

Abdi Hamud and Agnes Bizzell-Colden of the Fairfax County Department of Housing and Community Development greeted visitors to the 2014 Northern Virginia Housing Expo at Lee High School in Springfield

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

Insight on Finding a Home

NEWS, PAGE 9

Cuts Could Impact Special Education Graduates

NEWS, PAGE 8

Community Steps in to Help Family of Navy Yard Victim

NEWS, PAGE 3

Inside



Senior Living

Don't Fall For Tax Scams

"Your driver's license has been suspended. You will be arrested. You will be deported. We are on our way to your home right now." These are just a few of the many threats scammers have made against hundreds of Fairfax County residents over the past several weeks. Police warn the public not to fall prey to them and, instead, to call and report them.

These telephone scammers are described as demanding, aggressive, threatening and

easily angered when callers don't immediately agree to their demands of "overdue tax balances." Some have also had heavy accents.

Typically, callers demand between \$4,000-\$6,000 in immediate payment of unpaid tax bills. These scams are sophisticated and involve false names, numbers and phony IRS badge numbers. Suspects often continue to call and harass the recipient. So police urge residents to:

❖ Contact IRS at <http://www.irs.gov/uac/Telephone-Assistance> if they feel there's any

discrepancy with their tax bills or they believe they're being scammed.

❖ Be skeptical if someone asks/demands tax payments with a Green Dot Moneypack.

❖ Report suspicious or harassing calls to police at <http://www.fairfaxcounty.gov/police/120413citizenreportingsystem.htm>

Once money's been wired/sent, it's impossible to recover. More information on common scams may be found at <http://www.fairfaxcounty.gov/police/financialcrimes/commonscams.htm>.

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/ APRIL 5

Dog Adoption. 11 a.m.-2 p.m., Greenbriar Towncenter, 13053 Lee Jackson Memorial Hwy., Fairfax. Homeless Animals Rescue Team hosts this dog adoption event at PETCO. 703-817-9444 or hart90.org

Restore: The Journey Toward Self Forgiveness & Physical Health. 9 a.m. - 1 p.m. Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cstm@glzbc.org.

Navigating the Complexities of Lyme Disease. 9 a.m. - 12 p.m. Vienna Presbyterian Church, 124 Park St, NE, Vienna. RSVP to mveiga@mylymguide.com.

SUNDAY/APRIL 6

The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Reform. 2-4 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. www.accotinkuuc.org

WEDNESDAY/APRIL 9

Free Dual Seminar. 7-8:30 p.m. 2700 Fair Lakes Circle, Suite 120, Fairfax. Simplified Stock Investment Management and 1031 Tax-Free Property Exchanges. Register by calling 703-969-4966.

Issues and Activities of Virginia State Legislature 2014. 1:30 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. Delegate Mark Sickles (D-Franconia) will report on the issues and activities of the 2014 Virginia State Legislature and will include his thoughts on the influence of the recent Democratic party political changes in the State Legislature. Q&A to follow.

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Four Fairfax County Public Schools (FCPS) students have received national awards for their writing from the Scholastic Art and Writing Awards. Three of the students received Gold Medals, the highest form of recognition.

Aline Dolinh of Oakton High School received the American Voices Medal, the equivalent of the best of show award, for her poetry, "Accent Marks, Exorcism, Model Minority, Second-generation."

National winners include:
❖ Melissa Halbrook of Woodson High School, Gold Medal for humor, "Kim Jung-Un's New Clothes."

❖ Emma Hastings of Thomas Jefferson High School for Science and Technology (TJHSST), Gold Medal for short story, "Sight Without Vision, Vision Without Sight;" and Gold Medal for writing portfolio, "I Sing Of."

❖ Sara Warrington of TJHSST, Silver Medal for Journalism, "Overcoming Intolerance."

The Scholastic Art and Writing Awards, a 91-year old program of the Alliance for Young Artists and Writers, will honor the winners at a special ceremony at Carnegie Hall in New York City on Friday, June 6.

The Scholastic Writing Awards competition is administered locally by Writopia Lab.

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BY 3.6 MILLION TONS.**



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Ask the Board of Supervisors to support the Green Energy Park**



Community Steps in to Help Family of Navy Yard Victim

Immanuel Bible Church in Springfield coordinated the effort.

BY JANELLE GERMANOS
THE CONNECTION

The community is stepping in to help the family of Martin Bodrog, a victim of the Navy Yard Shootings in September 2013.

When Bodrog died, he was halfway through finishing repairs on his home. But thanks to neighbor John Rutherford, Immanuel Bible Church in Springfield, where Bodrog was a member, and Thompson Creek Window Company, the repairs have continued.

When things started to settle down after Martin Bodrog passed away, Rutherford decided to put together a list of all the things Bodrog had wanted to fix at the house.

Bodrog was an active member of Immanuel Bible Church, where Rutherford also attends.

"My family is really close with the Bodrogs," Rutherford said. "They are just such a great, humble family."

Brian Wuest, a vice president of the Maryland based Thompson Creek Window Company, said an employee of the company and a neighbor of the Bodrog's heard about the community's efforts and wanted his company to help.

Last week, Thompson Creek traveled to the Bodrog's Annandale home and began installing 130-feet of gutters, 10 windows, and new siding. The donations totaled \$30,000.

"The goal was really to give them a home with minimum maintenance," Wuest said. "They won't have to work to keep on track of all of that stuff."

Bodrog taught Sunday school classes at the Immanuel Bible Church and worked with the church's Young Life program.

According to Holley, pastor of ministries at Immanuel Bible Church, the church has really felt the loss of Bodrog and wanted to help in as many ways as they could. So that's why Rutherford and the church asked Melanie, Bodrog's wife, if there were any unfinished projects at the house.

"The church cares about its people and wants to help," he said.

The sense of community felt at the installation, Wuest said, was great.

"It was amazing," Wuest said. "Melanie Bodrog was so nice and just very thankful. They've been through so much. It was touching to hear how many people really came together to help her out and help her family out."

Members from Bodrog's church have been helping out the family with everything from helping to repair the home's foundation to painting and drywall.



PHOTOS COURTESY OF KATE HAWKEN

Immanuel Baptist Church in Springfield and Thompson Creek Window Company worked together to install new windows, gutters and siding to the Bodrog home.



Immanuel Bible Church in Springfield coordinated the effort to finish repairs on Martin Bodrog's house. Here, an employee of Thompson Creek installs a window, part of the \$30,000 donation made to the Bodrog house.



A Thompson Creek employee unloads a window at the Bodrog home on March 26. Martin Bodrog, a victim of the Navy Yard shootings, was halfway through repairs on his home in Annandale when he died in September 2013.

"The people from the church couldn't say enough how thankful they were to have us provide the windows and the installation," Wuest said.

'Goal Is to Spot Kids in Crisis'

Police, others take suicide prevention training.

BY BONNIE HOBBS
THE CONNECTION

Although there have been four recent incidents of teen suicides in Fairfax County, the Police Department has planned to offer Suicide Awareness and Intervention Training for its officers since October 2013.

So police and others who work with youth recently took a two-day course at the Criminal Justice Academy in Chantilly to learn how they can help prevent people at immediate risk of suicide from following through.

"This is a collaboration between school social workers, counselors, [police] School Resource Officers [SRO] and school security," said police Lt. Christian Quinn, school liaison commander. "SROs are the liaison between the Police Department and the school system."

"This training will give the officers some perspective and help them establish relationships with these other groups because they see the kids first," he continued. "The goal is to spot kids in crisis and provide them with meaningful intervention before they make tragic choices."

THE WORKSHOP focused on small-group discussions and skills that could help them save lives. Officers learned how to recognize a call for help, reach out and offer support and connect people with the particular resources they need.

"This is the means to identify kids struggling and maybe not voicing it," explained Quinn. "Not everybody who's depressed commits suicide, and not everybody who's suicidal expresses this feeling. So we try to see what subtle behaviors they do in advance so we can provide proactive measures."

For example, it helps if police, social workers or counselors can receive a peer referral because of something disturbing or unsettling that a teen posted on social media. Then,



BONNIE HOBBS/THE CONNECTION

Police Lt. Christian Quinn

said Quinn, "We can put in a safety plan and try some steps to help [that teen]."

SROs get to know students and their friends personally. So often, said Quinn, "The kids will go to the SRO and say, 'I'm concerned about So and So.' If it prevents even one suicide, it's worth the effort."

He said teens often exhibit some telltale behavior signaling they're having some type of problems. Some of the warning signs to look for are behavioral changes; threatening messages; and a change in grades, friends and/or activities outside of school. That's why, said Quinn, "Parental involvement is paramount. If parents see changes in their kids, they can bring it to the attention of the SRO. They and the school social workers and counselors are the first net to provide safety and catch something. Then there can be some intervention and kids can get help, such as a referral for long-term care."

ABOUT 30 PEOPLE signed up for the mid-March class at the Criminal Justice Academy. They were evenly divided between SROs, school security, and school social workers, clinicians and counselors.

Master trainers from the ASIST (Applied Suicide Intervention Skills Training) program – offered by a company called LivingWorks – provided the instruction. Also sponsoring the course was the Virginia Department of Criminal Justice Services; it was funded by a grant. According to ASIST, as much as 6 percent of the population has serious thoughts of suicide. In Fairfax County, there were 94 suicides in 2012 and 95 in 2013. So far this year, there have been 19 – and 15 of them were teenagers.



Before his first game, Ian had already made a comeback.

Ian was born with a heart that was not fully formed. Reconstructive surgeries were a must. Uncertain what to do, his parents put their trust in a team that knew newborn hearts better than anyone. Watch Ian's story at JustRightForChildren.com/Ian.

“ I hit a ground ball to right field, and scored two runs to win. ”

Ian Duke
Baseball MVP



NEWS

Bronze Medal of Valor Award recipients (from left) included Fairfax County Fire & Rescue Department Firefighter Andres F. Martinez, Technicians Jeffery T. Pfeifer, Jorge H. Ochaita, and Kevin R. Dabney and Captain I Patrick Sheehan.

