

Walking to End Alzheimer's

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Battleground Northern Virginia

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A troupe of Cambodian dancers perform on the World Stage at the Reston Multicultural Festival Saturday, Sept. 28.



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NEWS



Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe

PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

Battleground Northern Virginia

BY MICHAEL LEE POPE
THE CONNECTION

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger than ever.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means that election officials are expecting about half of last year’s turnout, which included



Supporters of both major party candidates for governor rally at the entrance to the Capital One campus in McLean on Wednesday, Sept. 25, just before Ken Cuccinelli (R) and Terry McAuliffe (D) participated in an hour-long debate sponsored by the Fairfax Chamber of Commerce.

PHOTO BY MARY KIMM/THE CONNECTION

a record-breaking 3.8 million votes.

“For [Democrat Terry] McAuliffe, the goal is to get as many voters out as possible,” said Skelley. “For Cuccinelli, the goal is to hold down the margins.”

According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.6 million from 2.1 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

“The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas,” said Farnsworth. “This is true in Northern Virginia and in the Richmond area.”

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experi-

ence representing Fairfax County in the General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government.

“I’m a Northern Virginian. I’ve lived up here my whole life,” said Cuccinelli. “We’re already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area.”

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and mentioned he agreed with the chamber’s position on Medicaid expansion. Later in the debate, he argued that Cuccinelli’s tax proposal would hurt Northern Virginia.

“What it would mean to Fairfax County

What role will the region play in the election?

to be losing this revenue,” said McAuliffe. “What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teachers, investing in those STEM courses, science, technology, engineering and math,” said McAuliffe. “His plan literally would force us to lay off thousands of teachers.”

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the political arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

“I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda,” said Republican House of Delegates Speaker Bill Howell in a written statement. “That might work in Washington, but it is unacceptable here in Virginia.”

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce’s forum, the organization issued its own endorsement for the Democrat. In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia’s longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

“In terms of the priorities of the Northern Virginia business community,” said Corcoran in a written statement, “Mr. McAuliffe’s policy positions and proposals closely align with the Fairfax Chamber’s legislative agenda.”

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ABC7 WJLA Virginia Bureau Chief Jeff Goldberg, Chapter President Susan Finn, and Ilissa Belanger, volunteer chairman of the walk, cut the ribbon at the starting line. Belanger was doing double duty at the event, also serving as team captain for walkers Miriam and Anita, Belanger's mother Miriam and mother-in-law Anita both having been Alzheimer's victims.



The 2013 Walk to End Alzheimer's Reston event came to a close with a candlelight vigil and a moment of silence in the pavilion.

Walking to End Alzheimer's

Reston Town Center walk draws 1,200-plus participants.

BY ANDREA WORKER
THE CONNECTION

Reston Town Center looked like it was being wrapped in a rainbow as the 1,200-plus participants in the Walk to End Alzheimer's wound their way through the streets, dressed in a variety of colorful team t-shirts and carrying whirly-wind paper flowers with the names of afflicted loved ones written on the petals. Some 600 communities across the country have joined in the national effort to raise funds and awareness for this devastating disease, and the Alzheimer's Association's local National Capital Area Chapter President Susan Kudla Finn reported that more than 112 walks were held just this weekend alone, in addition to the Reston walk Sunday, Sept. 29.

"Our chapter covers 5,000 square miles and 5 million people," said Finn. "There's a lot of people in those numbers who have been touched by

Alzheimer's. We're here to help and to make sure people suffering from this disease and people caring for its victims have a voice, and a place to get help and support," she said.

AFTER CHECKING IN, collecting their "flowers" and getting organized, the crowd got warmed up for their pedestrian efforts to the tunes being played by DJ Freddie B from Musical DJs. Then it was time for the official welcome and the inspirational preparations. Acting as emcee for the event was Jeff Goldberg, Virginia Bureau chief for ABC7/WJLA-TV. Goldberg announced the Reston Walk's sponsors and top team and individual fundraisers. Greenspring, the senior living community in Springfield, took top honor as Gold Sponsor. Ashby Ponds, SRA International, Tall Oaks Assisted Living, Civitan Club of Fairfax, Premium Distributors of Virginia, Vinson Hall Retirement Community, and Reston Hospital Centers supported the cause as Bronze Sponsors. The Connection Newspapers also joined in as a media partner with WJLA, WTOP Radio, and Northern Virginia Magazine.

SRA Cares, the community service program of SRA International, headquartered in Fairfax, received

SEE HUNDREDS, PAGE 8



PHOTOS BY ANDREA WORKER

Team "We Walk for 37"—May Robinson with 6-month-old Noah, Allison Fischer, Matt Fischer. Landon, 6, Allison's son, stands out front. Team "37," in their second Reston walk appearance, participate to honor Allison's father, former Redskins legend Pat Fischer, who played cornerback for the team from 1968 through 1977. He was diagnosed with dementia and has become part of Allison's household.

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OPINION

Virginia's Easy Access to Guns

A parent asks why background checks aren't better.

BY RUTH HOFFMAN

How do you respond to a 7-year-old when she comes home from school and says "we did our bad man drill today Mommy, but don't worry it was just for practice, no one really came into our school to shoot us"?

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say, the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of a shooting from

a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepares for risks of gun violence stemming from custody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my grocery store and saw a customer wearing a "I shoot to kill" t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

That led me to my third discovery and that was the facts around concealed weapon permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite.

I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background

checks before someone purchases a gun in Virginia. Why would anyone not want that, especially in light of Virginia's existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I'm in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the governor's debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe's strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns. As far as seeking the right words to respond to my daughter's declaration about their "bad man drills" — I haven't found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

GUEST EDITORIAL

Affordable Care Act

BY KENNETH R. "KEN"
PLUM
STATE DELEGATE (D-36)



Another phase of the Affordable Care Act (ACA) became effective this week. Although controversial among some politicians who refer to the act as "Obamacare," it is proving extremely beneficial for those who have had limited or no access to health care. As the benefits of the program become more obvious, these same politicians may regret associating the president's name with a program that is on its way to making huge improvements in health care for Americans.

