reopens*from the Fairfax County Health Department*

Fairfax County's Adult Day Health Care reopened its Lewinsville location on Monday, Aug. 23. The Herndon Harbor, Lincolnia and Mount Vernon locations will reopen Tuesday, Sept. 7.

The service offers daytime care to older adults with physical limitations or memory issues. It has been suspended since March of 2020 due to the pandemic.

“Our service provides ‘patient-centered care’ which means we adapt to meet the needs of each participant.”

Natalia Giscombe-Simons, ADHC Program Manager

“We are confidently and safely reopening at this time and look forward to welcoming our participants back home,” said Natalia Giscombe-Simons, adult day health care program manager. “This pandemic has taken a toll on older adults. After so much time in isolation, our participants will be able to enjoy the social, health, and wellness benefits of our service once again.”

Adult Day Health Care leaders say that expanded community vaccination—particularly among the older adult population—combined with implementation of new, best practice COVID-19 mitigation standards, have created a reliable, safe, and healthy environment for participants.

Returning participants and their caregivers can expect the same, high-quality and customized program they enjoyed before the pandemic.

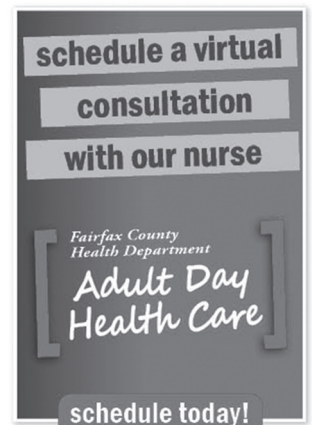
“Our service provides ‘patient-centered care’ which means we adapt to meet the needs of each participant. This includes everything—daily exercise, social activities, games and programs, and health care,” said Natalia.

The patient-centered care approach is applied to the enhanced health and safety protocol Adult Day Health Care has in place. This includes required wearing of masks, social distancing guidelines, and adaptive activities.

The centers always followed a strict protocol for deep cleaning and disinfection, but now this has been elevated even more to include enhanced cleaning of high contact areas, door handles, counter tops, hand railings, and other high-touch areas in between center activities. Hand sanitizer stations are located throughout the centers, with distribution occurring regularly. The centers are professionally cleaned each night.

Health care monitoring, another Adult Day Health Care program cornerstone, is also elevated with new procedures in place to ensure there is no infection spread should a participant fall ill. Additionally, caregivers will be required to complete a daily health screen for the participant each day they are at the center.

For more information about Adult Day Health Care, including new participant enrollment, and virtual consultations, go to **FairfaxCounty.gov/health/adult-day-health-care** or call 703-246-8743. 🌟



Virtual consultations remain available for potential participants.

ElderLink

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Walk with Ease, Sept. 30-Nov. 4, 10:30-11:30 a.m., Free. This program, created by the Arthritis Foundation, allows you to walk at your own pace three times a week. Class will meet weekly to discuss successes, challenges, encourage one another, and learn information to stay healthy. Receive free guide-book and access to online resources. Class is offered via Zoom. Contact Dianne Duke at 703-324-7721 or visit FairfaxCounty.gov/OlderAdults to register.

A Matter of Balance: Managing Concerns About Falls, Sept. 22-Nov. 10, 10 a.m.-Noon, Free. This award-winning, evidence-based program is designed to reduce the fear of falling and increase activity levels among older adults. Learn fall prevention strategies, connect with others, and exercise to strengthen balance, flexibility, and coordination. Vienna Community Center, Vienna. To register, call Vienna Community Center at 703-255-6360.☀

ACTIVITIES

Come on In! Fairfax County Senior Centers Reopen on Sept. 7

from the Department of Neighborhood & Community Services

Mark your calendars! On Tuesday, Sept. 7, most Fairfax County Senior Centers will fully reopen, returning to pre-pandemic days and hours of operation and offering daily instructor and staff-led programs and classes. Senior programming will also resume at Gum Springs and Mott Community Centers. Fairfax Senior Centers are recreation centers for active adults ages 50 and over.

Along with offering in-person classes at the centers, senior center staff will support virtual programming by streaming some of the center’s classes using Zoom so that participants can join the activities from home or from other senior centers.

Senior Center Hours in Fairfax County

- ◆ **Bailey’s Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Herndon Senior Center**
Monday-Saturday, 9 a.m.-4 p.m.
- ◆ **Hollin Hall Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
(Closed for renovation; reopening Sept. 27.)
- ◆ **James Lee Senior Center**
Monday-Friday, 9 a.m.-4 p.m.

- ◆ **Kingstowne Center for Active Adults**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Lewinsville Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Lincolnia Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Little River Glen Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Lorton Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Pimmit Hills Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
(Closed; reopening date to be announced.)
- ◆ **Providence Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **South County Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Sully Senior Center**
Monday-Friday, 9 a.m.-4 p.m.
- ◆ **Wakefield Senior Center**
Monday-Friday, 9 a.m.-4 p.m.