PHOTOS BY
VERONICA BRUNO
THE CONNECTION



County Honors Its Heroes

Chamber of Commerce hosts annual Valor Awards.

The 36th annual Valor Awards, honoring public safety heroes, was presented by the Fairfax County Chamber of Commerce at a luncheon at the Hilton McLean Tysons Corner on Monday, March 31.

Certificates of Valor were bestowed upon Police Department First Class Officers Adam P. Ankers, Sara R. Polowy, Beth L. Gardner, Daniel S. Goldman, Michael A. Lentz, Mark E. Tenally as well as Sergeant Camile S. Neville, Second Lieutenant Dwayne F. Machosky, Technician Thomas R. Barnes, Captain II David K. Gruendel and Captain I Marc. L. Straubinger. Fairfax County Sheriff's Office recipients included Private First Class Nicolas Barb, Daryl Shifflett and Sergeant Shawna Wood.

The Bronze Medal of Valor was presented to Fairfax County Police Officers Robert C. Hines, Scott H. Reeve, Shannon L. Sams, Daniel W. Romanoff and Second Lieutenant Trafton C. Parr.

Fairfax County Fire and Rescue crews 410 and 418 responded to a high-rise building on Nov. 8, 2013 and rescued a barely conscious woman before the hose line was ready to extinguish the fire engulfing the building. For their heroic efforts, Captain I Patrick Sheehan, Technicians Kevin R. Dabney, Jorge H. Ochaita, Scott E. Herbert and Jeffery T. Pfeifer, Lieutenant Michael S. Taylor, Firefighter Andres F. Martinez and Volunteer Firefighter Brian Pelletier were honored with the Bronze Medal of Valor.

For their efforts in rescuing a crew member from a crash site in the Republic of Kyrgyzstan, Firefighter and Medic Sally Dickinson, USAR Canine Handler Elizabeth Kreidler and Battalion Chief Michael C. Schaff were also honored with the Bronze Medal of Valor. Canines were also honored for that mission: Fielder and Garo, who was on hand to receive the medal around his neck from Fire and Rescue Chief Richard Bowers Jr. Master Deputy Sheriff Heather Lama from the Fairfax County Sheriff's Office was awarded the Bronze Medal of Valor



First Class Police Officer Sara R. Polowy was awarded a Certificate of Valor by Police Department Chief Ed Roessler.

for her response to a high-risk domestic dispute in Chantilly. Lieutenant Antonio D. Trammell received the Silver Medal of Valor for his quick response to an inflamed car accident in Prince George's County, Md.

The Gold Medal of Valor, which has not been handed out for years, was presented to First Class Police Officers Keith J. Baker and Edward L. Carpenter for displaying uncommon valor in the face of an extremely violent incident involving two armed assailants.

Fairfax County Fire and Rescue Department Engine 413, Rescue 401 and Tower Ladder 430 responded to a fire that broke out in a liquefied propane gas refilling and storage yard in a densely populated area of Merrifield area. Fire and Rescue crew members who prevented this disaster and were honored included Battalion Chief James J. Walsh, Captain II Ronnie A. Rodriguez, Master Technicians Annette Corwin, Douglas L. Miller, Ronald G. Bauserman and Daniel M. Sova, Technician Jarrod A. Schmidt, Firefighters Todd E. Clist, Joshua M. Morrison and Donald W. Rohr and Lieutenants Carmen Alessi and Daniel J. Kwiatkowski.

Connolly noted in his message to those honored: "Their efforts, made on behalf of the citizens of Fairfax County, are selfless acts worthy of our highest praise and respect."

— VERONICA BRUNO

WWW.CONNECTIONNEWSPAPERS.COM

NEWS



PHOTOS BY JESSICA MCKAY

Residents and guests had the opportunity to taste and purchase a variety of wines.

Enjoying Food & Wine Expo

On March 26, over 600 residents and guests attended Greenspring's annual Food & Wine Expo. This year, the event highlighted the community's extensive wine selection, healthy-choice menu options, and local food vendors, as well as culinary demonstrations by Greenspring's chefs.

Greenspring's own chefs were on hand providing regular demonstrations and the community's dietitians were available to discuss all aspects of healthy eating. As National Nutrition Month is celebrated in March, residents and guests also had the opportunity to learn more about My Nutrition, an online source for nutritional facts and figures for every item served daily at the community.

Some of the vendors who exhibited at the event included Capital Seaboard, Hershey's Ice Cream, Metropolitan Meat, Seafood & Poultry, Sysco, Clements Bakery, Kellogg's and Coastal Sunbelt Produce, among others. They provided a wide assortment of samples and information on gluten-free and sugar-free items, sustainable seafood products, and farm-fresh produce.

Greenspring is home to nearly 2000 residents and operates several dining venues across campus, including five restaurants in independent living. The community rotates 1200 items monthly on its menus and also provides residents with a selection of nearly two dozen wines on any given day.



Residents enjoyed the wine tasting at the expo; president of the Greenspring Resident Council, Clint Lambert (on the right), is a member of the wine club at the community.

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Invitation

**For parents whose children are entering
Kindergarten for the 2014/15 School Year**

Kiddie Country Developmental Learning Center, 9601 Old Keene Mill Road, will be presenting an overview to assist those parents who are seeking a high quality educational kindergarten experience for their child(ren) on Thursday, April 10, 2014 at 7:00 p.m.

This presentation will be conducted by Karen Duffy, Curriculum Specialist, and Tricia Daniels, Virginia Licensed Kindergarten teacher. Together Ms. Duffy and Ms. Daniels have a total of forty-four years of teaching experience between them and are eager to talk with you and answer any questions you may have.

Kiddie Country's Kindergarten program is highly recognized for its advanced curriculum and outstanding students who meet with great success in first grade and beyond. Come join us for a relaxed session that will fully describe the many outstanding attributes of this highly acclaimed curriculum and the reasons why Kiddie Country's Kindergarten is a "best choice" placement for your child.

No need for a sitter - bring your children!
Mad Science presentation! Treats, goodies, and fun!

See you there!

www.kiddiecountry.com

R.S.V.P. 703-644-0066

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj

OPINION

Why I Support Medicaid Expansion

BY SHARON BULOVA
CHAIRMAN, FAIRFAX COUNTY
BOARD OF SUPERVISORS



As the Virginia General Assembly continues to discuss the expansion of Medicaid, the benefits and consequences of doing so have received a great deal of attention. Debates rage in the media, among businesses and around the kitchen tables of ordinary Virginians throughout the state. At our board meeting of March 25 my colleagues and I reiterated, in a bipartisan vote, our strong support for Medicaid expansion in Virginia, and here's why:

First and foremost, Virginians have already paid for most of Medicaid expansion through our federal tax dollars. Through the year 2022, Virginians will pay \$29.7 billion in Affordable Care Act related taxes and fees to the federal government. The federal government will cover almost all of the cost for Medicaid expansion with tax dollars collected from the states, including Virginia. If Medicaid is expanded in Virginia, the federal government will pay 100 percent of the cost through 2016, decreasing incrementally to 90 percent in 2020 and subsequent years. If Medicaid is not ex-

COMMENTARY

Second, the economic benefits of expanding Medicaid, aside from the obvious return of taxpayer dollars to our state, far outweigh the costs. To put it plainly, not addressing affordable health care coverage in Virginia costs Virginia money. Employed Virginians with insurance already subsidize care provided for uninsured Virginians needing urgent treatment when they show up in emergency rooms. These visits result in higher premiums for employed Virginians as well as increased provider costs. Medicaid expansion would increase less expensive preventative care thus reducing more expensive emergency care. This would not only drive down costs but could also improve the overall health of Virginia residents.

A largely unseen cost of our current situation is the existing financial burden on county-funded safety net providers, including non-

profit organizations that assist lower income residents. The Fairfax-Falls Church Community Services Board estimates that the percentage of clients receiving substance abuse treatment or mental health services who are covered by Medicaid will rise from 38 percent to 50 percent under the proposed expansion, freeing up County funding for other critical needs.

Lastly, Medicaid expansion provides a tremendous opportunity to do more to help our most vulnerable residents. In Fairfax County alone, up to 30,000 low-income residents would become eligible for Medicaid through expansion, including: individuals earning less than \$15,302 per year; families earning less than \$31,155 per year; low-income children who lose Medicaid when they turn 19; and, adults with disabilities not eligible for Supplemental Security Income or Social Security Disability Insurance. Under Medicaid expansion, Virginia's health care delivery system will have the resources needed to provide quality services to those in need.

The Fairfax County Chamber of Commerce and Fairfax County's local hospitals recognize these facts, and have strongly endorsed Medicaid expansion. Let's keep Virginia's tax dollars in Virginia and increase access for uninsured Virginians at the same time.

LETTERS TO THE EDITOR

Toxic Debate on School Budget

To the Editor:

Supporting the public schools is Fairfax County's number one priority. Proof of that lies in the fact that over 50 percent of the county's budget supports school programs. This large expense has generated considerable debate among county taxpayers over the years. However, this year the discussion has become toxic and personal. I went to the Lee District budget hearing on Wednesday evening, the 26th, to hear presenters from Fairfax County and Fairfax County Public Schools explain their respective proposed budgets. Although the financial picture has improved, the county is still not free of the impacts of the economic downturn at the end

of the last decade. Two issues dominated the audience discussion: the possible increase in real estate taxes and the request by the school board for a funding increase over last year's budget.

