

Fairfax CONNECTION

Serving Areas of Burke

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Fairfax County Chief of Police Edwin Roessler speaks to the media at a midday press conference held in front of the George Mason Regional Library following a successful manhunt for a prisoner who escaped from hospital.

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NEWS

City Sticks with \$1.065 for Now

Real estate tax rate is still a work in progress.

BY BONNIE HOBBS
THE CONNECTION

In the city manager's proposed budget for FY 2016, the residential real-estate tax rate would increase by 2.5 cents – to 1.065 cents per \$100 assessed valuation. The City Council can ultimately decide to lower the tax rate but, for now, it's advertising it at the proposed amount.

Meanwhile, it's holding public hearings and workshops on the budget, so the idea will receive a great deal of thought and discussion before the budget is finally adopted and the tax rate is set.

At the March 10 council meeting, resident Mike Roskind said he supports the Police Department's requested \$20,000 expenditure for body cameras, saying it should be "triple" that number. He also said training funds for the Fire Department shouldn't be reduced.

Former City Council member Steve Stombres encouraged the City to "keep the tax rate low for the homeowners."

\$1.04 per \$100 assessed valuation, a person owning a home valued last year at \$300,000 paid \$3,120 in real-estate taxes. But this year, because of average 2.9-percent assessment increases, that same home is worth \$308,806; and if the tax rate rises 2.5 cents, his tax bill would be \$3,289 – or \$169 more, for a 5.41-percent hike.

"I've always felt we do our budget process backwards," said Stombres. "I believe we should first reach consensus as a Council on what the tax rate should be and then approve the projects within those constraints. That would force you to prioritize."

He also said Fairfax should set aside 10 percent of the stormwater-management fund for a public/private partnership. "There are 100 private stormwater systems in the City," said Stombres. "But the owners don't adequately know how to maintain them and, eventually, the City will be on the hook for them. It's a public/private problem, and we need to be ready."

Then City Clerk Melanie Burrell read into the record a letter written by resident Becky Steckle. "[City] staff has failed to show budgetary restraint," wrote Steckle. "Anything that can be frozen should be; hold the line on spending. The taxpayers must not be treated as an ATM, and you should use our funds wisely and prudently."

AT THE CURRENT real-estate tax rate of

SEE CITY BUDGET, PAGE 8

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Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.



Fairfax County Chief of Police Edwin Roessler speaks to the media at a midday press conference held in front of the George Mason Regional Library.



PHOTOS BY TIM PETERSON/THE CONNECTION

Fairfax County Police Department spokesperson Shelley Broderick (center) used social media to keep both media sources and the public up to date during a multi-agency manhunt.

Prisoner Escapes from Hospital, Gets Recaptured

Social media aids manhunt, eventual recapture in Washington, D.C.

BY TIM PETERSON
THE CONNECTION

Around 3 a.m. on Tuesday, March 31, Wossen Assaye overpowered the female member of his two-guard private security detail while the male was out of his hospital room. Assaye was reportedly in shackles on a hospital gurney before the struggle.

When the male guard returned, he fired a single shot at Assaye from the hallway towards the room. No one was injured and the prisoner fled to the stairwell and out of the hospital, reportedly barefoot and wearing only a hospital gown.

Fairfax County Police were on the scene shortly thereafter, and by 5 a.m. began reporting on the incident using Twitter. The first @fairfaxpolice tweet with Assaye's name and photo drew 715 retweets and 73 favorites, as of writing this story. Having taken one of the guard's guns, police tweeted that he was at large and should be considered "armed and dangerous."

AS THE SUN BEGAN to rise, tweets from the police department kept coming, deliv-



PHOTO COURTESY OF THE
FAIRFAX COUNTY POLICE DEPARTMENT

Wossen Assaye escaped from custody while being treated at Inova Fairfax Hospital and was later apprehended in Washington, D.C.

ering new information. They announced road closures while police searched the Falls Church hospital campus, confirmed that the police chase which ended on I-95 at Route 286 and Fullerton Road was not related to the manhunt, and directed members of the media to press conferences for further updates.

Fairfax County Police Chief Edwin Roessler announced at the noon update that Assaye had been arrested in Southeast Washington, D.C. by Metropolitan Police, who received information from the public following the hunt on social media.

"We want to thank each and every community member for helping apprehend a

violent felon," Roessler said. He added that he estimated several hundred officers and multiple agencies were involved in the ground and air search.

Roessler was joined by U.S. Marshal Bobby Mathieson and Greg Cox, FBI Acting Assistant Director In Charge, who filled in details about the morning's events and Assaye's criminal history.

On March 20, Assaye had been booked into an Alexandria detention center facing federal charges for multiple armed bank robberies. Shortly after his intake, he tried to kill himself. "He tied a bed sheet around his neck and dove off a tier," said Mathieson.

Assaye was first treated for his injuries in jail, then transferred to Inova for further medical attention. He was placed under surveillance by Alexandria police for the first 24 hours. After the first day, police were replaced by a two-guard detail from the private contractor Allied Protective Services.

Mathieson said using a private contractor in that way was a standard practice, but that an investigation was underway as to whether the guards violated any detention policies.

After fleeing the hospital, they said, Assaye entered an adjacent apartment complex and gained access to the trunk of resident's car. The resident got in the car, unaware, and began driving. Assaye kicked through the back seat and proceeded to steal the car from its owner, Roessler said.

Around 7 a.m. police tweeted they were looking for the prisoner driving a stolen

2002 silver Toyota Camry with damage to the front end. Assaye later switched to a 2008 dark gray Hyundai Elantra. When police recovered the Camry around 10:30 a.m. in the Annandale area, they found what they said appeared to be the stolen security guard gun.

FOR A DEVELOPING STORY that also posed a public security threat, Fairfax County Police spokesperson Shelley Broderick faced the challenge of informing both the public and the media as quickly and as comprehensively as possible.

She got the idea to live-tweet updates as they happened, rather than wait for a press conference, from the handling of the Howard County mall shooting in January 2014. "They were able to push information out," Broderick said. "The majority of people are on Twitter, and are able to take what we're pushing, from a valid source."

She said she was able to "reach a vast expanse" of media outlets and the public with updates most relevant to public safety, and make sure the information was timely.

Joshua Stueve, a spokesperson for the U.S. Attorney's Office, said Assaye was scheduled to appear at the Alexandria Courthouse, after being recaptured, around 3 p.m. on Tuesday.

The Fairfax County Police department tweets using the handle @fairfaxpolice. Investigations into the morning's events are ongoing and further details continue to be released.

A Chase With, Mostly, Happy Ending

Around 7:41 a.m. on Tuesday, March 31, a Fairfax County police officer attempted to stop a pickup truck for traffic charges near Route 50 and Fairview Park. The vehicle fled and officers pursued assisted by Virginia State Police. On the Fairfax County Parkway over Interstate 95, one of the officers initiated the "precision immobilization technique" and the vehicle was stopped. The driver was taken into custody and transported to a local hospital with minor injuries. In addition, two Fairfax County officers and one Virginia State trooper were injured with minor injuries. Taken into custody was 36-year-old Lakisha Tracy, who has outstanding warrants from Arlington County.



PHOTO BY MIKE SALMON/CONNECTION

Moving: From Institution to Community

Northern Virginia Training Center to close by March 2016.

BY TIM PETERSON
THE CONNECTION

Joseph McHugh has lived at the Northern Virginia Training Center for 35 years, moving in when he was a teenager. McHugh has cerebral palsy and colostomy and severe spasticity issues.

At the training center, McHugh works with a speech pathologist, nurse, on-campus dietician and is close to an X-ray machine, dental facility and clinic on the grounds.

“My brother would’ve been dead without the training center,” said Chris McHugh, who lives in San Francisco. “He was almost pronounced dead a couple times, except for his proximity to a nurse, the clinic right there.”

Chris McHugh and his sisters Kim Arthurs McHugh of Arlington and Donna McHugh of Centreville are Joe’s legal guardians, and grew up together in Arlington. They’re skeptical about whether there are appropriate placement options so Joe can live successfully outside of the training center, which is slated to close next year.

“I want to be their biggest cheerleader,” said Chris McHugh. “I want to be wrong, to be excited about my brother’s choices and his peer’s choices, but I’ve seen people who

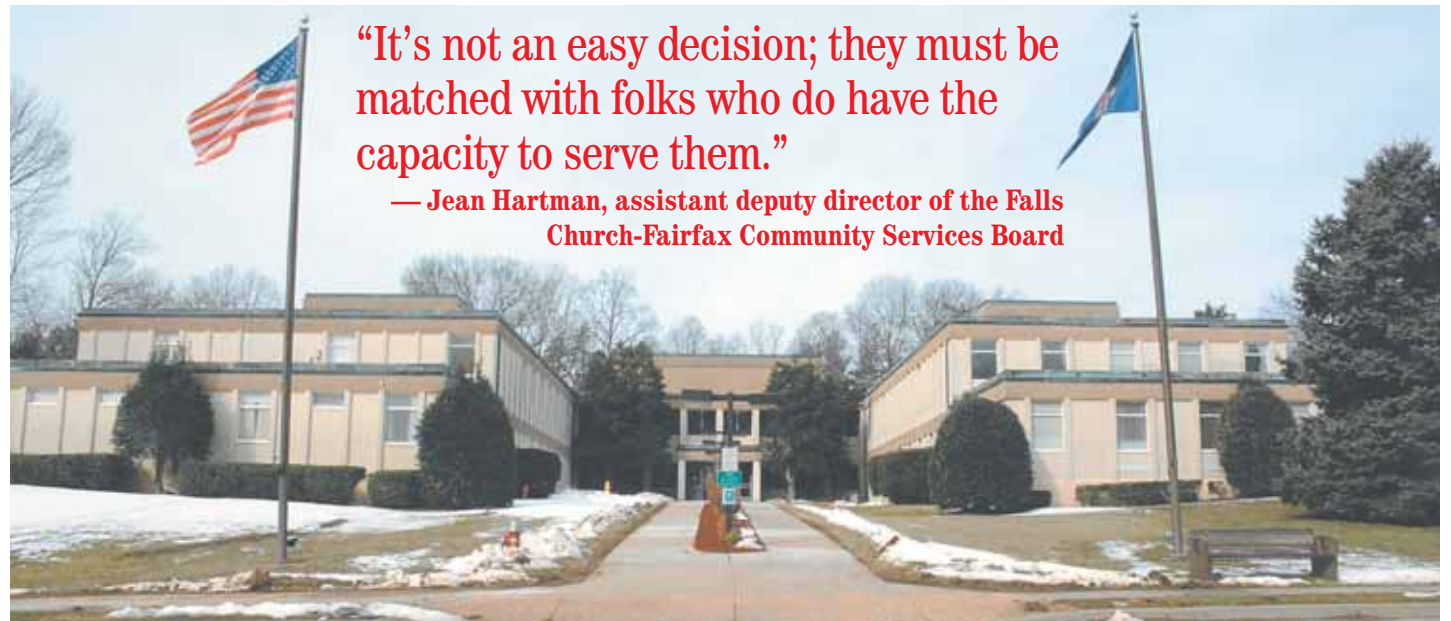


PHOTO BY TIM PETERSON/THE CONNECTION

“It’s not an easy decision; they must be matched with folks who do have the capacity to serve them.”