For the latest information, please go to FairfaxCounty.gov and search Senior Centers.☀

VOLUNTEERING

Meaningful Ways to Volunteer and Help Our Community

by Tanya Erway, Volunteer Solutions Recruitment Coordinator, Fairfax Area Agency on Aging

Volunteer Solutions

Would you like to explore opportunities to improve the lives of older adults, adults with disabilities and family caregivers? Volunteer Solutions offers opportunities to help in one-on-one or group settings. Here are just a few ways you may make a positive difference.

- ◆ Take an older adult grocery shopping or drive them to a medical appointment.
- ◆ Provide friendly conversation or play cards with someone who would enjoy socializing.
- ◆ Share your love of sewing, pottery, crafts, painting, dance, yoga, or other exercise with a group at a Fairfax County Senior Center.

Go to bit.ly/VSVOLOPPS for Volunteer Solutions' latest volunteer opportunities. Email VolunteerSolutions@fairfaxcounty.gov or call the intake line at 703-324-5406 with questions.

Haven of Northern Virginia

Haven of Northern Virginia is committed to offering compassion, support, information, and resources to the bereaved and seriously ill. Volunteers are trained in aspects related to the grieving process. They are needed to answer phones, lead groups, and provide individual and administrative support. For details, go to HavenOfNova.org. To volunteer, call 703-941-7000. Volunteers must complete a 30-hour training. The next one will be held in early winter.

Help PRS Transform Lives

PRS provides behavioral health, crisis intervention, and suicide prevention services. They seek compassionate volunteers with a familiarity or willingness to understand the challenges that can be faced by the community members they serve. Volunteers make it possible for PRS to transform

more lives by providing more services to those in need.

Volunteers can support PRS in a variety of ways: long term, short term, one-time, in groups, or youth volunteer opportunities. Training is provided. Learn more details at PRSinc.org/volunteer or call 703-536-9000.

You can also help PRS continue to meet the needs of the community by making a gift at PRSinc.org/donate

Befriend-A-Child Program

The Department of Family Services is seeking mentors throughout Fairfax County to mentor a child between the ages of 5 and 12 years old. Male applicants and bilingual English-Spanish speakers are highly encouraged to apply. Mentors must be able to make a two-year commitment, spending at least eight hours every month with their mentee and participating in monthly group outings. If you are looking for a fun way to fill your time while also making a positive impact on a child in your community then this opportunity is for you! To learn more or apply, visit <https://bit.ly/DFSBAC> or contact Tiffani Peguese at Tiffani.Peguese2@fairfaxcounty.gov or call 703-324-7072

Body Safety Program


The Department of Family Services' Body Safety Program needs volunteer instructors to help combat incidences of child abuse and neglect. Volunteers provide elementary students with the tools they need to prevent or interrupt child abuse and exploitation. If you have availability during the day, feel comfortable in a classroom, and want to empower

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Volunteer Solutions

... continued from page 12

children, this opportunity is for you. Facilitators are trained. Visit <https://bit.ly/DFS-VPS-BS-V> or contact Francesca Watson at Francesca.Watson2@fairfaxcounty.gov or 703-324-7459.

If you'd like to advertise volunteer opportunities, email Tanya Erway, Volunteer Solutions recruitment coordinator, at Tanya.Erway@fairfaxcounty.gov.

Find Area Shepherd Centers


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

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


- ◆ **Annandale/Springfield**
703-941-1419, ShepherdsCenter-Annandale.org
- ◆ **Fairfax/Burke**
703-323-4788, SCFBVA.org
- ◆ **McLean/Arlington/Falls Church**
703-506-2199, SCMAFC.org
- ◆ **Oakton/Vienna/Reston/Herndon/Great Falls**
703-281-0538, SCNOVA.org
- ◆ **South County**
703-799-0505, SCSC-Transport@verizon.net
- ◆ **Western Fairfax County**
703-246-5920, SCWFC.org

Local Nonprofit Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer driver or office assistant/ride scheduler through one of these organizations:

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

Volunteerfest Day of Service

VolunteerFest, a countywide day of service to honor 9/11, will be held Saturday, Sept. 11. This year's event will feature both in-person and virtual, at-home service opportunities to ensure that everyone who wants to participate can find a way to get involved. Want to help? Additional information is available at VolunteerFairfax.org with updates to come.

Volunteer at Twin Lakes Golf Course

Fairfax County Park Authority is looking for volunteers to help at Twin Lakes Golf Course in Clifton. Time commitment is one day a week for a week for a six-hour shift between sunrise and sunset.

Duties include assisting golfers, coordinating the flow of play with the course marshal and/or the clubhouse, managing the tee sheet and more. A driver's license is required.

For more information about this opportunity, please contact Shannon White, RSVP volunteer coordinator, at SWhite@VolunteerFairfax.org.



