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Golden Gazette

October 2018

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www.fairfaxcounty.gov/OlderAdults

October 10-13

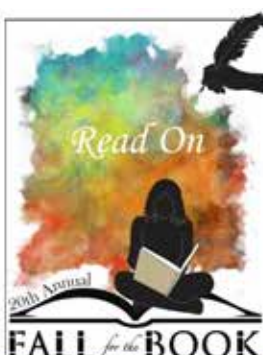
Fall for the Book Festival, Fairfax



Tayari Jones



Congressman John Lewis



Elizabeth Strout



Elizabeth Kostova

Fall for the Book turns 20 years old in style with a star-studded lineup of authors. The festival runs from Oct. 10-13 at George Mason University and locations around Northern Virginia.

Programs will feature discussions about books of all kinds including novels, poetry, graphic novels, science and technology and history.

There will also be two writing workshops, Finding Your Creative Voice and Writing for Teens, scheduled for Oct. 13. Both writing workshops require a registration and fee.

Most other events are free and open to the public. So be sure to check out the details at <http://fallforthebook.org/schedule/>.

That star-studded author lineup includes Tayari Jones, Elizabeth Strout, and Elizabeth Kostova and Congressman John Lewis.

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The County's Silver Shield Anti-Scam Campaign Turns One

Fairfax County launched the Silver Shield Anti-Scam Campaign last September to take on scammers who target the county's older adults and threaten their financial security. This includes door-to-door scams, internet scams, mail scams and phone scams.

Over the year, the county's Silver Shield Task Force has spoken to hundreds of older adults at community events, including AARP's Scam Jam held in the spring at the Government Center. The

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Don't Miss a Single Issue of the *Golden Gazette*!

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

The newspaper is available in the following formats:

- 24-page standard print
- PDF via email

It also is read over the phone to subscribers who register with The Washington Ear. Go to **www.washear.org** or call 301-681-6636 to register for this free service.

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- **Call** 703-324-5633
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- **Go to** **www.fairfaxcounty.gov/OlderAdults**. Scroll to subscriptions.



Golden Gazette

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Anti-Scam Campaign

... continued from page 1

Golden Gazette has promoted these events and has run stories on current scams.

The county also produced several podcasts and a Channel 16 *Mature Living* episode featuring the Olli Players of GMU/Osher Lifelong Learning re-enacting common scams. The idea was that if you know the particulars about a scam, you are less likely to fall for it.

All of these efforts were recognized earlier this year when the National Association of Counties awarded the Silver Shield Task Force with a Civic Education and Public Information Award.

While a lot has been accomplished this year, the battle continues. According to the experts, scammers don't go away, they just move on to new scams. "This is why," said Melissa Smarr, a branch chief with Land Development Services who leads the campaign, "the Silver Shield Campaign will forge ahead to educate the public and fight the scammers."

How to Stay in the Know Regarding Scams:

1. Read the *Golden Gazette* and follow other county media including www.facebook.com/fairfaxcounty50/;
2. Follow anti-scam news, events and podcasts online. Go to www.fairfaxcounty.gov/OlderAdults and link to the Silver Shield Anti-Scam page.
3. Schedule an anti-scam event for your group, contact silvershield@fairfaxcounty.gov.

Fairfax Area Commission on Aging Monthly Meeting

The Fairfax Area Commission on Aging Meeting is slated for Wednesday, Oct. 17, 1 - 3 p.m. at the James Lee Community Center, Urbanites Room. The address is 2855 Annandale Road, Falls Church. A comment period begins each meeting. Questions? Call the Department of Family Services at 703-324-5403.

October Anti-Scam Events:



Wednesday, Oct. 3 and Thursday, Oct. 4, 10–12:30 p.m. This two-day **Silver Shield Fraud and Scam Prevention Program** features a county resource fair and anti-scam presentations on Oct. 3 followed by a presentation by Fairfax County Police Officer Urps on Oct. 4. Both programs are scheduled for the same time and are free and open to the public. Hollin Hall Senior Center, 1500 Shenandoah Rd., Room 218, Alexandria. 703-765-4573.

Thursday, Oct. 11, 12:30–2:30, Silver Shield's Fraud and Scam Prevention Program at Sunrise of McLean, 8315 Turning Leaf Ln., McLean. This free presentation is open to the community and includes lunch. A panel of experts to answer questions and provide resources. Seating is limited. RSVP by Oct. 8. Call 703-734-1600.

Free Workshop

Estate Planning in Plain English: Why it's Critical to Your Loved Ones

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November 3, 2018 10:00 am – 12:00 pm

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Yahne Miorini, LL.M

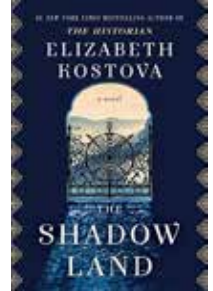
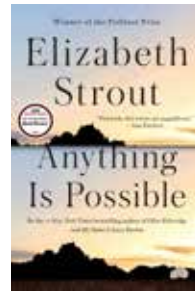
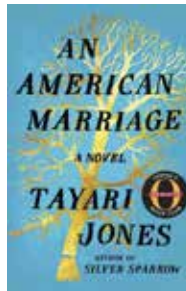
Fall for the Book

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Tayari Jones headlines the first night of the festival on Wednesday, Oct. 10, at 7:30 p.m., in Harris Theatre on George Mason University's Fairfax Campus. Jones' latest novel, *An American Marriage*, is a 2018 Oprah's Book Club Selection.

Congressman John Lewis will speak at the capstone event for this year's **Mason Reads** program on Thursday, Oct. 11, at 7:30 p.m. in the Center for the Arts on Mason's Fairfax campus. He will be joined by Andrew Aydin, the co-writer of his graphic memoir of the civil rights movement, *March: Book One*.

Elizabeth Strout will kick off the weekend on Friday, Oct. 12 at 7:30 p.m. in Harris Theater on Mason's Campus. Strout is the Pulitzer Prize-winning author of *Olive Kitteridge*.