— Jean Hartman, assistant deputy director of the Falls Church-Fairfax Community Services Board

The Northern Virginia Training Center on Braddock Road is scheduled to close in March 2016.

don’t have a family advocating for them slip through the cracks, wither on the vine.”

The training center, one of five large regional institutions in Virginia that are operated by the state’s Department of Behavioral Health and Developmental Services, was built to house and provide services for people with intellectual and physical disabilities. The Northern Virginia facility, located on more than 80 acres off Braddock Road in Fairfax, has offered medical, dental and nursing services, physical and occupational therapy, social work and psychology services since opening in 1973.

Though the training centers provided an array of services, the institutional environment also moved people with disabilities out of their communities.

In June 1999, the U.S. Supreme Court ruled in *Olmstead v. L.C.* that segregating people with disabilities from society is tantamount to discrimination and a violation

of Title II of the Americans with Disabilities Act. Governments or other public organizations, it said, must therefore offer more integrated, community-based services to people with disabilities.

Virginia Code § 37.2-319 calls for a Behavioral Health and Developmental Services Trust Fund that “shall be used for mental health, developmental, or substance abuse services and to facilitate transition of individuals with intellectual disability from state training centers to community-based services.”

Then in a 2011 letter, Assistant U.S. Attorney General Thomas E. Perez notified then-governor Bob McDonnell that the U.S. Department of Justice Civil Rights Division had conducted an investigation into the Central Virginia Training Center in Madison Heights, questioning the state’s compliance with the Americans with Disabilities Act.

The investigation concluded that Virginia “fails to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs in violation of the [American with Disabilities Act],” Perez’s letter read.

“The inadequacies we identified have resulted in the needless and prolonged institutionalization of, and other harms to, individuals with disabilities in [Central Virginia Training Center] and in other segregated training centers throughout the Commonwealth who could be served in the community.”

The other segregated training centers included the one on Braddock Road.

In January 2012, the U.S. Department of Justice and Commonwealth of Virginia filed settlement in U.S. District Court, calling on the state to “create or expand a range of supports and services to individuals with [intellectual disabilities or developmental disabilities] and their families.”

The settlement summary referred to the continued operation of all five regional training centers as “fiscally impractical” and that the state should submit a plan for considering closing all but one institution. In his 2012 letter, Perez wrote the average cost of serving one person in a training center was \$194,000 per person annually, while offering them services outside the center averaged \$76,400.

According to the Department of Behavioral Health and Developmental Services, the average cost of care per individual for FY2014 was \$342,504. For FY2015 (through October 2014), the cost rose to \$359,496 per individual.

Dr. Dawn Adams, director of health services
SEE FINDING HOMES, PAGE 7

WWW.CONNECTIONNEWSPAPERS.COM



Dr. Dawn Adams



Jean Hartman



PHOTOS COURTESY OF CHRIS MCHUGH

From left: Joseph McHugh Jr. and Yvette Roberts, students at the Co-op School for Handicapped Children in Arlington, meet with First Lady Pat Nixon and Secretary of the Interior Rogers C.B. Morton at The White House in 1972 as poster children for a United Way campaign.



(Rear, from left) Donna A. McHugh, Kim McHugh Arthurs, Joseph F. McHugh Sr. and Chris McHugh celebrate with their brother and son Joseph F. McHugh Jr., who has been a resident at the Northern Virginia Training Center for 35 years.

Mother's Day Photos

Mother's Day is May 10, 2015, and every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to our website at www.connectionnewspapers.com/mothersday/ or email to editors@connectionnewspapers.com.

BULLETIN BOARD

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.

WEDNESDAY/APRIL 15

Dementia and Legal Concerns:

Capacity, Guardianship & Healthcare Decision Making.

1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. An elder law attorney will lead this discussion to help you get all of your legal needs in order. Call 703-204-4664 to RSVP and for more information.

THURSDAY/MAY 21

Lunch 'N Life. 12-2 p.m. St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Are You 50 or Better? Join for the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke. The program will feature Mr. Knox Singleton, CEO of INOVA Health Systems speaking on Current Health Issues. For reservations, call Faye Quesenberry, 703-620-0161, by May 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more information.

ONGOING

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.

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OPINION

Family Matters

BY MEGAN BEYER

COMMENTARY

It may never feel like a “good time” to have a colonoscopy. You might have already used the excuse that the preparation day before a colonoscopy is unpleasant and cuts into your busy schedule — and then you put it off another year. But momentary discomfort or inconvenience is a small price to pay for saving your life.

Colorectal cancer is the second leading cause of death from cancer in the United States. Only 40 percent of colorectal cancer cases are found in the early stages when it is most treatable. Consider the implications of not getting screened, or of a family member putting off screening until it is too late. If you are over 50 years old and of average risk, you should get screened for colorectal cancer. Those at higher risk may need to be screened earlier. And colorectal cancer, long thought of as a disease of older adults, has been rising in young adults — which makes it especially important for people of all ages to be aware of risk factors like tobacco use, obesity and heavy drinking, as well as family history.

March is National Colorectal Cancer Awareness Month. There is no need to be uncomfortable talking about colorectal cancer. Make this a conversation topic in your family and encourage them to speak with their health care professionals about getting screened. Nearly

everyone has lost a loved one to cancer, and colorectal cancer is a disease that takes too many lives each year. This year an estimated 132,700 people will be diagnosed with colorectal cancer. Worse, nearly 50,000 people will die from it. In 2014 about 136,830 people are predicted to be diagnosed with colorectal cancer in the United States, and about 50,310 people are predicted to die of the disease. Don't become a statistic. Start taking preventive steps today.

Determine your family history of cancer and talk with your health care professional about colorectal cancer screening options. Experts recommend both men and women over 50 of average risk get screened. A colonoscopy allows medical professionals to examine the entire colon and remove any polyps (pre-cancerous growths) before they ever become cancerous. When colon cancer is found early, it is more treatable, and the five-year survival rate is 90 percent. If you cannot or will not have a colonoscopy, there are a variety of other screenings available, such as a virtual colonoscopy, flexible sigmoidoscopy or double-contrast barium enema. Talk to your health professional about what is best for you.

Some people need to start screening earlier because they are at a higher risk of colon cancer — they have personal histories of colorectal

Prevent colon cancer for self and loved ones.

cancer, pre-cancerous polyps or inflammatory bowel disease; family histories of colorectal cancer, polyps or a hereditary colorectal cancer syndrome; or have Type 2 diabetes. Colorectal cancer incidence and mortality rates are highest in African-American men and women; incidence is about 25 percent higher and mortality rates are about 50 percent higher than those in Caucasians.

Healthy living is a vital step to cancer prevention and can lower risk for colorectal cancer. Maintain a healthy weight and stay active by exercising regularly for 30 minutes at least five times a week. Eat a nutritious diet low in red and processed meats (such as bacon or sausage) and full of fruits, vegetables and whole grains. Do not smoke and only drink alcohol in moderation. Use these tips to live a healthier life today, and share this information with family and friends.

Colorectal cancer is treatable, especially if caught early. Talk with your family and loved ones about ways to reduce their colorectal cancer risk. Visit www.preventcancer.org for more information about cancer prevention and early detection.

Megan Beyer is the wife of U.S. Rep. Donald S. Beyer Jr. (D-8) and is a member of Congressional Families Cancer Prevention Program of the Prevent Cancer Foundation. All statistics are provided by the American Cancer Society.

On the Banks of Bull Run 150 Years Ago

BY PAUL GILBERT
EXECUTIVE DIRECTOR
OF NOVA PARKS

One hundred and fifty years ago, on the same day General Lee surrendered at Appomattox, Fairfax County witnessed the last gun battle of the war.

Just five months earlier, Confederate Colonel John Mosby had been authorized to expand his force that had effectively harassed the Federal forces around Washington. On Saturday, April 8, half of Mosby's force left Upperville on

a mission to attack a train on its way to Alexandria.

On Sunday, April 9, the same day Generals Lee and Grant were meeting to sign the Confederates' surrender, the Southern Rangers were nearing Burke where they were going to attack the train station.

At this time, the Federal forces at Fairfax Station heard of Mosby's forces and sent the 11th Illinois Cavalry under Captain Warner to intercept them.

For four or five miles, the two groups engaged in a galloping fight. Once they formed into battle

lines against each other, but the rest of the time Union Cavalry chased Mosby's Rangers towards Bull Run, the stream that served as an informal dividing line between the Fairfax County that was under Federal control, and Prince William and Loudoun Counties that were less secure from a Union perspective.

Mosby's forces crossed the stream at Wolf Run Shoals in the Clifton area, and the Union forces did not chase them any farther.

The next day, two of Mosby's Rangers who had been involved in this fight were talking and Lieu-

tenant James Wiltshire remarked, “has it never struck you as being a notable fact that the first big fight of the war occurred on Bull Run and the last shots of the war in Virginia were fired on the banks of that same stream?” The bookends to the Civil War in Virginia that Wiltshire was referring to was the First Battle of Manassas, and this last fight in Fairfax County the day that Lee was surrendering 150 miles away.

Today NOVA Parks owns most of the Fairfax County side of the Bull Run and Occoquan rivers, an area rich in history.

LETTER TO THE EDITOR

Fatally Flawed Police Policy Review Commission

To the Editor:

The recently created Ad Hoc Police Review Commission is fatally flawed by the limitation to examine only policies, practices, and programs regarding the release of information on police-involved incidents. Only when Fairfax County eliminates the con-

flict of interest between police and the Commonwealth Attorney who prosecutes criminal cases will the county have an effective way to examine police-involved incidents.

Public prosecutors must work closely with police to build criminal cases on evidence collected by the police. In cases where police officers themselves may have committed crimes, such as the recent shootings of unarmed citizens, it is beyond reason to expect that State attorneys will be able function independently of their close working relationship with the police department. Fairfax County

needs an independent prosecutor to handle cases of police-involved incidents involving citizens. The idea of a citizen review board to provide independent oversight of the police department also should be considered, as suggested by Jeff Stewart, a member of the review commission. The Police Review Commissions must go beyond just police policies and procedures to examine structural changes in the relationship between the police department and the citizens of Fairfax County.

Ralph Craft
Fairfax

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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Getting into Marian Homes

Remodeling project to provide for residents with intellectual and or physical disabilities.

BY TIM PETERSON
THE CONNECTION

When the new residents of Marian Homes' latest remodeling project move in to the Gresham Street house in north Springfield, Fairfax resident and Marian volunteer John Germain hopes they feel at home.



Bill Crowder

The retired Marine engineer has been helping supervise the remodel of the more than 60-year old structure, retrofitting it for the specific needs of five people with intellectual and or physical disabilities. Some of the most noticeable changes are doorways that have been widened to 42 inches to accommodate wheel-

chairs and a wide-open entryway leading to a main dining room bathed in sunlight from numerous windows.

