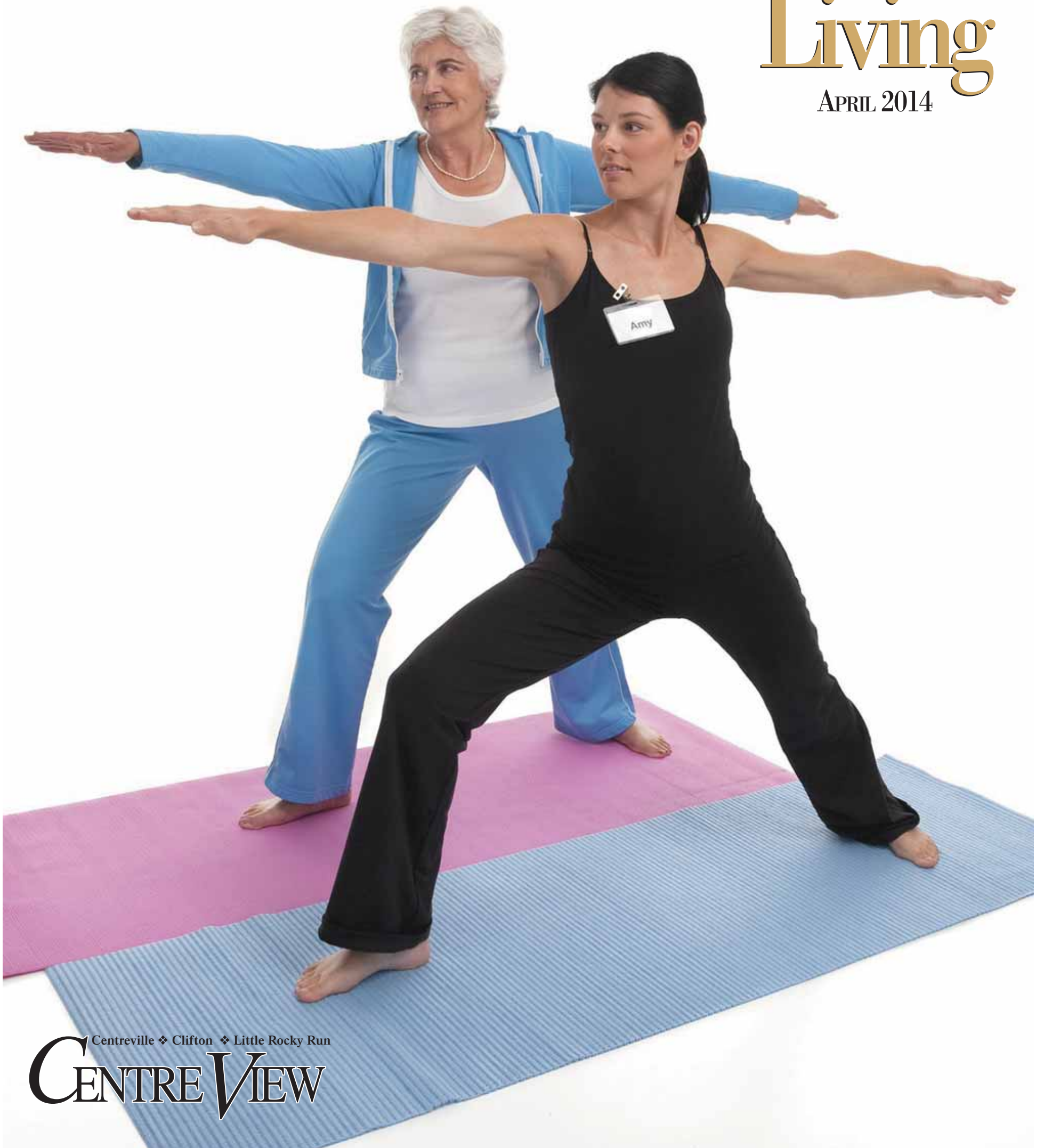


# Senior Living

APRIL 2014



Centreville ♦ Clifton ♦ Little Rocky Run  
**CENTRE VIEW**

# Senior Living

## Fairfax County Senior Centers

Senior Centers for Active Adults offer opportunities to make friends, stay on the move, and learn new things. Fairfax County residents age 55 and older may join any of the 13 senior centers sponsored by the Department of Neighborhood and Community Services. Senior centers offer classes, health and wellness programs, computer and internet access, trips and tours, and opportunities to socialize with others and stay connected with your community. There is an annual membership fee of \$48 for attending the senior centers. Visit [www.fairfaxcounty.gov/ncs/srctrs.htm](http://www.fairfaxcounty.gov/ncs/srctrs.htm) for more.