Elizabeth Kostova will be in conversation with critic Bethanne Patrick on Saturday, Oct. 13 at 3 p.m. in Harris Theater. Kostova is the author of three *New York Times* bestsellers, including, *The Shadow Land*.

Based at George Mason University, *Fall for the Book* is an independent nonprofit literary arts organization that promotes reading by sponsoring a variety of year-round events and activities.

Listen Up! Fairfax 50+ Podcast discusses the festival with its organizers. Go to www.fairfaxcounty.gov/OlderAdults and scroll to Fall for the Book.

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October 13

Saturday, Oct. 13 • 10 a.m.–Noon

November 10

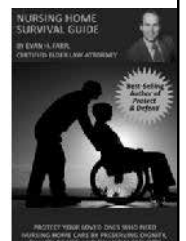
Saturday, Nov. 10 • 10 a.m.–Noon

Location of Both Seminars: Farr Law Firm, 10640 Main Street, Second Floor, Fairfax, VA 22030

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Your Speaker is Evan H. Farr, Certified Elder Law Attorney, creator of the **Living Trust Plus™ Asset Protection Trust**, and one of the foremost legal authorities in the Country in the fields of Medicaid Asset Protection and Asset Protection Trusts. A **Best Selling Author** of 3 books in the field of Elder Law, Evan has been recognized in *Best Lawyers in America* and as a *SuperLawyer* in Virginia and DC. Virginia has no procedure for approving certifying organizations such as NELF.



Join a Fairfax County Senior Center

Operated by the Department of Neighborhood & Community Services ■ www.fairfaxcounty.gov/ncs

Fairfax County Senior Centers offer older adults (50+) a connection with community through social clubs, music and dance, fitness and more. There is something for everyone at your local center.

Bailey's Senior Center

5920 Summers Ln., Falls Church, 703-820-2131

Burke/Springfield, Center Without Walls
703-250-9181

David R. Pinn Community Center

10225 Zion Dr., Fairfax, 703-250-9181

Great Falls, Center Without Walls
703-442-9075

Gum Springs Community Center

8100 Fordson Rd., Alexandria, 703-360-6088

Herndon Senior Center

873 Grace St., Herndon, 703-464-6200

Hollin Hall Senior Center

1500 Shenandoah Rd., Alexandria, 703-765-4573

Huntington Community Center

5751 Liberty Dr., Alexandria, 703-960-1917

James Lee Community Center

2855-A Annandale Rd., Falls Church
703-534-3387

Kingstowne Cntr. for Active Adults

6488 Landsdowne Center, Alexandria
703-339-7676

Lewinsville Senior Center

1515 Great Falls St., McLean, 703-442-9075

Lincolnia Senior Center

4710 North Chambliss St., Alexandria
703-914-0223

Little River Glen Senior Center

4001 Barker Ct., Fairfax, 703-503-8703

Lorton Senior Center

7722 Gunston Plaza, Lorton, 703-550-7195

Pimmit Hills Senior Center

7510 Lisle Ave., Falls Church, 703-734-3338

Providence Senior Center

3001 Vaden Dr., Fairfax, 703-865-0520

South County Senior Center

8350 Richmond Hwy., #325, Alexandria, 703-704-6216

Sully Senior Center

14425 Albemarle Point Place, Chantilly
703-322-4475

Wakefield Senior Center

8100 Braddock Rd., Annandale, 703-321-3000

Additional Locations for Senior Activities and Meals

Please note that the following locations are not operated by Fairfax County.

Central Senior Center

15451 Lee Hwy., Centreville, 703-303-3939
Open Tuesdays and Fridays

City of Fairfax Senior Center/Green Acres

4401 Sideburn Rd.,
Fairfax, 703-359-2487

City of Falls Church Senior Center

223 Little Falls St., Falls Church, 703-248-5020



Register to Attend Free Medicare 101 Workshops

Register now for the county's free **Medicare 101 Workshops** and learn how to get the most out of the 2019 Medicare coverage. Medicare's annual election season for changing health and prescription plans runs Oct. 15–Dec. 7. Use the phone numbers below to register. For more information and dates, go to www.fairfaxcounty.gov/familyservices/older-adults and click Insurance Counseling–VICAP.

Thursday, Oct. 11, 7 – 8:30 p.m.
Chesterbrook Residences, Falls Church
Rita Evrony, **703-896-7910** or revrony@jssa.org

Friday, Oct. 12, 2 – 3:30 p.m.
Reston Community Center, Reston
Karen Brutsché, **703-390-6157**

Tuesday, Oct. 16, 7:30 - 8:45 p.m.
Mantua Citizens' Association
Mantua Elementary, Fairfax
Phil Church, **703-978-5895**

Thursday, Oct. 18, 9:30 – 11 a.m.
Unitarian Church, Oakton
Shep. Center, Oakton/Vienna, **703-281-0538**

Tuesday, Oct. 23, 12:30 – 2:30 p.m.
McLean Community Center, McLean
Sydney Duberstein, **703-790-0123**

Thursday, Nov. 8, 10:30 a.m. – Noon
Dar Al-Hijrah, Falls Church
Social Services Office, **703-531-2905**
Leave a message.

Thursday, Nov. 15, 12:30 – 2 p.m.
Providence Community Center, Fairfax
Robert Webster, **703-865-0520**

Friday, Nov. 16, 1 – 3 p.m.
Sherwood Regional Library, Alexandria
VICAP, **703-324-5851**



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Estate Planning and . . . the Questionnaire

by Ed Zetlin



Question

Why do I need to fill out this questionnaire?

Answer

It's a common refrain from prospective clients. "Why do I need to fill out a long questionnaire from my attorney detailing my family, my income and my assets?"

The questionnaire may include distinguishing retirement assets from non-retirement assets and title to my assets. If my attorney knows my wealth, he or she is just going to charge me more.