"When they come in, this will help them feel welcome," said Germain, "that this is a home, not an institution." The remodel began Feb. 25 and the team expects residents will be able to move in by July.

More than re-painting, Marian Homes is converting it from three bedrooms to five, adding a walkout entry, putting in all new flooring, super-sizing the bathroom with a hoist mechanism and redoing the kitchen.

This is the third private residence Marian Homes has bought and redesigned. Its first is a home for five women in the Brecon Ridge subdivision of Fairfax, dedicated in 1998. The second, a home for five men, is a house in the Fairfax subdivision of Greenbriar, purchased in 2010. All 10 resi-

PHOTO BY TIM PETERSON/THE CONNECTION



Marian Homes volunteers from Fairfax (from left) — Walter Purdy, Michael Perri and John Germain — work on converting a north Springfield home to make it accessible for people with intellectual disabilities.

dents were formerly living at the Northern Virginia Training Center on Braddock Road.

The all-volunteer, non-profit organization was started by Knights of Columbus St. Mary of Sorrows Council 8600. They purchase and maintain homes for people with disabilities; Chimes of Virginia takes referrals from Fairfax County to select individuals for the homes and independently manages the round-the-clock care for the residents.

Chimes of Virginia is part of the larger, Baltimore-based nonprofit corporation Chimes Foundation. Before Marian House purchased its first group home, the Fairfax Community Services Board assigned Chimes of Virginia to provide services once the house was completed.

People with intellectual or physical disabilities were once centralized in large institutions around the country, where it was believed more robust infrastructure and staffing could better meet the diverse health needs. The Northern Virginia Training Center, opened in 1973, is one example.

But over the last several decades, states have been closing their larger institutions

in favor of finding smaller housing and service alternatives that are more integrated into communities. The Northern Virginia center, scheduled to close in March 2016, has been discharging residents and currently has 74 remaining.

"This isn't anything new, in terms of federal standards," said Chimes Chief Operating Officer Nancy Eisele. "We just want to make sure we do it right in Fairfax County. We look at it as permanent housing for people, we want this to be their home."

TO FUND the first two residences it remodeled, Marian Homes has depended on rental payments from Chimes of Virginia, voluntary donations and grants from the Knights of Columbus Council and St. Mary of Sorrows Parish. The state-level Knights of Columbus organization KOVAR, dedicated to helping people with intellectual disabilities, has also offered Marian Homes loans and grants.

For the Springfield house, Marian Homes received financial assistance from Fairfax County's Department of Housing and Community Development.

In September 2014, the county issued a Request for Proposals to take advantage of \$1.8 million in federal funding for acquiring and rehabilitating affordable housing. The Fairfax County Housing Blueprint prioritized expanding housing options for the people with disabilities as well as homeless people.

In December, Marian Homes, along with the non-profit organizations Community Havens in Chantilly, Cornerstones Housing Corporation in Reston and Good Shepherd Housing and Family Services in the Mount Vernon area of Alexandria, was awarded funding in the form of deferred loans from the Fairfax County Redevelopment and Housing Authority.

"This funding not only ensures persons with disabilities, the homeless and other people with special needs have a place to call home in Fairfax County," Kurt Creager, director of Fairfax County Department of Housing and Community Development, said in a statement. "It also supports efforts to provide a wide variety of affordable housing types and sizes to meet the diversity of needs in our community."

The \$510,000 mortgage Marian Homes received from the Redevelopment and Housing Authority helped cover the cost of the Springfield house, while the organization says it is costing \$103,000 to remodel it. Marian Homes president Bill Crowder called it "a very workable model, from the county standpoint and our standpoint."

Crowder said Marian Homes is beginning to reach out to local corporations for assistance as well. "This is a community effort," he said, "not just one organization. This is something we got underway but there's more than enough space for you to get in and help."

To find out more about Marian Homes, visit www.marianhomes.org.

Finding Homes for Those Hard To Place

FROM PAGE 4

vices with Department of Behavioral Health and Developmental Services helps oversee the clinical organization of Northern Virginia Training Center, making sure the new community settings for transitioning residents meet their specific needs.

Adams says that of the 73 people still living at the center, down from 152 residents in 2012, more than half have already started a 12-week discharge process.

"It's a very thoughtful, specific process to ensure there is choice, that there's a good fit with the provider and they're able to offer specific supports for that unique individual," Adams said.

Since October 2011, the state agency has identified 106 community options for Northern Virginia Training Center residents. The options include using individualized Medicaid waivers to acquire services either at home, in a group home setting, or at another intermediate treatment facility.

The key is that residents, their parents and associates should have more choices about



PHOTO COURTESY OF JUDITH KORF

Judith Korf's son Adam Bertman celebrates his 43rd birthday in a Northern Virginia Training Center dining room, August 2014.

how and where they live, ones that are integrated rather than segregated.

"While the training center model developed over time, it didn't necessarily keep up with the idea that health services have changed quite a bit," said Adams. "These are individuals, they're people, their spe-

cial issues are around the potential vulnerability and a whole bunch of different diagnostic items they embody. The challenge is working towards bringing people into the community, so it's no longer so foreign, due to lack of exposure."

Another challenge is the number of waivers; there's a waiting list, said Jean Hartman, assistant deputy director for the Fairfax-Falls Church Community Services Board. "The need far exceeds the number of waivers by the General Assembly every year," said Hartman.

The Community Services Board runs an intake for people with intellectual or physical disabilities, then determines whether they have an urgent or non-urgent need for a waiver based on the acuity of their conditions.

"The waiver has made it possible for individuals to live and work with their friends and families in their home communities, and made those communities stronger and healthier as a result," Hartman said.

SEE PLACEMENT, PAGE 9

Training Center Timeline

April 1973: Northern Virginia Training Center opens.

1977: Average residents numbered 230.

1989: Average residents numbered 263.

1999: Average residents numbered 185.

June 1999: In *Olmstead v. L.C.* ruling, the U.S. Supreme Court calls for public entities to provide community-based services for persons with disabilities.

June 2011: 157 residents

2011: Assistant U.S. Attorney General Thomas E. Perez notified then-governor Bob McDonnell that the U.S. Department of Justice Civil Rights Division investigated Virginia's training centers and concluded that Virginia "fails to provide services to individuals with intellectual and developmental disabilities in the most integrated setting appropriate to their needs in violation of the ADA. ... The inadequacies we identified have resulted in the needless and prolonged institutionalization of, and other harms to, individuals with disabilities in CVTC and in other segregated training centers throughout the Commonwealth who could be served in the community."

July 2012: 152 residents.

January 2012: Settlement reached between Virginia and the U.S. Department of Justice regarding violation of the Americans with Disabilities Act.

June 2014: Southside Virginia Training Center in Petersburg, Virginia, closes.

March 2015: Initial scheduled closing for NVTC. 73 current residents.

March 2016: Current scheduled closing for NVTC.

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David Meyer



Nancy Loftus



Jeff Greenfield

City Budget Debated

FROM PAGE 2

She also objected to the proposed, merit-pay raises for City employees and contended there are places in the Parks and Recreation Department budget that could be cut. She concluded by asking the Council not to raise the real-estate tax rate.

The Council members then discussed what the maximum tax rate to be advertised should be. And Finance Director David Hodgkins noted that the equalization tax rate – the amount at which homeowners won’t have to pay higher tax bills – would be \$1.025 per \$100 assessed valuation. That would be \$.015 lower than the current rate.

Councilwoman Nancy Loftus favored the equalization rate, but none of her colleagues agreed. Councilwoman Ellie Schmidt wanted to keep the rate flat at its current \$1.04 level.

“It still equates to a tax increase for our citizens [because of higher home assessments],” said Schmidt. “And their other costs, such as food and medicine, are also going up. We have upcoming meetings where we can still do some cutting.”

But Councilman Jeff Greenfield asked what types of cuts could be made in order to eliminate a minimum of \$2.1 million in expenditures from the budget, if the tax rate were set that low.

“It’s a challenge; and at the next meeting, I’ll make specific suggestions,” said Schmidt. “But we’ve got to look across the board at the whole budget.”

However, said Councilman David Meyer, “If we didn’t raise the tax rate, we’d be reducing the proposed budget by \$2.1 million without any discussion about where we’d be cutting. There are some significant uncertainties, as we move forward – particularly in our school contract – that could leave us in a difficult position through no fault of our own.”

Besides, he added, “We just listened for hours and hours to staff present their case for this budget. I’d encourage us to adopt a higher advertised tax rate so we can talk about what our priorities really are.”

Meyer noted, too, that during past, tough economic times, the City postponed dealing with its infrastructure problems. So, he said, “We have to address our needed investments in our infrastructure. We have a responsibility to do what has to be done.”

Loftus, though, said, “It’s not a cut at

City Budget Meetings

April 7: Work-session discussion
April 14: Public hearing, work-session discussion
April 21: Public hearing, work-session discussion (tentative)
April 29: Public hearing, budget adoption
Residents may view the proposed budget at <http://fairfaxva.gov/government/finance/budget>.

\$1.04; it would be a budget freeze at \$1.03.” Suggesting a possible \$1.04, she said, “Let each department head choose how to spend the money they receive. When the economy tanked, our citizens and businesses faced challenges, too, and are still facing them today. And with assessments going up, the City will receive more money from their tax bills, anyway.”

REGARDING THE CITY’S non-discretionary spending – over which it has no control, Loftus said, “A lot of it is because of our education contract with Fairfax County – which is keeping its tax rate flat. I think setting [ours] at \$1.04 is perfectly reasonable. Our employees got raises last year, but our citizens work hard, too, and they don’t get raises every year.”

However, replied Greenfield, “Throwing sand in people’s faces doesn’t build relationships. We’re trying to end the budget process before it begins. Our contract with Fairfax County may rise, there’s a 28-percent increase for court services through the Sheriff’s Office and we may receive more students in September.”

“Tonight is just the advertised tax rate, not the adopted one,” he continued. “I don’t understand how we can get to \$1.04, recognizing that two-thirds of our budget is nondiscretionary and we have bills to pay and roads to maintain.”

Greenfield then warned his fellow Council members not to box themselves into a corner so quickly. “There’s no more low-hanging fruit in this budget unless we make significant cuts to city services and amenities,” he said. “I’m prepared to make more cuts, but not tonight, so I can’t support \$1.04.”

Meyer then moved that the Council advertise the tax rate as proposed, at \$1.065 per \$100 assessed valuation, and his motion passed, 3-2.

“All of us are going to work toward a lower tax rate,” said Mayor Scott Silverthorne. “This number just gives us flexibility.”

NEWS



IMAGE COURTESY OF THE VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES.

The Northern Virginia Training Center spreads over 80 acres along Braddock Road, including facilities for administration, food service, programs, residences, a warehouse, transportation and therapy.

Finding Appropriate Placement

FROM PAGE 7

According to Hartman, in Fairfax County there are 450 people receiving services in the community through Medicaid waivers, from 30 providers in Fairfax County. However, 858 people are still on the “urgent” waiting list for waivers and 375 are on the non-urgent list.

Once you have a waiver, it’s a matter of matching up with the right provider and environment. For this, the Community Services Board, Northern Virginia Training Center staff and family or guardians collaborate to find the right fit.