One of the very worst public meetings I've attended! Two older, retired persons in the audience worried about the impact of increased home assessments and tax rates; audience members representing the schools were belligerent and insulting to the point of bullying. "My kids deserve the best schools, so quit your whining and pay," was the gist of their attack. The school board member representing Lee District rolled her eyes, made faces, and played with her iPad during the County's budget

presentation and the county supervisor's subsequent responses to questions. It is clear that some parents and school board members are passionate about the schools. I understand that. But there needs to be some minimum level of decency and respectfulness during this debate. Those who cry out, "Fully fund Fairfax County Schools," need to stop and think. Over 70 percent of the taxpayers in Fairfax do not have kids in county schools. You are asking us to pay for your child's education at the expense of other important services. Social workers in the mental health field, for example, are today handling caseloads of 50 clients or more. This is almost double the recommended norm.

Clients must wait up to three months for an intake interview and up to six weeks after that for treatment. These are some of the trade-offs you are asking taxpayers to make. You need to convince us that the school programs are more important than taking care of those with disorders of the brain, law enforcement, fire emergencies, the list goes on and on. Insults and threats do not convince! It is also not a good example for those very children about whom you care. I left the meeting angry at and ashamed of my fellow citizens...and much less assured about the abilities of those managing my county schools.

Terry Atkinson
Fairfax

Maintaining a Viable, Diverse Community

While need for housing, childcare, healthcare and other human services have grown, these programs have faced significant cuts over past few years.

To the Board of Supervisors:

The following open letter to the Fairfax County Board of Supervisors concerns housing and human services budget recommendations from the Fairfax County Budget Advocacy Coalition for Housing and Human Services.

As you consider the proposed FY 2015 county budget, we urge you to make additional and needed investments in housing, health and human services programs. These recommendations were developed

through a collaborative process of nonprofit housing developers, human service providers, and advocacy organizations identifying community needs. Strategic public investments in housing and human services can leverage sig-

nificant amounts of private capital to provide a return on the county's investment. These investments help us maintain a diverse, caring community that provides access to opportunities for all.

The guiding principles that informed our decisions are as follows:

- ❖ No one recommendation takes priority over the others;
- ❖ Each recommendation funds

SEE HUMAN, PAGE 10

Springfield CONNECTION

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ENGAGEMENT



PHOTO CONTRIBUTED

Charles "CJ" Soschin and Erin Rose Searer

Charles Jay Soschin and Erin Rose Searer Engaged

Nancy and Alan Soschin of Springfield announced the engagement of their son, Charles Jay to Erin Rose Searer.

Charles, "CJ" Soschin is a 2000 graduate of West Springfield High School and a 2005 graduate of George Washington University. Charles earned his J.D. from Widener University School of law in 2009.

Erin is the daughter of Susan

and Timothy Searer of Lewistown, Pa. She graduated from Lewistown Area High School in 2001 and La Salle University in 2005. Erin also earned her J.D. from Widener University School of Law in 2009.

Erin and Charles are attorneys practicing law in the District of Columbia and Northern Virginia. They reside in Shirlington. Their wedding is planned for November 2014 in Leesburg.

FAITH NOTES

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Mothers and daughters, come together to enjoy Bingo, crafts, games, refreshments and more. Bring your favorite teacup and wear your best tea party hat for special contest categories. The cost is \$25/couple with an extra \$5 for each additional sibling.

The Tea is Saturday, April 5, from 2-4 p.m. at Burke United Methodist Church. There will also be a silent auction with a portion of the proceeds to benefit SHARE - Share Her Annual Real Expenses - a Girl Scout Council of the Nation's Capital program that provides funding for Girl Scout campsites, leader training and financial aid.

For reservations contact Sandy Latta at 703-495-0063 or slatta@fourthwave.com. Reservations close March 29.

The Cancer Treatment Centers of America, sponsored by the Cancer Support Team, Ministry of Greater Little Baptist Church, Fairfax, will present "Restore: The Journey Toward Self Forgiveness & Physical Health" on Saturday, April 5, 9 a.m. to 1 p.m. at the Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. This is a free event. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cstm@glzbc.org

The speaker will be Rev. Dr. Michael Barry author of the Forgiveness Project and Director of Pastoral Care at Cancer Treatment Centers of America in Philadelphia, Pa.

The Effects of Mass Incarceration: A Public Forum on Criminal Justice Sentencing Re-

form will be held on Sunday, April 6, 2 - 4 p.m. at Accotink Unitarian Universalist Church, 10125 Lakehaven Drive, Burke. The panelists include state Sen. Dave Marsden, the Sentencing Project's Nazgol Ghandnoosh, Fairfax's Deputy County Executive David Rohrer. They will engage these concerns: the United States has more people in jail than any nation in the history of the world. Unintended consequences of this Mass Incarceration are especially devastating to poor communities of color. Young African-American Men are more likely to go to jail than to college. Many drug offenders are discriminated against in housing, voting and education after they have served their sentences. How do we minimize the human costs of the Drug War and Mass Incarceration and fix this crisis? For more info got to www.accotinkuuc.org - or call 703-503-4579 and ask for Reverend Scott Sammler-Michael

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

Paul H. Weisshaar, M.D.

will close his
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practice on
4/30/2014

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.

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Cuts Could Impact Special Education Graduates

Families will speak against proposed budget cuts at public hearing on April 10.

By Janelle Germanos
The Connection

Lynn Ruiz's daughter Lydia, who has Down syndrome, will be graduating from Fairfax County Public Schools this June. Ruiz, a Springfield resident, had originally planned for her daughter to participate in an employment program that helps students with special needs transition into adulthood.

The \$1.3 million funding increase to the Community Services Board budget for this program that is necessary to support community members like Lydia was included in County Executive Ed Long's budget presentation on Feb. 25.

However, when Long presented further reductions to the Fairfax County Board of Supervisors on March 18, as the supervisors requested, the \$1.3 million for day support and employment programs was among the possible reductions.

If these reductions are approved, Lydia will be one of the estimated 74 special education graduates this year without funding for these services.

"I think this is just really, really poor planning to throw at people just a couple months before graduation," Ruiz said. "We really didn't see this coming this year."

Ruiz, who works as the director of community relations at the Arc of Northern Virginia, an organization that advocates for individuals with special needs and their families, isn't sure what she is going to do if these cuts are made.

"She needs to have something productive to do," Ruiz said. "My daughter sitting at home means I'm sitting at home."

She said her daughter is ready for employment, but needs funding for services that provide employment skills and job training. For years, Fairfax County has provided these funds for special education graduates, allowing them to enroll in programs that provide transitional life skills.

"Fairfax County realized that's the most productive and the best way to keep these students productive and active in the community. It benefits the whole community," Ruiz said.

If Ruiz were to pay for a transition service out of pocket, she said it would cost her up to \$3,000 a month.

Many of the 74 students, including Lydia, are on the waiting list for Medicaid waivers, which would provide the necessary funding for these programs. But Lydia's been on the waiting list for 12 years.

Ruiz, along with numerous other families of children in Fairfax County, was counting on this program.

"This is a huge surprise to many parents.



County Executive Ed Long speaks in Mount Vernon in February. Long was requested by the Fairfax County Board of Supervisors to present a list of further possible budget cuts. Those cuts, which Long presented on March 18, include a \$1.3 million cut to employment programs for special education graduates.



Lydia Ruiz and Melissa Saunders are graduating from Fairfax County Public Schools this June. Melissa attends Falls Church High School, and Lydia attends the James Earl Pulley Center in Alexandria.

A lot of parents aren't even understanding how exactly this is going to affect them," Ruiz said.

FOR SPECIAL EDUCATION GRADUATES, the transition process can sometimes be difficult. Without these programs, they are unable to receive the support they need in the workplace, Ruiz said.

"If there is no support in that workplace, they are going to get fired," she said.

Special education students exit the public school system when they turn 22. If the program is cut, Ruiz says the momentum

the students have from being in school for nearly two decades will be lost.

"You've learned to read, write, count your money; you've learned to do all these things. You're all prepared to be an adult, just like those other kids who are going off to college, and suddenly you're told schools over, and there's no funding out there," Ruiz said. "You have nothing in your life, unless of course you have maybe a mom and dad take off and do things like an almost home-school situation."

And often, that type of situation does occur, either by choice or because of a lack of

"This is a huge surprise to many parents. A lot of parents aren't even understanding how exactly this is going to affect them."

— Lynn Ruiz

funding.

Because Ruiz is still waiting for Lydia's Medicaid waiver, and the funding from Fairfax County for these programs may be cut, she may have to quit her job and start her own business, providing her daughter with an employment opportunity.

"She needs something productive to do. I was thinking maybe I'll go back to my business I used to do — I was a photographer before, and she could be my assistant. I don't know," Ruiz said.

Possible cuts to human services programs are nothing new, but the Arc was just not expecting them this year.

"There is a cruel irony in seeing this proposal put forth as a way to allocate more funding for the Fairfax County educational system by robbing the most vulnerable graduates of post-school opportunities," Rikki Epstein, executive director of the Arc of Northern Virginia, said in a press release.

"Fairfax's special education students work hard to develop skills that will help them work and be as independent as possible post-graduation. Fairfax County teachers, transition coordinators, and school administrators invest in that potential. To allow these students to graduate without opportunities for support services in the vocational world is a disservice to the work of all involved and a painful misuse of an incredible investment and potential," Epstein stated.

Now, Lydia will be on yet another waiting list, this time for funding for a program that Ruiz was expecting her daughter to start after graduation.

IN A LETTER to Kevin Bell, chairman of the Fairfax County Human Services Council, Ken Garnes, chair of the Fairfax-Falls Church Community Services Board, asked the council to do as much as possible to convince the Board of Supervisors to keep the funding for these employment services.

"Just last month, the Board of Supervisors issued a proclamation supporting and celebrating the inclusion of individuals with intellectual and developmental disabilities in our community. We need to show these June 2014 special education graduates that, as a county, we mean what we say," Ruiz wrote.

The Arc of Northern Virginia is encouraging families that will be impacted by the budget cuts to speak at the public hearings in front of the Board of Supervisors on April 10 at 3 p.m. at the Fairfax County Government Center.

