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Senior Living
April 2016

Senior Living

Burke CONNECTION

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PHOTO BY TIM PETERSON/THE CONNECTION





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special thanks to **Mount Vernon Gazette**

Lawmakers Wrap-up Richmond Legislative Session

Unspent TANF grant money, prisoner rights among social issues discussed.

BY TIM PETERSON
THE CONNECTION

On average, low-income families in Virginia who are eligible and sign up for funds from the Temporary Assistance to Needy Families (TANF) Block Grant receive \$269 monthly and are cut off after five years. But lawmakers say there's a lot more unexpended money available in the federal grant that, if it remains unused, could one day be taken back.

Expanding funding for TANF programs including child support, workforce training, foster care and apprenticeships was among the social issues discussed at the Social Action Linking Together Richmond Legislative Wrap-up forum held April 3 at Virginia International University in Fairfax.

A mostly Democratic panel of state senators and delegates from around Fairfax County, Alexandria and Arlington also touched on immigration, raising the minimum wage, gun control, redistricting, ending homelessness and human trafficking.

Del. Paul Krizek (D-44) from Mount Vernon said the 2.5 percent increase in TANF program funding that was achieved this year in the General Assembly is "still not enough." His strategy was to "go big" and ask for a ten percent increase over the next three years. TANF, Krizek said, is a "Hand up, not a hand out."

State Sen. Barbara Favola (D-31) from Arlington said she called for a comprehensive review of TANF and put forth a bill that would study how the unspent TANF money could best be spent.

One reason lawmakers would be concerned about spending all the extra grant money at once, Del. Mark Sickles (D-43) said, is in case economic growth slows down and there's a sudden increase in families who are eligible and apply for TANF benefits.

John Horejsi of Social Action Linking Together praised Del. Alfonso Lopez (D-49) for vociferously championing the apprenticeships program as the General Assembly was considering increasing TANF-related funding.

"You hit the ball out of the park when you testified," Horejsi said.

Lopez said it is good for individuals, as well as the Virginia economy. "It's getting an education as well as a paycheck," he said. "That's the key thing."

Prisons, jails and treatment of inmates were another topic of discussion, as State Sen. Adam Ebbin (D-30) and Del. Patrick Hope (D-47) talked about reducing high rates for phone use. Family contact by phone



John Horejsi of Social Action Linking Together introduces some of the social issues to be discussed at the April 3 Richmond Legislative Wrap-up.



Del. David Bulova (D-37) (right) welcomes members of the Social Action Linking Together to the Richmond Legislative Wrap-up Social Issues Forum at the Virginia International University campus in Fairfax, located in his district, on Sunday, April 3.



Del. Vivian Watts (D-39) has been working on prison reforms including facilitating increased literacy and job training.



Gay Gardner with Interfaith Action for Human Rights said her organization has received numerous complaints about treatment of people with mental disabilities and people in solitary confinement at Red Onion State Prison.



Del. Mark Sickles (D-43) said only 24,000 families in Virginia currently receive benefits from the Temporary Assistance to Needy Families (TANF) Block Grant



Ann Solomon asked State Sen. George Barker (D-39) how people who are uncomfortable with concealed firearms in the room should respond to Virginia's gun-carrying in public legislation.

is critical for prisoners, Ebbin said, because "family unification is the number one predictor of success on re-entry." Ebbin and Hope have also been tackling solitary confinement, they said.

Del. Sickles also spoke about his parole bill that facilitates re-examining cases of inmates before 1995, when there was an understanding that an individual wouldn't spend 20 years in prison for a 20 year sentence. "It's outrageous it's not the priority of the state to look at each one of these



State Sen. Chap Petersen (D-34) said the 2016 General Assembly Session did not see much progress in terms of redistricting, but that it was a "real breakthrough year" for firearms control.

cases," he said.

First-time delegate Jennifer Boysko (D-86) of Herndon had her bills that would've expanded who can get a driver's license in Virginia tabled, though she's hopeful to carry the same content next year.

Her bills, she said, "Would've impacted 6,000 people, with no fiscal impact, and be ready to be implemented by July this summer."

"This would help people get back and



Dr. Gerald Poje, vice chairman of the Fairfax County Human Services Council, said he's concerned about addressing what he believes is an affordable housing crisis.

forth to work legally," Boysko continued. "It makes a good amount of sense."

Del. Mark Levine (D-45) spoke to the social need for more transparency in government and plugged the Virginia Transparency Caucus he helped form in Richmond. Members of the caucus (the current 12 are nearly bi-partisan) agree to having the committees for each one of their bills filmed and then published to YouTube.

"We're hoping to set a standard," Levine said. "You don't have to pass a bill to do this."



From left, Chief of Fairfax County Police Edwin Roessler Jr. presents Second Lieutenant Nicholas Depippa, Police Officer First Class Federick R. Yap, Police Officer First Class Peter T. Liu, Police Officer First Class Paul J. Blasko, Jr. and Officer Jesse B. Katzman with the Silver Medal of Valor for responding to a shooting in the middle of the night and saving the victim's life.



PHOTOS BY TIM PETERSON/THE CONNECTION

Fairfax County Fire and Rescue Chief Richard Bowers, Jr. (left) presents the Silver Medal of Valor to members of the USA-1/Virginia Task Force 1 Urban Search and Rescue Team that was deployed to Nepal after the April 25, 2015 earthquake.

'Ready for All Emergencies'

BY TIM PETERSON
THE CONNECTION

Technician Ryland Chapman and Lieutenant Lawrence Mullin with the Fairfax County Fire and Rescue Department were preparing to return home from a deployment with Virginia Task Force 1 to earthquake-rocked Kathmandu, Nepal when another quake sent them back out for duty.

Task Force 1 is an international urban search and rescue outfit sponsored by Fairfax County Fire and Rescue. Chapman and Mullin were part of a team assisting in Nepal in May 2015.

Because most of their equipment had already been loaded for transport, they were only able to bring minimal tools for a 72-hour mission, including small axes and sledgehammers. A helicopter took Chapman and Mullin to search for survivors that might be trapped in collapsed buildings. In one structure, they found a woman who was wedged on the ground floor with another part of the building collapsed on top of her.

After more than three hours of the rescue operation, Chapman and Mullin were able to free the woman and save themselves from continuing aftershocks and landslides.

"It was an extraordinary effort in a disastrous situation," said Fairfax County Fire and Rescue Chief Richard Bowers Jr. "It was one of the most dangerous situations I've ever seen in my 40 years of experience. They could've been crushed at any minute."

For their efforts, Chapman and Mullin were recognized with the Gold Medal of Honor at the 38th annual Valor Awards held March 30 at the Westfields Marriott in Chantilly.