“Those are hard times,” said Hartman. “It’s not an easy decision; they must be matched with folks who do have the capacity to serve them.”

SOME FAMILIES of residents of the Northern Virginia Training Center have viewed the closing as too hasty, that more time is needed to identify proper support providers. Several parents and guardians testified at the public hearing before the northern Virginia delegation headed to Richmond for the 2015 General Assembly session in January.

At the session state Sen. Stephen D Newman (R-23) introduced SB1300, which sought to extend the Northern Virginia Training Center closing until Dec. 31, 2016, prevent the land from being declared surplus once it’s closed and keep three of the remaining regional centers open. The bill, which was co-patroned by numerous Northern Virginia senators and delegates, only made it as far as the Finance Committee.

Reston resident Judith Korf, co-president of the Parents and Associates of Northern Virginia Training Center group, spoke at the hearing on behalf of her son Adam. Adam is 43 and diagnosed with autism and mild learning disability; he has severe behavioral issues and requires a high level of skilled supervision.

“The hardest ones to place are the ones that are left,” said Korf.

Chris McHugh is hopeful the process will be successful, but has seen his brother passed up for discharge from the center for more than two decades.

“His friends and peers, some would find appropriate group home placements,” said Chris McHugh. “They would go through his checklist of needs and Joe would never make the cut. He requires a bit more

in terms of therapy and care. A day at the bathroom with my brother is an adventure.”

However Adams remains confident all the residents will be able to find proper home and service combinations by the training center projected closing of March 2016.

ONCE THE LAST RESIDENT leaves, the Northern Virginia Training Center, the campus’ future is still uncertain. Dena Potter at the Virginia Department of General Services said the campus is currently in “the surplus property review process to make a decision on whether the property would be sold.” The state owns the land; several properties were purchased for the site from private owners while one was obtained under eminent domain.

Because the 1973 opening predates the county’s Zoning Ordinance of 1978, the underlying zoning for the property is R1, meaning new construction would be limited to one house per acre, without being subject to public hearings and a change to the comprehensive plan.

According to the Virginia Code, if the buildings or property are sold, the money must first be used to make sure the same level and variety of services offered at the training center are available for former residents.

Parents and associates of center residents were scheduled to meet with the Department of Behavioral Health and Developmental Services Commissioner Dr. Debra Ferguson at the end of March to learn more about the plan to close the training center.

“Theoretically, we’re all supposed to get at least three viable options to choose from and that just isn’t happening,” said Korf. Of around 40 parents and associates who attended the meeting, many, she said, were “very frustrated” with the provider options they’ve been sent to assess so far. “They’ve looked at everything there to look at and it just wasn’t panning out.”

In the mean time, Adams said the campus will continue to provide dental services, something more difficult to establish than a primary care provider.

Joe Rajnic, the NVTC acting facility director, was not available to comment for this story.

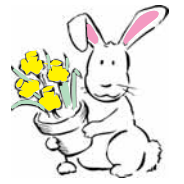
The Northern Virginia Training Center website is www.nvtc.dmhmr.sas.virginia.gov.

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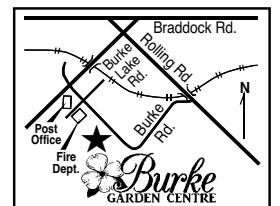
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PHOTO BY HELEN PAFUMI/COURTESY OF HUB THEATRE

From left — Jenna Sokolowski as Annalise the Geographer, Katie Nigsch as Margaret the typographer and Daniel Corey as Dave the stenographer.

Provocative and Insightful

Hub Theatre delves into the daring life of “The Typographer’s Dream.”

Where and When

The Hub Theatre presents “The Typographer’s Dream” at the John Swayze Theater, the New School of Northern Virginia, 9431 Silver King Court, Fairfax. Performances: April 10-May 3. Fridays at 8 p.m., Saturdays at 2 p.m. and 8 p.m. and Sundays at 2 p.m. Tickets \$ 20- \$30. Call 1-800-494-8497 or visit www.thehubtheatre.org

BY DAVID SIEGEL
THE CONNECTION

The venturesome, daring folk at the Hub Theatre are continuing to bring audiences bold new works by playwrights less often produced in the area. For its spring production, the Hub is producing the area premiere of the provocative and insightful, “The Typographer’s Dream” written by Obie-Award winning playwright Adam Bock.

“The questions posed in ‘The Typographer’s Dream’ are so relevant to this area,” said Helen Pafumi, artistic director, Fairfax’s Hub Theatre. The production explores connections between one’s profession, one’s self-respect and personal relationships with both humor and intellectual depth. “There is purpose in the work we do. ‘The Typographer’s Dream’ wrestles with our purpose and with our identity. Why do we do what we do? Why does it matter?” Pafumi said.

Pafumi noted that the show has a rhythm that “allows us to delve into this work or life meditation with his humorous and honest writing style. It frees our three actors to connect directly with the audience and bring them into their world.” The three actors are Daniel Corey, Katie Nigsch, and Jenna Sokolowski.

The production is directed by Matt Bassett. He received a Helen Hayes Award nomination for his 2014 direction of the Hub’s “Failure: A Love Story.”

“The show explores what happens in stressful work. When asked to describe their jobs, some of the characters are shy while others are confident; some appear overeager while others are less able to define themselves,” said Bassett.

“Over time we see more and more of the real individuals appear and not be hidden away,” added Bassett. “As the cast interacts with the set, props and the audience, they open themselves up about their hopes, dreams and relationships.”

When asked what audiences can expect as they take in the production, Pafumi responded, “I hope they come away thinking about their work as having great purpose, no matter the profession. We all have something that contributes to the whole. And I hope they remember that life is not just one thing. Your life is not just our job, and we are not just defined by our job title. We are so many things.”

So what might you say if asked to describe your job and who you are? We are so much more than our jobs, aren’t we? For if we are not, what happens if and when you hate your job? Explore it all at the Hub Theatre’s “The Typographer’s Dream.”

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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.

THURSDAY/APRIL 2-SUNDAY/APRIL 5

Easter Bunny Photos. Daily. Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. A sure sign of spring is the arrival of the Easter Bunny, and those on the bunny trail will soon find him hopfully settled in his new home in Grand Court West. The Easter Bunny eggcitedly awaits visitors in Bunnyville, a charming, three-dimensional Bunny town featuring the Kid Junction Home of the Ultimate Party Experience, Hare Salon, and 24 Carrot Bank. The last stop in Bunnyville is a professional photo with the Easter Bunny in front of his Bunny House. Customers will receive a \$10 or \$20 card from Shutterfly with the purchase of select photo packages (\$22-44), and all children receive a small gift from the Bunny just for visiting! Locally presented by Kid Junction.

THURSDAY/APRIL 2

Slam Poetry Cafe. 6 p.m. ichard Byrd Library, 7250 Commerce Street, Springfield. Submit your poem NLT March 31 to slampoetrycafe@gmail.com. If you don't want to perform, no problem. Come and listen. Coffee, tea and refreshments too.

FRIDAY/APRIL 3

One Night Only Combat Paper Exhibit: The Places We Have Been. 7 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Enjoy the exhibition of Combat Paper artwork and explore the internal and external travels of veterans and Service members. They have refined their artistic talents in a week-long workshop

SATURDAY/APRIL 4

Easter Egg Hunt. 9-10:30 a.m. Grace Presbyterian Church, 7434 Bath St, Springfield. The event begins with breakfast, a craft, and concludes with the Easter Egg Hunt.

Workhouse Cabaret Series: Broadway Goes to Hollywood. Workhouse Arts Center, 9601 Ox Road, Lorton. 8 p.m. Lights! Camera! Music! The best of Broadway has been preserved for future generations through their film adaptations!

Historic Pohick Church First Saturday Tours. 1-3 p.m. Pohick Church, 9301Richmond Highway, Lorton. During the colonial period, Pohick Church was the congregation of many of our country's most prominent families, including the Washingtons, Masons and Fairfaxes. The Historic Pohick Church Docent Guild willgive free guided tours of the historic colonial church. For more information please call 703-339-6572 or visit <http://www.pohick.org>.

Egg Hunt. 10:30-11:15 a.m. Van Dyck Park, 3720 Old Lee Highway, Fairfax. Bring your own camera, the Easter bunny will be present. Egg hunt schedule: 2-4 years – 10:30 a.m. 5-7 years – 10:45 a.m. 8-10 years – 11:15 a.m.

WEDNESDAY/APRIL 8

Benefit Fashion Show. 11 a.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Women's Association of Northern Virginia is hosting a Benefit Fashion Show and Luncheon featuring Lord and Taylor's spring fashions. All proceeds will go to Northern Virginia Therapeutic Riding Program in Clifton. NVTRP provides

Mark your calendars: The Virginia Historic Garden Tour - an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to Virginia's most beautiful gardens, homes and historic landmarks. The Clifton and Fairfax Station Garden Tour is on Tuesday, April 21. This self-drive tour features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool – four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30. www.vagardenweek.org. Mail a self-addressed, stamped legal-size envelope, along with your check, payable to The Garden Club of Fairfax by April 1 to Marty Whipple, 11508 Yates Ford Road, Fairfax Station, VA 22039 703-978-4130 or email fairfaxtickets@vagardenweek.org. Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.



PHOTO BY DONNA MOULTON

equine-assisted activities to children and adults with disabilities including our military service personnel. Tickets are \$35, and reservations are due by April 4. Please send payment to WANV PO Box 523651 Springfield VA 22152. Please indicate on check Chicken or Filet Mignon.

Springfield Christian Women's Connection Special Bring A Friend Evening. 6:30-8:30 p.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Linda Stephens-Jones, a certified Professional Life Coach will present, Ready for the Next Chapter. With her 30 years of experience Linda coaches those at life's crossroads of grief, divorce, career change or relationship shifts, and encourages them to find purpose in life at every stage. If you are "stuck" in this season life, come to hear Linda's tips for breaking free into the next chapter. Enjoy it all for \$18.50 inclusive. Luncheon & complimentary childcare. Reservations must be made by Friday April 3, 2015. Reservations must be honored, used by a friend, or canceled.

Stories from Strawberry Park. 10 a.m. Mosaic, 2910 District Ave., Fairfax. Enjoy a live interactive performance each week taught by a group of unique storytellers. For ages 10 and under. Held outside in Strawberry Park. In inclement weather story time will be held in Angelika Film Center. Free.

THURSDAY/APRIL 9

"Healing Chronic Pain by Changing Muscle Memory." 7 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Hear from Nancy Shaw, myofascial pain therapist and author of Simple Changes to End Chronic Pain about why trigger point therapy aline is not enough to permanently change your pain cycle. She will show you some examples from her 32 years of clinical and personal experience

learning from Janet Trevell MD who developed the technique and treated JFK for his back pain. An interactive presentation will allow for audience questions and participation. <http://nancyshawpainclinicandinstitute.com> A book signing period will follow the presentation. Please bring your own book or purchase one when you arrive. Call 703-452-3831 to register for free presentation.