PHOTO BY JANELLE GERMANOS/THE CONNECTION

PHOTO COURTESY OF LYNN RUIZ

Housing Expo Provides Insight on Finding a Home

Potential renters and buyers flock to 2014 NOVA Housing Expo.

By Janelle Germanos
The Connection

Am I qualified to buy a home? What does my credit score need to be? Where is affordable housing located in Fairfax County? Those were just a few of the many questions that Gail Lee of the Fairfax County Department of Housing and Community Development answered at the 2014 NOVA Housing Expo at Lee High School on March 27. Lee was stationed at Fairfax County's table, one of the dozens of booths with information on buying or renting a house set up at the fair. She distributed information on the Fairfax County First-Time Homebuyers program, which helps families with moderate incomes find a home in the county.

"I got a lot of questions on what the process is for enrolling in this program," Lee said.

To be eligible for the First-Time Homebuyers program, applicants have to be first-time homebuyers, have an income of at least \$25,000 and less than the maximum income limits, have a credit score of 640 and above, and meet additional criteria including conditional lender approval and a three percent down payment, closing costs and one month of savings.

THOSE INTERESTED in enrolling in the program have to attend an orientation session and a certified homeownership class, meet with a lender, and attend an application session.

Xiomara Fleming, a housing service specialist for the Fairfax County Department of Housing and Urban Development, said she was kept busy at the expo answering questions on renting in Fairfax County. The county offers programs such as the Workforce Dwelling Unit Rental program, which helps people with modest incomes find an affordable place to live. The event also included free workshops that offered practical advice on buying or renting in the area, including household budgeting and finance, condominium 101, maximizing energy efficiency, and "Are you ready to rent?" Noel Shepherd, a home lending officer for CitiBank, taught one of the three "Are You Ready to Buy?" workshops. Shepherd has been a loan officer for over 17 years. "I've seen the good, the bad and the ugly," Shepherd said.

According to Shepherd, prospective homeowners need to be pre-approved for a loan before beginning the search for a house and to be taken seriously as a homebuyer.

"There is a big difference between being pre-approved and being pre-qualified," Shepherd said. "In order to be pre-approved, you need to have completed a full application. You need to have supplied the



The 2014 Northern Virginia Housing Expo featured free exhibits and workshops focused on buying or renting a home.



The 2014 Northern Virginia Housing Expo included workshops on improving credit score, renting, buying, energy efficiency, and household budgeting. Attendees of this session of "Are You Ready to Buy?" taught by Noel Shepherd of CitiBank, learned about the steps needed to buy a house in the current market.



Gail Lee and Carol Erhard, director of the Rental Services Division at Fairfax County Department of Housing and Community Development, presented information on housing programs in Fairfax County at the 2014 Northern Virginia Housing Expo.

"Typically, lenders will not lend to you if you're under a 620 credit score."

— Noel Shepherd of CitiBank

lender with your income documentation and your asset documentation, so that they can be reviewed by the underwriter and you can be issued a pre-approval."

Shepherd said that in today's home buying environment, pre-approval is the way to go. Everything on the application is scrutinized, and honesty is important.

"As a loan officer, I become your very best friend while you go through this process," Shepherd said.

After being pre-approved for a loan, potential homebuyers can begin the process of finding a property for purchase.

Shepherd then asked those present at the workshop what they saw as the major pros of home ownership.

"The American dream," answered Johnny Alexander, an employee of the City of Alexandria. According to Shepherd, however, tax benefits are a major plus to being a homeowner. The cons include home maintenance, which Shepherd says potential homeowners need to budget in when beginning the process of buying a home.

THE WORKSHOP also gave advice on credit scores and reports. According to Shepherd, the minimum credit score people looking to purchase a home can have is 350, and the maximum is 850.

"Typically, lenders will not lend to you if you're under a 620 credit score. It is very difficult to do a loan with a credit score below 620," Shepherd said.

Shepherd recommended that individuals with a credit score below 620 should meet with a counseling agency to increase their score. In addition, before consulting a loan officer, potential homebuyers should know what is on their credit report. Everyone is entitled to a free credit report annually, Shepherd said.

"Do not go with that commercial that you see on TV with the lovely jingles. You have to pay for that. The place to go is annualcreditreport.com where you get your credit report free," Shepherd said.

Shepherd also advised the class to keep balances on credit cards below 50 percent of the credit limit.

After learning about types of loans, credit scores and more, Alexander, who attended Shepherd's class, said he is more informed about the process of buying a home.

"Really, everything that he taught was helpful," Alexander said.

And despite the rainy weekend, Abdi Hamud of the Fairfax County Department of Housing and Community Development said the turnout was pretty high.

"The event went really well. We had people from all income spectrums attend," he said.

PHOTOS BY JANELLE GERMANOS/THE CONNECTION

Human Services: Between Growing Needs and Budget Cuts

FROM PAGE 6

a program that is an essential component of a system of housing and services that offer individuals and families in need the optimum chances for success;

❖ These recommendations support a wide spectrum of households along the housing continuum;

❖ No funding for new initiatives is requested. Instead, these recommendations fund coordinated efforts between housing and service providers to deliver critical safety net supports with maximum efficiency and adoption of best practices.

Our coalition supports the limited housing and human services funding in the County Executive's Budget, and respectfully urges no further cuts to these budgets. This request is made in light of significant cuts to these programs over the past few years, even as the need for housing, childcare, healthcare and other human services have grown. In supporting the County's Executive proposals, we would like to highlight the following:

Contract Rate Increases for Human Service Providers: We support the County Executive's inclusion of \$2.17 million for a contract rate increase for human services providers in the County, especially nonprofits. These providers offer critical services to low and moderate income households that would fall to the county alone if the nonprofit partners did not exist. These community-based organizations have built corporate and private sector support for their efforts to leverage public resources. However, funding for these organizations that provide services must keep pace with inflation, our high cost of living, pay and benefits, to attract and retain their staff.

Consolidated Community Funding Pool (CCFP): We support the increase of \$743,388 (7.5 percent over the FY 2014 Adopted Budget amount of \$9.9 million) for the first year of a two-year CCFP cycle that begins in FY 2015. FY 2015 Community Development Block Grant funding is projected to be \$1.8 million, an increase of \$250,791. The total FY 2015 CCFP funding is therefore anticipated to be \$12.4 million, an increase of \$944,179 over the FY 2014 amount of \$11.4 million. This additional funding strengthens the county's investment in community-based programs and is welcomed.

Mondloch Place \$275,000 (Office to End and Prevent Homelessness): We support funding needed for on-site supportive services to formerly homeless single adults. The funds will pay the contract costs to operate the program, including staffing the facility, and leverages the county's investment in the substantial renovation of the building.

Employment Services \$200,000 (Office to End and Prevent Homelessness): We support continued funding for a pilot program integrating employment services into the existing Bridging Affordability framework of the Housing Blueprint. Providing services that adequately address the special needs of many in the Bridging Affordability program — something that is lacking in exist-

ing employment services programs — is essential for these households to achieve greater financial security and self-sufficiency. This funding was originally included in the FY 2014 budget, but was held in reserve pending approval of the plan.

Katherine K. Hanley Townhomes \$235,220 (Office to End and Prevent Homelessness): We support funding to provide supportive housing and services to families with children. Two 3-unit buildings are scheduled to open in December 2014.

Domestic and Sexual Violence Services \$139,973 (Department of Family Services): We support funding for one new program manager position to address both increas-

Securing safe, decent affordable housing remains one of the greatest challenges for low and moderate income households in Fairfax County and is a considerable barrier to a family's ability to achieve stability and self-sufficiency.

ing caseloads and the complexity of work in the Office for Women and Domestic and Sexual Violence Services.

Investment in School Readiness \$714,000 (Office of Children): We support the County Executive's proposal in the FY2015 budget to expand community-based programs for children living in poverty to reach school benchmarks.

Affordable Housing (Housing and Community Development): Securing safe, decent affordable housing remains one of the greatest challenges for low and moderate income households in Fairfax County and is a considerable barrier to a family's ability to achieve stability and self-sufficiency.

Housing Blueprint: The FY 2015 advertised budget includes \$1.95 million to fund the Bridging Affordability rental program as a portion of the budget for the FY 2015 Housing Blueprint. The funding for this program was reallocated in the FY2014 budget, and the proposed FY2015 allocation is approximately \$2 million less than FY2013.

Bridging Affordability was adopted as the county's signature program within the Housing Blueprint to move families out of homelessness and onto a more sustainable future. This program provides rental subsidies and case management to extremely low-income households, and has successfully served over 281 families. Bridging Affordability works. Nearly 70 percent of households that have successfully transitioned out of Bridging Affordability into permanent housing have moved on to fair market housing.

With the current Bridging Affordability program funding, we are positioned to continue to serve approximately 150 new households through FY14 and FY15. Beginning in FY16, it is critical that Fairfax County continues to invest in this high-impact, high-demand program to ensure that hundreds

of extremely low income families have access to stable housing options and don't cycle back into homelessness.

The FY2015 advertised budget also includes \$5 million for the New Private Partner Acquisition to increase the county's stock of committed affordable housing. This funding would be used to preserve or develop 120 units of affordable housing for low income working families, but this amount is inadequate to provide the gap financing for such a project, especially if the goal of serving formerly homeless persons, as stated in the Blueprint, is to be achieved.

In considering these requests, please note the following statistics:

❖ U.S. Census Bureau statistics show an estimated 73,916 households in Fairfax County earning less than \$50,000 annually, or about 47 percent of the area's median income for a family of four (\$107,300);

❖ Census data also shows an estimated 67,293 persons living below the poverty level in Fairfax County;

❖ According to the Center for Housing Research at Virginia Tech, the total affordable housing gap in Fairfax County for low and moderate-income renters (earning no more than \$85,000 for a family of four) is 28,405 units;

❖ The Blueprint for Housing shows a shortfall of 1,818 units for FY2015 in meeting the goals of the 10 Year Plan to Prevent and End Homelessness;

❖ Nearly 1,650 CSB clients need affordable housing.