Although greater wealth may lead to a more complicated and yes expensive estate plan, but not always, that is not the reason for the questionnaire.

An estate plan is not a matter of forms. Anyone can cut and paste ready made forms from the internet. A good estate plan is designed to transfer assets from the decedent to the intended beneficiary as efficiently and with the least cost as possible. To do this the attorney must imagine if my client were to pass today how would assets reach the intended beneficiaries.

What assets the client has and how they are titled matters. Are they held jointly or not? Retirement assets with designated beneficiaries pass differently than non-retirement assets with no designated beneficiaries.

What if the intended beneficiary should predecease the client? Where does the property go in that case? Are successor beneficiaries properly designated?

Should assets be transferred at death via a trust instead of will? If so, what property should be transferred into the trust? Are there beneficiaries that the client wants to protect? Does the client have any intended beneficiaries who are incapacitated?

This is one of the most important questions. How an incapacitated beneficiary receives assets can be a significant issue if that beneficiary now or in the future receives public benefits.

Who should be the executor and or trustee? It is an important question. Being a fiduciary—an executor or trustee—brings a set of responsibilities that not every individual is capable of meeting.

Are there children from another marriage? How should the estate plan be structured to meet mixed and multigenerational families?

Finally, any estate planning attorney who doesn't advise about the importance of Powers of Attorneys and Advance Medical Directives commits malpractice. It is standard practice for the estate planning attorney to discuss incapacity and end of life issues. Expect the attorney to raise them.

Fill out the questionnaire and be prepared to ask the estate planning attorney your own questions.

NOTE: This article is not intended as legal advice and should not be relied upon without consulting legal counsel. If you would like to suggest an elder law question for this column, please email Edward Zetlin at ed@zetlinlaw.com or call him at 703-379-0442. Edward Zetlin Law practices in the area of will and estate, elder law and special needs planning.



Is a Reverse Mortgage Right for You?

Federal Trade Commission

You see the ads on TV, in the newspaper and online. They push the benefits of a reverse mortgage for homeowners over 62—pay off your existing mortgage, supplement your income, pay for healthcare expenses and more. But, is a reverse mortgage right for you? That depends. While a reverse mortgage may increase your monthly income, it can put your retirement security at risk if you're not careful.

Reverse mortgages take part of the equity in your home and convert it into payments to you. The money you get usually is tax-free, and it generally won't affect your Social Security or Medicare benefits. But a reverse mortgage is not all sunshine and roses.

Here are some things to consider:

- A reverse mortgage does not guarantee financial security no matter how long you live.
- There are fees and other costs, like an origination fee and other closing costs, as well as servicing fees over the life of the mortgage.
- Interest is added onto the balance you owe each month. That means the amount you owe grows as the interest on your loan adds up over time.
- Interest is not tax deductible until the loan is paid off, either partially or in full.
- You have to pay property taxes, insurance, utilities, fuel, maintenance, and other expenses. If you don't pay your property taxes, keep homeowner's insurance, or maintain your home, the lender might require you to repay your loan.
- Reverse mortgages can use up the equity in your home, which means fewer assets for you and your heirs.

Generally, you don't have to pay back the money for as long as you live in your home. But when you die, sell your home, or move out, you, your spouse or your estate must repay the loan. That might mean selling the home to get money to repay the loan.

Learn more by reading, *Reverse Mortgages* at www.consumer.ftc.gov/articles/0192-reverse-mortgages.

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Don't Suffer Computer Problems by Yourself— Let Local Organizations Help

by Gabe Goldberg



Potomac Area Technology
and
Computer Society

Don't Suffer Computer
Problems By Yourself --
Local Organizations
Can Help

The only thing worse than having computer, Internet or other technology problems is suffering them alone. But take heart: local organizations called “user groups” let you meet friendly people to help cope with and even enjoy technology.

User groups run general meetings featuring wide-ranging topics from general technology (e.g., online safety, privacy, getting better search results) to specific technologies (password managers, favorite Windows/Apple/other utilities, care and feeding of personal network routers, etc.).

Group offerings also include newsletters, free-wheeling Q&A sessions, discounts on books and hardware and software, raffle prizes, email and web services, and online “virtual technology conferences.” Groups share the motto “users helping users.”

Though it's easy to think that buying a computer is as simple as picking a microwave oven, groups offer assistance for this. People are often surprised by decisions involved, then enjoy tailoring a system to their unique needs.

As nonprofit organizations, user groups provide community services such as judging science fairs and refurbishing used computers for deserving schools, organizations, and individuals.

User group membership provides a setting to make friends, socialize, and give and receive help. As a volunteer organization, a user group is like a credit union, in that the more effort people contribute, the more payback they and their

community receive. I give advice and support in some areas, and receive it in others. So my efforts are not an expense for me, but a rewarding investment in myself and my community. Yours can be too.

User groups love new members and it's easy to join, get to know people, and quickly feel like a long-time member. I'd hate to think about facing my computer without my fellow user group members beside me! And groups love volunteers;

... continued on page 10

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If your home is currently listed with another broker, this is not intended as a solicitation of that listing.

Don't Suffer Computer Problems

getting involved is personally rewarding, a way to serve the community, and the best introduction to a group's technology resources.

Computer User Groups:

- **<http://www.patacs.org>**. Meets monthly in Fairfax, twice monthly in Arlington. Mostly focuses on Windows, with strong general component of smartphones tablets, Internet, apps, general technology, etc. And, there's a free-ranging discussion list for sharing resources/tips and active Q&A.
- **<http://www.wap.org>**. Meets monthly alternating Fairfax/Montgomery, plus informal "users helping users" gatherings. Mostly focuses on all-things Apple, with strong component of consumer issues, general tech how to and trends, networking, etc. Call 301-984-0300 (leave



message) or email **office@wap.org** with tech questions.

If you attend a meeting or join, please mention that you saw this article in the *Golden Gazette*.