Lunch is available to those 60 and older with a suggested donation of \$2-\$6, based on age and income. Participants younger than 60 may purchase lunch for \$8.50. Reservations must be made at least one day in advance.

Transportation, by Fastran bus, may be available at a nominal charge from your home to the center nearest you and back home. Check with the center to find out about transportation.

**SENIOR+** is an innovative inclusion program for seniors with minor cognitive and physical disabilities. The program bridges the gap between programs for fully independent seniors and those who require some assistance. It allows seniors with disabilities to enjoy the wide range of programming found at the county's full service senior centers. Senior+ enables participants to remain in the least restrictive environment and maintain as much independence as possible. Participation reduces loneliness and isolation by providing

fun and enjoyment in addition to preserving dignity and enhancing the quality of life.

Senior+ offers supportive services so that seniors with mild impairments may maintain as much independence as possible in their home and community. Services include:

- ❖ Planned and adapted activities created by a recreation therapist
- ❖ Health consultations and assessment by a registered nurse
- ❖ Consultation and assessment by a mental health specialist
- ❖ Referrals to other county agencies and transitions to other programs as needed
- ❖ An Individualized Wellness Plan developed with staff and participant input

Senior+ programs also offer a sliding fee scale for monthly program fees or a nutritional lunch. Program hours are Monday-Friday, 10 a.m.-2 p.m. Transportation may be available from the participants home to the nearest center.

The Senior Plus program is offered through the cooperative efforts of several Fairfax County agencies: Department of Neighborhood and Community Services, Department of Family Services, Department of Housing and Community Development, Department of Systems Management for Human Services, Fairfax-Falls Church Community Services Board, the Health Department and our non-profit partner, Easter Seals of the Greater Washington-Baltimore Region, Inc.

Centers offering Senior+ are indicated with (+). Visit [www.fairfaxcounty.gov/ncs/seniorplus.htm](http://www.fairfaxcounty.gov/ncs/seniorplus.htm) for more.

## Senior Center Locations

### ❖ Bailey's Senior Center

5920 Summers Lane, Falls Church, VA 22041  
Monday-Friday, 9 a.m.-3 p.m.  
703-820-2131, TTY 711

### ❖ South County Senior Center (+)

8350 Richmond Highway, Suite 325, Alexandria, VA 22309  
Monday-Friday, 9 a.m.-4 p.m.  
703-704-6216, TTY 711  
Fax: 703-704-6699

### ❖ Herndon Senior Center (+)

873 Grace Street, Herndon, VA 20170  
Monday-Thursday, 9 a.m.-8 p.m.; Friday, 9 a.m.-4 p.m., Saturday, 10 a.m.-5 p.m.  
703-464-6200, TTY 711

### ❖ Hollin Hall Senior Center

1500 Shenandoah Road, Alexandria, VA 22308  
Monday-Friday, 9 a.m.-4 p.m.  
703-765-4573, TTY 711

### ❖ James Lee Senior Center (+)

2855-A Annandale Road, Falls Church, VA 22041  
Monday-Friday, 9 a.m.-3 p.m.