SATURDAY/APRIL 11

A Civil War Portrait. 8 p.m. GMU Center for the Arts, 4400 University Drive, Fairfax. Commemorating the 150th anniversary of the end of the Civil War, the Fairfax Symphony Pops Orchestra and over 100 singers from choruses throughout the area come together to tell the story of this historical milestone through music, narration and photography.

SUNDAY/APRIL 12

Rose Bush Planting Workshop. 2-4 p.m. Merrifield Garden Center 12101 Lee Highway, Fairfax. Rose bush planting workshop conducted by Arlington Rose Foundation. Learn how to plant in pots or beds and the best rose varieties to grow for this area. Wear gloves and bring your pruners. Free. 703-371-9351.

FRIDAY/APRIL 17

NoVa-Annandale Symphony Orchestra. 8 p.m. Richard J. Ernst Theater, 8333 Little River Turnpike, Annandale. Christopher Johnston, conductor. Music by Haydn, Mendelssohn, Holst, and Scott Joplin. Tickets at the door \$15, students \$10, children 12 & under free. Sponsored by NOVA College and the Reunion Music Society. Call 703-569-0973 for information.

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SPORTS



PVI junior Michael Coritz combined with Robert Riddick to throw a five-inning no-hitter during a 12-0 win over West Potomac on March 28.



PHOTOS BY PATRICK GAFFNEY

PVI junior Robert Riddick threw four no-hit innings against West Potomac on March 28.

PVI Pitchers Riddick, Coritz Combine for 5-Inning No-Hitter

Panthers sweep frigid doubleheader from Marshall, West Potomac.

BY JON ROETMAN
THE CONNECTION

After escaping with a 1-0 victory over Marshall with temperatures dipping into the low 30s, it would have been understandable for members of the Paul VI baseball team to lose focus in the second game of Saturday night's doubleheader at Waters Field in Vienna.

Instead, pitchers Robert Riddick and Michael Coritz shut down West Potomac, while the Panthers scored double-digit runs.

Riddick and Coritz combined to throw a no-hitter and Paul VI throttled West Potomac 12-0 in five innings on March 28, extending the Panthers' win streak to five games.

"As a program, we talk a great deal about not letting the conditions dictate, whether it be poor field conditions, any umpire's call, fans, the opponent we are playing or weather itself," third-year PVI head coach Jeff Nolan wrote in an email. "... After the first game, we mentioned defending the lull of the game, especially given the temperatures and our team did a great job of fighting the low temperatures with heightened enthusiasm and focus. I was very pleased with how our guys responded to an even colder second game. And, I think they were also motivated by a somewhat pedestrian offensive performance in game one and I'm pleased with the fact they came out with great resolve to address that in game two."

Paul VI's dominance over West Potomac started on the mound with Riddick. The junior right-hander struck out eight and walked three in four innings.

"Robert is a bit relentless on the mound," Nolan wrote. "From a hitter's perspective, he is tough to deal with as he works the strike zone in and out and up and down. I like the way he is attacking the zone and how he is indifferent to the hitter he's facing. He has been outstanding from his first appearance, a bulldog who competes hard every time out. He throws hard and has a great slider and works at a deliberate pace."

Norton wrote that he had Riddick on a "pretty conservative pitch count" due to it being an early-season



PVI left fielder Will Salva threw out Marshall courtesy runner Matt Horne at the plate to preserve a scoreless tie in the seventh inning during the first game of a doubleheader on March 28.

game in frigid temperatures. Coritz, a junior right-hander who has been the Panthers closer the last two years, came on in relief and preserved the no-hitter, striking out three in the fifth.

"Michael is a baseball player," Nolan wrote. "He competes hard in everything he does. He cares, he works. He is all about the team and the team's success. As a pitcher, he has no fear and no hesitation in getting after hitters. When he can sniff the finish line, he is real tough for hitters to deal with because his arm has another gear it reaches when the game is on the line. He tends to throw harder and his stuff gets even better when the chips are down."

PVI sophomore Trey Campbell had two hits and an RBI against West Potomac. Senior Matt Herzog had a hit and an RBI.

The Panthers benefited from nine Wolverine errors. PVI junior right-hander Kevin Kelly pitched five scoreless innings in the opener against Marshall.

The Statesmen had a chance to take the lead in the top of the seventh inning. With one out and a runner at second, sophomore Casey Lauer ripped a base hit to left field and the Marshall courtesy runner rounded third and headed for home. But PVI left fielder Will Salva scooped up the ball and fired it to the plate, cutting down the potential go-ahead run.

The Panthers loaded the bases in the bottom half and won with a walk-off walk.

Junior shortstop Clayton Baine, junior center fielder Jack Cunningham and junior Devon Adams are also key contributors for the Panthers.

"Our goals as a coaching staff are to seek constant improvement week to week," Norton wrote. "Our players, every year, set the same two goals: to capture the WCAC championship and the state championships."

PVI last won WCAC and state titles in 2012.

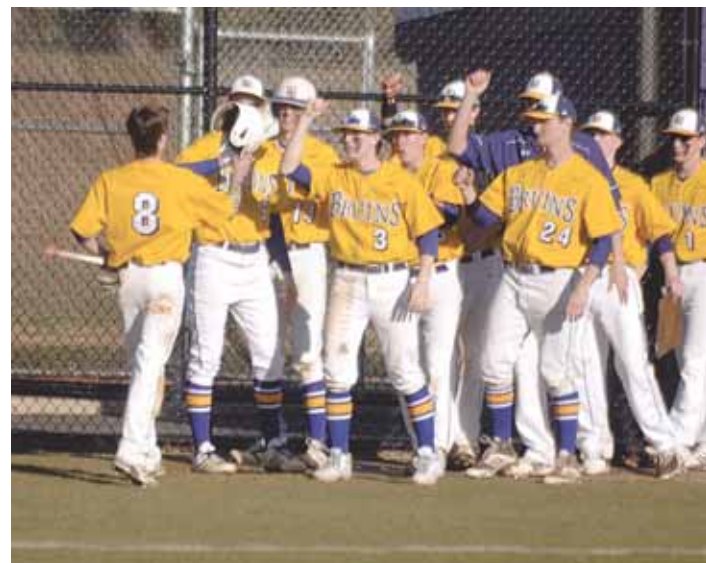


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Bruins Improve to 5-1

Lake Braddock senior Colin Brechwald (8) is greeted by his teammates outside of the Bruins dugout during a March 30 game against Oakton. Lake Braddock lost, 7-5, but responded the following day with an 8-1 win over Chantilly, improving the Bruins' record to 5-1.

SPORTS ROUNDUPS

Robinson Boys', Girls' Lax Suffer Losses

The Robinson boys' and girls' lacrosse teams each suffered their first losses of the season this week.

The boys' team, which won the state championship last season, dropped to 5-1 with a 7-5 loss to Yorktown on March 30.

The Rams will return to action at 7:15 p.m. on Tuesday, April 7 at T.C. Williams.

The Robinson girls' team fell to 6-1 with an 18-11 loss to Georgetown Visitation on March 31. The Rams faced Langley on Wednesday, after The Connection's deadline.

Robinson will return to action at home on April 14 against T.C. Williams.

Robinson Boys' Soccer Undefeated

The Robinson boys' soccer team improved to 4-0 with a 2-1 win over Stone Bridge on March 27.

After going winless in 2014, Robinson opened the 2015 season with wins over Lake Braddock, McLean and Woodson.

The Rams return to action April 7 at home against Oakton.

Paul VI Names Joe Sebastian as Head Football Coach

Paul VI Catholic High School in Fairfax has announced the hiring of Joe Sebastian as Head Football Coach. Sebastian has taught at PVI for 14 years and was the head coach on the JV and freshman level the past two seasons. He has coached high school and college club football for the past 19 years, serving as an assistant at various schools including George Mason University, W.T. Woodson High School and Frederick Douglass High School. "I thank my Principal and my AD for this opportunity. It's an honor to be the new head coach at a great Catholic high school like Paul VI. I hope to carry



PHOTO CONTRIBUTED
Joe Sebastian

on the great work and build on the foundation established by our recent coaches Pat McGroarty and Gordon Leib. I am really looking forward to the challenge," Sebastian said.

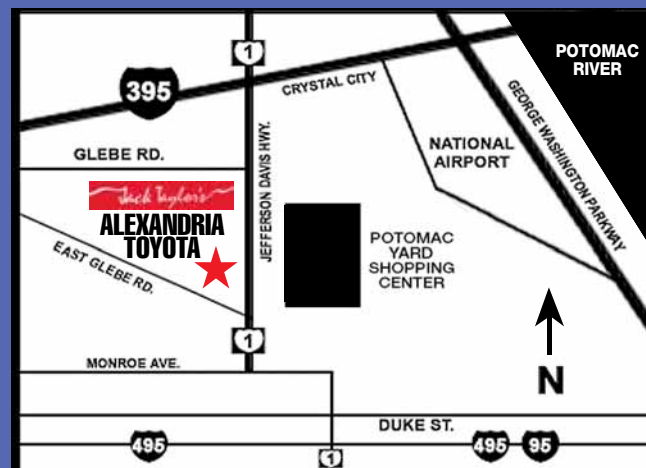
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I believe the future is only the past again, entered through another gate.

-Arthur Wing Pinero

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OBITUARY



Dougherty, Margaret Alicenea, 70, passed away peacefully in the presence of her family on Thursday, March 19, 2015 at Norton Brownsboro Hospital in Louisville, Kentucky after a long battle with breast cancer. She was born August 15, 1944 in Hot Springs, Virginia. She was the only child of Frances (Pritchard) and Clarence Hudson. Mrs. Dougherty attended George Mason Elementary School and graduated from F.C. Hammond High School in 1962 in Alexandria, Virginia. She attended James Madison University in 1963 and graduated from George Washington University in 1966 with a degree in French and Education. She received her M.A. in Special Education from George Washington University in 1975. Mrs. Dougherty worked for many years in preschool special education within the Fairfax County Public School system in Virginia. One of her proudest professional achievements was to obtain a grant to build a playground at Timber Lane Elementary School in Falls Church, Virginia. In 1966, she married William Dougherty. Mrs. Dougherty was a member of St. Mary Episcopal Church in Arlington, Virginia and enjoyed serving on the Altar Guild. After residing in Northern Virginia for 50 years, Margaret and Bill Dougherty moved to Louisville, Kentucky in 2004 to join their daughter Christine and her son-in-law Dr. John Wo. Margaret showered her grandchildren

Katelyn and David Wo with her unconditional love. Mrs. Dougherty participated in volunteering activities at Sacred Heart Model School, where her grandchildren attend. In 2009, she received a Doctorate of Special Education from George Washington University, with her dissertation on, "Identification of Needs Reported by Grandparents of the Grandchildren with Disabilities from Birth to Twenty-one Years in Commonwealth of Kentucky." She was appointed an Adjunct Professor at George Washington University's Department of Special Education. Margaret Dougherty is survived by her spouse William Dougherty, daughter Christine Wo, and grandchildren Katelyn and David. She was a gentle woman who cared more about others than herself. She was a supportive and loving spouse for her husband of 49 years. She was an inspiration to her daughter Christine, who will miss dearly her gentle loving Mom. She was a pillar of strength for her son-in-law, who will miss her acceptance and love for the past 25 years. She was the dearest grandma for her 12-year old granddaughter Katelyn, who will miss the love of literature and reading that binds them forever. She was the best, "grandma in the world" for her 10 year-old grandson David, who will miss the Lego sets hidden in the house for him to find. Survivors also include her Aunt Jeanne Pritchard, cousins Mary Haddock, Patty Kelly, Kathy Miller, Vicki Haley, Terri Henrickson, Anne Acuff, John Pritchard, Chad Pritchard, and her dear friends Janet Deatherage, Claire Booth, Bonnie Franklin, Mary Steed Ewell, Brenda Kimmel, Florence Gootenberg, Marlene Pollock, who's son Jason influenced Margaret toward a career in Special Education. Margaret will also be greatly missed by her extended family of in-laws, nieces and nephews. Margaret Dougherty loved the visit to Hong Kong and China with her family and even climbed the Great Wall. She was concerned about social injustice and spent a career in preschool special education for children with disabilities. She never boasted about her intellect and completed a doctorate degree just because she wanted to.