Editor's Note: Fairfax County also offers an **IT On Call** program for seniors who have simple computer questions and issues. If interested, call 703-324-5406. Additionally, county libraries offer helpful computer workshops for those who need general instruction on how to use a computer. Go to **www.fairfaxcounty.gov/library/events**.

About Gabe Goldberg

Throughout a career developing and supporting technology, Gabe has enjoyed writing and speaking about it to diverse audiences, from consumers to industry experts. He's also involved in local DC-area and national tech groups helping people use, enjoy and benefit from these modern marvels.

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October at the Library

by Mary Mulrenan. Fairfax County Public Library

Many of us remember the librarian, teacher, friend or other book-lover who introduced us to our favorite book—maybe by an author who became our favorite author—and we went on to read everything he or she ever wrote and longed for more . . .

Helping people find enjoyable books, a service known as “readers advisory” in the library, is a favorite part of the work for many librarians. First, they ask a few questions to narrow down your genre or interests on the day you stop in – are you looking for a little light reading? Do you prefer a murder mystery? Maybe your tastes lead you to science fiction, fantasy or romance. A little additional sleuthing uncovers books and authors you’ve read and liked previously as well as those you haven’t liked. Then library staff are ready to steer you in the direction of a title or author you are likely to enjoy.

This service is one of the signature services at the library and for as long as there have been books there have been discussions about which ones are worth our time and which ones aren’t. This is especially critical today when none of us could possibly read the hundreds of thousands of books that are published annually.

My Perfect
READ

So readers advisory is not new; however, Fairfax County Public Library has introduced a new online readers advisory

service called **My Perfect Read**. Now, from the comfort of your own home or wherever you and your device might be, you can visit **My Perfect Read** and connect with library staff to get personalized recommendations.

Here’s how to get started:

1. **Go** to research.fairfaxcounty.gov/my-perfect-read
2. **Browse** through our librarian profiles
3. **See** what types of books they have a special affinity for

4. **Connect** with one who matches your interests. (To make a connection, use the “At Your Service” tab on your advisor’s profile.)

You will receive personal recommendations on other titles you might enjoy. It’s like having your own personal librarian!

Don’t forget to check the library’s online or print calendar of events to see the many events staff have planned for you in October including Indie Author Day, **Oct. 13** at Patrick Henry and Pohick Regional libraries; an afternoon with local cozy mystery writer, Suzi Weinert, **Oct. 13** at City of Fairfax Regional Library; Burke’s Oldest Cold Case: The Murder of Eva Roy, **Oct. 23**, Burke Centre Library; and poetry readings **Oct. 4** and **13** at Martha Washington Library.

Also, the annual **Fall for the Book Festival** is **Oct 10-13**. For more information or see page one of this issue.



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Easy Spicy Chicken Tortilla Soup

by Devaki Das, FCPS-Adult Community Education



Quick and easy Chicken Tortilla Soup is full of delicious and robust flavors. It's one of my family's favorites.

There are myriad versions of this soup; some with fried tortillas, some

with cut-up chicken chunks in cream and oddly enough—some with no spices whatsoever!

This version is inspired by my years in the Southwest. That means my recipe is filled with vibrant flavors and spices. The distinctive scent of cumin will waft through the air while simmering this earthy soup.

The combination of cornmeal and spices is magical, and the thick strips of corn tortillas that soak up the soup makes it more delicious.

But let's not forget just how easy it is—shredded store-bought rotisserie chicken and canned beans along with simple produce staples are all that's required to make this soup.

So as cool weather begins to nip at our heels, I hope you enjoy this hearty chicken tortilla soup.

Spicy Shredded Chicken Tortilla Soup

Shopping list:

1 Spanish red onion
1 red bell pepper
1 poblano pepper (optional)
1 large can (28 oz.) black beans
1, 15 oz. can diced tomatoes
4-5 cloves peeled garlic
3-1/2 cup hand shredded rotisserie or cooked chicken
6 cups chicken stock

8 corn tortillas
5 tbs. yellow cornmeal
1/3 cup vegetable oil
Spices & seasonings:
1 tsp. cayenne chili pepper
2 tsp. ground cumin
2 tsp. salt

Preparation—

Onion: Peel, cut and discard tops. Finely chop and set aside.

Peppers: Cut off woody tops, discard seeds and membranes. Chop and set aside.

Garlic: Crush to release oils and chop

Tomatoes: Roughly chop, reserving all juices.

Black beans: Drain the beans in a sieve and wash under running tap water to remove excess starch.

Corn tortillas: Halve and cut into 1/2" wide short perpendicular strips.

Method—

- In a deep heavy bottomed pot, add the vegetable oil and heat until very hot.
- Add the garlic, chopped red bell peppers and onions. Add 1 tsp. salt and sauté for about 10 minutes on medium low heat. Sauté until softened but not brown.
- Add the tomato and juices, black beans as well as the spices. Stir to combine.
- Add all the chicken stock and increase the heat to medium high heat. Bring the soup to a rolling boil.
- Reduce the heat to low, cover the pot with a tight-fitting lid and simmer for about 20 minutes.
- Add the shredded chicken and cornmeal. Do not cover and simmer for about 5 minutes allowing the soup to thicken. Taste and adjust seasonings.
- Add the tortilla strips and stir. Cover for 5 minutes until the tortilla is soft.
- Serve the soup immediately with avocado slices, lime wedges and sour cream if desired.

There is Nothing Like a Good Shot in the Arm

No matter what your age, nobody wants to be sick. That is why vaccines must be part of everyone's health care regime.

Caregivers and their loved ones alike need to ensure they are vaccinated. Caregivers cannot afford to be sick, and older adults may be at risk for serious complications from vaccine-preventable diseases.

According to the Centers for Disease Control and Prevention, below are key vaccines for adults over the age of 50.

Different adults have different health risk factors, so other vaccines such as Hepatitis A and B or human papillomaviruses (HPV) may be needed. It's important to talk with your doctor and make sure that you are up to date on your vaccinations.