Even at such an early stage, the benefits of the new health care law are already becoming apparent. Health plans can no longer limit or deny benefits to

children under 19 due to a pre-existing condition. Young adults under 26 can be eligible to be covered under their parents' health plan. Insurers can no longer cancel insurance coverage just because you made an honest mistake. You have the right to an appeal if a claim you made was denied. Lifetime limits are banned for all new insurance plans, and your premium dollars must be spent on health care and not administrative costs. Preventive health services will be covered in most instances.

Despite the advantages of the new health plan and its expanded coverage of Virginians, the governor and the Republicans in the General Assembly have been drag-

ging their feet in implementing the law. In an uncharacteristic move, the governor chose to let the federal government run the health insurance exchanges in Virginia. The State Corporation Commission will perform some plan management functions. For individuals buying their own insurance, the exchange will provide comparable data on more than 30 different insurance plans from which individuals and families can make an informed decision. Already the exchanges are producing rates that are lower than insurance rates in the past. The expansion of Medicaid to cover many more of the working poor who are currently not insured has been held up in Virginia for study and reforms. The commission studying the expansion is scheduled to report in December. It would be a terrible mistake for Virginia to not take back the federal dollars it pays to insure its very own citizens who need it most. The ACA will bring incred-

ibly important changes to health care in this country, but it is a complex law. To better understand it in more detail than I can provide here, I suggest that you visit the official U.S. Government site, healthcare.gov. The Virginia Health Care Foundation has important information on its site along with links to other sources; go to www.vhcf.org/data/health-reform/. The Kaiser Family Foundation has easy-to-understand charts on the Affordable Care Act at <http://kff.org/aca-consumer-resources/>. The Commonwealth Institute for Fiscal Analysis (<http://www.thecommonwealthinstitute.org/>) has a number of studies on health care reform in Virginia.

It is time for Virginia's political leaders to embrace the reform or get out of the way so that citizens can enjoy its benefits.

COMMENTARY

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PHOTOS BY ALEX MCVEIGH/THE CONNECTION

Sarah Taylor, Washington District director of U.S. Citizen and Immigration Services, leads 25 new immigrants in the Oath of Allegiance Saturday, Sept. 28.

Cultures Come to Reston

Annual multicultural festival held at Lake Anne.

BY ALEX MCVEIGH
THE CONNECTION

Nearly 50 years ago, Robert Simon founded Reston with several goals, and one of them was diversity. For the past 12 years, the Lake Anne of Reston Condominium Association, Reston Community Center and Reston Association have hosted a tribute to that goal, the Reston Multicultural Festival.

"This event calls out the foundation of who we are, and exhibits that we try to live it every day," said Supervisor Cathy Hudgins (D-Hunter Mill). "This festival has become to go to place to enjoy the spirit of Reston, that we are a welcome and open place that gives us all a chance to grow, be together and share our values."

This year's festival took place Saturday, Sept. 28, and it was the third year that it began with an official Naturalization Ceremony. Twenty-five individuals from around the world said the Oath of Allegiance and received their citizenship certificates.

"When you take that oath, you will be as much of an American citizen as I am. You will have the same responsibilities to make this a better country, to help us live up to our ideals," said Rep. Gerry Connolly (D-11), speaking to the country's newest citizens. "We are enriched by waves of immigration, by people who understand and take pride in their new country [and] remind us of what we believe. And that's our responsibility."

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The Traveling Players perform "The Doctor in Spite of Himself" at the Reston Community Center Lake Anne, part of the Reston Multicultural Festival.

ity, to help us make this an even greater country, help us live up to my ideals."

Connolly recalled that when he moved to Fairfax County, 3 percent of the population was foreign born.

"Today, that percentage is 27 percent, and Fairfax County is better for it," he said. "If you look at any index, educational achievement, the number of jobs we've created, median household income, much higher than it was 35 years ago. The crime rate is lower than it was 35 years ago. One can only conclude that their presence, their willingness to undertake the responsibility to become a citizen has made us a stronger and better place."

Bolivian dance troupe Alma Boliviana helped guide guests from the World Stage at the plaza to the Global Stage in the parking lot. The group started dancing at the plaza fountain, and used their signature dance and outfits to lead interested attendees to the first performances of the day.

"I thought the dancers were a great way to get people involved

from the start, it gave the performances an interactive twist, because we could just follow them," said Shima Kendrick of Reston. "It definitely got me in the spirit."

While performances took place on both stages, the inside of the Reston Community Center Lake Anne hosted an international book fair, as well as a series of live performances and storytelling exercises.

"This is an opportunity to share in the diversity that is so special to this community," said Beverly Cosham, chair of the RCC Board of Governors. "At Reston Community Center we take pride in the fact that we serve our patrons in 10 different languages."

THE LIVE PERFORMANCES took people through a variety of cultures, from Asian dancing to the arts and crafts of the Caribbean.

"My favorite event so far has been the Cambodian musicians and dancers," said Amy Teller of Vienna. "I thought the music was just perfect, and the dancers moved with such grace along with it that it was very striking."



Members of the South Lakes High School JROTC bring the colors at the start of the Reston Multicultural Festival Saturday, Sept. 28.



Dancers from Alma Boliviana kick off the performances at the Reston Multicultural Festival Saturday, Sept. 28.

Hundreds Join Walk

FROM PAGE 5

kudos for most funds raised by a team by the start of the walk, with over \$7,400 collected. The Rapid Ronnie Team took second place, coming in at almost 250 percent above their goal of \$2,250. Team Captain Kelly Brandquist explained that the "Rapid Ronnie's" were there in memory of Roland Brandquist, a former Navy Captain who earned a speedy reputation while playing football for the Navy in the late 1950's.

Before cutting the ribbon under the purple and white balloon arch with emcee Goldberg and sending the walkers on their way, President Finn also addressed the gathering, praising them as the "army of help and hope."