Communities who are successful in addressing their unmet housing needs have adopted a dedicated, reliable source of funding to preserve or develop housing that is affordable. The county's greatest strides in affordable housing were made during the years when one penny of the real estate tax was dedicated to housing preservation. Whether it's a dedicated revenue source or an annual, reliable commitment to a housing trust fund, we urge Fairfax County to once again consider this investment in housing that is affordable and needed for a significant and growing percentage of the County's population.

Community Health Care Network (CHCN): In FY 2014, funding for CHCN was cut by \$752,000. The \$250,000 reduction in specialty care contracts that resulted has worsened an already insufficient supply of local specialists. CHCN has therefore increased its utilization and reliance on University of Virginia Medical Center specialists, requiring CHCN's low income, unin-

sured clients to travel to Charlottesville, spending scarce money and missing days at work. It is our understanding that a working group of public and private providers and leaders has recently initiated efforts to build and sustain a local specialty network system.

Therefore, rather than recommend restoration of the funding at this time, we suggest that the county continue to support this effort and play an appropriate role in developing solutions to this problem. By the time of Carryover, we should all have a better understanding about the needed resources, if any.

This coalition appreciates the significant budget challenges you face for FY2015, and thanks you for our partnership as we work together in support of the most vulnerable in our community. However, we are deeply concerned that the housing and human services system has reached a "tipping point" where it will not be possible to decrease funding without sacrificing services and failing to meet the human services needs of county residents. We believe that there is very little margin for error, and that any further cuts will result in program reductions, eliminations, or waiting lists for services. If Fairfax County is to remain a place of excellence, we must come together as a community to discuss a long term strategy for funding and maintaining adequate, annual investments in housing and human services in future budgets.

Signed by:
Alternative House, Judith Dittman, Executive Director; Centreville Immigration Forum/Centreville Labor Resource Center, Alice Foltz, Board President; Cornerstones, Kerrie Wilson, CEO; Community Residences, Inc. Dennis J. Manning, LCSW, President and CEO; FACETS, Inc., Amanda Andere, Executive Director; Fairfax Area Disability Services Board; Fairfax County Alliance for Human Services, Shannon Steene, Chair; Fairfax Education Association, Kimberley Adams, President; Governing Board of the Fairfax Falls Church Partnership to Prevent and End Homelessness, Michael L. O'Reilly, Chairman; Habitat for Humanity of Northern Virginia, Rev. Jon Smoot, Executive Director; James Mott Community Assistance Program, Inc., Cheryl Mavritte, Executive Director and Rebecca Johnson, Acting Board Chair; Literacy Council of Northern Virginia, Patricia Donnelly, Executive Director; Lorton Community Action Center, Linda Patterson, Executive Director; New Hope Housing, Pam Michell, Executive Director; Northern Virginia Affordable Housing Alliance, Michelle Krockner, Executive Director; Northern Virginia Family Service, Mary Agee, President and CEO; Our Daily Bread, Lisa Whetzel, Executive Director and Richard Haynes, Board President; Pathway Homes, Inc., Sylisa Lambert-Woodard, President and CEO; PRS, Inc., Wendy Gradison, LCSW, President and CEO; Shelter House, Inc., Joe Meyer, Deputy Executive Director and Denise Miller, Board President; United Community Ministries, Shirley Marshall, Executive Director and Jim Seeley, Board member and Chair of the Advocacy Committee; Volunteers of America Chesapeake, Russell K. Snyder, President and CEO; Wesley Housing Development Corporation, Shelley Murphy, President and CEO; Western Fairfax Christian Ministries, Melissa Jansen, Executive Director; Individual citizen advocates Marlene Blum, Vienna (Providence District); Alvin W. Smuzynski, Fairfax Station (Springfield District); Francis J. Pettit, Burke (Springfield District), and Ellen Hayes, Fairfax (Braddock District)



PHOTO BY DAVID A. BELOFF.

Ginger Costa-Jackson as Carmen in Virginia Opera's production of "Carmen," playing April 11 and 13 at GMU's Center for the Arts.

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

SATURDAY/ APRIL 5

In the Name of Love: A Jazz Poetry Slam. 7-10 p.m., 10125 Lakehaven Drive, Burke, Accotink Unitarian Universalist Church. Join poets from around our region as they compete for prize money; hosted by by Regie Cabico and Sarah D. Lawson from Busboys and Poets. www.accotinkuuc.org or 703-503-4579.

Jubil-Aires Concert. 2 & 7 p.m. Vienna Presbyterian Church, 124 Park Street NE, Vienna. The Fairfax Jubil-Aires Annual Spring Show will be a joint fundraiser for both the Jubil-Aires and the Shepherd's Center of Fairfax-Burke. Tickets are \$20 and allow you to attend either concert. If you buy your tickets ahead of time from the SCFB office at 703-425-2824 or a SCFB Council or Board member, \$10 of the ticket price is a donation directly to SCFB. All proceeds from tickets sold at the door go only to the Jubil-Aires.

Cabaret Series: It's A Comedy Night. 8 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a wide gamut of music intended to tickle your funny bone, from Broadway to standards to novelty songs, there's something for everyone who enjoys a good laugh. Tickets: \$30.

Children's Cherry Blossom Celebration. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. For ages 3 and up, learn about the cherry tree history and the springtime tradition that brings so many visitors to Washington every year. This open house format includes origami, a paper lantern craft, and a cherry tree 'hunt'. Register at www.fairfaxcounty.gov/parks/greenspring or call 703-642-5173.

SUNDAY/ APRIL 6

Potomac Ensemble. 4 p.m., 6509 Sydenstricker Road, Burke, St. Andrew's Episcopal Church. Enjoy a group of 10 of the DC area's finest professional singers, in a program of great music for 5-part choir. foma_standrews@verizon.net.

In the Bunker with the Vice President on 9/11. 7 p.m. Stacy Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The lecture is free and open to all. Book signing and refreshments.

Seminar: "Feeding Hungry

Roses." 2-4 p.m. Merrifield Garden Center, 12101 Lee Highway, Fairfax. Learn how to feed your roses for beautiful blooms.

Pet Photos with the Easter Bunny. 11 a.m. - 2 p.m. Olde Towne Pet Resort, 8101 Alban Road, Springfield. The Easter Bunny wants a pic with your pet to benefit The Fairfax County Animal Shelter. Bring \$10 to benefit the shelter, and receive a 4x6 printed photo. RSVP to Katy Salo atksalo@oldetownepetresort.com; 703-455-9000.

Cabaret Series: It's A Comedy Night. 1 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a wide gamut of music intended to tickle your funny bone, from Broadway to standards to novelty songs, there's something for everyone who enjoys a good laugh. Tickets: \$30.

Japonism in Fashion Tea Program. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria View gorgeous avant-garde designs that combined Japanese motifs with 19th and 20th century Western silhouettes. Discover elements of the kimono in tea gowns and opera coats and hear about Japanese designers who are redefining fashion worldwide today. To make reservations, call Historic Green Spring at 703-941-7987.

TUESDAY/APRIL 8

Slam Poetry Cafe. 6-8 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Slam poetry is the art of performance poetry. Performers, come share your original or previously published pieces. Email slampoetrycafe@gmail.com with your name and poem.

WEDNESDAY/APRIL 9-SUNDAY/APRIL 20

Ringling Bros. and Barnum & Bailey Presents Built to Amaze Circus. GMU Patriot Center, 4400 University Drive, Fairfax. Tickets: \$15-\$30. For more information and showtimings visit, www.ticketmaster.com.

FRIDAY/APRIL 11-SUNDAY/APRIL 13

Virginia Opera's "Carmen." Friday at 8 p.m.; Sunday at 2 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Virginia Opera, will present George Bizet's sultry tragedy about opera's most famous femme fatale, "Carmen." The opera has enthralled audiences for more than a century and is one of the most popular. Tickets are Friday: \$44-\$86; Sunday: \$48-\$98. Youth Discount: tickets are half price for youth through grade 12. Call 888-945-2468 or visit cfa.gmu.edu



Bring out your pet on April 6 to Old Towne Pet Resort, 8101 Alban Road, Springfield, to take a photo with the Easter Bunny. Proceeds benefit the Fairfax County Animal Shelter.

SATURDAY/APRIL 12

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing.

Once Upon A Time... 7:30-10 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. A fairy tale themed costume ball. The evening includes music, social dancing, unique silent auction opportunities, food, laughter and special live performances by cabaret vocalists. Admission includes entertainment, light refreshments and two beverage tokens. Tokens may also be used for voting for the "Queen" of the night. Costumes are not required for entry, but do we encourage all to find some fairy tale inspiration for their attire- there will be a 'door prize' or two for the most imaginative costumes! Limited admission, early reservations strongly recommended. \$40 per person. <http://workhousearts.org/events/performing-arts/once-upon-time>

Easter Egg Hunt and Bake Sale. 9 a.m.-12 p.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. children (2 years old - 6th graders) are welcome to the free Easter Egg Hunt and bake sale. <http://www.franconiaumc.org>.

SATURDAY/APRIL 12-SUNDAY/APRIL 13

Spring Show. Merrifield Garden Center, 12101 Lee Highway, Fairfax. The Northern Virginia Bonsai Society is proud to announce that its Spring Show. Bonsai from beginning to expert will be exhibited and the Club will be demonstrating how to make a bonsai. Visitors may cast secret ballots on which of the bonsai exhibited should go onto the Potomac Bonsai Association show. Contact Person: Gary A. Reese. greese67@msn.com. 703-860-3374

SUNDAY/APRIL 13

Table Top N Gauge Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. Admission is \$4 for adults 16 and over; \$2 for children 5-15; free for children under5 and for Museum members. For more information on the Museum events, visit, www.fairfax-station.org. 703-425-9225.