In addition to protecting against illness, vaccines help prevent the spread of germs. This is particularly important in multigenerational households. The older adults in these homes can suffer greatly if they become ill, and their likelihood of being exposed to illness is greater if there is a



school-age child present. Also, they need to protect other family members from harmful germs. For example, pertussis (whooping cough) can be deadly for babies.

The county's Health Department's Health Clinics offer immunizations. For locations, go to www.fairfaxcounty.gov/health. You can also find out more about vaccines on the CDC website at www.cdc.gov.

Vaccine	When
Flu	Annually
Tetanus, Diphtheria, Pertussis	If you didn't get Tdap as a teen, you need a dose. Td (tetanus and diphtheria) boosters are needed every 10 years.
Pneumonia	CDC recommends pneumococcal vaccination for all adults 65+.
Shingles	CDC recommends that healthy adults 50+ get two doses of the shingles vaccine 2 to 6 months apart.
Measles, Mumps, Rubella	Adults born before 1957 are presumed immune. Adults born in 1957 or later without acceptable evidence of immunity, should receive 1 dose of MMR unless there is a medical contraindication to the vaccine.

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Election Day is Nov. 6 – Are You Ready to Vote?

Voters in Fairfax County and Virginia will be heading to the polls on Tuesday, Nov. 6 for the midterm elections.

On the ballot? Candidates for U.S. Senator, U.S. House of Representatives (8th, 10th and 11th Districts), a public safety bond referendum and two Virginia state constitutional amendments. If you live in the town of Herndon, you will also be voting for mayor and a member of town council.

What you need to know:

Register to vote or if registered, check to make sure your information is up to date. You need to do this by Virginia's Oct. 15 deadline. Go to **Vote.Virginia.Gov**

Consider absentee voting! There are 20 valid reasons to vote absentee, including a long commute, being on vacation or a business trip or having a

disability. You can vote absentee in-person or by mail. More information is available online at **www.fairfaxcounty.gov/elections/absentee**

Stay Informed. There are several ways for you to be an informed Fairfax County voter and get news and updates from the Office of Elections.

- Subscribe to **Fairfax Alerts** at **www.fairfaxcounty.gov/alerts**. Check the box for Office of Elections and indicate how you would like to receive news and updates and on what devices.
- Follow **@fairfaxvotes** and **@fairfaxcounty** on Twitter
- Go online to **www.fairfaxcounty.gov/elections**
- Email **voting@fairfaxcounty.gov**
- Call 703-222-0776 (TTY 711)
- Visit the Virginia Department of Elections at **Vote.Virginia.Gov**

Aquatic Balance and Fall Prevention Class

Come join us in our 90 degree heated, salt water pool for classes focusing on strengthening core muscles and improving balance.

NEW! Post Rehab Aquatic Class

Classes pick up where your rehabilitation ended, bridging the gap between therapy and fitness, continuing to strengthen your muscles.

Cardio Dance

This is a full body, land-based workout, ideal for the active older adult focusing on balance, range of motion and coordination.

All Classes Run Year Round

8 Week Sessions – Fall Prevention \$75, Post Rehab \$85, Cardio Dance \$40

To register please call 703-667-9801



The Woodlands Retirement Community
4320 Forest Hill Drive Fairfax, VA 22030

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Register for a Program Orientation

Oct. 4, Oct. 22 and Nov. 19

<https://www.fairfaxcounty.gov/housing/homeownership/orientation-schedule>

For more information or to request special accommodations, contact Santiago Sanchez, 703-246-5165 or **Santiago.Sanchez@fairfaxcounty.gov**

Listen to an excellent discussion on this affordable housing opportunity on *Fairfax 50+ Podcast*. Go to **www.fairfaxcounty.gov/OlderAdults** and scroll to the *50+ Podcast* link.

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InsightMCC.org

Insight in Action: An Overview & Tour

Third Thursdays from 9:00 to 10:30 am
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16 on 16: October Highlights on Local Channel 16

For award-winning local programming and live county government proceedings, tune in to Channel 16.

Find a complete TV schedule, a listing of video-on-demand programs and live streaming at www.fairfaxcounty.gov/cableconsumer.

Here are a few highlights:

- **16 Around Fairfax** – Tune in to stay informed about what's happening in your community. The program airs daily at 7:30 a.m., Noon and 7:30 p.m.
- **Parks Plus** – On this edition, watch seniors at Providence RECenter “serve it up” and play Beachball Wallyball. Then listen to Millie Acar explain why she decided to sign up for personal training at the Springhill RECenter when she was “getting way up into the 80’s.” Finally watch seniors spice up their fitness with Zumba Gold!



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- **Mature Living's: Depression is NOT the New Normal** –Channel 16's latest *Mature Living* episode provides straight talk about depression in older adults and how to find help.
- **Everyday Yoga and Tai Chi** is a series of programs designed especially for older adults at various fitness levels. Tune in at 10 a.m. on Monday, Tuesday, Thursday and Friday. On Wednesday, look for it at 8 a.m. On Saturday (7 p.m.) and Sunday (10 a.m.), tune in to Tai Chi. These gentle exercise programs emphasize balance, strength and flexibility. Each program takes place at a beautiful county recreation site.

Listen Up!

Fairfax 50+ Podcasts

Everyone's favorite podcast host, Jim Person, offers interesting and timely conversations on a wide range of local issues. So, tune in at www.fairfaxcounty.gov/OlderAdults and scroll down to 50+ Podcasts.

Here's what's new:

- Affordable Homes for Seniors for Sale, Alexandria
- The Role of Empathy in Disability Parking
- Olli Players' Fall Season
- Get Ready for October's Fall for the Book Festival
- Mental First Aid Program for Older Adults
- ElderLink's Falls Prevention, Caregiving and Chronic Illness Programs



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Caregiver Tip Transitioning from Senior Center to Adult Day Health Care

This article is excerpted from the county's new Caregiver Insight Blog at www.fairfaxcounty.gov/health/adult-day-health-care/blog.