Officers, deputies and other first responders from the Fairfax County Police Department, Sheriff's Office, Fire and Rescue Department, as well as Police Departments of the Towns of Vienna and Herndon, received the Lifesaving Certificate, Certificate of Valor and Bronze, Silver and Gold Medals of Valor.

In many cases, the responders were cited for acting "without regard to their personal safety under extremely hazard-



Second Lieutenant Dana L. Robinson (center) of the Fairfax County Police Department receives the Lifesaving Certificate.



Fairfax County Fire and Rescue Department Chief Richard Bowers, Jr. presents the Certificate of Valor to Lieutenant Scott F. Primrose.

ous conditions."

"In a situation where they have to save a life," Bowers said, "that means the motivation to do anything to maintain and preserve that life."

For Chapman, a Fairfax resident based at Fire Station 29 in Tysons Corner, he didn't see his actions in Kathmandu as anything out of the ordinary.

"We just have to be ready for all emergencies," he said. "I just did what's within my job description, what was expected of me to do."

Chapman's wife Taylor said the communication to families from Nepal was good, but not great, and that it was "intense" waiting for updates. What's more, with the



From left: Fairfax County Fire and Rescue Chief Richard Bowers, Jr. presents the Gold Medal of Valor to Technician Ryland W. Chapman and Lieutenant Lawrence G. Mullin, who were redeployed as part of Virginia Task Force 1 Urban Search and Rescue Team to search collapsed structures for survivors after an earthquake in the region of Kathmandu, Nepal.



Fairfax County Sheriff Stacy Kincaid (center) presents the Lifesaving Certificate to Sergeant Leslie Sheehan (left).

extra mission Chapman was called on, he nearly missed the couple's wedding.

Going from being a community firefighter to launching into collapsed buildings on the other side of the planet was "strange," Chapman said, but despite being far away, still gave him "good feeling" of helping people in emergency situations.

Leon Harris, News Anchor for ABC7/WJLA-TV and emcee for the awards, thanked all the first responders present for being the ones who are always there on the ground level for the various emergencies

First responders honored at 38th annual Valor Awards.



Taylor and Fairfax County Fire and Rescue Department Technician Ryland W. Chapman of Fairfax nearly missed their wedding while Ryland was deployed in Nepal as part of the Virginia Task Force 1 Urban Search and Rescue Team.



Certificate of Valor recipient Master Police Officer Damien E. Cichocki (left) of the Fairfax County Police Department presents his canine partner Enzo with the Meritorious Award.

he reports on the news.

"You're there to make sure every one of those has a possibility of a happy ending," Harris said.

NEWS

New Bike Lanes Proposed for 7 Braddock District Roadways

New bicycle lanes are being proposed for Ravensworth Road, Coffey Woods Road, Burke Road, Patriot Drive, Guinea Road, Queensberry Avenue and Heritage Drive in Braddock District. The improvements would come as part of the Virginia Department of Transportation 2016 summer road repaving program.

The Fairfax County Department of Transportation has scheduled community meeting to explain the projects on April 12, from 6:30-8:30 p.m. at Canterbury Woods Elementary School. The school is located at 4910 Willet Drive in Annandale.

Jeff Anderson of Vienna, board president of the Fairfax Alliance

for Better Bicycling, said Lawyers Road in Vienna is a successful example of a similar paving project that resulted in bike lanes going both directions and a general drop in vehicle accidents.

"It's not just about bike lanes, it's about reducing accidents, speed, making the community more livable and safer," said Anderson. "If the road is currently unsafe, there's a reason there's no cyclists on it."

For additional information and links to maps of the proposed projects, visit www.fairfaxcounty.gov/fcdot/bike/braddockdistrictbikelanes.htm.

—TIM PETERSON

Sanderson Honored for 25 Years of Civic Service in the Arts

Douglas J. Sanderson, a principal in the law firm of McCandlish & Lillard, P.C., was honored at the 2016 Fairfax County Federation of Citizens' annual awards banquet with a Citation of Merit recognizing his 25 years of "pro-bono legal service, tremendous passion, and tireless dedication to the arts in Fairfax County." Sanderson,



PHOTO CONTRIBUTED
Douglas J. Sanderson

who currently serves as legal counsel to the board of directors of the Arts Council of Fairfax County, has supported the Arts Council in its mission to support, empower, and provide access to the arts in the County since 1991.

Visit <http://www.fairfaxfederation.org> for more information.

AREA ROUNDUPS

Reporting Potholes

Report potholes to the Virginia Department of Transportation by going to <https://my.vdot.virginia.gov/>.

If you see a pothole, report the problem to VDOT online or by calling 1-800-FOR-ROAD (1-800-367-7623). VDOT will investigate each report and will schedule repairs as soon as possible.

Potholes occur when pavement is weakened by seeping moisture which freezes and expands, causing the road to crack. Traffic driving over the roads loosens the pavement further, and it eventually crumbles, causing a pothole.

FAITH NOTES

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

Jubilee Christian Center of Fairfax is restarting its "Living Free" support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover "Stepping into Freedom," "Concerned Persons Group" (for family and friends of addicts), "Understanding and Overcoming Depression," "The Image of God in You," and "Handling Loss and Grief." There will also be support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road,

Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or see www.jccag.org.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or www.fbcspringfield.org.

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Fairfax City \$469,950
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Fairfax Sta/South Run \$834,950
Remodeled Eat-in Kitchen
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Fairfax Sta/South Run \$869,950
Sold in 2 Days
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Burke \$689,950
Sold in 3 Days
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OPINION

Move Forward with Independent Oversight

While FCPD has embraced many critical changes, supervisors need to move forward with oversight.

Last week, the Fairfax County Police Department posted a list and progress report of 202 recommendations made by the Ad Hoc Police Practices Review Commission, each currently labeled as one of: implemented, in progress or under review.

Recommendations that are under review “require more review or approval from the Board of Supervisors,” according to the update.

Two landmark recommendations on independent oversight await further review and approval. One is the establishment of the Office of the Independent Auditor to review investigations of death or serious injury cases involving the FCPD; the other is to establish a Civilian Review Panel to review complaints concerning alleged FCPD misconduct.

The delay in moving forward with these two recommendations is a missed opportunity as the trial date for Adam Torres in the murder of John Geer approaches later this month, as the county will be under public scrutiny during coverage of the trial.

Chairman Sharon Bulova established the police commission in response to public outcry over the shooting death of Geer by a Fairfax

County police officer, later revealed to be Torres, and the delay and stonewalling in release of any information about the incident. Geer was killed in August 2013. It took 17 months, much agitation and a court order in response to a lawsuit on behalf of Geer’s family before the most basic information was released. In August 2015, Torres was charged with murder and ordered held without bond.