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April 13 - Palm Sunday worship at 8:15, 9:30, and 11:00 am	
April 17 - Holy Thursday service at 7:30 pm	
April 18 - Good Friday service at 7:30 pm	
April 20 - Easter Sunday Celebration at 8:00, 9:30, and 11 am	
Sunrise Service at Springfield Golf & Country Club at 6:30 am	

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Robinson Baseball Rallies to Beat Marshall

Rams have 10 seniors on this year's team.

BY JON ROETMAN
THE CONNECTION

The Marshall and Robinson baseball teams took turns on March 27 capitalizing on each other's mistakes. Down by two runs in the bottom of the seventh inning, Robinson rallied to ensure Marshall's next miscue would be its last.

Robinson senior Kaden Darrow tied the score with a two-run single and Marshall catcher Mitch Blackstone's throwing error allowed the winning run to score as the Rams pulled out a 6-5 victory at Robinson Secondary School.

Robinson trailed 5-1 in the second inning and 5-3 entering the bottom of the seventh, but found a way to improve to 3-0 with its second consecutive walk-off victory. The Rams defeated West Springfield 4-3 on March 24 and opened the season with a 7-2 win over Woodson on March 22. Marshall fell to 1-2.

"We played five innings, six innings, things weren't really going our way and we found a way to pull it out," Robinson head coach John James said, "and that's a confidence builder."

ROBINSON ENTERS the 2014 season with 10 seniors on the roster, including six athletes in their third year on the varsity — pitcher/outfielder Chris Lohr, outfielder Adam Sisk, infielder/outfielder Zach Beck, outfielder Tyler Fitchett, pitcher/infielder Danny Herrera and Darrow. That experience paid off in the bottom of the seventh inning as the Rams, who had struggled at the plate for much of the contest, found a way to rally against 6-foot-5 Marshall left-hander Riley Cummins, who will pitch for the University of Virginia.

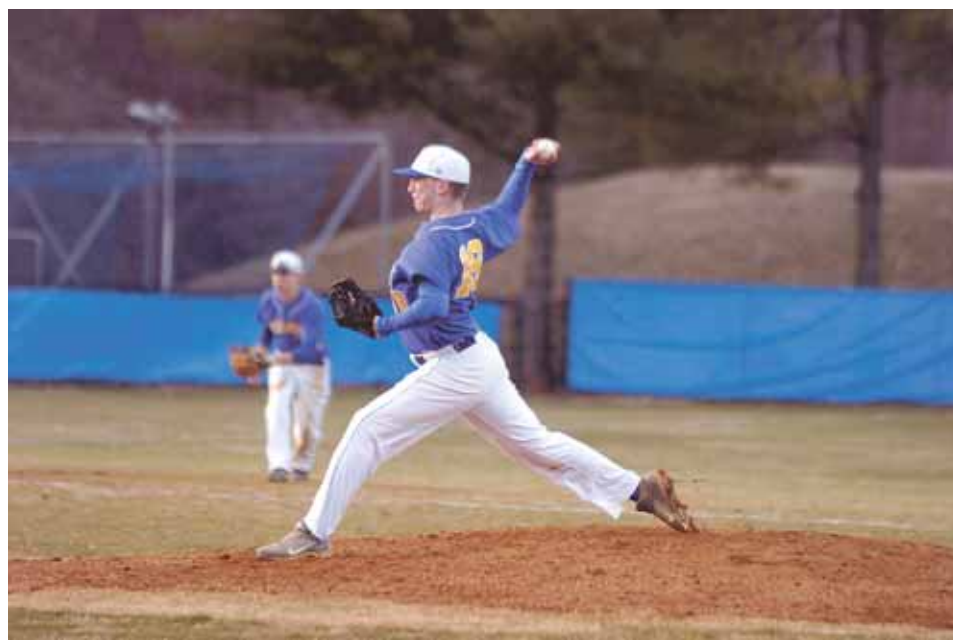
Leading 5-3 in the seventh, Marshall head coach Aaron Tarr moved Cummins from right field to the mound to close it out. But Robinson loaded the bases with one out after two walks, a strikeout and a Statesmen error. Darrow's two-run single tied the score at 5 and gave the Rams runners at the corners. During Fitchett's ensuing at bat, Blackstone tried to throw behind the Ram runner at third base, but the catcher's attempted pick-off sailed into left field, allowing the winning run to score.

Blackstone went 3-for-4 with a double at the plate and threw out two would-be base-stealers before his seventh-inning miscue.

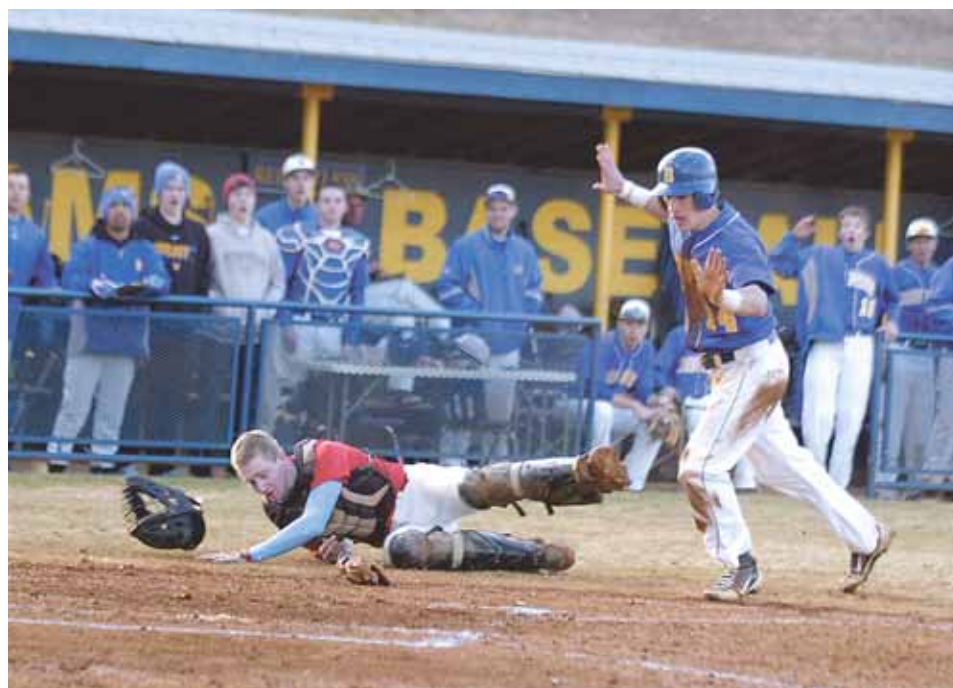
"[The runner at third] seemed to me that he was a little farther off the base than most people were," Blackstone said. "I thought I could get [Cummins] a quick out. ... [The] ball just got away from me."

Darrow's two-run single put the Rams in a position to capitalize on the error.

"He's been kind of an under-the-radar guy," James said. "He's been a three-year starter here, too, and has been very productive for three years. ... He's a utility guy.



Robinson senior Chris Lohr pitched 5 1/3 scoreless innings in relief to earn the victory against Marshall on March 27.



Robinson senior Adam Sisk, right, scores a run after colliding with Marshall catcher Mitch Blackstone on March 27.

SPORTS ROUNDUPS

Robinson Girls' Lax Starts 3-0

The Robinson girls' lacrosse team won its first three games of the season, scoring at least 20 goals in two of the contests.

The Rams defeated South County 20-7 on March 31 to improve to 3-0. Robinson beat Chantilly 22-6 on March 27 and Woodson 16-14 on March 24.

Robinson faced Lake Braddock on Wednesday, after The Connection's deadline. The Rams will travel to face T.C. Williams at 7:30 p.m. on Tuesday, April 8.

Lake Braddock Softball Improves to 3-0

The Lake Braddock softball team defeated West Springfield 21-0 on Tuesday with Bruins pitchers throwing a combined no-hitter. The victory improved Lake Braddock's record to 3-0.

The Bruins will host West Potomac at 6:30 p.m. on Friday, April 4.

We put him everywhere in the field. He plays anywhere defensively."

James said experience played a major role

in the Rams' comeback.

"Every guy that came to the plate there in the last inning was a senior," he said.

"That senior leadership and that experience is invaluable, especially in games like this when our backs are to the wall and they bring in their horse. You've got to have guys that aren't bothered by that — aren't bothered by the situation and aren't bothered by who is on the mound and they're just going to compete. Our backs were to the wall and they came up big for us."

The Statesmen took a 5-1 lead in the second inning thanks to a Rams error. With the score tied at 1, Marshall had the bases loaded with two outs when Blackstone hit an infield pop-up. Robinson starting pitcher Shane Hopkins dropped the ball in front of home plate, allowing two runs to score. Marshall first baseman Patrick Evans followed with a two-run single, giving the Statesmen a 5-1 advantage.

Marshall returned the favor in the bottom of the fourth. Robinson had the bases loaded with two outs when Statesmen starting pitcher Will Brooke got Robinson senior Herrera to pop up. But Marshall infielders appeared to lose sight of the ball, which fell to the ground for a two-run single, cutting the Statesmen lead to 5-3.

THE PERFORMANCE of William & Mary-bound pitcher Lohr also played a pivotal role in the Robinson comeback. Lohr came on in relief with one on and two outs in the top of the second inning and Marshall leading 5-1.

After allowing a single to junior Shane Russell, Lohr picked the runner off first base to get out of the inning. The right-hander went on to pitch 5 1/3 innings of scoreless relief and earn the win.

"In that situation, I just try and pitch like it's the start of the game," Lohr said. "[I needed to] take the runners on base out of my mind and just get the batters one at a time until I get out of that inning and then it's really just inning by inning."

Lohr allowed three hits. He walked one, hit two batters and struck out seven.

"Obviously, he did a fantastic job for us, and that's what we rely on him to do," James said. "He's a senior and he's been with us for three years and that's what he's capable of doing and that's what we need him to do — is come in and settle things down for us and give us a chance to win and he did."

Brooke pitched well for Marshall but received a no decision. The junior right-hander pitched 5 1/3 innings, allowing three runs and five hits while walking four and striking out two.