She will be remembered by her kindness and unselfishness to her family and everyone she encountered. The family requests donations to be made to the National Association for Down Syndrome (NADS) or the National Down Syndrome Society (NDSS). A memorial service and interment of ashes will be held at St. Mary's Episcopal Church in Arlington, Virginia at a later date.

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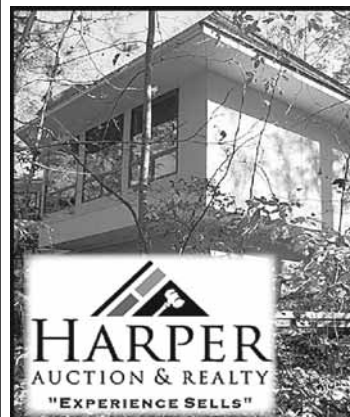


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Senior Living

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Senior Living Fit for the Golden Years

BY MARILYN CAMPBELL
THE CONNECTION

One night each week, Sue Thompson can be found dribbling a basketball down the court, leading her team, the Nova United, to victory. Thompson, who is in her 60s, is one of the youngest players in her league, the National Senior Women's Basketball Association.

"There are women who play with me who are 80 and living out their dream to play basketball. We were way before Title IX," said Thompson, who is also a professor of physical education at Northern Virginia Community College in Annandale and Alexandria, Va. "The women are fit, but with seniors, the social part is really important. Some of the ladies have been widowed or have spouses with health issues. They've really been a support group for each other."



Women of the Nova United, part of the National Senior Women's Basketball Association get exercise with a team sport. They are part of a new fitness trend.

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According to the American College of Sports Medicine, Thompson is part of a national fitness trend: fitness programs for older adults, including strength training and team sports.

"There are a lot of benefits for the aging population," said Lisa M.K. Chin, an assistant research professor at George Mason University's Department of Rehabilitation Science in Fairfax, Va. Exercise "slows physiological changes that come with aging. ... The other thing that exercise manages is chronic diseases that come with aging, such as cardiovascular problems or diabetes."

Mark Brasler, a 69-year-old who lives in Springfield, Va., has been active for most of the past 20 years. He moved into a retirement community four months ago and got a fitness assessment in the property's gym. The results led him to up his fitness game.

"I still walk every morning and do weights and resistance machines every other day," said Brasler. "I was also told that I needed to take balance class. We focus on agility, how to stand up straight and how to get up when you fall. We also do stretching, yoga and Pilates. I feel more confident about myself."

Such fitness classes can help preserve mobility and cognitive function, say researchers. "It helps in terms of preserving bone mass and maintaining mobility longer," said Chin. "If you're using your muscles, especially during weight-bearing exercises, ultimately it reduces the risk of falling and improves balance."

An exercise class that includes aerobic, strength and balance exercises can help preserve freedom and independence for seniors. "The key components of staying physically active are having strong muscles, reasonable flexibility and endurance," said Rita Wong, professor of physical therapy and associate dean of graduate and professional studies at Marymount University in Arlington. "It's essential to keep oneself mobile and active." It's almost never too late to increase fitness levels, Wong said. "Often with older adults, people think that they can't improve anymore so why bother. But research has shown time and time again that older adults have an ability to improve that is as similar as young adults'."

Senior Living

'Your Life Is Today and Tomorrow'

Residents of local senior living communities share their experiences.

BY ANDREA WORKER
THE CONNECTION

I didn't want to come here," said Bill Woessner, referring to Brightview Assisted Living Community in Great Falls.

"That's right," agreed Sheila, his wife of more than 50 years, with plenty of her native Scottish brogue to be heard in her voice. "He really didn't. We have a lovely house here in Great Falls and I don't think he was ready to budge. But how long after we got here did that change?" she turned to her husband and asked.

"At least a day," he laughingly replied. "Seriously," said Bill Woessner, "it probably wasn't more than the first 48 hours."

What changed his mind, especially after what many would call a major life-up-heaval?

"The food!" was his answer. "We have



PHOTOS BY ANDREA WORKER/THE CONNECTION

Always ready for a few hijinks around Brightview Assisted Living Community in Great Falls are L-R: Sheila Woessner, Porta Nickles, Sophia Coulopoulos, Bill Woessner, and director of Community Sales, Joanna Banks.

gourmet food at every meal, served by the nicest people in the most beautiful surroundings, and we never have to cook it or clean up afterwards."

According to Sheila, while the food really is that good, what probably impacted her husband's initial attitude was "the amazing staff, the friendly and interesting residents, and the freedom. Of course, we're retired, so we're not bound to the responsibilities of work." But neither are the Woessners bound to home maintenance concerns, housekeeping, cooking and cleaning.

Or "shoveling snow, like we would have been doing last month if we weren't right here," gloated Bill. "We have the time to do what we like, to try new things and meet new people, without that worry."

Bill and Sheila Woessner chatted about their experiences as residents in a senior living community with friends and fellow residents Porta Nickles and Sophia Coulopoulos, over lunch in the Brightview dining room.

Porta Nickles, who is 99, admitted to a bit of a sweet tooth. "My father owned a candy and ice cream shop in upstate New York," she said, recommending the homemade coffee ice cream for dessert.

The ice cream is made using the recipe of the area's beloved Thelma Feighery. Brightview is built on the site of Thelma's Ice Cream, once the hotspot for local gathering in Great Falls. Thelma and her husband Frank

started with a gas station on the site in 1950. Thelma took over and served her own recipe ice creams and other goodies after Frank's death in 1988, until her own in 2001.

Long-time Great Falls resident Sheila Woessner said she used to go to Thelma's "just to catch up on all the local doings" even though she's not one for sweet treats. "I think Thelma would be pleased. Not only do we have our own 'Thelma's' on site and make ice cream to her specifications, but it's still the place for us to gather and keep up with what's going on."

Porta Nickles came to Brightview after living the last 70 years in Middletown, N.Y., where she helped run the family's Coney Island hot dog franchise, and later went on to enjoy a career in education with the local school district. Having lived somewhere that long, it's understandable that the move took some adjusting to, but Nickles found herself comfortable and more than content in short order. "I was lonely there," she said. "And I didn't even know how lonely until I got here, starting making new friends, finding out there were so many things I could still do and learn and enjoy. And now I get to see my kids, grandkids and great-grand kids."

"And so do we all," added Bill Woessner. The youngsters in Porta's extended family (many of whom live close by) are favorites at family related social events held at Brightview, holidays, birthdays, and some "just because" occasions. Having family nearby, the visits, and having opportunities designed to promote interaction with different age groups, all help make Brightview

a home environment in the estimation of this group of residents.

The Brightview Great Falls location has only been open since September of last year. Sophia Coulopoulos, who had lived for several years in the Maryland suburbs around the District, actually came here from another area community, where she lived with her ill husband until his death. Speaking of him caused a quick smile, but also brought a hint of tears. Porta on her one side and Brightview Community Sales Director Joanna Banks seated on her other side, were immediately offering hugs, pats and encouragement.

"Get involved and take advantage of your time," was Sheila Woessner's advice for new

SEE 'YOUR LIFE.' PAGE 4



With Dale Jarrett on the piano performing some of the residents' favorites, Garrey Stinson, owner of Dancing With Garrey, Therapeutic Ballroom Dancing for Seniors, brings a smile to Sophia Coulopoulos.

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Senior Living

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Your Life Is Today and Tomorrow

FROM PAGE 3

residents.

Sheila Woessner has always been a game player “and she knows the words to every song going,” Porta Nickles said in admiration.

During her days with the British Information Services in New York City with Bill, Sheila Woessner took home some hefty prize money by playing on the televised “Name that Tune” game show, money that she used to finance their wedding. The couple even appeared on Johnny Carson’s “Who Do You Trust?” game show. Nowadays, Sheila uses her ability to help out at the community’s sing-a-longs.

Many activities are organized and facilitated by Brightview’s Vibrant Living Director, Josh Graf.

Bingo is Sophia’s favorite. She’s been pretty lucky, winning often enough to splurge with her earned Brightview “bucks” at the monthly “gift shop” where you never know what interesting items might be on offer.

Brightview Great Falls is part of Baltimore-based Brightview Senior Living, LLC with a number of communities in Virginia, Maryland and beyond. Brightview Great Falls offers independent living, assisted living, and accommodations for residents with Alzheimer’s and memory impairment. The community also offers outdoor space with unspoiled views and a Natural Wildlife Habitat accreditation.

Transitioning to senior community living is not always as easy as the lunch bunch at Brightview experienced. Sometimes the move starts with heartache or circumstances that speed up what should be a more lengthy and considered process. That was certainly the case for both Jim Draper and Rachel Garbee,

residents at The Hermitage in Alexandria.

Draper was a pastor for many years in the southern portions of the Commonwealth. He and his wife of 53 years were actually engaged in ministerial duties when she fell and hit her head. “It was a simple fall outside a Wendy’s, could happen to anyone.” Two weeks later, Draper was a widower. He continued on, but experienced several medical episodes associated with his own health issues. Eventually, the decision was made for him to move to Northern Virginia, close to family. “It’s been hard,” he admits. I really had my heart set on a retirement place near Richmond. And I miss my wife so much.” To make the transition more difficult, because of his medical condition, Draper can no longer drive. “That’s a real blow,” he said.

Rachel Garbee was living in North Carolina and “doing pretty good.” Then one night her furnace exploded. Living alone, she had no one with her to handle the situation. “It was very scary. I didn’t really know what had happened, couldn’t figure out how to turn off the alarms. I went to my neighbors for help and that’s when we found out about the furnace.” Luckily, Rachel Garbee and her home survived the experience, but when her son received the call in the middle of the night, “I was packed up pretty quickly and here I am.”

Both Jim Draper and Rachel Garbee have taken some time to adjust, but things are getting better with the help of staff like Lynette Mitchell, The Hermitage director of marketing and outreach. “She’s a special lady,” said Draper, “really made for the job.” Other residents have also helped Jim, Rachel, and others settle in to this new phase of their lives.