703-534-3387, TTY 711

### ❖ Kingstowne Center for

#### Active Adults

6488 Landsdowne Center, Alexandria, VA 22315  
Monday - Friday 9 a.m. to 4 p.m.  
703-339-7676, TTY 711

### ❖ Lewinsville Senior Center (+)

1609 Great Falls Street, McLean, VA 22101  
Monday-Friday, 9 a.m.-4 p.m.  
703-442-9075, TTY 711

### ❖ Lincolnia Senior Center (+)

4710 North Chambliss Street, Alexandria, VA 22312  
Monday-Friday, 9 a.m.-4 p.m.  
703-914-0223, TTY 711

### ❖ Little River Glen Senior Center (+)

4001 Barker Court, Fairfax, VA 22032  
Monday-Friday, 9 a.m.-4 p.m.  
703-503-8703, TTY 711

### ❖ Lorton Senior Center (+)

7722 Gunston Plaza, Lorton, VA 22079  
Monday-Friday, 9 a.m.-4 p.m.  
703-550-7195, TTY 711

Fax: 703-541-2092

### ❖ Pimmit Hills Senior Center

7510 Lisle Avenue, Falls Church, VA 22043  
Monday-Friday, 9 a.m.-4 p.m.  
703-734-3338, TTY 711

### ❖ Sully Senior Center (+)

5690 Sully Road, Centreville, VA 20120  
Monday-Friday, 9 a.m.-4 p.m.  
703-322-4475, TTY 711

### ❖ Wakefield Senior Center

Audrey Moore RECenter  
8100 Braddock Road, Annandale, VA 22003  
Monday-Friday, 9 a.m.-4 p.m.  
703-321-3000, TTY 711  
Fax: 703-764-2204

### ❖ City of Fairfax

4401 Sideburn Road, Fairfax, VA 22030  
Monday-Friday, 8 a.m.-5 p.m.  
Phone: 703-359-2487, TTY 711

### ❖ City of Falls Church

223 Little Falls Street, Falls Church, VA 22046  
Monday-Friday, 9 a.m.-3 p.m.  
703-248-5020, TTY 711



**The Lee Center Dancers, who came in third in a 2013 Senior Olympics line dancing event, are: Kathy Fanelli, Annandale; Neelima Gokhale, Arlington; Inga Ercolano, Arlington; May McWilliams, Arlington; Marcia Diamond, Arlington; Janey Braunerger, Arlington; Melissa Mendell, Arlington; and Bill Wong, Fairfax.**

## Northern Virginia Senior Olympics Mission: Living Healthy Longer

"Living healthy longer is the mission of the Northern Virginia Senior Olympics," said Dave Jerome, of Burke, chairman of the Northern Virginia Senior Olympics. "It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events from sports to board games."

The 2014 Northern Virginia Senior Olympics will take place Sept. 13-24 at 18 venues throughout Northern Virginia. Adults 50 years of age and over who live in one of the sponsoring jurisdictions are eligible to participate.

Events include swimming, diving, track, field, tennis, table tennis, racquetball, pickleball, duplicate bridge, chess, scrabble, cribbage, men's basketball, handball, ERG rowing, Wii bowling, ten pin bowling, eight ball pool, horseshoes, softball hit and

throw, yo-yo tricks, bocce, Frisbee throw, golf, miniature golf, bunco, men's and women's basketball free throw, team line dancing, volleyball, badminton, cycling and more. Gold, silver and bronze medals are awarded after each event. All events are open to the public.

Online registration will be available at [www.nvso.com](http://www.nvso.com) after July 1. Registration forms will be available at senior residences, community centers, seniors centers or by calling 703-228-4721. Registration fee is \$12 which covers multiple events. There is no onsite registration. Registration deadlines are Aug. 29 (mail) and Sept. 5 (online). The Northern Virginia Senior Olympics is sponsored by the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.

## Senior Calendar

### SATURDAY/APRIL 5

**Navigating the Complexities of Lyme Disease.** 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St, Vienna. Topics include: diagnosis & treatment, emotional and spiritual effects, and navigating the medical maze. Cost \$15 preregistration/\$20 at door. To register, visit <http://bit.ly/lymecomplexities>.

**Reston 50/100 Founder's Day Celebration.** 12-3 p.m. Lake Anne Plaza, 11426 Washington Plaza W, Reston. Fifty years after Robert E. Simon, Jr. founded Reston, it continues to flourish and over 50,000 residents call Reston "home." Join the Reston Historic Trust and Museum for Founder's Day as they celebrate Reston's 50th anniversary and the 100th birthday of founder, Robert E. Simon, Jr.

### TUESDAY/APRIL 8

**Luncheon and Tour.** 11 a.m.-2 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Explore retirement living at Westminster at Lake Ridge, a continuing care retirement community near Occoquan Village. Complimentary lunch and tour. RSVP to Michelle 703-496-3440, or visit [wlrvva.org](http://wlrvva.org) for more.