If you or someone you love attends a senior center and is considering transitioning to an Adult Day Health Care because of a cognitive or physical decline, you may want to begin by discussing the idea with your senior center staff and then with your doctor and family.

Keep in mind that the county has centers in Mount Vernon, Lewinsville, Herndon and Lincolnia. You can make an appointment with any center for a lunch and tour.

Find out more about the county's Adult Day Health Care Centers at www.fairfaxcounty.gov/health/adult-day-health-care or call 703-246-8743.

October's Wellness, Prevention and Caregiving Support Programs

Fairfax County Programs

Register for the following free county programs at www.fairfaxcounty.gov/OlderAdults and scroll to Hot Topics or contact the program representatives below. Changes sometimes occur so be sure to confirm that the program dates and venues are still correct.

You Can! Live Well, Virginia!—Chronic Disease Self-Management Program meets Wednesdays, Oct. 3–Nov. 7 from 10 a.m.–noon, Vienna Community Center, 120 Cherry Street SE, Vienna. Contact Dianne Duke at 703-324-7721 or dianne.duke@fairfaxcounty.gov.



Caring for You, Caring for Me, a program that supports both the caregiver and care recipient is scheduled for Thursdays, Oct. 11–Nov. 19 from 1:30–3:30 p.m. at the Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Contact Lauren Elcesser at 703-324-7210 or lauren.elcesser@fairfaxcounty.gov.

Caring for You, Caring for Me, a program that supports both the caregiver and care recipient is scheduled for Mondays, Oct. 15–Nov. 19 from 1–3 p.m. at Patrick Henry Library, 101 Maple Ave. East, Vienna. Contact Lauren Elcesser at 703-324-7210 or lauren.elcesser@fairfaxcounty.gov.

A Matter of Balance, Balancing Concerns About Falls, includes discussion, videos, activities and exercise focused on building strength, balance, flexibility and endurance, is scheduled



for Mon-days, Oct. 15–Dec. 3, 1–3 p.m. at the George Mason Regional Library, 7001 Little River Turnpike, Annandale. Contact Dianne Duke at 703-324-7721 or dianne.duke@fairfaxcounty.gov.

Free Lunchtime Caregiver Webinar to discuss When Your Loved One is Hospitalized, Wednesday, Oct. 17, Noon to 1 p.m. Learn what a caregiver needs to know from admission to discharge. Call 703-324-5205 for more information. Go to www.fairfaxcounty.gov/OlderAdults to register.

... continued to page 18

Programs

... continued from page 17

Programs Sponsored by Community Nonprofits

Learning and Living for Safer Generations, Saturday, Oct. 13, 10 a.m. to 2:30 p.m., the Inova Fairfax Medical Campus Physicians Conference Center, Lower Level, 3300 Gallows Rd., Falls Church. Don't miss this free event focusing on safety tips for grandparents and information on preventing falls. The event includes car seat demonstrations, fall risk screenings, exercise and body awareness and mediation checks. To register or accommodation requests, call 703-776-3259 or contact **linda.watkins@inova.org**. Online registration is at **www.surveymonkey.com/r/InovaFPD2018**.

Normal Aging versus Dementia, Monday, Oct. 22, 12:30 to 2:30 p.m., Prince of Peace Lutheran Church, 8304 Old Keene Mill Rd., Springfield. The director of the Insight Memory Care Program

in Fairfax will discuss changes that occur with age, warning signs of a memory problem and what to do if someone you love is experiencing symptoms of dementia or memory impairment. This free presentation is open to the public and includes lunch. It is part of a **Caregiver Essentials Series** that meets monthly through May. Contact **stacey.crosson@poplc.org** or call 703-451-5855. Go to **www.InsightMCC.org** for more information.

Community Health Days, Saturdays, Noon to 3 p.m., Dar Al Hijrah Islamic Center, 3159 Row St., Falls Church. Free provider referrals, health information, wellness checks, diabetes screenings and blood pressure screenings. Sponsored by United Healthcare. Contact **socialservices@hijrah.org**.

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The West Nile Virus Risk in Fairfax County: What Adults Over 50 Need to Know

West Nile virus should be on everyone's mind—especially those over the age of 50 who are a greater risk for more severe illness. At the time of this article, there are three active West Nile virus cases in Fairfax County.

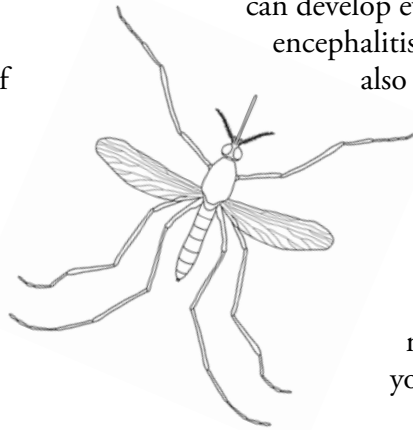
"It is essential to protect yourself from mosquito bites whenever you are outside," said Josh Smith, Environmental Health Supervisor with the Health Department's Disease Carrying Insects Program.

Josh and his team have the following recommendations:

- **Use** a mosquito repellent that contains DEET, picaridin, IR3535 or Oil of Lemon Eucalyptus, making sure to follow label instructions.
- **Wear** long pants and long sleeves to cover exposed skin.
- **Avoid** areas where mosquitoes are especially common during peak biting times, particularly at dawn and dusk.

In addition to protecting yourself, get rid of mosquito breeding sites around the yard by "tipping and tossing" any containers that hold water including tires, buckets, planters, toys, birdbaths, flowerpots, tarps, trash cans and downspout extensions. If you cannot get rid of the standing water, put larvicide, such as Mosquito Dunks, in the water to kill developing mosquitoes. Be sure to read the instructions on the label.

