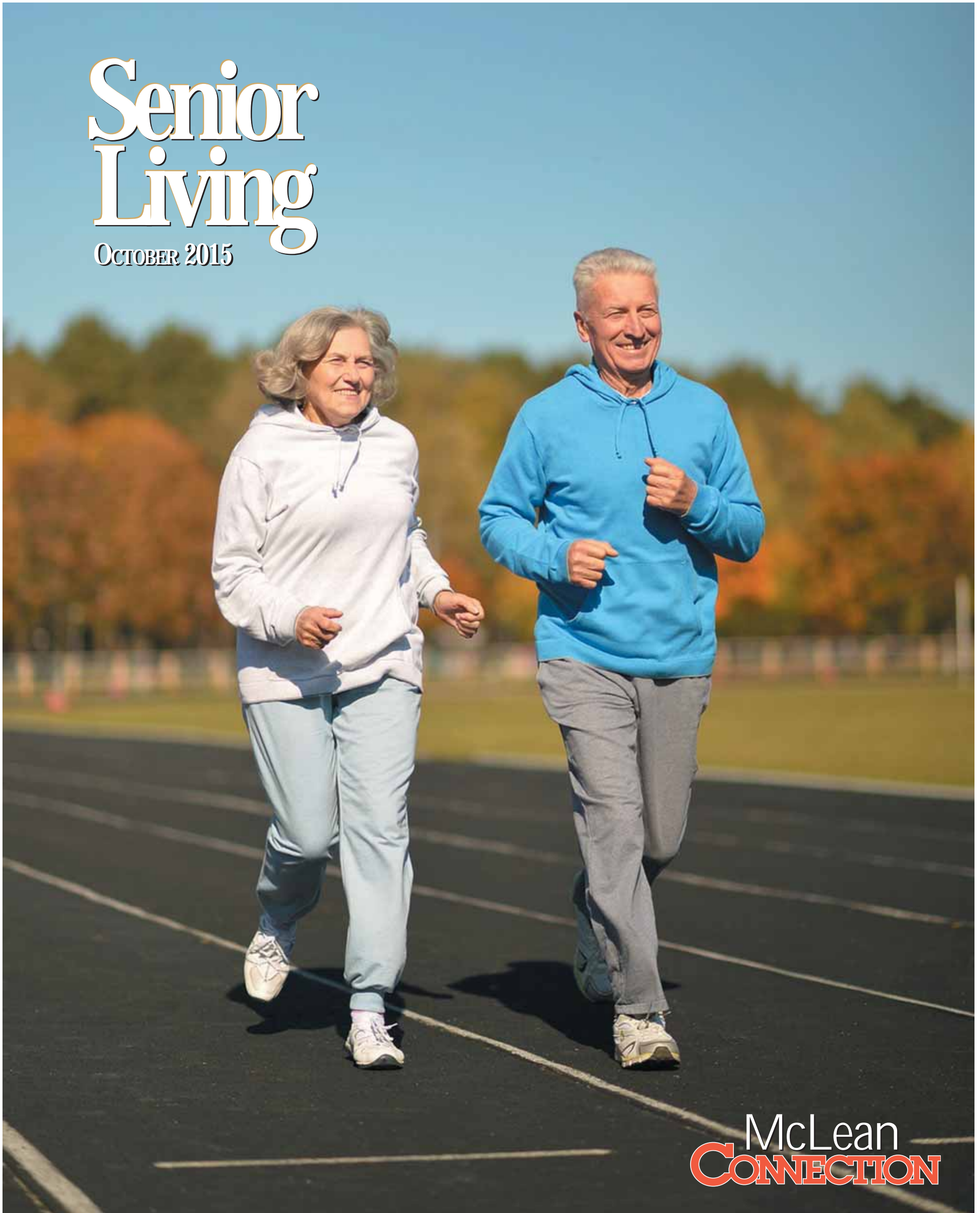


Senior Living

OCTOBER 2015



McLean
CONNECTION

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

By Marilyn Campbell
The Connection

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in



Local officials and volunteers cut the ribbon for the new McLean Senior Source help desk at McLean Community Center on May 15, 2013.



Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

setting up villages. Interest in the village concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason

with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele

Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Contact McLean Senior Source

Three ways to reach McLean Senior Source (MSS) include: 1) Phone: 703-300-1751 2) Email: McLeanSeniorSource@gmail.com 3) Visit: the McLean Community Center lobby during operating hours, Tues, Wed, Thurs from 10 a.m. to 2 p.m.

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello." The Potomac Community Village is hosting a theater party at the Round House Theater in Bethesda, Maryland.