### SUNDAY/APRIL 13

**Book Look: Child of the Civil Rights Movement.** 2 p.m. Artspace Herndon, 750 Center Street, Herndon. Poignant, moving, and hopeful, *Child of the Civil Rights Movement* is an intimate look at the birth of the Civil Rights Movement. Each Book Look event features a reading and craft project related to the book. Books will be available for purchase and signing

by the author. The readings are free and open to the public, but seating is limited so reservations are recommended. Visit [www.artspaceherndon.org](http://www.artspaceherndon.org) for more information and to register.

### WEDNESDAY/APRIL 16

**125th Birthday Celebration for Charlie Chaplin.** 7:30 p.m. The Alden, 1234 Ingleside Avenue, McLean. The Alden in McLean will celebrate Charlie Chaplin's 125th birthday with an evening of silent films with live musical accompaniment. For more information or to purchase tickets online, visit: [www.aldentheatre.org](http://www.aldentheatre.org) or call 703-790-0123.

### THURSDAY/APRIL 17

**Vietnam Veterans of America Chapter Meeting.** Neighbor's

Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. Edward D. Connor, WW II Army Air Corps veteran, will discuss the Battle of the Bismarck Sea of March 2-4, 1943. Admission is free. For information, call Len Ignatowski at 703-255-0353 or visit [www.vva227.org](http://www.vva227.org).

### TUESDAY/APRIL 18

**Genealogical Society Meeting.** 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. Visit [www.MVGenealogy.org](http://www.MVGenealogy.org). Questions about the program should be directed to Karen Jenkins at 703-866-2478 or [publicity@mvgenealogy.org](mailto:publicity@mvgenealogy.org).

### ONGOING

**Senior Fall Prevention Classes.** 1:30-2:30 p.m. and 2-3 p.m., The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes are held in a heated indoor pool and are designed to work on balance and core muscles. \$10. 703-667-9800.

**Join Jewish War Veterans of the USA.** The Burke Post E 100 at 5712 Walnut Wood, Burke, invites Jewish veterans and service members to join. 703-209-5925.

**Singers Wanted for the Celebration Singers.** The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email [gparsons3@cox.net](mailto:gparsons3@cox.net).



# Senior Living

## Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL  
CENTRE VIEW

Shortly after 10 a.m. on any given Tuesday or Thursday morning, 84-year-old Lola Wulchin can be found slowly stretching into a downward facing dog pose or lunging into a warrior one posture. The Vienna resident has been a yoga devotee at East Meets West Yoga Center in Vienna for slightly more than two years. In fact, she credits twice-weekly, gentle yoga practice with boosting her health and improving her quality of life.

"I had been bothered by a lot of neck pain from arthritis," said Wulchin. "I had seen a pain management doctor who gave me shots, I had physical therapy, but I still had neck pain and very little range of motion."

A turning point came after she was struck by a passing comment from one of her doctors. "My neurologist mentioned that his wife had been doing yoga for back pain and it had helped. So I decided to try it."

Wulchin embarked on a twice-weekly ritual that she describes as life changing. "My gentle yoga classes have been a Godsend," she said. "I have less pain now. I still have some stiffness, but I have a better



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.

range of motion."

She isn't the only senior to reap the benefits of yoga. Researchers at the American Congress of Rehabilitation Medicine and the American Academy of Physical Medicine

and Rehabilitation conducted an eight-week study of 23 adults aged 62 to 83 years old. They designed a yoga program for that age group with the goals of improving lower-body strength and flexibility. Participants

attended two 90-minute yoga classes per week, and were asked to complete at least 20 minutes of directed home practice on

SEE YOGA, PAGE 8

## More Seniors Plan To Age in Place

BY MARILYN CAMPBELL  
CENTRE VIEW

The AARP reports that nearly 80 percent of adults age 65 and older want to remain in their current homes as long as possible. That population is growing. According to the Department of Health and Human Services' Administra-

Many local techniques and programs can help seniors stay in their homes longer.

tion on Aging, the population 65 years or older numbered 39.6 million in 2009. By 2030, that number will grow to about 72.1 million.

While people are living longer and healthier lives, there are still barriers to aging in place, including medication management, self-care, socialization and transportation. But there are innovative strategies and initiatives to help combat these roadblocks.