Cummins took the loss, surrendering three runs — one earned — and one hit in 1/3 of an inning. He walked two and struck out one.

Robinson's Hopkins went 2-for-3 against Marshall. Herrera and Darrow each had a hit and two RBIs, Fitchett had a hit and an RBI, and Will Miller had a hit.

Robinson was travel to face Annandale at 2 p.m. on Saturday, April 5.

"We've been running short on regionals for the last few years," Darrow said, "but I have high hopes for this year."

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

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21 Announcements

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News

Reverend C. L. Bryant to Speak at Republican Women of Clifton April Meeting

Reverend C. L. Bryant, former president of the Garland, Texas chapter of the NAACP and noted speaker will speak at the April 16 meeting of the Republican Women of Clifton (RWC). Rev. Bryant is a conservative activist and frequent commentator on Fox News. He dazzled audiences at Glenn Beck's FreePAC event when he encouraged thousands in the audience to "defend the republic" while also tackling the enslavement of government dependency. Rev. Bryant is a radio and television host and creator of the independent film, The Runaway Slave, a movie about the race to free the Black community from the slavery of tyranny and progressive policies. The meeting will be on Wednesday, April 16 at the Fairview Elementary School, 5815 Ox Road, Fairfax Station. The social hour will begin at 7 p.m. when refreshments will be served and President Alice Butler-Short will open the business meeting at 7:30 p.m., after which Reverend C. L. Bryant will deliver comments and entertain questions.

Guests will be asked for a \$5 donation at the door for TAPS - the Tragedy Assistance Program for Survivors of our Fallen Heroes.

For more information, visit <http://cliftongop.com/>.

Main Street Recognized for 'Exemplary Inclusion'

On Tuesday, March 25, Main Street Child Development Center was recognized by Fairfax County Public Schools with an Exemplary Inclusive Practices Award for continually demonstrating exemplary inclusive practices for students with disabilities. Awards also were given to Bonnie Brae Elementary School and Halley Elementary School. Main Street is the first center to be recognized with an Exemplary Inclusive Practices Award. Previous awards were given solely to individuals. In addition to plaques, all of Main Street's lead teachers received certificates and gift bags. Main Street will be honored with a luncheon on April 16. Awards were presented by Early Childhood Identification & Services Coordinator Denise Forest at the Green Acres Center, which houses Main Street. Fittingly, the ceremony coincided with the Fairfax County Board of Supervisors designation of March as "Intellectual and Developmental Disabilities Inclusion Month."

Fairfax County Public Schools' focus of increasing inclusion opportunities for preschoolers lies at the heart of Main Street Child Development Center's mission. "We are proud of the achievements that the Exemplary Inclusive Practices Award represents," said Main Street Director Carol Lieske. "It motivates us as we seek new and better ways to be an even more inclusive program."

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Marsha Wolber 703-618-4397



Springfield \$349,900
A delightful, updated and sparkling townhome in convenient Newington Station. So many updates include hardwood floors, windows, and more. A picturesque back garden professionally designed and executed by Merrifield Nursery!
Ellie Wester 703-503-1880



Fairfax \$649,999
Cul-de-sac location. Contemporary Rambler. Main Floor Master BR with Luxury Master BA & Glass Slider to Private Deck. Large Great Room with FP & High Ceilings + 2 Sets of Glass Sliders opening to Deck. Open Floor Plan, Skylights. 4 BRs, 3 Full BAs. Large Lower Level Fam Rm with Glass Slider to Yard.
Ann Witherspoon 703-863-9171
Sheila Adams 703-503-1895



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Jen & John Boyce 703-425-5646



Gainesville \$619,900
Heritage Hunt 55+. Gorgeous "Lakemont" on the golf course! 3BR, 3BA, main level MBR, gourmet kitchen with granite & island, Liv, Din, Fam with gas fireplace, Brkfst, Den, fitt closets, fin LL with Rec room, craft room, workshop & storage, irrigation system, 2 car garage.
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Old Town Alexandria \$789,900
3BR, 2.5BA End unit. Hardwoods, remodeled kitchen and baths. Enclosed patio and possible off-street parking. Minutes to shops, cafes, waterfront, and metro!
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Woodbridge \$469,000
This Raleigh model features 5 bedrooms, 3.5 baths and 2 car-garage. Open floor plan with over 3,700 sq ft, updated kitchen, master bedroom with sitting room, walk-in closet and luxury bath, finished walk-out basement, deck, patio and fenced back yard.
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Toni McQuair 703-795-2697



Clifton \$674,900
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Carol Hermandorfer 703-503-1812



Centreville \$524,900
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Carol Hermandorfer 703-503-1812



Burke \$574,900
Burke Centre colonial. First time on market. 3 levels with 4 bedrooms and 2.5 baths. Large unfinished walkout basement. Family room with fireplace. 2 car garage. Nice lot. Close to elementary school, transportation, shopping.
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Alexandria \$425,000
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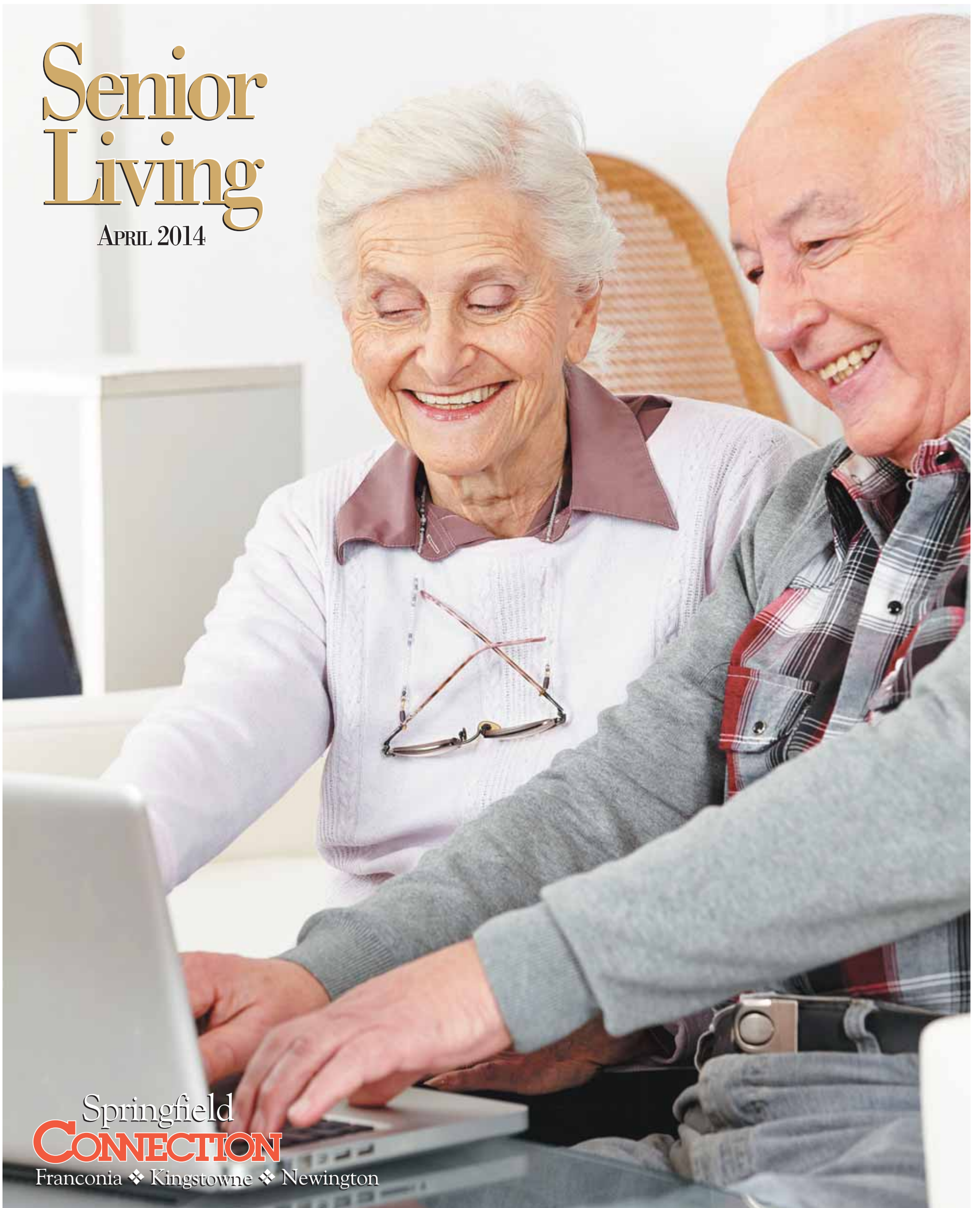


Burke \$226,000
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Senior Living

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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 wlrva.org for more.

TUESDAY/APRIL 8

NARFE (National Active and Retired Federal Employees) Vienna Oakton Chapter 1116

Meeting. 1:30 p.m. Vienna Community Center, 120 Cherry Street, Vienna. The program will be about the Vienna Town Council and mayor candidates. The meeting is open to all members and their guests. Refreshments will be served.

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 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 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.

SEE SENIOR CALENDAR, PAGE 8

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Senior Living

Seniors Rush to Yoga

Yoga teachers, research point to health benefits for seniors.

BY MARILYN CAMPBELL
THE CONNECTION

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 God-send," she said. "I have less pain now. I still



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.

have some stiffness, but I have a better 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
SEE YOGA, PAGE 6

More Seniors Plan To Age in Place

BY MARILYN CAMPBELL
THE CONNECTION

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) 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.

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Senior Living Programs, Technology Aid 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. O

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



PHOTOS COURTESY OF THE OSHER LIFELONG LEARNING INSTITUTE
Members of the Osher Lifelong Learning Institute (OLLI) at George Mason University play music for their peers. Below, other members listen to a lecture.