"Our social events are a great way to stay engaged and active because it's easy to get out if we've already made arrangements for you," said Garrett. "All you have to do is sign on. You don't have to find an activity or someone to go with."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, Virginia, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

McLean
CONNECTION

Senior Living

is produced by
Connection Newspapers
www.ConnectionNewspapers.com
Local Media Connection LLC

For more information,
call 703-778-9431 or email
sales@connectionnewspapers.com

Senior Living

Preparing for Retirement

This fall, McLean Community Center (MCC) has put together a five-part series called "Are You Ready for the Rest of Your Life?" Each presentation will cover key topics that are valuable to anyone looking toward or enjoying the retired life. Attendees can choose to enroll in one, two or all five courses. The cost is \$7 per session, \$5 for MCC tax district residents. The center is located at 1234 Ingleside Avenue.

The courses include:

• Are You Ready for the Rest of Your Life? — Wednesday, Oct. 7, 10:30 a.m.-noon

As you begin to plan for or move into retirement, what information is important to share with your loved ones and how do you start the conversation? How do you make sure your loved ones know your wishes? Which papers should you keep and which can you toss and how should you toss them? Presented by Kay Bransford, best-selling author of "MemoryBanc: Your Workbook for Organizing Life."

• Practically Speaking: A Real-World Approach to Estate Planning — Wednesday, Oct. 14, 10:30 a.m.-noon



Kay Bransford



Lauren Keenan Rote



Mark Friese



Chase Phillips



Heidi Garvis



Jim Zalewski

Photos courtesy of McLean Community Center

Learn the basics of estate planning and discover which documents everyone should have as part of their overall plan. This session will also cover key questions to ask yourself before planning your estate and introduce the people you need to name in your estate plan (trustee, agent, executor), their importance and the key functions of their roles. The session will cover practical approaches to planning and understanding what you should discuss with these individuals and what could happen if you fail to. Presented by Lauren Keenan Rote, Estate Planning Attorney.

• Addressing Your Biggest Worry: Will My Money Last? — Wednesday, Oct. 21, 10:30 a.m.-noon

This course will focus on the leading worry of most adults and offer some strategies on how to prepare for unforeseen events that can impact your retirement plans. How does a family prepare for and manage the decline in physical and executive functioning? How does one plan for a tax efficient and streamlined transfer of an estate? Other topics to be addressed include managing rising medical expenses and the planning consid-

erations for long-term care insurance. Presented by Mark Friese and Chase Phillips, Senior Financial Advisors.

• Options for Living Out Your Senior Years — Wednesday, Oct. 28, 10:30 a.m.-noon

Learn the options from right-sizing and aging-in-place to other types of communities available for consideration. How will you remain independent in your later years? In this session you will learn: senior housing types and how they differ, home care types and what you need to know and general costs and considerations for each option. Presented by Heidi Garvis, Certified Senior Advisor, Senior Housing and Care Consultant.

• When the Time Comes Will Your Family Be Prepared? — Wednesday, Nov. 4, 10:30 a.m.-noon

Will your family know what to do and what you want when you die? Learn how you can get the funeral/burial that you want, what you can do in advance to ease the burden on others and how to plan for the costs. You will leave this session comfortable with your choices, give you the opportunity to make them known to your fam-

ily and avoid any guilt or guessing. Presented by Jim Zalewski, Funeral Planning Professional.

For more information or to register, call the Center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

You owe it to your family to visit Brightview Great Falls. It is the area's finest Assisted Living community.

"I am still me! This is just another stage in my life and at Brightview, I can still be who I am." — Dr. Jennifer (Ph.D.)

"Brightview offers possibilities, independence and choices. The people here are very caring and attentive. Brightview is a respectful and empowering community where we receive compassionate and dedicated care." — Sheila W.

"I never wanted to leave my home, but moving to Brightview Great Falls was the best decision we made. The food is delicious and we particularly enjoy the musical entertainment and the friendships that we have made since moving here." — Bill W.

"At Brightview I still have my independence. I love everything here and I have everything here that I need. My family is welcome anytime and the best part is they no longer worry about me." — Sophia C.




Please call either Carolyn or Joanna to schedule your personal visit.

703-759-2513

10200 Colvin Run Rd. • Great Falls, VA 22066



Better Tomorrows Start with Better Savings Today

GREAT NEWS!
We just raised the yields on many of our savings accounts!

Regular and IRA Certificates
\$2,500 to \$24,999
1.20% APY - 12 months
2.20% APY - 60 months
2.45% APY - 72 months

Jumbo
1.30% APY - 12 months
More Great Yields and Terms Available

Want to save for retirement, a college education, or just a rainy day? You can feel confident that a savings account with **Fairfax County Federal Credit Union** is the right choice. Don't put off creating your better tomorrow. Start saving today!

Three ways to open your account today:
Online at www.fairfaxcu.org
Call us at **703-218-9900** (press option 3)
Stop by one of our branches (see website for locations)

Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

NVSO Gold Medalists

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89,

Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Woodbridge and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were

held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis,

Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

For more results, see www.connectionnewspapers.com