"Four hundred and forty-three thousand people in Virginia are caring for someone with Alzheimer's or dementia," said Finn. "Together, they are putting in 5,400,000 unpaid hours to care for beloved family and friends. If they were getting paid, it would total about \$6.2 billion dollars to provide that care."

THE ONE-MILE WALK ROUTE was then flooded with those on foot—both two and four—with lots of strollers and a number of wheelchair users. Alzheimer's Association staff held traffic at intersections to insure safety, and welcomed the walkers back with cheers and lots of shout-outs to say "Thank You" and quite a few hugs. DJ Freddie B helped the crowd stretch out any kinks; after a stirring performance from high school student Nicole Frank singing "Wind Beneath My Wings" in memory of her grandfather, the event came to a close with a candlelight moment of silence.

The National Capital Area Chapter of the Alzheimer's Association has two more walks planned for this year. The next walk is scheduled for Oct. 19 in Manassas. The group will close out their walking season on Oct. 26 with a final walk on the National Mall in D.C. "But fund raisers have until Nov. 30 to get their donations in for this year," Finn was pleased to remind teams and individual donors. "Just check out our website. Links will take you to the walks in our area to complete the donation process." The Alzheimer's Association website, www.alz.org, also provides information, resources and support, as well as a 24/7 Helpline.



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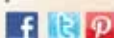
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Light the Night At Reston Town Center

Friends, families and co-workers will gather over three Saturday nights in October to raise funds and awareness for The Leukemia & Lymphoma Society (LLS). The 2013 Light The Night Walks will take place on Oct. 5 at the Reston Town Center, Oct. 12 in Rockville, Md. at the Rockville Town Square, and Oct. 19 in Washington, D.C. at Freedom Plaza.

Walkers raise funds in honor of local Honored Heroes, patients or survivors of blood cancer who provide inspiration and support. The 2013 Honored Heroes include leukemia survivor Aracelis Vicente of Silver Spring; Manassas resident and lymphoma survivor Richard Zavadowski; leukemia survivor Ava Buhr of Fairfax; Arlington leukemia survivor Moira Hogan; 4-year-old leukemia survivor Logan Taliaferro of Upper Marlboro and leukemia patient Billind Taib of Centreville.

"The Light the Night Walks provide inspiration and hope for our patients and their families, showing them they are not alone in their fight, while remembering those that have lost their battle," said Beth Gorman, executive director of LLS's National Capital Area Chapter. "With the support of our walkers, corporate sponsors and media partners we will walk to the end of cancer, and help make someday today."

Michael Robinson, general manager for Microsoft's Health & Life Sciences business in the United States, is serving as the executive committee chairperson for the 2013 Light The Night Walks. Microsoft will be sponsoring the Kid Zone where they will share their newest technology. In addition to their involvement with the Leukemia Ball for close to a decade, last year the Microsoft Team raised close to \$30,000 for Light The Night and have committed another \$75,000 to LLS in 2013.

ClearChannel & WTTG will serve as media partners at this year's Light The Night Walks. The Northern Virginia walk will be led by WMZQ's Boxer.

Walkers will enjoy live music, food and beverages, and family activities before and after the three Light The Night Walks. More than 10,000 people are set to take steps for a cure in Northern Virginia, Washington, D.C. and Maryland, walking with illuminated balloons in support or in memory of blood cancer patients.

For more information on forming a team or volunteering at an event, visit www.lightthenight.org/nca or call 703-399-2941.

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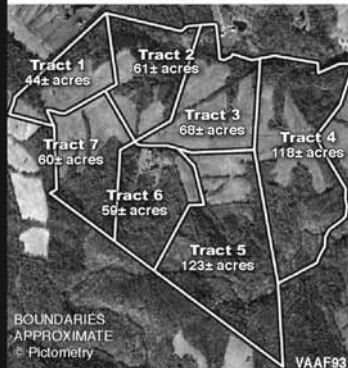
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ENTERTAINMENT



Rehearsal pianist and vocal coach Elisa Rosman working on music with (from left to right) Jaclyn Young and Maureen Rohn.



Lisa Anne Bailey rehearsing her solo, "With One Look" from "Sunset Boulevard."

A Grand Musical Night

PHOTOS BY TRACI J. BROOKS STUDIOS/COURTESY OF RESTON COMMUNITY PLAYERS STUDIOS.

Reston Community Players' "Tribute to the Music of Rodgers and Hammerstein and Andrew Lloyd Webber."

BY DAVID SIEGEL
THE CONNECTION

Treasured works from iconic musicals by esteemed composers and lyricists are coming to Reston's CenterStage in a premiere production. With a 30-piece orchestra on stage in full view and many talented local singers performing beloved classics, the sounds of beloved show tunes will fill the air with "A Tribute to the Music of Rodgers and Hammerstein and Andrew Lloyd Webber."

Brimming with songs from "Carousel," "The Sounds of Music," "Oklahoma," "Evita," "Phantom of the Opera," "Cats," "Sunset Bou-

levard" and more, the evening is certain to transport audiences into a special nirvana.

According to Music Director and Conductor Mitch Bassman, who has a long musical history in the area with local theater and the NOVA-Annandale Symphony Orchestra, the first act of the evening will be from shows by Rodgers and Hammerstein. Music by Andrew Lloyd Webber will make up the second act.

The large orchestra will include woodwinds, brass, percussion and strings as well as synthesizers, guitar and electric bass.

"Many of our musicians are either private music teachers or school music teachers. ... Others

are outstanding musicians who have non-musical day jobs that support their music habits. Some of those musicians are former members of military bands," added Bassman.

The featured singers are "a group of talented singers" noted Bassman. They include Tim Adams, Lisa Anne Bailey, Terry Barr, Ryan Khatcheressian, Molly Hicks Larson, Harv Lester, Jennifer Lambert, Joshua Redford, Maureen Rohn, Jolene Vettese and Jaclyn Young.