Gladys Laclede knows what it’s like to be a “newbie” from out of state. Moving here to be closer to her sons, she offers support and assistance where she can.

Peg Bixler remembers when Jim Draper



PHOTOS BY ANDREA WÖRKER/THE CONNECTION

In the lounge at The Woodlands Retirement Community in Fairfax, Col. James McAllan (US Army-Ret) with Riley on his lap and Linda McAllan offered up some thoughts on their senior community living experience. The McAllans were celebrating their Woodlands one-year anniversary that day.

first arrived. “I remember when we met in the elevator,” she told him. “I could tell it was hard.” She recalls telling him to just “Wait a bit. It does get easier.”

Of course, by the description of her daily activities, it sounds like Peg Bixler doesn’t have much time for waiting. A former nurse, she volunteers at the Kennedy Center, with the Wounded Warrior and Honor Flight projects, and more. She also fits in some serious walking to keep fit and limber, as well as activities offered at The Hermitage and visits with her daughter who lives in the area. Peg is grateful that she is still in good health and still able to be “a fairly quick walker.”

She tilts her head at friend Bea Larson, who is laughing that Peg “nearly finished me off” when she took Bea for their first few walks together. Rachel Garbee also walks, but mostly sticks to Hermitage hallway strolls, often in the evenings after dinner. “It’s quiet then, and where else could I take a walk in my pajamas, bathrobe and slippers?”

The Hermitage offers its residents a number of activities and amenities, although Peg, Bea and Gladys think that more people should take advantage of what’s on offer. Gladys Laclede was on the community’s activities committee and they were always on the lookout for something new and fun to get the residents involved.

Peg Bixler offered advice to those who might have such a move coming in the future. “Get rid of a lot of stuff as soon as you can. Don’t wait. And do what you can to make it easier on your kids.” Bixler thought she had done a good job of downsizing before the move, but still found herself “with a lot of stuff I just don’t need.”

Rachel Garbee encourages other “newbies” to not be afraid to ask questions or ask for help, especially if your move to senior community living is an abrupt one like hers.

“All of my questions and concerns have been met with nothing but genuine care and helpfulness here.”

“Be open,” is what Gladys Laclede advises.

Pastor Jim Draper, who has started using more of his time to help others in need around the community, thinks just speaking to everybody and actively looking for friendship is key to making the most of this next life chapter.

Bea Larson certainly hasn’t lost her sense of humor with her new living arrangements. “My advice,” she said, “is don’t be hard of

hearing!”

Col. James McAllan (U.S. Army Ret.) and his wife Linda, who retired from an administrative career with the IRS, started their research on retirement living options six years ago. As you would expect from a military intelligence officer (Army, Civil Defense/FEMA) and a woman who made order and efficiency part of her life’s work, these two had a plan and a checklist of requirements. While living in Falls Church, they visited dozens of communities over the years.

“We didn’t want one of the really big places,” said Col. McAllan. “We were looking for someplace with a diverse population and where we could comfortably remain, even if our health circumstances changed.” The couple also decided they would prefer a community that was locally owned, and better still, locally managed. Their extensive research and personal inspections eventually took them to The Woodlands Retirement Community in Fairfax. “It checked all the boxes.”

The community is, in fact, locally founded and operated by the Bainum family. The size fits for the McAllans, as well, with only 102 units. The Woodlands is also what is known as a Continuing Care Retirement Community (CCRC), meaning that residents can avail of a lifetime range of care, from the independent living that the McAllan’s now

enjoy, to more assisted living through to advanced nursing care without having to uproot and move to a completely new community.

The McAllans hadn’t planned to move in when they did. “My knees really made that decision for us,” said James. But once they decided, they found that only one apartment was currently available. Not wanting to risk a long encampment on the waiting list, they went ahead and closed the deal on their two bedroom, 2.5 bath apartment with separate kitchen, dining room and den. Their daughter, who lives just minutes away, told them it was “all meant to be.” And the icing on the cake was that The Woodlands would accept the other member of the immediate family, 4-year-old shih tzu Riley, who has been dubbed “The Mayor” by many of the other residents. Riley is not particularly fond of the only other four-legged community dweller, but he adores visiting – and being properly fussed over by – residents, staff, and visitors.

“Coming down to the lobby is his favorite activity,” said Linda. “I think he fakes some of his requests for his outside needs,” she added, “since half the time when we get down here he suddenly finds plenty of time to check out whoever is around.”

The Woodlands offers physical and entertainment activities, including an indoor heated pool and a well-equipped exercise room, but Linda noted that the variety of groups, clubs, lectures and discussions available.

“We’ve had the first Ambassador to Israel as a speaker, a violinist who spent 40 years with the Washington Opera orchestra, a retired opera singer, and so many more, in addition to book clubs, poetry clubs, gardening,” Linda McAllan said. A presentation by the authors of “Worry Free Retirement Living” was on the March schedule, and “Aging Well: Aging is Not a Spectator Sport” is on the April agenda. The McAllans also like that co-founder and manager Kevin Bainum holds monthly “Kevin Talks.” There are other regular town hall-type meeting and several councils or committees, but in Mr. McAllan’s words, it’s “this kind of relaxed, open communication that really brings us all together.”

Betty Marshall, whose apartment is frequently used as a stop on any tour of The Woodlands, couldn’t agree more with her neighbors, the McAllans. A Fairfax resident for more than 25 years, Marshall,

who was born on Cyprus when her South Carolinian mom followed her father to his native Greece for a time, has also seen a bit of the world thanks to her husband’s military postings in Alaska, Okinawa, Greece and Paris. Like the McAllans, Betty did quite a bit of planning for this move. When her husband, Col. Charles Marshall (Ret) died in 2013, she put those plans into action. Picking which pieces to take with her from a lifetime of international travel wasn’t as hard as she thought it would be. Of course, Betty Marshall, a music major who taught the instrument wherever the couple went, couldn’t leave the piano behind. Nor could she leave her favorite furnishings and artwork, many from her Okinawa days.

When not busy with activities outside of The Woodlands world like volunteering at the Fair Oaks Hospital gift shop or heading up the Flower Guild at the Providence Presbyterian Church, Betty is involved with the goings on in her own community. “And the people here make it easy on every level.” Betty sings the praises of the maintenance and facilities staff, in particular. “They are so willing to do anything you need. Hang a picture, move furniture, fix anything. They even prepare the plots for us gardeners. I just have to get out there and do the planting.” Of course, she does reward them with the fruits of their combined labor. “Zucchini bread for everyone this year!”

Having learned flower arranging, Betty teaches those skills as well as crafting to interested residents. She’s also organizing

a Caribbean cruise for a group of residents and family members. The Woodlands staff will be handling the transportation to and from Baltimore when the travelers embark on their sea-faring adventure.

“I would just tell people to never look back,” Marshall said. “Keep the memories, they are what made you. But your life is today and tomorrow. Keep looking ahead. Plan. And find a place where you can really thrive.”

If it’s time to start contemplating the transition to senior independent or assisted living for yourself or a loved one sorting through the information and the available properties and options can seem overwhelming.

There are properties that resemble four-star resorts. There are communities that are extensions of a particular faith institution or religion. Others, like non-profit Vinson Hall in McLean were founded to serve our large commissioned military officers population and government workers of equal rank. There are properties set in rural locations, while others like The Jefferson, a Sunrise Senior Living community located steps away from the Ballston Metro and Ballston Common Mall in Arlington, are set right in the thick of things. Westminster at Lake Ridge and Ingleside at King Farm in Maryland offer small town living right in the Washington area. There are communities offering every possible range of care, service and amenities in all price ranges.



Gladys Laclede, Bea Larson, Jim Draper, Rachel Garbee and Peg Bixler share a table and a photo op in the library of The Hermitage, a senior assisted living community in Alexandria. Peg is the veteran in the group and does her best to welcome newcomers.



Betty Marshall is so noted for her gracious hostess skills that she is often called upon as an “ambassador” for The Woodlands Retirement Community. One look around her two-bedroom apartment and you know why it is frequently chosen as a stop on the

Senior Living

Creative Aging Festival Coming in May

Includes 114 performances, poetry readings, art exhibits, lectures, classes and more.

BY STEVE HIBBARD
THE CONNECTION

A Creative Aging Festival will take place throughout the month of May at 100-plus local venues in Fairfax County, the City of Fairfax, Arlington and Alexandria. The month-long festival includes 114 performances, poetry readings, art exhibits, lectures, classes and more.



The festival is being sponsored by Fairfax County, AARP Virginia, the Fairfax County Arts Council and several other community organizations and businesses, and coincides with Older Americans Month. It will also include programs that unlock the creative spirit through yoga, tai chi and even a walk through a garden labyrinth.

"What we're hoping is that people will

discover where the opportunities for art are for Fairfax County. We want them to know that it's here; it's in the community and we're hoping they will participate," said Grace Lynch, manager of communications with the county's Division of Adult and Aging Services. She said the festival "gives us permission to do something that we may not have done before and to explore ourselves in a more creative and artistic way."

"Fairfax County is home to over 200 non-profit art organizations many of them offering exciting events for the 50-plus community. The Creative Aging Festival is a wonderful opportunity for our arts organizations to market their existing programs by and for 50-plus residents, encouraging older adult participation in the county's many arts offerings, and showcasing opportunities to engage in our community," said Lisa Mariam, grants director and master arts plan coordinator at the Arts Council of Fairfax County.

Planners are now developing the program and expect to post the full calendar of events in early April (see sidebar). Some of the examples include:



PHOTO CONTRIBUTED BY STAN SCHRETTER

Seniors take part in programs at the Osher Lifelong Learning Institute at GMU.

❖ An open house allowing guests to participate in an organization's dance, music, visual art, yoga, gardening programming;

❖ A speaker on art, gardening, yoga, etc.; or
❖ An older adult artist, writer, actor, poet, dancer or musician to speak about their art.

"We're not about bingo anymore. We've really raised the bar. We're focusing on yoga, tai chi, in addition to painting and music, performing arts and dance," said Julie Ellis, Director of Hollin Hall Senior Center in Mount Vernon.

Many Fairfax County programs will be held at local libraries, 14 senior centers, adult day healthcare centers and park programs are planning to be involved. For example, seniors here will have the opportunity to experience movement classes with professional choreographer Janet Storms of the Choreographers Collaboration Project. "She's going to talk about the joy of movement as you age," said Ellis.