The Public Safety Committee for the Board of Supervisors will meet in July to discuss all recommendations related to independent oversight. The next meeting of the Public Safety Committee is May 10 when they will take up commission recommendations related to use of force.

Strategically, the establishment of Office of the Independent Auditor should have been one of the first actions as a result of the recommendations. The Civilian Review Panel should also be an early priority. Contact Bulova, Supervisor John Cook who is chairman of the Public Safety Committee, and your own supervisor, and ask them to move forward.

Several pieces of good news: Fairfax County police leadership have embraced significant changes as a result of the commission recommendations and an independent report on use

of force, changes that have already had major benefits in how police respond in crisis situations. Diversion First, a plan to provide treatment rather than jail for certain people in mental health crisis who come into contact with law enforcement is up and running, a remarkable achievement. Money has been allocated in the current budget to implement changes.

The progress report is available here: <http://www.fairfaxcounty.gov/policecommission/progressreport.htm>

Send in Mother’s Day Photos

Mother’s Day is May 8 this year and as usual every year at this time, this newspaper 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 www.connectionnewspapers.com/mothersday/ or email to south@connectionnewspapers.com.

EDITORIAL

LETTERS TO THE EDITOR

Help Prevent Child Abuse

To the Editor:

If you see a blue pinwheel dotting the landscape in April, we hope you will pause and think about what it represents—National Child Abuse Prevention Month. We then hope you will ask yourself: what can I do to prevent child abuse and deal with its aftermath?

We are fortunate in Fairfax County to have multidisciplinary teams of law enforcement, child protective services (which averages 2,500 cases per year), prosecutors and other professionals who work together to investigate child abuse and related issues.

We are fortunate to have the SafeSpot Children’s Advocacy Center of Fairfax County where forensic interviews can happen in a coordinated fashion in a child-friendly environment that does not re-traumatize the child. It’s also a place where trauma-informed



PHOTO CONTRIBUTED

What can you do to prevent child abuse and deal with its aftermath?

therapy is provided so the child can hopefully go on to lead a happy, healthy life.

We are not so fortunate, however, because child abuse affects every socio-economic group, even in our affluent area. We have scores of children and families who need help.

You can do your part by being vigilant with your own family and acquaintances, or to a child or a family that may need help. You can help raise funds for SafeSpot so it can expand its hours and services.

We’ve seen the difference for

children and families when they have resources to deal with the horror they’ve encountered. It takes time and loving support but it is possible.

So in April, remember pinwheels only turn if we use our collective breath. Think about children under three who don’t have words to express their pain or ask for help. Think about the lives that are lost if therapy isn’t provided.

Then say thanks to the teams who work tirelessly and cooperatively to support children and families, and think about how you can help. More information on how to get involved is available from www.safespotfairfax.org.

Michele Thames, executive director
SafeSpot Children’s Advocacy Center of Fairfax County

Limiting Health Care Choices

To the Editor:

Recently it was announced that

Aetna-Humana and Anthem-Cigna are planning to merge, which would severely limit the choices residents of the Commonwealth have when picking their healthcare provider. In addition, we would likely see substantial premium increases. It goes against common sense to reduce competition in the market and allow the costs to hardworking families to go up.

The State Corporation Commission, whose job is to ensure that mergers are in the public interest, needs to involve the citizens who would be affected. It’s crucial that the people across Virginia have the chance to participate in public hearings on these mergers.

All of us here in Virginia need to hold these companies accountable. I have no reason to believe the commission won’t do its job, but my family and neighbors should have a chance to let our policymakers know what the public interest really is.

Kim Smith
Fairfax

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LETTERS

Where is Civilian Review Panel?

To the Editor:

Last October, the 40 strong Ad Hoc Commission to Review Police Procedures, set up by Chairman Bulova and her Board of Supervisors (BOS), unanimously adopted a large number of recommendations, which they submitted to the BOS. Among these recommendations was one to set up a badly needed Civilian Review Panel.

Since that time, what has happened? Nothing. If there was unanimity among all members of the Commission (which appropriately included representation from FC Police), why are Chairman Bulova and her BOS procrastinating? The Commission's recommendations should be implemented without delay.

John Hanley
Reston

Inappropriate Use of FEMA Relief Funds

To the Editor

Your recent article "Fairfax County Schools to Apply for FEMA Relief Funds" is another example of attempting to exploit the American taxpayers. I visualize the typical American taxpayer as a middle class couple living in the heartland of our country. They have two children. They go to church every week. They don't smoke, don't use illegal drugs, and use alcohol in moderation. Their children go to school each school day. They vote in every election. They must struggle financially even when the economy is strong, but they pay their bills, and they pay their taxes. They pay for their children's education, and they save for their retirement. I don't feel that it is appropriate for the Federal government, which consists of millions of such middle class families, to pay for the removal of snow at Fairfax County Public Schools.

Dave Elmore
Great Falls

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:

Letters to the Editor
The Connection
1606 King St., Alexandria VA 22314
Call: 703-917-6444.
By e-mail:
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Advertising Deadlines are the previous Thursday unless noted.

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Eighteen people took the Fairfax Railroad Station Museum Civil War Sites tour on Saturday, April 2.



Historian Ted McCord gives a talk at Mount Gilead, a house built in 1785 in Centreville's Historic District, which was formerly called Newgate. Originally a tavern, it is the oldest house in Western Fairfax County.



The tombstone of Michael O'Brien and Dennis Corcoran, soldiers in Wheat's Battalion, known as the Louisiana Tigers, who were executed for mutiny by their own men during the Civil War.

PHOTOS BY STEVE HIBBARD/THE CONNECTION

Tour of Local Civil War Sites

Stops through Clifton, Centreville and Fairfax Station was a fundraiser for the Fairfax Railroad Station Museum.

BY STEVE HIBBARD
THE CONNECTION

The Friends of Fairfax Railroad Station Museum held a tour of Civil War sites on Saturday, April 2. Under rainy skies starting at 8:30 a.m., 18 people rode around Fairfax Station, Clifton and Centreville for seven hours in five cars, and stopped at local Civil War sites, while tour guides John McAnaw and Blake Myers shared their history expertise.

"We're trying to keep our heritage alive," said McAnaw, who said the tour was a fundraiser for the Fairfax Station Railroad Museum. "We're serious about the preservation of our heritage." Besides conducting local tours, the group also takes tours at historic sites in Maryland, Pennsylvania, and West Virginia.

"Fairfax County has such a rich history going back to Colonial times, the Civil War and World War II," said Myers. "There are existing historical sites that tell the history of America. You have to take the time to look around you and go to the local libraries, which are huge resources for historical data, or join a local history group."

He added, "There's so much history around, you just have to get out and walk around and research the local area."

And that's exactly what they did.