"We're showing people how to modify their home so that it is accessible," said said Robert C. Eiffert, the Long Term Care Program manager for the Fairfax County Health Department. Fairfax and other local counties are conducting workshops on how to make a home safe for a senior who wants to live alone. "We're talking about things like adding a ramp to your front door, changing your door knobs and cabinet handles for people who have arthritis in their hands."

"There are wonderful emerging technologies that allow adult children to monitor their parents who live alone," he said. "It is not intrusive. There are not cameras involved, but there are motion sensors. For example, if there is no movement in the morning, an adult child might think, 'Hmmm, I need to check.'"

Andrew J. Carle, director of the Senior Housing Administration at George Mason

University, recommends First Street for Boomers and Beyond ([www.firststreetonline.com](http://www.firststreetonline.com)) which offers products for seniors and their caregivers. "Products like a nice walk in bathtub for seniors or an alarm that reminds you when to take your medicine are things you can do to change your home and make it safe."

**A LACK OF SOCIAL** interaction and mental stimulation can contribute to depression and mental deterioration, Carle said. Or-

SEE HOW TO AGE, PAGE 4



PHOTO COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University take an educational field trip. Opportunities for socializing and learning are important as one ages.

CENTREVIEW

Senior Living

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# Senior Living

## Aging in Place Gracefully

FROM PAGE 3

ganizations like the Osher Lifelong Learning Institute (OLLI) at George Mason University, offer opportunities for intellectual stimulation and cultural experiences for retirees in Northern Virginia.

"OLLI, as we call it, is for people who don't want to sit around and watch television all day," said Carle. "Professors volunteer their time to give lectures on art, history, science and other topics. Listening to professors speak about stimulating topics helps keep their brains sharp."

Jennifer Disano, OLLI's executive director, says the group has 1,200 members, and is funded by an endowment from the Bernard Osher Foundation. The group's main campus is in Fairfax, but other campuses are in Reston and Sterling. It serves the needs of those who might not feel comfortable in traditional college classrooms and don't want the pressure of writing papers and taking tests, but are still interested in learning.

"We have people here who were economists and worked with finance, but in their retired life they want to explore areas ... like art classes or history classes," she said.

One of those members is 76-year-old John Woods. He has attended three to four OLLI events a week for 10 years. "We have a wide variety of professionals and a wide variety of groups that meet," he said. "We have a group that meets to talk about financial investments. Another group meets every Monday morning at 9 a.m. and looks at the past week's headlines from the Washington Post, New York Times and Wall Street Journal. They have insights that are important. The stimulating thing is sharing ideas among ourselves."

**VILLAGES ARE** community-based organizations designed to help members help each other remain independent and in the communities of their choice. "Back in 2000, villages started with a group in Boston, and in 2007 there was a big boom," said Barbara

Sullivan, executive director of Mount Vernon at Home in Mount Vernon. "It is community-based. Every village is different, but they're there for people who want to age in place."

Eiffert, of George Mason, says village members define the type and scope of services. "A good starting point when creating a village is to survey the community members to determine their needs," he said. "We provide technical assistance to community groups that are interested in putting together a village and encouragement on what models work best for their community. Fairfax County is working with Montgomery County to rewrite the manual on how to start a village."

There are a few different models, including the "Concierge Village," which is a non-profit model that coordinates access to an array of services through vetted providers, including transportation, home repairs, care coordination and computer technicians. Most also include social and educational activities. Members arrange for services by calling a central phone number, and pay annual dues that can range from \$500 to \$800 for an individual and \$700 to \$1,200 for a couple.

The "All Volunteer" model organizes community volunteers to provide services and support to others. There are no paid staff. In some cases, hours donated by volunteers are "banked" and can be used in the future if the volunteer needs services or assistance. The "Neighborhood Network" is also informal. Groups meet on a regular basis to hear speakers on topics of interest selected by members.

**ANOTHER BIG GAP** is medication management, Eiffert said. "If someone can't manage their own medication and can't afford to pay someone to come in to do it for



Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.

PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE

them, that is a service gap that forces people into assisted living facilities."