The evening will focus on music and songs, rather than dialogue or specific scenes. "This is a traditional concert. There are no props, no set, and no change of costumes," said Producer Joshua Redford. This was required in acquiring the rights to perform the score. The audience "can expect to hear some of the most famous songs ... by some of the finest singers ... it is an opportunity for audience members to hear the voices

Where and When

Reston Community Players present "A Tribute to the Music of Rodgers and Hammerstein and Andrew Lloyd Webber" at CenterStage, Reston Community Center, 2310 Colts Neck Road, Hunters Woods, Reston. Performances: Oct. 11, 12, 18, 19, 25 and 26 at 8 p.m. Matinees at 2 p.m. on Oct. 20 & 27. Tickets: \$23. Call 703-476-3500 or visit www.restonplayers.org.

they love from other shows, singing the classics and bringing each song to life."

For Lisa Anne Bailey, this is a chance to perform "great music ... and who could ask anything more?" Jennifer Lambert agreed, "there is nothing more exciting than singing the classics with a live 30 piece orchestra, the way it was intended to be done."

All of the evening is set to give the audience joy. "I think audiences will love this rare opportunity to hear all of their favorite show tunes in one night" noted Lambert.

BULLETIN BOARD

To have community events listed in the Connection, send to herndon@connectionnewspapers.com by the Friday prior to the following week's paper.

THURSDAY/OCT. 3

Home Energy Efficiency. 7-8:30 p.m., at Walker Nature Center, 11450 Glade Drive, Reston. Adults who are curious about how to improve home's energy use can hear from a representative from the Local Energy Alliance Program, a non-profit that coordinates energy efficiency improvements of homes through a Home Performance with ENERGY STAR program; for educational purposes only; there will be no solicitations. \$5/person RA members, \$8/person Non-members. 703-476-9689 and press 5 or naturecenter@reston.org.

How to Solve our Anger Problems. 7-8:30 p.m., at Unitarian Universalist Church in the library, 1625 Wiehle Ave., Reston. Each class has two guided meditations and a teaching on Buddhist thought that we can apply to daily life. The classes are weekly through November 14. \$12. 202-986-2257 or www.meditation-dc.org.

SUNDAY/OCT. 6

October Bird Walk: Sunrise Valley Wetlands & Polo Fields. 7:30-10:30 a.m., at Sunrise Valley Wetlands, 12700 Sunrise Valley Drive, Reston. Park on the left (west) side of the office building. These walks are jointly sponsored by Reston Association and its Environmental Advisory Committee, the Audubon Society of Northern Virginia and The Bird Feeder store. Ages 16 to adult. 703-476-9689 and press 5 or naturecenter@reston.org.

MONDAY-TUESDAY/OCT. 7-8

Tiny Acorns Become Mighty Oaks. 10-11 a.m., at Walker Nature Center, 11450 Glade Drive, Reston. Go on a hike in search of acorns and oaks big and small. Find out what animals eat acorns, which live in trees, and make an acorn craft to take home. Reservations required by Oct. 2. \$5/child RA members, \$8/child Non-members. Ages 18 months to 35 months. 703-476-9689 and press 5.

SEE BULLETIN, PAGE 13

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ENTERTAINMENT



PHOTO COURTESY OF NEXTSTOP THEATRE

"The 39 Steps" cast, from left: Evan Crump, Emily Levey, James Finley and Nick Rose, Sept. 26-Oct. 20 at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon.

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

WEDNESDAY-MONDAY/OCT. 2-28

2-D Mixed Media & Painting

Competition. 9 a.m.-9 p.m., at the Jo Ann Rose Gallery Exhibit, 1609 Washington Plaza, Reston. Jean Gill, an artist, juror and educator with a love of both science and art is the judge for this exhibit of 2-dimensional paintings and mixed media art. The League of Reston Artists is a non-profit organization open to all Washington, D.C. Metro art lovers and has been an important part of the Reston community for nearly 45 years. www.leagueofrestonartists.org.

WEDNESDAY-THURSDAY/OCT. 2-31

Breaking the Panels: Pop Culture, Comic and Illustration Art. 9 a.m.-9 p.m., at Hunters Woods Gallery Exhibit, 2310 Colts Neck Road, Reston. Gian Lomagilo and Jeff Lonnett are two young artists and teachers who are serious about their art, but like to have fun with it. Both were inspired by popular culture – musicians, movies, television, comic books, advertisements, novels – but their artistic interpretations are very different.

THURSDAYS-SUNDAYS/OCT. 3-20

"The 39 Steps." 7:30 p.m. Thursdays; 8 p.m. Fridays and Saturdays; 2 p.m., 7 p.m. Sundays at Industrial Strength Theatre, 269 Sunset Park Drive, Herndon. NextStop Theatre company produces a murder mystery, directed by Evan Hoffman and adapted from the Hitchcock film and novel by John Buchan of the same name. \$25-27. 866-811-4111 or www.NextStopTheatre.org.

THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

SATURDAY-SATURDAY/OCT. 5-12

Arts Week. Kickoff is Oct. 5, 7-9 p.m., at ArtSpace Herndon, 750 Center St., Herndon. The Portrait Competition reception features an art competition judged by Edward J. Reed, an international award-winning artist who juries numerous national and regional art competitions. The

festival features the Arts Crawl at Mediterranean Breeze, Jimmy's, O'Sullivan's and Ice House Café on Oct. 9, 5:30-7:30, with Herndon-area artists available at each restaurant with examples of their work on display. Crosscurrents Concert Om Shalom is Oct. 12 and the Champagne and Chocolate Gala is Sunday, Oct. 6. www.artspaceherndon.org.

SUNDAY/OCT. 6

NatureFest 2013. 1-5 p.m., at Runnymede Park, 195 Herndon Parkway between Elden Street and Queens Row Street. Event participants can visit 15 different nature stations, which include live raptors, animals that live in the park, how to tag and release a monarch butterfly and more. 703-435-6800, ext. 2119 or herndon-va.gov.

artReston Reception. 2-4 p.m., at JoAnn Rose Gallery, Lake Anne Reston Community Center, 1609-A Washington Plaza, Reston. All LRA members and the public are welcome to attend and see the outstanding paintings on exhibit. www.leagueofrestonartists.org.