THE FIRST STOP on the tour was Battery Hill Redoubt in Centreville, a fenced-in Civil War site that was



Tour guide Blake Myers stands near one of nine cannon embrasures at the Battery Hill Redoubt in Centreville, a fenced-in Civil War site situated off Balmoral Greens Avenue and Cannon Fort Drive in Clifton.

built after First Manassas and is located off Balmoral Greens Avenue and Cannon Fort Drive, and situated next to the Westfields Golf Club in Clifton.

Nine embrasures used for artillery during the Civil War have survived 154 years and are preserved here by Fairfax County. The cannon embrasures or mounds of dirt with openings cut out of them had a platform behind them where guns

and artillery could be positioned and fired from by soldiers.

"There was a plan to turn it into a park, but no money to implement the plan," said Myers.

The second stop was "A" Fort (Redan) in Centreville, which sits behind a fence off Balmoral Greens Avenue in Clifton. Oriented toward the East, it was an open structure with a trench line leading up to it and built to protect the railroad by



Civil War earthworks located on the Nancy Meade property on Smoke Rise Lane in Fairfax Station. Built by troops, it served as a defense line around the Fairfax Station railroad during the Civil War.

both sides during the Civil War. It has four or five embrasures where cannons were once positioned. Down the trench line are remains of the embedded foundations of 12 rows of tents where the soldiers slept as well as rocks used for company cooking and remnants of latrine trenches.

Next, the cars drove down Union Mill Road in Clifton near Centreville High School where a

Confederate trench line was preserved by developers between Stonefield Drive and South Springs Drive.

Then they stopped at St. John's Episcopal Church and cemetery on Mount Gilead Road in Centreville's Historic District. On the adjacent preserved 4-acre field, 40,000 Civil War troops set up their winter encampment in 1861-62, although some argue that number was closer to 24,000 troops.

The land was recently spared from development with help from Board of Supervisors Chairman Sharon Bulova and U.S. Rep. Gerry Connolly, who have interests in historic preservation.

"Here, a lot of lessons were learned in handling troops," said McAnaw. "Centreville was so important because geographically it was the highest point locally."

They toured the graveyard at St. John's Church where they learned of Civil War soldiers Michael O'Brien and Dennis Corcoran being interred there in 1979. As soldiers in Wheat's Battalion, these rambunctious Louisiana Tigers during First Manassas were the first men to be executed for mutiny and bad behavior by their own soldiers during the Civil War.

NEXT ON THE STOP was Mount Gilead, the oldest house in Western Fairfax County, built in 1785 and originally used as a tavern. The caretaker of 20 years, Ted McCord, an archaeologist, said during the Civil War the house was occupied by officers of both the Confederate and Union armies.

The home was spared during the war and has its original flooring and is decorated in Colonial Revival style furnishings. Outside the porch are remnants of a moat of a trench line used by soldiers during the war. Fairfax County acquired the property in Centreville's Historic District in 1996. They got in their cars and headed down Pickwick Road near Leland Street in Centreville to see the Covered Way Park, which was restored by local developers. During 1861-62, the large trench coverings were used to be a way to get artillery pieces back and forth without being observed. There are three forts situated on the Covered Way property.

From Centreville, they drove back to Fairfax Station to see the earthworks on the Nancy Meade property on Smoke Rise Lane. Snaking behind the home is a long, continuous trench that was used as a defense line that protected the Fairfax Station railroad and built by Civil War troops.

Then the group headed over to the property owned by Dr. Dan DiLabriola, also on Smoke Rise Lane in Fairfax Station.

His home was also built within a couple of feet of the defense line trench, now fully preserved, that was used to protect the Fairfax Station railroad.

When the tour was finished, one of the attendees, Mike Farrell of Arlington, had this to say of his experience: "There are a lot of things that are here that I didn't know about — the trenches," he said. "I enjoyed it immensely."



The new Fairfax Hooters restaurant opened on March 21, down Lee Highway from the previous version, in business since 1992.



A bright, colorful interior greets Hooters restaurant patrons at the recently opened Fairfax location during lunch service.

New Fairfax Location of Hooters Opens on Lee Highway

A collection of multicolored lights dangling casually above the hostess station is an homage to one of few interior similarities between the old Christmas light-laden Hooters at 10334 Lee Highway and the gleaming new location down the road at 10060, which opened March 21.

Wood panelling (now horizontal) still makes an appearance on some of the walls of the new 6,206 square-foot space, but the slats are darker, more chic and joined by pale-grey paint, exposed steel beams and ventilation system tubing painted with the restaurant's iconic bright orange.

Natural light is welcomed to stream in from multiple large windows on three of the standalone structure's four walls.

Touches including a sand bar design effect on the large wrap-around bar (40 beers on draught) as well as a hand-painted mural of the first Hooters in Clearwater, Fla. remind patrons of the chain's beachy heritage.

The menu continues to feature the shrimp, wings (waitress-recommended sauce: chipotle honey) and burgers that adorn the restaurant's street signs. However, in an effort to keep pace with healthier eating trends, this Hooters also boasts a "Wise Choice" menu of items with reduced calories or that are prepared using less butter, Kitchen Manager Eric Pray said, such as shrimp and spinach salad.

"We want to give everyone that healthier option," said Pray, who relocated to Sterling, Va. from the Hampton Roads area to work at this location. "It's very big for society now."

The chain's trademark young,



Shrimp and spinach salad is among the new Fairfax Hooters' "Wise Choice" healthier menu options.



Chicken wings (pictured: boneless with chipotle honey sauce) continue to be a staple of the Hooters menu.



attractive "Hooters Girl" waitresses bob around the space with expedient service and a disarming, genuine friendliness, while clad in the chain's also trademark skin-hugging white tops and running shorts (camouflage on this visit — every Tuesday marks a Salute the Troops special where veterans receive 20 percent off).

While the waitresses account for much of Hooters' lore, Pray insists sex appeal is really not what the restaurant is all about.

"Hooters is family-oriented, sports-oriented, not just for single men," Pray said, pointing out the children's menu. "We get groups of women in all the time."

As if on cue, two families, separated by a pair of female diners, proceeded to enter the restaurant for lunch.

—TIM PETERSON

An onion ring tower and loaded tater tots play opposite the updated "Wise Choice" menu items at the new Fairfax Hooters restaurant.

PHOTOS BY
TIM PETERSON
THE CONNECTION

Jensen Jacobs, lead actress in Northern Virginia International Film Festival feature film "TRI."



PHOTO COURTESY OF RED ZEPPELIN PRODUCTIONS

Film Festival Returns to Fairfax, Bigger and Bolder

Northern Virginia International Film Festival to be held at Angelika Film Center April 21-30.