Carle agrees that the decision to age in place is complicated. "The first knee-jerk reaction is that when asked, seniors want to stay in their own homes," he said, adding that those surveys can be misleading: "The surveys are not always credible if you're surveying people who are 50-plus. I'm 54 and of course I want to stay in my house, but ask me again in 20 years. I think they should be surveying people who are 75-plus."

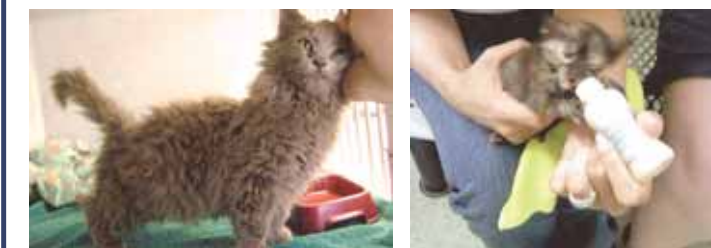
In addition, "people don't always understand the economic, social and safety aspects of it," he added. "You can create all kinds of technology and universal designs to create a house for aging in place, but a senior might not be able to afford it. It could end up costing far more than the best assisted living facility in town."

Granny Pods, small prefabricated homes that allow families to house their relatives in small backyard cottages, are another alternative. "These small living units allow you to put an elderly relative in your backyard and hook up to your electricity," said Carle.



"Professors volunteer their time to give lectures on art, history, science and other topics."

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\*Prices subject to change without notice. See Sales Manager for details. 3/14.

### Local Villages

#### Fairfax County Villages

For more information about current Villages in Fairfax County, call, email or visit the web page of one of the Villages listed below:

♦ **Braddock District Council Aging in Place Program** — Email: [bwalldc@gmail.com](mailto:bwalldc@gmail.com)

♦ **Franklin Park Village** — email [e.duggan@verizon.net](mailto:e.duggan@verizon.net) or call 703-534-4964

♦ **Herndon Village Network (HVN)** — 703-582-9482

♦ **Lake Barcroft Village** — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

♦ **McLean Community: A Village for All Ages (MCVA)** — email [mcleancommunityvillage@gmail.com](mailto:mcleancommunityvillage@gmail.com) or visit [www.mcva.weebly.com](http://www.mcva.weebly.com)

♦ **Mosby Woods Village** — [mosbywoodsivillage@gmail.com](mailto:mosbywoodsivillage@gmail.com)

♦ **Mount Vernon at Home Village** — [www.mountvernonathome.org](http://www.mountvernonathome.org)

♦ **Reston for a Lifetime** — [www.restonforalifetime.org](http://www.restonforalifetime.org)

♦ **Reston Useful Services Exchange** — [www.restonuse.org](http://www.restonuse.org)

To learn more, visit the Village to Village Network at [www.vtvnetwork.org](http://www.vtvnetwork.org).



# Celebration: Senior Living

## Bob Simon Celebrates 100 Years,



1966

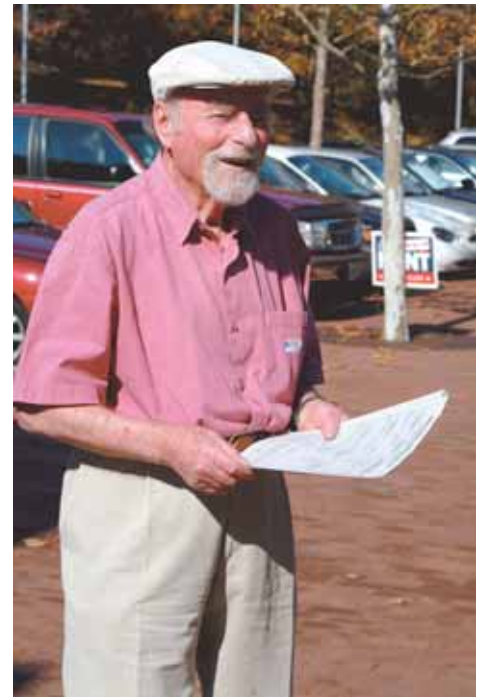
Robert E. Simon Jr., was born in New York City in 1914. After graduating from Harvard, Simon took over the family real estate management and development business. In 1961, with the proceeds from the sale of a family property, Carnegie Hall, Simon purchased 6,750 acres of land in Fairfax County which would become Reston.