Chocolate and Champagne Gala. 6 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Join in on Herndon Arts Week for a flute of champagne and some chocolate truffles accompanied by music played by a harpist. A silent auction will feature donations from local artists and restaurants. Reservations. \$25 per person or \$40 per couple (cocktail attire; black-tie optional). 703-956-6590 or www.artspaceherndon.org.

THURSDAY/OCT. 10

Classical Guitar Concert. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Dr. Miroslav and Natasa Loncar are classical guitarists and native Croatians who have performed throughout Europe and the U.S. 703-503-3384, olli@gmu.edu, www.olli.gmu.edu

Newcomers' Night. 7-9 p.m. at Reston Community Center, 2310 Colts Neck Road, Reston. This one-stop shopping event is open to new, current, or past volunteers and newcomers. Light refreshments and door prizes will be available. RSVP. Ashleigh@reston.org 703-435-6577.

Artwork Critique. 7-9:30 p.m., at ArtSpace Herndon, 750 Center St., Herndon. Ted Reed, the judge of the annual portrait competition, offers a critique. Bring up to three pieces of artwork in any traditional medium. 703-956-6590 or www.artspaceherndon.org.

FRIDAY-SUNDAY/OCT. 11-13

Ikebana: The Freestyle of Flowers. 2 p.m. at Reston Regional Library, 11925 Bowman Towne Drive, Reston. A three day exhibition of Ikebana floral arrangements; win door prizes.

NEWCOMERS' NIGHT

Thursday, Oct. 10, 2013
7-9 p.m.

Reston Association
12001 Sunrise Valley Drive

A one-stop shopping event for new or not so new members, volunteers and newcomers.

Come learn more about Reston Association (RA) and the many services, amenities and programs it provides for you. Meet other organizations, RA board members and staff. Find out how you can get involved in Reston.

This is a free event. Light refreshments will be available and door prizes will be awarded.

RSVP to Ashleigh@reston.org or call 703-435-6577.



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South Lakes Field Hockey Edges Marshall

Seahawks score in opening minute of second half.

BY JON ROETMAN

THE CONNECTION

From 2007 to 2012, the Marshall field hockey team won eight consecutive matchups against South Lakes, outscoring the Seahawks 30-3 in the process.

On Monday night, a "goal hungry" Aly McCarty put an end to the streak.

McCarty, a junior on the South Lakes field hockey team, scored a goal in the opening minute of the second half and the Seahawks defeated Marshall 1-0 on Sept. 30 at South Lakes High School.

Junior midfielder Megan Greatorex assisted the goal.

"I think I definitely wanted to score," McCarty said. "Coming into the second half, I was like, I need to get it done now. I was really goal hungry."

South Lakes improved to 8-3-1 under first-year head coach Jessica Salo, who coaches at the club level for Potomac Field Hockey. The Seahawks started 6-1-1 but suffered back-to-back 4-0 losses to



South Lakes junior Aly McCarty scored the lone goal during a 1-0 victory against Marshall on Sept. 30.

Langley and T.C. Williams. Since then, South Lakes responded with a 2-0 win against Wakefield and a streak-ending victory against Marshall.

"Unfortunately, those last two losses were kind of tough, but I think we've turned it around," Salo said. "... I think we've worked out a lot of the kinks."

Salo said McCarty, Greatorex and senior Katie Hunt have been the Seahawks' top offensive players.

With the loss, Marshall dropped to 6-6. The Statesmen graduated 12 seniors from last year's team, including eight starters.

"I think we had moments of really nice hockey where we were spread out and we had some good passes ... and made some plays," Marshall head coach Christina Carroll said. "I just think that we weren't consistent throughout. There were moments of intensity with hustle and then there were moments of no hustle, watching the ball, just kind of reacting to things. It's the consistency that's been killing us."

"... This is the first time in many years we've lost to South Lakes. They've been getting stronger and stronger every year, so kudos to them."



Marshall field hockey coach Christina Carroll said junior midfielder Lauren Kaup, right, is one of the Statesmen's top offensive players.

"I think I definitely wanted to score. Coming into the second half, I was like, I need to get it done now. I was really goal hungry."

— South Lakes junior Aly McCarty

Carroll said junior midfielder Lauren Kaup has been the Statesmen's offensive catalyst.

"She's smart with the ball when she gets it and she has a really dynamic run when she has the ball," Carroll said. "She can change pace, she can change direction. She's a very strong player for us."

Senior forwards Allie Johnson and Kelly Mills, and sophomore forward Victoria Novak, a transfer from Falls Church, are Marshall's top goal scorers.

South Lakes will travel to face McLean at 7:30 p.m. on Wednesday, Oct. 2. Marshall will host Langley.

FOOTBALL ROUNDUPS



Langley quarterback Nick Casso scored four rushing touchdowns against Chantilly on Friday night. Saxons overcame a seven-point halftime deficit to beat Chantilly 42-21 on Sept. 27 at Langley High School. The Saxons outscored the Chargers 28-0 in the second half to improve their record to 2-2.

McLean Football Beats South Lakes

The McLean football team defeated South Lakes 13-12 on Sept. 27.

McLean (2-2) will travel to face Herndon at 7:30 p.m. on Friday, Oct. 4. South Lakes (2-2) will travel to face Madison.

Oakton Football Wins Third Straight

The Oakton football team edged West Potomac 28-27 on Sept. 27, giving the Cougars three consecutive victories.

Oakton (3-1) will travel to face Woodson at 7:30 p.m. on Friday, Oct. 4.

Madison Falls to Stone Bridge

The Madison football team lost to Stone Bridge 42-6 on Sept. 27.

Jason Gastrock threw a 12-yard touchdown pass to Nate Williams for the

Warhawks' lone score.