The festival's objectives are to encourage audiences for the arts, especially for art created and performed by older adults; encourage older adult participation in

Local Sampler of Events

Artists 50+ at the Workhouse. The Workhouse highlights artists who are 50+. May 1-31 (50+ Festivities during regular hours). May 9, 7 p.m. (Directors Tour). Free. **At Workhouse Arts Center**, 9601 Ox Road, Lorton 22079. Call 703-584-2900 or visit workhousearts.org/

Gentle Yoga Class. This chair based low impact yoga is appropriate for any type of mobility, whether wheelchair or ambulatory. May 4, 2:30 p.m.; May 18, 2:30 p.m. Free. **At Art of Movement at the Workhouse Arts Center**, 9518 Workhouse Way, Bldg. 11, Lorton. Call 703-584-2965 or visit www.workhousearts.org

Celebrate Creativity and Wellness. Join the Lorton Senior Center in a day to celebrate and engage in creativity through hands on activities, demonstrations, guest speakers, games, food, and more! May 20, 10 a.m.-2 p.m.; Free. **At Lorton Senior Center**, 7722 Gunston Plaza, Lorton. Call 703-550-7195 or visit www.fairfaxcounty.gov/ncs

Preserving and Sharing Your Family Archive. Scrapbooks, photos, videos, diplomas and other memorabilia tell your family's story. Learn best practices to preserve these physical and digital objects, and how to use them to create family heirlooms such as memory books, heritage calendars and digital photo displays. May 20, 10:30 a.m.-Noon. Free. **At City of Fairfax Regional Library**, 10360 North St., Fairfax. Call 703-293-2136 or visit <http://www.fairfaxcounty.gov/library/branches/>

The Remarkable History of the Zion Dr. Community. Cora Foley will be presenting and hosting a talk entitled, "The Remarkable History of the Zion Dr. Community." The talk will include a slide show and some very interesting historical tidbits regarding the small community split between Burke and Fairfax. May 21, 11 a.m.-1 p.m.; Free. **At David R. Pinn Community Center**, 10225 Zion Drive, Fairfax. Call 703-250-9181 www.fairfaxcounty.gov/ncs

YOUR Art in the Park. Create your own nature design on paper and we'll transfer it to a ceramic four-inch square tile for our permanent foyer display at Hidden Oaks Nature Center, a Fairfax County Park Authority property. Mon., Wed., Thur., Fri. 9 a.m.-5 p.m. (Closed Tuesdays); Saturday and Sunday Noon-5 p.m. \$20. **At Hidden Oaks Nature Center**, 7701 Royce Street, Annandale. Call 703-941-1065

For more see <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax-creative-aging-festival.htm>

the county's many public and private art programs; promote public understanding of the benefits of older adult participation in the arts; establish the festival as an annual event each May with Older Americans Month.

"Research has shown a strong connection between participation in the arts and the cognitive health of older adults," said Richard Chobot, chair of Fairfax Area Agency on Aging. "The Creative Aging Festival will provide examples of the variety of arts experiences available to older adults, and individuals of all ages.

"The Creative Aging Festival gives the public an opportunity to dive into the soul of the many programs the area offers for adults with dementia," said Isabel Castillejo, CTRS, of the Herndon Adult Day Health Care Center. "Fairfax County's Adult Day Health Care Centers understand the value behind creative arts and the opportunity to see someone's unique expressions through art, music and various other mediums. We en-

SEE CREATIVE AGING, NEXT PAGE

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Senior Living



PHOTO CONTRIBUTED BY STAN SCHRETTER

Seniors take part in tai chi programs to stay fit at the Osher Lifelong Learning Institute at GMU.

Creative Aging

FROM PREVIOUS PAGE

courage the public to get a glimpse of these wonderful gems their community has to offer."

"The Osher Lifelong Learning Institute at (GMU) is excited to take part in the festival, offering four events that will showcase our popular acting and Tai Chi classes, fabulous musical performers, and first rate fine artists and photographers," said Jennifer Disano, executive director.

As part of the festival, GMU will be hosting an "Arts, Aging & Well-being" panel on Monday, May 18 from 9 a.m. to noon, on the Fairfax campus. "When we connect with others through creative expression, great things happen," said GMU Associate Professor Holly Matto, Ph.D. "The arts and health research shows that participation in the creative arts can enhance cognitive, emotional and interpersonal functioning, and studies on the arts in health care settings show biological effects such as pain

reduction and improved immune functioning."

Festival partners include: the Arts Council of Fairfax County, the Fairfax Area Commission on Aging, the Fairfax Area Agency on Aging, Fairfax County's Department of Neighborhood and Community Services, Public Libraries, Adult Day Health Care Centers, Long Term Care Coordinating Committee, George Washington University, the National Alliance of Community Economic Development Associations, the National Center on Creative Aging, Goodwin House at Alexandria and Bailey's Crossroads, AARP Virginia, and Pure Prana Yoga Studio. Most programs are free. Because of the variability in venue space, participants should call respective venues to register and inquire about program information, fees and parking.

The festival calendar will be posted by early April at <http://www.fairfaxcounty.gov/dfs/olderadultservices/fairfax-creative-aging-festival.htm>.

Countries are well cultivated, not as they are fertile, but as they are free.

—Baron de Montesquieu



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NIH National Institute
on Aging

Creative Aging Sampler of Events

Creative Mindfulness: Movement and Art. This two-part workshop will incorporate mindfulness practices including yoga and tai chi along with a creative, stress-free art project. May 1, 1:30 p.m.; Free. At **Insight Memory Center**, 3953 Pender Drive, Suite 100, Fairfax. Call 703-204-4664 or visit www.insightmcc.org

Wretches & Jabberers. Two men with autism, an accomplished artist and an activist, embark on a global quest to change attitudes about autism and intelligence. Tracy Thresher and Larry Bissonnette travel to Sri Lanka, Japan and Finland, dissecting, challenging, and reshaping public conceptions along the way. May 3, 1:30 p.m.; \$15. At **Angelika Film Center & Cafe at**

Mosaic, 2911 District Avenue, Fairfax. Call 703-537-3031/703-537-3075 or visit www.jcncv.org

Second Hand Rose. A nationally known storyteller tells the story of Second Hand Rose. May 4, 10:30-11:30 a.m.; Free. At **Lord of Life Lutheran Church/Shepherd's Center of Fairfax-Burke - Adventures in Learning**. 5114 Twinbrook Road, Fairfax. Call 703-426-2824 or visit www.scfbva.org.

Open Readers Theater Class. Join OLLI Actors for a performance of monologues, short skits, acts or scenes from longer plays. May 4, 11:50 a.m.-1:15 p.m.; Free. At **Osher Lifelong Learning Institute/GMU**, Tallwood, TA-3, 4210 Roberts Road, Fairfax. Call 703-503-3384 or visit <http://olli.gmu.edu/>

Encore Collage ... A RETRO-Introspective Workshop. Join us as we CREATE a collage using recollections, introspection, aged copies of photos, and magazines to represent key moments from your life and pearls of wisdom. These works will be displayed at the centers Mother's Day luncheon, May 8th. May 4, 10-11:30 a.m.; Free. At **Green Acres Fairfax Senior Center**, 4401 Sideburn Road, Fairfax. 703.273-6090 or visit <http://www.fairfaxva.gov/government/parks-recreation/senior-center>.

Cinco de Mayo Party. Little River Glen will be hosting a Cinco de Mayo Party: Creative Aging Throughout Cultures, Food, Dance and Music. May 5, 11 a.m.-2 p.m. Free. At

Little River Glen, 4001 Barker Court, Fairfax. Call 703-503-8703 or visit www.fairfaxcounty.gov/ncs

Encore/Potomac Chorale Spotlight on the Arts Performance. Come join us for an evening of song and celebration! May 5, 7 p.m.; Free. At **Stacy Sherwood Community Center**, 3740 Old Lee Highway, Fairfax. Call 703-993-9889 www.PotomacAcademy.org

Mother's Day Tea. Wear your Spring Finery with a Hat. Prizes given for best dressed. Live entertainment. Tea and finger food served. May 8, 11 a.m.; Free. At **Green Acres Community Center**, 4401 Sideburn Road, Fairfax. Call 703-273-6090 or visit www.fairfaxva.gov/government/parks-recreation/senior-center

Young at Heart Art Exhibition!

Come and view the wonderful works of the City of Fairfax Senior Center. They have used their artistic eye to bring you wonderful photography, and other art. May 9; Free. At **Green Acres Center**, 4401 Sideburn Road, Fairfax. Call 703-385-2712 or visit www.fairfaxva.gov/government/parks-recreation/senior-center

City of Fairfax Women's Club Fashion Show. Watch fashion take the runway, enjoy styles presented for all ages! May 9; \$1. At **Stacy C. Sherwood Center**, 3740 Old Lee Highway, Fairfax, 703-385-2712 or visit www.fairfaxva.gov

Quilt and Conversation. Local quilter, Ms. Sandra Duncan, will have her work on display. Members of the community are welcomed to come see her work and ask her any questions about quilting. May 11, 11:30-1:30 p.m.; Free. At **Mott Community Center**, 12111 Braddock Road, Fairfax. Call 703-278-8695 or visit www.fairfaxcounty.gov/ncs

Can Art play a role in the ever-growing divide between religions and cultures?

Acclaimed local artist Lilianne Milgrom recently returned from Paris where she exhibited and co-curated *The Bridge*, an interfaith exhibition organized by the CARAVAN foundation, gathered 47 Arab, Christian and Jewish artists from the Middle East and the West who offer visions for exploring our commonalities and bridging our differences. May 11, 6:15 p.m. Free. At **Jewish Community Center of Northern Virginia**, 8900 Little River Turnpike, Fairfax. Call 703-323-0880 or visit www.jcncvarts.org

Yoga. Yoga is perfect for older adults, or anyone looking to gain strength, flexibility, and peace. After this class, the instructor will briefly speak on the importance of yoga and be open to answer any questions you may have. May 11, 11:00-Noon; Free. At **Mott Community Center**, 12111 Braddock Road, Fairfax. Call 703-278-8695 or visit www.fairfaxcounty.gov/ncs

Olli Players Group. The OLLI Players will perform a play complete with violin and guitar called "The Changing Seasons of Life." You will be taken into the lives and memories of the OLLI Players. Come and see why this group is becoming more popular by the day. May 15, 1-2:30 p.m.; Free. At **Osher Lifelong Learning Institute/GMU**, Tallwood, TA-1, 4210 Roberts Road, Fairfax. Call 703-503-3384 or visit <http://olli.gmu.edu/>

Art & Mind Workshop. Art & Mind Workshop combines a lecture/slideshow on an art history topic with a hands-on art activity. May 16, 1 p.m.; May 16, 2:30 p.m. Free. At **Insight Memory Care Center**, 3953 Pender Drive, Suite 100, Fairfax. Call 703-204-4664 or visit www.insightmcc.org

Antique Car Show. Enjoy live Bluegrass Music, food, and many fantastic cars to view! Presented by the Northern Virginia Regional Group of the Early Ford V-8 Club. May 16, 10:00 a.m.-3:00 p.m.; \$1. At **Fairfax City Hall**, 10455 Armstrong St., Fairfax. Call 703-385-2712 or visit www.fairfaxarts.org

Preserving and Sharing Your Family Archive. Scrapbooks, photos, videos, diplomas and other memorabilia tell your family's story. Learn best practices to preserve these physical and digital objects, and how to use them to create family heirlooms such as memory books, heritage calendars and digital photo displays. May 20, 10:30 a.m.-Noon. Free. At **City of Fairfax Regional Library**, 10360 North St., Fairfax. Call 703-293-2136 or visit <http://www.fairfaxcounty.gov/library/branches/>



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