1968



1986



2004

### TIMELINE: 100 Years of Robert E. Simon Jr.

**1914:** Robert E. Simon Jr. Born  
**1922:** Robert E. Simon Jr.'s Grand Tour of Europe, School in Paris  
**1925:** Robert Simon Jr.'s Father Purchases Carnegie Hall from Louise Carnegie  
**1931:** Robert E. Simon Jr. Graduates from Horace Mann  
**1935:** Robert E. Simon Jr. Graduates from Harvard  
**1935:** Father, Robert E. Simon Sr. Dies  
**1942:** Robert E. Simon Jr. Enlists in the U.S. Army  
**1946:** Robert E. Simon Jr. Leaves U.S. Army as a Captain  
**1960:** Robert E. Simon Jr. Sells Carnegie Hall to New York City for \$5 million  
**1960:** Robert E. Simon Jr. signs contract to purchase 6,750 acres of farmland and woods located between DC and the airport under construction (to be named Dulles)  
**1962:** Fairfax County Board of Supervisors adopts Residential Planned Community Ordinance (RPC)

**1964:** Singer Electronics Laboratory and Air Survey Corporation open for business. First residents move in.  
**1964:** Carnegie Hall Declared a National Historic Landmark  
**1966:** Official dedication of Reston with presentations by Poet Laureate Steven Spender and NYC Parks Commissioner August Hecksher, interior Secretary Stuart Udall and representatives of 37 countries with "New Towns"  
**1997:** Robert E. Simon Jr. returns to Reston and move into condo on 13th floor of Heron House  
**1998:** Robert E. Simon Jr. meets Cheryl Terio, his wife  
**2002:** Reston designated a National Planning Landmark  
**2004:** The first Founder's Day was celebrated on April 17, 2004, on Reston's 40th Anniversary.

**SOURCES:** *Robert E. Simon Jr.*; *Reston Museum Biography of Robert E. Simon Jr.*; *George Mason University Libraries*; *Reston Connection Archives.*

It would be difficult to find a better example of the vibrancy possible in the so-called senior years than Bob Simon, founder of Reston, who will turn 100 years old this month.



2008: Chuck Veatch leads the community in singing "Happy Birthday" to founder Bob Simon.



2009: The honored couple, Cheryl Terio Simon and Robert E. Simon Jr., Reston's founder, watch the Reston Community Orchestra's Brass Quintet.



2011



PHOTO BY ALEX McVEIGH/THE CONNECTION  
 2012: Robert Simon cuts the birthday cake at the annual Founder's Day celebration at Lake Anne Saturday, April 14, on the occasion of his 98th birthday.



# Reston Turns 50

## Simon's Favorite Places in Reston

In his own words:

- ❖ My bed in 1301 Heron House — I love to sleep and nap
- ❖ Lake Anne Plaza (officially designated Washington Plaza) — Modeled after plazas throughout the rest of the world as the social glue of communities
- ❖ Jasmine and Montmartre restaurants on Lake Anne Plaza — good food, reasonable prices
- ❖ Pathways and trails going all around Lake Anne — beautiful views, lovely gardens
- ❖ Fountain Square in Town Center — a true gathering place with its pavilion for

skating in winter and events the rest of the year; restaurants and shops

- ❖ Nature Center — 70 acres of natural beauty and its Nature House for permanent exhibits and frequent classes
- ❖ Center Stage at Reston Community Center, Hunters Woods — a fully equipped stage with orchestra pit, seating 300 and offering a full schedule of concerts, plays and events
- ❖ Reston Regional Library
- ❖ The park located just East of GRACE [Greater Reston Arts Center]
- ❖ New tennis courts for small children converted from two regular courts located on Washington Plaza W.



**2008:** Reston founder Bob Simon and resident Lee Rau listen as Jennifer Lapple conducts the Flute Force during its performance on Founder's Day.



**2012:** Reston residents sing "Happy Birthday" to Reston founder Robert Simon on the occasion of his 98th birthday.

PHOTO BY ALEX McVEIGH/THE CONNECTION



**2007:** Bob Simon with a bust of his father at Carnegie Hall. Simon sold Carnegie Hall, using the money to buy the land that would become Reston.