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: bwallbdc@gmail.com

❖ **Franklin Park Village** — email e.duggan@verizon.net or call 703-534-4964

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

❖ **Lake Barcroft Village** — www.lakebarcroftvillage.org

❖ **McLean Community: A Village for All Ages (MCVA)** — email mcleancommunityvillage@gmail.com or visit www.mcva.weebly.com

❖ **Mosby Woods Village** — mosbywoodsvillage@gmail.com

❖ **Mount Vernon at Home Village** — www.mountvernonathome.org

❖ **Reston for a Lifetime** — www.restonforalifetime.org

❖ **Reston Useful Services Exchange** — www.restonuse.org

To learn more, visit the Village to Village Network at **www.vtvnetwork.org**.

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 oth-

ers. 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 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.



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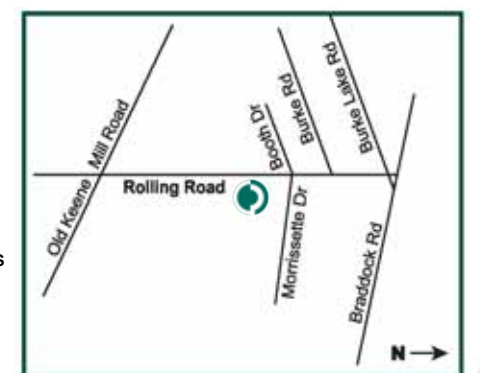
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Senior Living



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

Yoga for All Ages

FROM PAGE 3

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

The curbless roll-in shower was designed for wheel-chair access.

Accessibility on a Different Level

BY JOHN BYRD

Details

How can you tell when in-law suite is outperforming the usual requirements? Well, for starters, when the owners themselves decide to occupy the new accommodation as their primary living space.

Such was the recent choice of Gee and Aycha Saad, two Northern Virginia seniors who started investigating options for retrofitting their three-level home when the wife, Aycha Saad, transitioned from a walker to a wheelchair.

The idea was to improve everyday mobility and even incorporate equipment needed for physical therapy treatments while preserving the home's upper two levels should the couple later decide to sell the house and move to a retirement facility.

After weighing several scenarios, the couple summoned Russ Glickman, president of Glickman Design Build and an expert in aging-in-place, to explore options.

"We began by looking at ways to add an elevator," Glickman said. But the modifications for the elevator would disrupt the existing second floor plan without fully solving the accessibility issues.

The home's mostly unfinished 2,000-square-foot lower level, however, provided opportunities, and the Glickman team proposed a plan for a largely self-sufficient suite complete with accessible bath, kitchenette and other amenities.

Configured as an open floorplan that incorporates a sizable master suite, the new layout is differentiated into use zones that emphasize privacy.

Key components include: A kitchenette and dining zone finished with cherry Shaker-style cabinet facings, granite counter surfaces and ceramic tile flooring. A den/family room contiguous to the

Glickman Design Build periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com.

dining area that offers direct access to the rear yard. The space has been fitted with a large-scale plasma TV and a "Sensurround" sound system. A private master suite with spacious bedroom and a bath that includes a 5-foot-by-8-foot curbless "roll-in" shower with a pull-down seat. The bathroom connects to a fully-equipped laundry room.

To assure a suitable space for physical therapy treatments, Glickman custom-designed a wall cabinet in the dining area that contains a pull-down table with a reinforced steel frame.

To accommodate a wheelchair platform lift, the steps leading to the suite from the first floor were widened from 30 inches to 46 inches.

To make it easier for the Saads to identify visitors, the home's front door has been equipped with a security camera linked to a laptop. Glickman also introduced technologies that enable the couple to lock and unlock the front door from the lower level suite.

Aesthetically, the suite's carefully developed interior design confers both warmth and spatial cohesion. Mosaic tile flooring differentiates the kitchen/dining zone from the adjacent den and entertainment area. In short, it's a pretty, comfortable home that's also healing and supportive.

"Our goal was to satisfy immediate needs while implementing a makeover that will add re-sale value," Glickman said. "The house has simply been re-defined 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."

Senior Living



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 Brauninger, 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, horse-

shoes, 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 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.

Be a part of our **Wellbeing** pages, the first week of every month.

Delight in our **HomeLifeStyle** sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our **A-plus: Education, Learning, Fun** pages, the third week of every month.


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Senior Calendar

FROM PAGE 2

TUESDAY/APRIL 18

Genealogical Society Meeting. 1 p.m. at Hollin Hall Senior Center, room 112, 1500 Shenandoah Road. Mount Vernon Genealogical Society meeting will feature a presentation entitled "Experiences of a Young Waist Gunner in WW II" by Ray Bailey. What was it like for an 18 year old high school graduate from a small Ohio town to go off to war, fight the Germans and survive his plane "going down?" Visit www.MVGenealogy.org. Questions about the program should be directed to Karen Jenkins at 703-866-2478 or publicity@mvgenealogy.org.

WEDNESDAY/APRIL 23

Author Lecture: Cheat the Clock. 1 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Margaret Pressler will discuss her book, "Cheat the Clock: How New Science Can Help You Look and Feel Younger." First 20 registrants receive free copy of the book. Call 703-496-3440 to attend. Visit wlrva.org for more.

THURSDAY/APRIL 24

Condo Living Class. 7-9 p.m. at The Station at Potomac Yard, 650 Maskell St. The City and Arlington and Fairfax Counties will host a two-hour "Understanding Condominium Living" class. Free, seating is limited. Confirm attendance at 703-746-4990 or email shane.cochran@alexandriava.gov.

WEDNESDAY/APRIL 30

How to Protect Yourself From Identity Theft. 1:30-2:30 p.m. at Westminster at Lake Ridge, 12191 Clipper Drive, Lake Ridge, Va. Courtney Sweeney of Wells Fargo Asset Management will share tips to prevent identity theft before. RSVP to Michelle 703-496-3440, or visit wlrva.org for more.

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.

New Neighbors League Club of Northern Virginia. For women, the club includes Bridge, mah jong, gardening, quilting and many other activities. www.newneighborsvirginia.com.

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.

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. Visit www.redcrossna.org.

The Groveton High School class of 1964 is looking for contact information for as many classmates as possible. The planning for the 50th reunion is underway, however only a small number of people have been contacted. Groveton graduates of '64 interested in attending next September's reunion should email contact information to GHS64@verizon.net.

Band musicians are invited to join the **Mount Vernon Community Band.** Rehearsals are Tuesday 7:30-9:30 p.m. in the Mount Vernon High School band room, 8515 Old Mount Vernon Road. There are no auditions. The Mount Vernon Community Band is a nonprofit community service organization that has performed in the Mount Vernon area since 1978. 703-768-4172 or www.mvbands.com.

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 Dr. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

Gentle Pilates. Saturdays at 9 and 11:35 a.m. A non-traditional mat Pilates class with modifications to suit all abilities. Learn proper form, strengthen core muscles and improve

posture. \$78. Virginia Hospital Center, 1701 N. George Mason Dr.

Gentle Yoga. Tuesdays and Thursdays at 9:30 a.m. Restore flexibility, strength and ease tension. All levels welcome. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Tai Chi. Thursdays at 6: 15-7:15 p.m. Combine slow, flowing movements of Tai Chi and Qi Gong postures to foster a healthy, balanced mind and body. \$80. 601 S. Carlin Springs Road. Call 703-558-6859.

Yoga for Everybody. Wednesdays at 6:30 p.m. This traditional approach to yoga reduces stress and increases strength and flexibility. \$66. Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

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.

Call For Articles. The Arlington Historical Society welcomes articles for publication in the annual Arlington Historical Magazine. Although the focus is on Arlington County history, subjects dealing with the history of Northern Virginia, or the metropolitan Washington, D.C. area, are also appropriate and welcomed. Articles should be 1,500 to 6,000 words in length. The deadline for receipt of copy is July 1, 2014. There is a prescribed format, especially for endnotes. A style sheet will be provided upon request, and the editor will assist authors and/or make corrections as needed. Pictures and maps are encouraged, but should be submitted separately, and credit information and suggested captions should also be included. Direct questions to Editor W. Karl VanNewkirk at 703-536-5916, karlvannewkirk@comcast.net; or 1116 North Rochester St., Arlington, VA 22205-1741.

Free **mall walking program** for seniors will be held Tuesdays and Thursdays from 8:30-9:30 a.m. at Ballston Common Mall, 4238 Wilson Blvd. Participants walk at their own pace. There will be a group stretch and cool down led by Virginia Hospital Center staff. 703-558-6859.

Choral Rehearsal. Encore Chorale's spring season will start Jan. 14 from 2-3:30 p.m. at Langston Brown Senior Center, 2121 Culpeper St. Anyone over the age of 55 can participate. Registration information is available at encorecreativity.org, or by calling 301-261-5747 or via e-mail to info@encorecreativity.org.

The **Arlington Senior Golf Club**, sponsored by the Office of Senior Adult Programs, is looking to expand its membership roster of players. ASGC is open to Arlington residents, men and women, 55 years of age and older. All skill levels are welcome. ASGC members play on Tuesdays and Thursdays at more than 20 courses in Northern Virginia with reasonable green fees between April and October. Tee times are available from 7:30 a.m. to 10 a.m. Contact President John Mashaw at 703-892-3793, johnmashaw@comcast.net or Membership Chairman Terry Townshend at 703-971-3124.

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.

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. Instructor is certified in back and hip rehab.

Centreville Garden Club Meeting. 7 p.m. every third Monday at Sully Government Center, 4900 Stonecroft Blvd., Chantilly. Learn more at centrevillegardenclub.blogspot.com or e-mail: centrevillegardenclub@gmail.com. Visitors welcome. Phone 703-830-2942.

The League of Women Voters of the Fairfax Area, a non partisan organization that is concerned with election processes, voter participation and civic engagement, is welcoming new members. All women and men interested in civic affairs are invited to join the group. Visit www.LWV-Fairfax.org. or call 703-658-9152.