Madison (0-4) will host South Lakes at 7:30 p.m. on Friday, Oct. 4.

Marshall Football Loses to TJ

The Marshall football team lost to Thomas Jefferson 38-7 on Sept. 27, dropping the Statesmen's record to 0-4.

Marshall will host Langley at 7:30 p.m. on Friday, Oct. 4.

Herndon Drops Conference Opener

The Herndon football team lost to Robinson 38-0 on Oct. 27, dropping the Hornets' record to 0-4.

Herndon lost its first three games against Mount Vernon, West Springfield and South Lakes by a combined total of seven points.

The Hornets will host McLean at 7:30 p.m. on Friday, Oct. 4.

BULLETIN BOARD

FROM PAGE 10

WEDNESDAY/OCT. 9

Choices and Transitions After 50.

7 p.m., at Reston Regional Library, 11925 Bowman Towne Drive, Reston. Bestselling authors Bart Astor ("Roadmap for the Rest of Your Life") and Kerry Hannon ("Great Jobs for Everyone 50+") will share how to make smart choices about work, money, health and lifestyle transitions after age 50.

THURSDAY/OCT. 10

The Moral Imperative of

Environmental Justice. 7-9 p.m., at the United Christian Parish, 11508 North Shore Drive, Reston. Jewish, Roman Catholic and

Protestant scientists and activists will address the subject of environmental justice and its relationship to the faith community. The panel and discussion will be moderated by Marco Grimaldo, VICPP executive director. 703-860-1203 or louisadavis@verizon.net.

Hunter Mill District Meet and

Greet. 7-9 p.m., at Reston Community Center Lake Anne, 1609-A Washington Plaza, Reston. Qualified candidates for sheriff and state delegates for Districts 34, 35, 36 and 86 are invited. Co-sponsored by the League of Women Voters of the Fairfax Area and AARP Dulles Area Chapter #4681. 1-877-926-8300 or <http://aarp.cvent.com/HunterMillEvent>.

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SCHOOLS



Jade draws during Chalk for Peace day at Lake Anne Elementary School Monday, Sept. 23.

Lake Anne Childcare Chalks for Peace

Several children drew a "Say No to Bullying" chalk drawing at Lake Anne Elementary's School Aged Child Care program, Chalk for Peace, held Monday,

Sept. 23.

Students were told to draw something happy and peaceful, such as sunshine, happy faces and flowers.



Lake Anne Elementary School friends Curtis, Quinton and Malachi rest behind their anti-bullying chalk drawing.



Quinton draws for Chalk for Peace day at Lake Anne Elementary School Monday, Sept. 23.

PHOTOS
CONTRIBUTED

"Mor-Tality" Or Less

By KENNETH B. LOURIE



Meaning, in my head anyway, the future and what there is left of it. More specifically, I mean life expectancy. When you're given a "13-month to two-year" prognosis – at age 54 and a half, by a cancer doctor, your cancer doctor, the timeline between where you are and where you thought you'd be – and when, becomes as clear as mud. Yet not planning for the future, a future that previous to your diagnosis was thought to be guaranteed (based on family/patient history) creates a negative when all health care professionals advise being positive. Anecdotal evidence suggests that acting like you have a future helps in some unexplainable way in you/the patient having one.

Over the last month, I've had some time-sensitive and planning-for-the-future-type decisions/expenditures that on paper at least – given my terminal diagnosis, could be construed as money poorly spent. Nevertheless, since it is my life – and I'm trying to live it, I went ahead and signed up and paid to have these future benefits in place (starting at the present), and I'm not talking funeral arrangements, either. What I'm referring to are everyday/ordinary expenses where your dollars guarantee years ahead rather than years behind: one-year anti-virus coverage for my computer – until September 14, 2014; two-year coverage until September 30, 2015, for my Life & Health Insurance from the Maryland State Insurance Administration (I used to be an active agent in my previous career); and finally, six-years renewal (although one has no choice, really) until September 30, 2019, for my new Maryland Driver's License.

Certainly, in my mind and experience, these renewals are sort of necessary, perhaps more so for the present than the future, but since I can't know for sure, I felt as if hedging my bets was the prudent course of action. And though not renewing these three obligations was not really practical, given the realities of my life and its related responsibilities, the planning-for and purchase-of them did give me pause to consider my future and my expectations for it. Having terminal cancer will do that to you: stop you in your tracks and cause you to measure (almost literally) every step you take. It's not exactly fun, but it is a living, and I'm particularly happy to be the one doing the living.

And during these past few weeks, I did stop, and I hemmed and hawed too and decided to pay it (and my life) forward; to invoke and rework a concept made famous by a movie of the same name starring Haley Joel Osment. So I'm now officially paid up – for a few years. If I think too much about what's happened to me (stage IV non-small cell lung cancer) and why, I fear it will weaken my resolve. A resolve which is short on facts but really long on feelings. Feelings which I've become accustomed to having and believing.

I have to believe in something, and believing I have a future is the best way I know how to turn these feelings into facts.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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Michelle Claude, administrative assistant for Lake Anne ES, with Renee McPherson, an employee of Lockheed Martin who works for the HRAccess Program (Human Resources for TSA).

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Senior Living

OCTOBER 2013



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Senior Living Calendar

THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

TUESDAY/OCT. 8

Caregiver Support Group. 7-8 p.m. Fairfax County's free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

Family Caregiver Seminars. 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Financial Issues for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/OCT. 9

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leiann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-914-0223.

WEDNESDAY/OCT. 16

Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

NARFE Meeting. 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor's Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The Shepherd's Center of Oakton-Vienna, 541 Marshall Road,

S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.

THURSDAY/OCT. 17

Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-694-6682 and press 2.

Medicare Open Season Workshop. 12:45 p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-7195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m., at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Foreign Service officer, who will share his personal experiences of the battle of Vientiane, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0353 or www.vva227.org.

THURSDAYS/OCT. 17-NOV. 21

Independent Living Project. 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 19

Craft Sale. 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-324-4600 TTY 711.