BY DAVID SIEGEL
THE CONNECTION

Returning for its second year, the Northern Virginia International Film Festival will continue to "create a slice of Hollywood in Northern Virginia; this year is even bigger and bolder" than its inaugural season at the Angelika Film Center in the Mosaic District, said Fernando Mico, founder and director.

Northern Virginia is a special place with its own cosmopolitan population. "The Northern Virginia International Film Festival aims to have its own personality befitting its strategic location near the nation's capital location," added Mico. "Northern Virginia has an international population, many visitors, and countless filmmakers who make their home here. And, of course, sophisticated filmmakers who want to see the latest and best films.

About 100 films will be screened during the Festival. The films are every size, genre and budget from filmmakers from Northern Virginia, the U.S. and around the globe. There will also be workshops, panels and forums on issues such as screenwriting, funding/distribution, entertainment law, filmmaking and, of course, acting.

An award-winning filmmaker, Mico, of Alexan-

Where and When

Northern Virginia International Film Festival at the Angelika Film Center and Café at the Mosaic, 2911 District Ave., Fairfax. Festival runs April 21-30, 2016. Ticket starts at \$11 with additional ticket packages available. Film Festival music event at State Theatre, 220 N. Washington Street, Falls Church, Friday, April 22, 2016. For detailed information and tickets call 703-960-1970 or visit www.novafilmfest.com.

dria, made clear in an interview that he wants to assure that filmmakers have their work screened for audiences who would not normally have the opportunity to do so without the Festival.

"From last year's success, we know that bringing a usually unseen piece of Hollywood and the international arts and entertainment to Northern Virginia was well received." This year's Festival include a second venue for a one-day music event at the Falls Church State Theater. Also a number of local Mosaic District merchants are Festival sponsors, opening their venues for celebratory events associated with the Festival.

One Northern Virginia filmmaker who will have a film showcased is Jai Jamison. He is the director of "TRI," feature length film about a journey of triathletes overcoming their own personal obstacles and the challenges of competing in a triathlon. The film was produced by Springfield's Red Zeppelin Productions.

This year's Northern Virginia International Film Festival will include late afternoon pre-performance events and evening gatherings at locations and shops throughout the Mosaic District. There will be a high energy, closing night Awards Ceremony at the Angelika Film Center on Saturday, April 30, 2016.



Jai Jamison, director, Northern Virginia International Film Festival feature film "TRI."

PHOTO COURTESY OF RED ZEPPELIN PRODUCTIONS



PHOTO COURTESY OF EILEEN CURREN

(From left) Caleigh Davis plays Harriet and Abby Rozmajzl plays Emma in Paul VI's "Emma, a Pop Musical," playing April 8-10 at Paul VI Catholic High School.

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.

ONGOING

"Disembodied." 5 p.m.-midnight. April 16-June 11. Epicure Cafe, 11104 Lee Highway, Fairfax. Epicure's spring exhibit invites artists to explore the concept of disembodiment. epicurecafe.org/.

Cell Phones for Soldiers. March 1-April 18. Liberty Tax, 5622-G Ox Road, Fairfax Station. Donate unwanted cell phones to help active duty military and vets call loved ones. 703-323-5580.

Carolina Shag. Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.

Palingenesis. Feb. 19-April 9. Epicure Cafe, 11104 Lee Highway, Fairfax. New art exhibition. Curated by Mojdeh Rezaeipour and Hannah Son, Palingenesis brings together an eclectic group of local and D.C. artists working in a variety of media. 571-212-7227. epicurecafe.cart@gmail.com.

"Shrek the Musical JR." April 22, 29, and 30. Burke Community Church, 9900 Old Keene Mill Road, Burke. Come see this talented group of young actors ages 8-18 as they travel Far Far Away with everyone's favorite ogre, a wise-cracking donkey, and a cast of fairy tale misfits. \$14. www.nvplayers.com.

FUN-Exercise. Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. Contact Chris Moore at moorefitt@yahoo.com or 703-499-6133.

Lake Accotink Park Campfire Saturdays. April 16, May 14. Starts between 6:30-7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Adventure awaits as you explore the woodlands and Lake Accotink spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire. Bring whatever you like to roast. S'mores provided. Topics vary each month. \$8-\$10. <http://www.fairfaxcounty.gov/parks/lake-accotink/>.

Celebrating our Children's Creativity. May 19-June 20. The Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The J's Early Childhood Learning Center presents "A Reggio Exhibit," which showcases the philosophy of teaching art under

the guidance of Sarah Vejvoda. Free. www.jccnv.org. 703-537-3000.

Skating Equipment Collection. Mondays, 7-9 p.m., through May 9. Fairfax Ice Arena, 3779 Pickett Road, Fairfax. Gently used skating equipment needed for Kids on Ice. For information, contact dondes@cox.net.

WEDNESDAY/APRIL 6-SUNDAY/APRIL 17

Circus XTREME. Eagle Bank Arena, 4400 University Drive, Fairfax. Last chance for local residents to see the treasured Asian elephants before they are moved to their permanent home at the Ringling Bros. Center for Elephant Conservation in Florida. ticketmaster.com. Ringling.com.

THURSDAY/APRIL 7-SUNDAY/APRIL 17

Northern Virginia Jewish Film Festival. Angelika Film Center and Cafe at Mosaic, 2911 District Ave., Fairfax. Festival will screen 14 contemporary Jewish-themed and/or Israeli-made feature films that explore identity and place in the world. \$10-\$70. For schedule and showtimes, go to jccnvarts.org.

FRIDAY/APRIL 8

Fairfax Volunteer Awards. 8 a.m. The Waterford, 6715 Commerce St., Springfield. Join Volunteer Fairfax, Chairman Sharon Bulova and the Fairfax County Board of Supervisors, and other community leaders to celebrate the work of volunteers. Purchase tickets by April 4. \$50. For information and tickets go to www.volunteerfairfax.org.

FRIDAY-SUNDAY/APRIL 8-10

"Emma, a Pop Musical." Friday-Saturday, 7:30 p.m. Sunday, 2 p.m. Paul VI Catholic High School, 10675 Fairfax Blvd., Fairfax. Modern and musical take on Jane Austen's "Emma." \$8-\$15. Email PVIProducers@yahoo.com.

SATURDAY/APRIL 9

Infant Toddler Family Daycare Dinner. 5-7 p.m. Sydenstricker United Methodist, 8508 Hoes Road, Springfield. ITFDC hosts the 2016 International Dinner. For more information, call 703-352-3449 or email infor@infanttoddler.com.

"Sophie and Paige Storytime." 11 a.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Author Joseph Hicks does story time. 703-278-8527.

How Will Your Garden Grow? 11

SEE CALENDAR, PAGE 11

WWW.CONNECTIONNEWSPAPERS.COM

CALENDAR

FROM PAGE 10

a.m.-2 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Gardening books, soil test kits, advice, and creative ideas. Make this the best gardening year, ever. 703-451-8055.