CONNECTION FILE PHOTOS AND CONTRIBUTED PHOTOS



**2009:** Bob Simon, who had just turned 95, toasts the people of Reston, the town he founded 45 years ago.



**2011:** Mary and David Supley Foxworth of the 'Mallow Drama' bakery watch Bob Simon cut his birthday cake at the celebration of his 97th birthday.



**2013:** Reston founder Robert Simon blows out his birthday candles as the crowd sings "Happy Birthday" at Lake Anne Saturday, April 13 on Simon's 99th birthday.

PHOTO BY ALEX McVEIGH/THE CONNECTION



**2013:** Reston founder Robert Simon gets a 99th-birthday hug from Beverly Cosham during the Founder's Day celebration Saturday, April 13, at Lake Anne.



# Seniors Rush to Yoga

FROM PAGE 3  
alternate days.

The study found yoga programs tailored to elderly adults can be a cost-effective way to prevent or reduce age-related changes, specifically an increased risk for falls, dependency and other ailments.

Local yoga teachers agree, saying that while yoga classes designed for the 55 and older crowd are increasing in popularity, myths about the practice keep some seniors out of yoga studios.

"The main thing that I hear is that you have to already be flexible to do yoga," said Sandy Pradas of Joyful Heart Yoga in Mount Vernon. "People look at pictures in magazines of people wrapping their legs around their necks or doing other advanced poses and they think, 'If I can't do that, then I can't do yoga.'"

Pradas, whose students are mostly between 50 and 75 years old, said, "Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody."

Dawn Curtis, owner of East Meets West Yoga Center, recently completed a course at Duke Integrative Medicine and believes an increasing interest in yoga among seniors will be known as the Silver Tsunami.

"That is baby boomers going into yoga," she said. "Yoga for seniors is going to be the biggest target audience that yoga teachers are going to have because of the number of baby boomers who are looking for



**Arlington seniors take a hatha yoga classes. A recent study showed yoga programs specifically designed for seniors can improve strength and flexibility.**



PHOTO COURTESY OF EAST MEETS WEST YOGA CENTER

**Seniors Linda Liberatucci, 67, Colette Ashley, 70+, Ann Mandelbaum, 68, Lola Wulchin, 84 and Frankie Gibson, 74, do a downward facing dog pose during gentle yoga class at East Meets West Yoga Center in Vienna.**

**"Everybody can do yoga, but there are a lot of types of yoga and not every type is good for everybody."**

— Sandy Pradas, Joyful Heart Yoga

alternative ways of exercise because they are not going to be able to keep up with impact exercises like running."

In fact, she says gentle yoga classes are among the most popular at her studio. "I have students who are as old as 84. We deal with people who can't get on the floor," she said. "We use chairs. We work on balance because that is a main concern among seniors. We work on coordination because that is another thing that tends to diminish as we age."

Jennifer Collins, a countywide program specialist in the Office of Senior Adult Programs in Arlington, said that yoga classes that are specifically tailored for those 55 and older are among her office's most popular.

"Some of our [yoga] classes fill up within minutes of opening," said Collins. "We have

people sitting at computers at our senior centers ready to register as soon registration opens because they know the classes are going to fill."

Sean .FM (yes, that is his name) of OneAum in Potomac, works with seniors with a wide range of abilities. He said it's important to find a class that is a good fit.

"There are many kinds of seniors," he said. "There are seniors that are immobile and some who are really active. We have a student who is almost 70 and I just taught him how to do a handstand. We created Yoga Rx for those with mobility issues. We work them in the chairs. We also do a lot of private sessions."

George Lynch, fitness director at Vinson Hall Retirement Community in McLean, is planning to incorporate yoga classes into

the community's fitness program. The instruction will be tailored to meet the needs of his clients. "We have residents who are in their 80s, 90s and some in their 100s. Everything we do is designed specifically for seniors."

Andrew J. Carle director of the Senior Housing Administration at George Mason University said an increasing number of retirement communities are offer yoga classes as part of their fitness programs. "The future of senior housing will include science-based wellness activities like yoga," he said. "Anything that gets us beyond senior activities such as birthdays, Bibles, bingo and bridge is a step up."

PHOTO COURTESY OF ONEAUM YOGA

**A 70-year-old yoga student performs a handstand at OneAum Yoga in Potomac, Md.**