Senior Law Day 2013. 8:30 a.m.-12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit

www.seniorservicesalex.org or call Senior Services of Alexandria at 703-836-4414, ext. 10.

SUNDAY/OCT. 20

Hope for the Holidays Seminar. 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones since last Christmas. Free, but registration by Oct. 11 is requested. E-mail info@jeffersonfuneralchapel.com or 703-971-7400 to register.

FRIDAY/OCT. 25

Candidate Forum. 10-11:30 a.m. at Fairlington Community Center, 3304 S. Stafford St., Arlington (enter from Quaker Lane on 33rd St.). Discuss aging issues with Arlington's and Alexandria's Virginia General Assembly candidates from House Districts 45-49, including 45: Rob Krupicka*, Jeffrey Engle; 46: Charniele Herring*; 47: Patrick Hope*, Laura Delhomme; 48: Bob Brink*; and 49: Alfonso Lopez*, Terrence Modglin (* Incumbents). Contact the Arlington Agency on Aging via e-mail ArlAAA@arlingtonva.us or by phone at 703-228-1700.

THURSDAY/OCT. 31

Family Caregiver Seminars. Noon-1 p.m. "When Home is No Longer an Option" - webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 7

Family Caregiver Seminars. 3-4:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre, Alexandria. "Behavior as Communication in Alzheimer's Disease." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

SEE CALENDAR, PAGE 7

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3rd Annual Jeans Day: Putting the ZIP on Homelessness

Friday, October 18, 2013

Help end homelessness in our community.

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Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

"We were getting older and keeping up a house and yard in Fairfax was getting harder," said Jim Harkin, a retired Navy captain. "We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children."

Phyllis Harkin, a former real estate appraiser, said, "We did it in time, but after living at The Fairfax, we wish we'd done it earlier. You have no idea how much fun it is over here."

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent liv-



Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility's birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

ing retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. "I wanted to move into a community where there were people who had lifestyles that were similar to mine," said Aust, a retired federal employee who has no children. "I like living in

a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here." Aust volunteers on the Heritage Hunt community task force and with the

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community's women's group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one's home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

"It's like a trifecta or a three-legged stool. It is hard to be stable if one leg isn't working" said Andrew Carle, an executive-in-residence at George Mason University's program in senior housing administration in Fairfax. "A person might be physically healthy, but if they are isolated in their home and not driving or have lost touch with friends, they could become depressed."

Carle, who has more than 25 years of

**"We wish we'd
[moved] earlier.
You have no idea
how much fun it
is over here."**

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN BYRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he'd learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

"As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve," Glickman said. "I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects."

Starting initially as a helpful neighbor with sound advice, Glickman, who has op-

erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

"I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work," he said. "It wasn't that there weren't other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so."

His conclusion: an accessibility solution that's tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

"Mastering guidelines and practices specific to a particular condition is a good starting point," Glickman said. "The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well."

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practical.

"This is an enormous societal issue, with a significant and growing practice literature that must be absorbed," he said. "Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who's really passionate about making the most of their situation."

IF THERE'S ONE TREND that's well underway in Northern Virginia, it's that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story

elevator in their 10,000-plus-square-foot house. "The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve."

SEE DIVERSE NEEDS, PAGE 6

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. "If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone," he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. "If you fall and hit your head and nobody comes, you could die," he said. "There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls."

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. "I want to go back to my house," she said. "That is where I want to be."

Linda Guly, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one's life makes many seniors resistant to leaving their homes.

"One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing," she said. "Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring."

Andrew Carle said, "The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn't all it is cracked up to be."

WHEN ONE DECIDES that living alone is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.



John Mutchler



Peg Bixler



Dorothy Lavoie

PHOTOS COURTESY OF THE HERMITAGE

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change.

"Independent living basically meets a person's social needs," said Carle. "Assisted living is for people who have physical needs or limitations. I don't think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy."

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, "We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services."

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a game and fitness rooms, there is support throughout the facility.

"There is a community aspect," Norberg said. "If someone doesn't show up for a meal, we notice. We work as a team to make

sure we all know the residents, and if they don't show up for something, someone is going to check on them."

Activities as simple as a meal in the dining room can become an opportunity for socializing. "Some of these people were coming from situations where they were isolated," she said. "This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week."

Many assisted living facilities also offer mental health counseling services. "We have a social work component that deals with the psycho-social issues," said Norberg. "We can provide grief counseling and we have psychiatrists on staff."

"Fox Hill's... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very attractive and very accessible," said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

"We have the Westminster, a choir and the Westphalians, a drama group," said Carolyn Crosby, assistant administrator at Westminster. "We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow produce for other residents to take."

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer's disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. "And I didn't want to be a burden to my children," Bixler, a retired oncology nurse, added. "I do miss my career and I miss traveling, but I've traveled all over the world."

Bixler says living in an assisted living community allows her to maintain an active lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

"I'm busy 24 hours a day. I get out and walk every single day," said Bixler. "I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about."

Most importantly, said Bixler, she's still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland. She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. "I don't have any children, but I am close to my niece" said Lavoie, a former nurse who served in World War II and the Korean War. "I was living in California, and my niece who lived here wanted me to live near her."

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. "It is no problem for me to visit with my family often, which is nice for me," he said. "I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group."

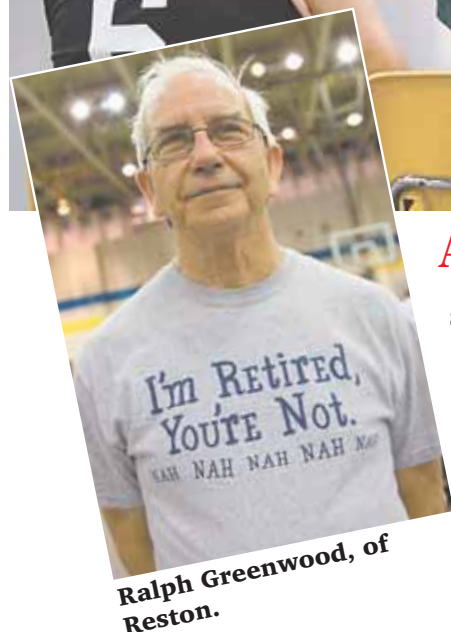
"It is a great way to retire and a great way to live," said Jarad Smith, director of marketing and sales at The Fairfax. "Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We're on 60 acres. There are a lot of nature trails."