Pet Adoption with Sheehy Subaru and HART. 11 a.m.-2 p.m. Sheehy Subaru of Springfield, 6571 Backlick Road, Springfield. HART is a no-kill, nonprofit rescue/support group. Free. sheehy.com. 703-712-8700.

SUNDAY/APRIL 10

Shamanism - An Introduction. 2-4 p.m. Unity Spiritual Center, 8136 Old Keene Mill Road, Springfield. Three-part series exploring the fundamental aspects of Shamanism. \$20/\$55. 410-733-0994.

THURSDAY/APRIL 14

Luncheon. 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Springfield Christian Women's Connection will discuss INOVA's Future. \$20. Reserve by April 11. SpringWmConn@yahoo.com. 703-922-6438.

SATURDAY/APRIL 16, 23

Charity Yard Sale. 8 a.m.-noon. The Historic Sydenstricker Schoolhouse, 8511 Hooes Road, Springfield. Proceeds benefit the Historic Sydenstricker Schoolhouse. sydenstrickerschoolhouse.org.

SATURDAY/APRIL 16

Country Western Benefit. 6:30-10

p.m. Accotink Universalist Church, 10125 Lakehaven Court, Burke. The Northern Virginia Country-Western Dance Association will hold a benefit dance to raise funds for the Fisher House Foundation. Bring your own refreshments and a dish to share. \$20. nvcwda.org. 703-860-4941.

Trivia Night. 6:30-8:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Fun, food, and prizes galore from the Optimist Club of Central Fairfax. \$15. 703-861-7317.

"Giselle." 7:30 p.m. Richard J. Ernst Community Center, 8333 Little River Turnpike, Annandale. Gainesville Ballet's professional and junior companies with special guest stars. \$15-\$35. 703-753-5005.

WEDNESDAY/APRIL 20

Honoring Those Who Served During the Civil War. 7:30 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Mary Lipsey, a docent for the American History Museum of the Smithsonian and for the National Archives and former President of the Fairfax County Cemetery Preservation Association, will present.fairfax-station.org.

THURSDAY/APRIL 21

Friday Morning Music Club. Noon-1 p.m. Old Town Hall, 3999 University Drive, Fairfax. Community of music lovers and musicians dedicated to promoting classical music throughout the metropolitan area. On the third Thursday of the month they host their performances at Old Town Hall. Free. fmmc.org.

Office to Prevent and End Homelessness Build a Village Campaign

All proceeds of the Build A Village Campaign go to the non-profit partners who serve veterans and homeless in our hypothermia program. We still have about \$45,000 to raise, or nine virtual houses to build, to meet our \$100,000 goal. Donate today.

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PHOTO GALLERY!

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To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Burke Connection, "Me and My Mom Photo Gallery," 1606 King St., Alexandria, VA 22314
Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable. ~Reminder: Father's Day is June 19~

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



Robinson junior Katie Checkosky finished with six goals and two assists against Lake Braddock on Tuesday.

Robinson senior Taylor Caskey had five goals and three assists in the Rams' 19-1 win over Lake Braddock on Tuesday.

Robinson Girls' Lax Dominating Opponents

Rams beat Lake Braddock 19-1.

BY JON ROETMAN
THE CONNECTION

Katie Checkosky scored Robinson's first goal less than four minutes into Tuesday's home game against Lake Braddock. One minute later, Ellie Kluegel found the back of the net. Taylor Caskey then added back-to-back goals, leading to a Bruins timeout with 18:58 on the clock.

It would only get worse for Lake Braddock.

In less than 10 minutes, Kluegel had a hat trick and three different Rams had scored multiple goals.

In less than 15 minutes, Robinson had built a 10-0 lead.

When the game ended, Robinson had won, 19-1.

THE DEFENDING STATE CHAMPION Robinson girls' lacrosse team has been no stranger to blowouts early in the 2016 season. The Rams are 8-0, winning each game by at least 10 goals. They have outscored their opponents 151-27, including a 79-11 margin against public school foes.

The toughest competition Robinson has faced came during the "Spring Fling" tournament on April 2 at St. Stephen's & St. Agnes School. Playing in back-to-back games against private school opponents, the Rams defeated St. Anne's-Belfield, 18-8, and Collegiate, 21-7.

"Playing the private schools, that was a shock," said Kluegel, a junior midfielder. "It was close at the beginning, but I think we're a team, when we really get in the groove of it, we just keep going and we don't let off the gas. I think a lot of our scores have reflected that so far."

Robinson finished 21-1 last season, winning Conference 5, 6A North region and state championships. The Rams' only loss came against Georgetown Visitation, a pri-



Robinson junior Elli Kluegel totaled six goals and two assists against Lake Braddock on Tuesday.

ate school. Robinson returned the majority of its roster and has continued piling up victories.

So how do the Rams stay motivated?

"[Head] coach [Liz] Case keeps us motivated in practice a lot," said Kluegel, who was a US Lacrosse All-American as a sophomore. "She tells us before every game that the team we're about to play has nothing to lose and she stresses to us we have everything to lose — everyone's gunning for the state champions and it's our job to defend that and defend our school and defend our title."

The desire to repeat is also a driving force.

"A lot of us have experienced the amazing feeling of what it feels like to win a state championship," said Checkosky, a junior attacker/midfielder, "and we want to do whatever we can to have the same feeling and be able to experience the same stuff that we did last year."

Robinson certainly has the talent to get the job done.

Kluegel, a Loyola University Maryland commit, and Checkosky, a JMU commit,

each scored six goals and had two assists on Tuesday night. Caskey, a senior midfielder and one of three team captains, finished with five goals and three assists. Senior attacker/midfielder Kaitlin Luccarelli, a Longwood University commit, had two goals and three assists.

"We all just want to shoot a lot and get

our goals and everyone wants to get their own goals, but we never go in there, like, "We want to score 20 goals,"" said Caskey, who will attend Virginia Tech but is uncertain about her lacrosse future. "We want everyone to score."

With all the talent on the Rams roster, Case said practices get quite competitive. The Robinson defense includes senior goalie and captain Danielle Valenti, and senior defender and captain Emily Skrzypczak, who will play at Ohio State.

"The coolest thing is our practice, because of our offense against our defense, it's pretty intense, the level of play," Case said. "They're constantly being challenged every day in practice by each other. They don't stop just because it's practice. You go 100 percent."

Next up for Robinson is a home game against Westfield at 7:30 p.m. on Tuesday, April 12.

ON FRIDAY, April 15, the Rams will travel to face a Woodson team that is currently undefeated against public school competition.

"We're going for the [championship] again, but this year we want to go totally undefeated," Luccarelli said. "Last year, we only had one loss, so there's not much more we can do than win the second state title."