According to the Centers for Disease Control and Prevention symptoms of West Nile virus include fever with headache, body aches, joint pains, vomiting, diarrhea or rash. A few people can develop even more serious issues such as encephalitis or meningitis. However, the agency also notes that eight out of 10 of those infected do not develop any symptoms. If you experience symptoms, be sure to see your health care provider.



The Health Department offers mosquito yard inspections. Schedule yours by calling 703-246-8931.

See all the details about mosquito bite prevention and West Nile virus on the **Health Department's Disease Carrying Insects Program** page at www.fairfaxcounty.gov/health.

Also, mosquitoes aren't the only insects that carry disease. Be sure to watch our *Tick Check 1-2* video to learn how to prevent Lyme disease.

Bringing Care and Compassion to You



- Dementia Care
- Fall prevention Program
- Bathing and Dressing
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- Walking, Transfers, Lifting Assist
- Respite Care

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Volunteer Solutions

Find current volunteer opportunities through Fairfax County's Volunteer Solutions. For a complete listing, view www.fairfaxcounty.gov/Older-Adults and click on *Volunteer Solutions* or call 703-324-5406 or email VolunteerSolutions@FairfaxCounty.gov.

Cross County

- Meals on Wheels drivers, coordinators and companions
- Drivers for grocery shopping, medical appointments, errands and more
- Social visitors
- Caregiver respite
- Pets on Wheels

Senior Centers & Adult Day Health Care Centers

- Instructors in art, ceramics, jewelry-making, dance, fitness, (including yoga, Zumba and chair exercise), gardening crafts, operational assistants (front desk, volunteer coordinators and entertainers and more.) If you have a special talent or skill, your local community senior center may want your services.

Language-Specific

- Vietnamese—Social visitor, Meals on Wheels, medical appointment driver
- Kikuyu-speaking (Kenyan language) social visitor in McLean

Annandale United Methodist Church Tutors

The Annandale United Methodist Church needs volunteer tutors to assist with homework and reading for Fairfax County elementary and middle school students during the school year. Students bring their homework with them, and volunteer tutors assist with its completion.

Volunteers also encourage 30 minutes of reading during each session. Sasha, a gentle dog, patiently listens as the children read. These tutoring sessions are on Wednesdays from 3:45 – 5:45 pm at 7901 Heritage Dr. Call 703-399-1395 for more information.

Haven of Northern Virginia

Haven of Northern Virginia offers support, compassion, information and resources to the bereaved or seriously ill. Volunteers provide individual and group support to those suffering from a loss. For more information and to request an orientation, call 703-941-7000. Volunteers must participate in a 30-hour training in October.

Submit your Fairfax County volunteer opportunity to Tanya Erway at Tanya.Erway@FairfaxCounty.gov.

Local Nonprofit Volunteer 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; www.herndonvillagenetwork.org

Mount Vernon at Home

703-303-4060; www.mountvernonathome.org

Reston Community Center

703-390-6198; www.restoncommunitycenter.com/about-reston/rcc-rides

Shepherd's Center

- **Annandale/Springfield**
703-941-1419; www.shepherdscenter-annandale.org
- **Fairfax/Burke**
703-323-4788; www.scfbva.org
- **McLean/Arlington/Falls Church**
703-506-2199; www.scmafc.org
- **Oakton/Vienna**
703-281-0538; <http://scov.org>
- **Western Fairfax County**
703-246-5920; www.scwfc.org
- **South County**
703-799-0505; email scfb-scmgr@scfbva.org

VolunteerFest 2018 Has a Project for You!

VolunteerFest mobilizes hundreds of volunteers each fall to help nonprofits accomplish tasks they would, otherwise, not be able to. Presented by AT&T and powered by Volunteer Fairfax, it includes more than 40 service projects throughout Northern Virginia. It lasts from Oct. 20-28 and culminates on Saturday, Oct. 27, National Make a Difference Day.

According to Volunteer Fairfax's Ron Paine, "Whether your passion is helping the environment or feeding the hungry, VolunteerFest has a project for you." He notes that there are opportunities to support aging-related nonprofits including helping Insight Memory Care Center prepare for its annual Paintings and Pairings fund raiser.

To view the entire list of VolunteerFest 2018 opportunities and to register, visit **www.volunteerfest2018.org**. Registration closes Oct. 19.

Volunteer Fairfax, the organizer of VolunteerFest, engages thousands of volunteers of all ages each year and supports more than 600 nonprofits. It also hosts RSVP Northern Virginia, the region's largest volunteer group for seniors.

Twin Lakes Golf Course Needs You

Do you like meeting new people, outdoor activities and golf?



If so, the Twin Lakes Golf Course, 6201 Union Mill Rd., Clifton has openings for volunteer positions.

To apply or get more details, call the course at 703-631-9099, visit the Pro Shop at the course or go to **www.fairfaxcounty.gov/parks/golf**.

Volunteers Needed for the 2019 Tax Season

The **Volunteer Income Tax Assistance** program is looking for front desk greeters (no tax training needed) and volunteer tax preparers for basic returns.

The VITA program offers free income tax preparation and filing services to families and individuals who earned less than \$54,000 in 2018.

Attend an information session to learn more. For questions, contact Jessica Wilson at **jessica.i.wilson@irs.gov** or 304-561-3004.

Monday, Oct. 15 or Thursday, Oct. 25

6:30 - 7:30 p.m.

Dept. of Family Services, Fairfax County Government Conference Room 329 W, 7611 Little River Turnpike, Annandale

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Don't be Scammed—Wise Giving After a Hurricane

As you are well aware, the 2018 hurricane season is upon us. The FTC along with Fairfax County has vital information to help you prepare for, deal with and recover from the long-term impacts of a weather emergency.

But, what if you are want to donate to a hurricane relief fund. How can you avoid charity fraud?

Here is the rundown from the FTC's Consumer Education Department.