SENIOR LIVING



PHOTOS BY
LAUREN
SCHNEIDERMAN

Jim Martin, of Rosslyn, talks to members of an opposing team while waiting for the basketball game to begin.



Ralph Greenwood, of Reston.

Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept. 7-19, the Northern Virginia Senior Olympics finished with a golf event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickle ball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, "Nearly 750 adults, age 50 and over, competed in this year's events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103." She also said, "These seniors exemplify NVSO's mission, living healthy longer, and are spectacular role models." Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



Mary Lou D'alessandris, of Falls Church.



Judy Massabny, of Arlington, awards Ed Ladd (Falcons Landing, Va.) a bronze medal for the field goal competition.



Shelia Gildea, of McLean, shoots the ball while Suzanne Spicer, from Arlington, watches.



Mia Bernette, a 94-year-old line dance competitor, receives a special award from event director Joan Silverman.



Mia Bernette, Jeanette Wurster, Gloria Reisman, Phebe Masson and Jane McKeel, from Goodwin House in Bailey's Crossroads, make up The Silver Steppers. The Silver Steppers came in fourth.



The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Ro, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.



Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; JeeHee Kim, Clifton; Chungsoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauning and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.



Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

Since elevator access within the home's existing structure wasn't feasible, Glickman's plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

"There aren't lot of local contractors who could execute a project like this," said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

"The specifications are always exacting, so it's important to us to work with people who have a track record," Gregory said.

Gregory notes that Glickman's experience in mobility prescription puts him in a selective class. "He's among a handful of our preferred contractors in Northern Virginia," Gregory said. "It's critical to us that the project satisfies the client in every respect."

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

"This wasn't a surprise," Janice Marquez said. "The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheel-chair friendly plan even though it's not a necessity right now."

The biggest obstacles: a curving, ruggedly-steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

"It had become difficult for Jaime to negotiate the house on crutches, so we're looking ahead," Janice Marquez said. "Initially, I wasn't sure if we should remain in this house, but I had read about Glickman and decided to get his feedback."

Compounding the "move vs. improve" question was the couple's mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

"I've seen accessibility modifications that become obstructive," Janice Marquez said. "I wanted to see if we could make changes that would enhance the property — functionally and aesthetically."

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a "zero step" entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez's access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez's ability to move freely from driveway to front door and throughout the house. They've also bestowed an unexpected benefit.

"The interior now feels much more spacious," Janice Marquez said, "and the wider doorways allow more natural light."

Also, she notes, the new front walk adds considerable curb appeal. "Honestly," she said, "I wish the walk had been in place when I was still pushing the girls in their stroller. It's just a lot easier for everyone."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Senior Living Calendar

FROM PAGE 2

WEDNESDAY/NOV. 13

Family Caregiver Seminars. 7-8:30 p.m. at Alzheimer's Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax. "Strategies for Difficult Conversations." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 14

Family Caregiver Seminars. 7-8:30 p.m. at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. "Legal Tools for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 20

Family Caregiver Seminars. Noon-1 p.m. "Tools for Caregivers" — webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

MONDAY/NOV. 18

Family Caregiver Seminars. 7-8:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. "Caregiving 101." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

CHRONIC ILLNESS MANAGEMENT

Free Workshops. Fairfax County is offering free Chronic Illness Management workshops. Topics

include managing pain and emotions, using medication properly, communicating with healthcare providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm or call 703-324-5489, TTY 711.

Wednesdays, Oct. 2-Nov. 6. 10 a.m.-12:30 p.m. at City of Fairfax Regional Library, 10360 North St. Fairfax.

Mondays, Oct. 21-Dec. 2. 1-3:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston.

Tuesdays, Oct. 22-Nov. 26. 10 a.m.-12:30 p.m. at Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax.

Thursdays, Oct. 24-Dec. 5. 10 a.m.-12:30 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls.

Wednesdays, Oct. 30-Dec. 11. 1-3:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

ONGOING

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. Call 703-819-1690.

Senior Fall Prevention Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor is certified in back and hip rehab. Classes are held Tuesdays and/or Thursday, 1:30-2:30 p.m.; at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. \$10 per class. Registration required, call 703-667-9800. Space is limited.

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

At Home in Alexandria! Those interested in becoming AHA! Friends should call AHA! at 703-231-0824 or download the application form from the AHA! website at www.athomeinalexandria.org. AHA! is a 501(c)(3) organization that supports Alexandrians ages 55+ who prefer to remain independent in their own homes.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other information. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Free Mall Walking Program for Seniors.

Tuesdays and Thursdays at 8:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Common Mall (Food Court Level), 4238 Wilson Blvd.

Strength & Stretch For Seniors. Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Drive. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

Adaptive/Seated Yoga. Tuesdays at 11:15 a.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. \$66 Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally

manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

VOLUNTEER OPPORTUNITIES

The Mount Vernon Adult Day Health Care Program needs a volunteer to greet people and answer phones one day per week from 10:30 a.m.-noon to start as soon as possible. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186,

VolunteerSolutions@fairfaxcounty.gov, or visit www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

Fairfax County's Meals on Wheels needs drivers and a coordinator. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

Respite Care Volunteers. Give a family caregiver of a frail, older adult a break so they can go shopping, attend a doctor's appointment or have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm>.

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/ltombudsman/vol_ombud_program.htm.

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The Legacy Series | 4 Single-family homes from the \$440s

MODEL HOURS: Mon, 1–6; Tue–Fri, 10–6; Sat–Sun, 11–6

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