Marshall High School to Host All-Star Game Sunday

The DMVStream.com Nova Challenge will be held Sunday at Marshall High School.

There will be two all-star games, a 3-point contest and a dunk contest.

At 2 p.m., the Fairfax South team will face the Prince William all-stars. The 3-point contest and dunk contest will start at 4 p.m. At 5 p.m., the Fairfax North team will face the Loudoun all-stars.

The Fairfax South roster includes: Spencer Askew (West Springfield), Matt Ayoub (Woodson), James Butler (Lake Braddock), Lewis Djonkam (West Springfield), Seamus Maloney (Woodson), Romaine Oakley (Hayfield), Avi Silberman (Robinson) and Kendall Thompson (Lee).

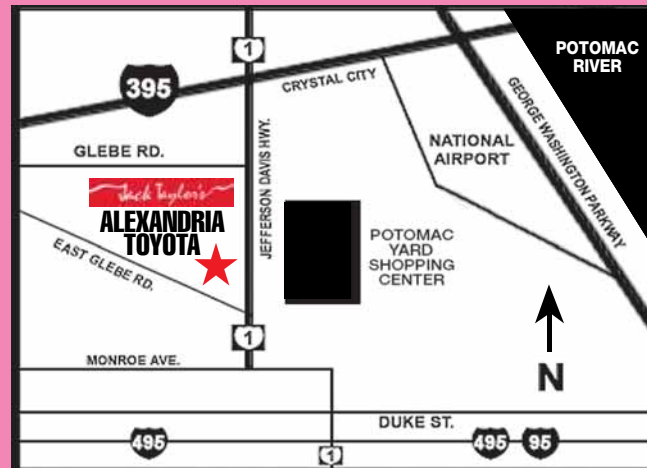


West Springfield senior Spencer Askew will participate in the DMVStream.com Nova Challenge on April 10.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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DETAIL SPECIALS
STANDARD HAND-WASH & VACUUM Recommended Monthly **\$39⁹⁵**

Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.

TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE SPECIAL

\$5 OFF NON-SYNTHETIC \$10 OFF SYNTHETIC

INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

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TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION

INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

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TOYOTA GENUINE SERVICE
QUALITY HAND-WASH VACUUM & WAX Recommended Every 6 Months \$139⁹⁵

Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.

TOYOTA GENUINE SERVICE
VARIABLE DISCOUNT

\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
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\$50.00 OFF with purchase of \$500.00 Or more

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BRAKE FLUSH **\$139⁹⁵**
FUEL INDUCTION FLUSH **\$139⁹⁵**
ENGINE PERFORMANCE SERVICE **\$219⁹⁵**

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• Toyota bedliners

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PREMIUM FULL DETAIL Recommended Every 12 Months \$295⁹⁵

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All details by appointment only.

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Synthetic \$10 More

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For Local...

21 Announcements

ABC LICENSE
Caboose 3, LLC trading as Caboose Brewing Company, 11389 Reston Station Blvd, Reston, VA 20190. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) FOR A Brewrey < 500 BBL + retail on/off license to sell or manufacture alcoholic beverages. Matthew Greer, managing member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Centre View South

Zone 5: The Potomac Almanac

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The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

THURSDAY/APRIL 7
Jared Meyer. 7 p.m. The Hub VIP 2, George Mason University, 4400 University Drive, Fairfax. Economist talk titled "How DC is Betraying Millennials." Sponsored by College Republicans. For information contact taylor@enlightenedwomen.org.

Annual Housing Forum. 8:30 a.m.-1 p.m. Brookfield Residential, 3201 Jermantown Road, Fairfax. Meet and learn from shelter partner colleagues, share best practices, and gather take-away strategies from community leaders in the field. Free. Registration required. <http://www.homeaidnova.org/news-events/housingforum/>.

SATURDAY/APRIL 9
"Bullying in Plain Sight." 2 p.m. Barnes and Noble, 12193 Fair Lakes Promenade Drive, Fairfax. Discussion and signing with author Dr. Dan Chandler. 703-278-8527.

TUESDAY/APRIL 12
Library Forum. 7-8:30 p.m. Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-8319.

Post-Secondary Education and Employment Workshops. 7-9 p.m. Woodson High School Cafeteria, 9525 Main St., Fairfax. For students with IEPs and their parents. Register at 703-204-3941.

THURSDAY/APRIL 14
Library Forum. 7:30-9 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Help plan the libraries' future by sharing your input. fairfaxcounty.gov/library. 703-324-8319.
SHARE Program. 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Recently receive a dementia diagnosis? Learn about how the SHARE Program can help you and your partner with communication, building a support network, and making more informed decisions about care. Free. RSVP at 703-204-4664 or go to InsightMCC.org.

SATURDAY/APRIL 16
Living Well, Aging Well Summit. 9 a.m.-3 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Explores multiple ways to age well and features a transportation/mobility expo, technology fair, volunteer opportunities, a CarFit program, health screenings, presentations and more. Register at www.livingwellfairfax.org or call 703-324-7647, TTY 711. Call 703-324-5219, TTY 711 for ADA requests.

TUESDAY/APRIL 19
Autism and Safety. 7-8:30 p.m. Dunn Loring Center for Parent Services, 2334 Gallows Road, Entrance 1, Room 100, Dunn Loring. Learn Safety risks for individuals with special needs, proactive steps to reduce the risk of potential dangers, resources available in the community for emergency preparedness, safety guidelines and more. Register at 703-204-3941 or <http://www.fcps.edu/dss/osp/prc/resources/events/documents/AutismSafety.pdf>.

WEDNESDAY/APRIL 20
Prepare to Care. 1 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn about how to form your team, make a plan, find support, and still care for yourself. Free. RSVP at 703-204-4664 or go to InsightMCC.org.

TUESDAY/APRIL 26
Virginia Colorectal Cancer Roundtable. 9 a.m.-3:15 p.m. Inova Center for Personalized Health, 3225 Gallows Road, Fairfax. Discussion on the nationwide initiative to reach an 80 percent colorectal cancer screening rate by 2018. Free. Advanced registration required, <http://tinyurl.com/vacrct>.