After a hurricane hits, people rush to help those in need. If you are making a donation for hurricane relief, remember to give enough thought to where exactly you are sending your money. Because scammers are hoping that generous people like you, in your eagerness to help, won't do your homework so they can steal that money. The best way to avoid this and other kinds of charity fraud is to go online and do your research to make sure your money goes to a reputable organization.



You can start at **ftc.gov/charity**. They have articles and resources, including links to six organizations that can help you check out individual charities. Additionally, you can view a helpful charity fraud video.



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How to Verify a Hurricane Relief Charity

Find lists of vetted charities o

- **give.org**
- **charitynavigator.org**
- **charitywatch.org**
- **guidestar.org**



Be alert to names that closely resemble those of better-known reputable organizations.

Designate the relief effort you wish to support.

Search the charity name online.
(Do people say it's a scam?)

Research charities that spring up overnight.

Be skeptical of callers thanking you for a pledge you don't remember making.



Report scams to ftc.gov/complaint.

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Smart Driver Classes

Two-day driving refresher courses from AARP are available at four nearby locations. Participants must attend both sessions for a certificate. The cost is just \$15 for AARP members. (Please bring your AARP card.) There is a \$20 fee for nonmembers.

Monday, Oct. 8, and Tuesday, Oct. 9
10 a.m. – 3 p.m.

Vinson Hall Retirement Community
6251 Old Dominion Dr., McLean
Register at 703-538-3061

Tuesday, Oct. 9, and Thursday, Oct. 11
9 a.m. – 1 p.m.

Reston Community Center at Hunters Woods
2310 Colts Neck Rd., Reston
Register at [https://webtrac
restoncommunitycenter.com/](https://webtrac.restoncommunitycenter.com/)

Monday, Oct. 22, and Tuesday, Oct. 23
10 a.m. – 3 p.m.

Vienna Community Center
120 Cherry St. SE, Vienna
Register at [https://web1.vermontsystems.com/
wbwsc/vaviennawt.wsc/](https://web1.vermontsystems.com/wbwsc/vaviennawt.wsc/)

Friday, Oct. 26, and Monday, Oct. 29
9 a.m. – 1 p.m.

Oakton United Methodist Church
2951 Chain Bridge Rd., Oakton
Register at 703-591-1847

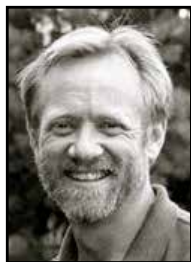
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CarFit for Personal Safety and Mobility



CarFit is a free, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when driving.

There are two free CarFit events this month—Vienna and Fairfax—where you will review key “fit” areas of your car including:

- adequate space from the steering wheel,
- proper seat belt use and
- correct head restraint adjustments.

Each checkup takes about 20 minutes. Keep in mind that this is not a driving test or mechanical inspection.

To schedule your free 20-minute appointment, call the appropriate number below. For more information, visit www.car-fit.org.

Wednesday, Oct. 3, 9 a.m. – 1 p.m.

Vienna Volunteer Fire Department
400 Center St., S, Vienna, **703-255-7801**

Tuesday, Oct. 16, 10 a.m.-12 p.m.

Mott Community Center
12111 Braddock Rd., Fairfax, **703-324-5600**

Are You Following Adult and Aging on Facebook?



Our Facebook page is a great way to learn about upcoming events and classes for older adults. You'll even discover what other seniors are doing to stay active in the community.

When you visit our Facebook page, be sure to click “Like!”

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October Community Calendar

Oct. 2–Nov. 6, 11:50–1:15 p.m. Understanding Poverty in America. This six-part series sponsored by Olli/GMU examines poverty from various perspectives and features speakers from county agencies and nonprofits. Free. Church of the Good Shepherd, 9350 Braddock Rd, Burke. Contact olli@gmu.edu and **703-503-3384**.

5, 10 a.m.–Noon. Depression and Anxiety First Aid. Learn how to recognize depression and anxiety symptoms, support individuals experiencing a personal crisis and how to cope. Vienna Community Center, 120 Cherry St. SE, Vienna. To register, **call 703-255-7801**.

5, 1–2:30 p.m. Scandalous Women of Civil War Washington. Dr. Cindy Gueli, historian, author, and host of the podcast, *Scandalous Washington*, explores this intriguing history. Sponsored by Olli/GMU, the event is free. The Church of the Good Shepherd, 9350 Braddock Rd, Burke. Contact olli@gmu.edu and **703-503-3384**.

20, 9 a.m.–1 p.m. Fairfax City Senior Center's Flea Market. Find bargains galore, treasures for gift giving and refreshments. Sherwood Center, 3740 Old Lee Hwy., Fairfax. **Call 703-273-6090**.

20, 9 a.m.–2 p.m. Hollin Hall Senior Center Annual Bazaar/Craft Fair. Over 30 crafters, silent auction, bake sale and door prizes. Public welcome. Hollin Hall Senior Center, 1500 Shenandoah Rd., Alexandria. **Call 703-324-4600**.

27, 9 a.m.–3 p.m. Craft Fair. Crafters, vendors, flea market, door prizes and lunch. The first 50 people receive an extra door prize ticket! Kingstowne Center for Active Adults, 6488 Landsdowne Center, Alexandria. **Call 703-339-7676**.

27, 9:30 a.m.–2 p.m. At Home with the Mediterranean Diet. Reap the health benefits of this diet full of fruits, vegetables, whole grains, legumes and olive oil. Woodson High School, 9525 Main St., Fairfax. To register for this ACE class, **call 703-658-1201**.

27, 9:30 a.m.–3:30 p.m. Caregiver Bootcamp: Dementia Essentials. Learn about essential caregiving topics, all in one place! Insight Memory Care Center, 3953 Pender Dr., Fairfax. To RSVP, **call 703-204-4664**.

27 and 28, Times Vary. National Chrysanthemum Society Show. See 13 different chrysanthemum types trained in artistic Japanese styles, such as fans, cascades or fukusukes. For details, **call 703-560-8776**.