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- ✔ Virtual Companion care to see if the client has any concerns or complaints
- ✔ Medication reminders and managing schedule of other important appointments
- ✔ Our tablet includes puzzle games and tracks user scoring for further analysis of mental health and agility
- ✔ Our virtual companions offer on-demand care when you need it. The tablet is always on so that when you need something, attention is just a button push away, keeping our system ready yet private and unobtrusive.
- ✔ We also provide in-home care services to include personal care, light housekeeping, hygiene services, assistance with medications, and meals preparation

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Fairfax County
Neighborhood and Community Services



Starting September 7, most Fairfax County Senior Centers will return to pre-pandemic days and hours of operation.

Instructor and staff-led classes and programs will also resume.

For updates, visit **fairfaxcounty.gov** and search **Senior Centers.**



A Fairfax County, VA, publication.
August 2021



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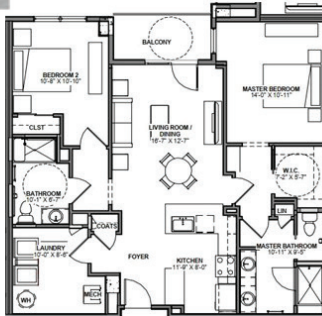


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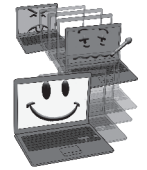


For Additional Information email
Sharon.Shields@fairfaxcounty.gov



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.

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Friday, Sep. 10 at 2:00 PM

In-Person Meeting

Saturday, Sep. 11 at 10:00 AM

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Saturday, Aug. 7 at 11:30 AM

Friday, Sep. 10 at 4:00 PM

In-Person Meeting

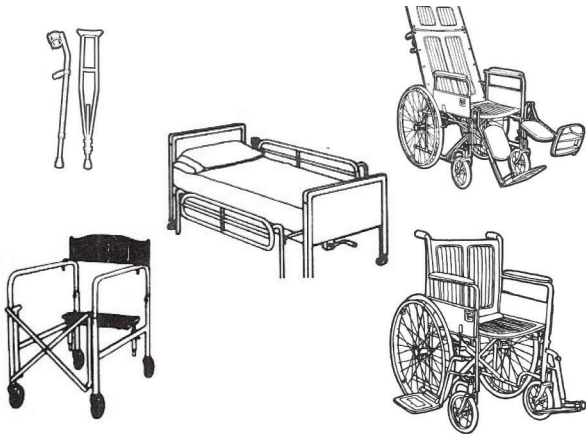
Saturday, Sep. 11 at 11:30 AM

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

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3. Caring professionals to guide and support

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SEPTEMBER COMMUNITY CALENDAR

Sept.–Oct., Mornings, Coed Fall Softball, Northern Virginia Senior Softball, Nottoway Park, Braddock Park

Play coed slow pitch softball on one of 26 teams that are ranked by three skill levels. Play is on Tuesday and Thursday mornings at Nottoway Park, Vienna or Braddock Park, Clifton. Call Dave Scheele at **703-663-7881** or visit **NVSS.org** for more details and registration cost.

Sept.–May, Mornings, 55+ John Webber Senior Bowling League, Annandale Bowling Center and Falls Church Bowl America

Join this fun coed league for the 55+ crowd. Annandale Bowling Center, Tuesdays at 10 a.m. and the Falls Church Bowl America on Fridays at 10 a.m. New season begins Labor Day week and runs through May. Contact Jim Allison, league president, at **703-323-8132** for sign up details.

Thursday, Sept. 9, 10-11:30 a.m., Downsizing, Free, Vienna Community Center

Seminar to plan for downsizing. Some topics to be discussed: decluttering rooms, organizing, and selling your home. Another subject is researching future home options involving different types of living and levels of care. Vienna Community Center, 120 Cherry St., SE. Call **703-255-6360**.

Tuesday, Sept. 14, 7-8:30 p.m., Mary Buckingham Lipsey: Almost Forgotten Women, Free, Patrick Henry Library

Mary Buckingham Lipsey will talk about her book *Almost Forgotten Women: Yesterday's Headliners*. This book includes the stories of more than 60 women between the years of 1840 and 1940 who made a difference. These diverse women were famous as contributors in a man's world and making a real difference in their fields.

Tuesday, Sept. 21, 1-3 p.m., Using Genealogy to Tell the Story of NYC's Irish Famine Immigrants, Mount Vernon Genealogical Society, Zoom, Free

Historian Tyler Anbinder will discuss using genealogical research to tell the story of Irish immigration during the Great Famine. Register by Sept. 15 for this free Zoom event by emailing **Contact-Us@mvgenealogy.org**.

Saturday, Sept. 25, Reston Multicultural Festival, 11 a.m.–6 p.m., Lake Anne Plaza, Free

The Reston Multicultural Festival celebrates Reston's rich diversity through song, dance, food, and art. Dress in attire that shares pride in your cultural roots. Lake Anne Plaza, 1609-A Washington Plaza, Reston.