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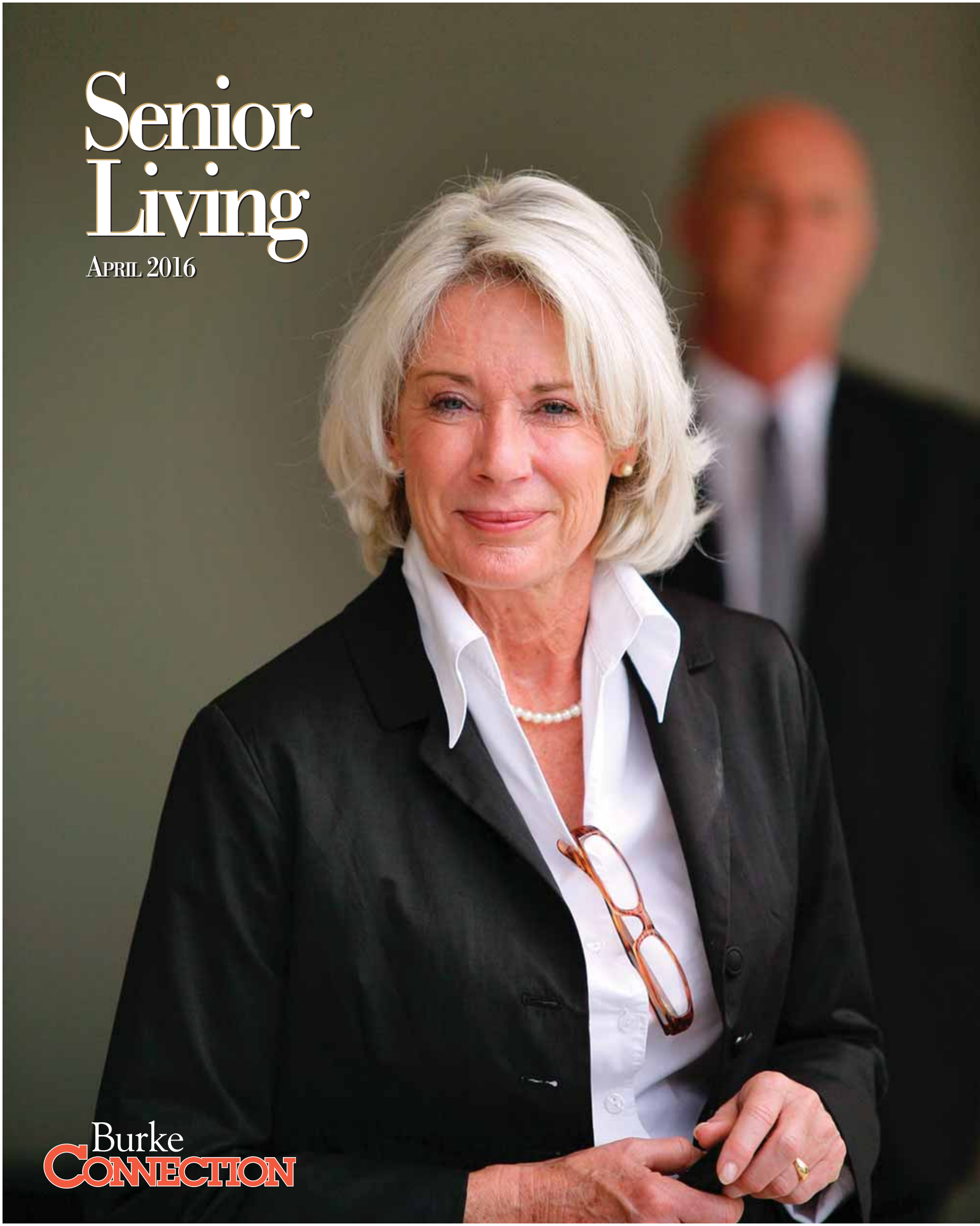
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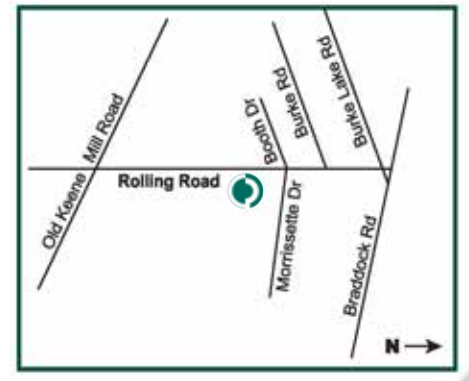
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Senior Living

Taking the Long View

BY JOHN BYRD
THE CONNECTION

Budgeted, incremental improvements are the key to effective planning, aging in place.

When they decided not to move-on after retirement, seniors Mike and Sandy Nusbaum slowly began enlarging their long-term residence with several goals in mind.

Ten years and four improvements later, the couple's Alexandria home is ideal for extended visits with children and grandchildren—and all sorts of everyday pleasures.

Home improvements can come in many sizes: life-changing or simply necessary; comprehensive, or something to please the grandkids.

The real problem is practical: how to conveniently and affordably implement a list of desired improvements—especially when experience tells you that securing a satisfactory outcome for even a basic household repair can be challenging.

In this context, it's heartening to talk with Mike and Sandy Nusbaum, retired empty-nesters who have executed mid- to large-scale renovations to their thirty-year-old south Alexandria residence in phases, about once every two years and for more than a decade.

Plainly, the Nusbaums like their house, a circa-1980s Colonial-style home where they raised three children. While somewhat space-constrained at its original 2,100 square feet, the structure's location adjacent to woodland and minutes from historic Old Town made it hard to beat.

As retirement neared, however, the couple began cautiously reassessing their home's basic assets, even briefly considering a move to a bigger place.

"You have to ask yourself whether the next house will actually improve your quality of life," Sandy Nusbaum says, recounting her thoughts of twelve years back. "When we looked at the alternatives ... we realized there were only a few things about our house that we didn't like."

AND SO IT BEGAN. Plans for incremental changes. Kitchen and screened porch. New family room and deck. Lower level. Enlarged Garage ... Facilitated by a new relationship, with 30-year veteran remodeler David Foster, principal of Foster Remodeling Solutions.

"We met some homeowners at a local home show who raved about David," Sandy recalls. "David has a low-key style, and a strong service orientation that helps us make informed decisions."

Looking back, while the remodeler's fresh design ideas were critical, the couple also appreciated his clearly-stated, always-reliable cost projections.

"WE WERE ON THE CUSP of retirement and didn't want debt," Mike Nusbaum says. "Our first thought was to make targeted improvements to the kitchen while keeping our options open for the larger family entertainment suite we might undertake as



Mike and Sandy Nusbaum have enlarged their home four times in the past ten years. Each phase has improved the home's overall functionality, which has transformed it into a preferred gathering place for children, grandchildren and extended family. The garage and storage units have resulted in a dramatic improvement in available space and eliminated clutter.



Only 150 square feet was added to the family room, but the four-window course with "eyebrows" creates a visual continuum that makes the room feel significantly larger.

we assessed the budget issue."

Foster was not only supportive of such thinking, but, as the Nusbaums learned, considers "phased remodeling" an integral part of his company's service.

"I grew up in Fairfax County and have learned my business by helping homeowners find a process that will work for them as they think ahead," he says.

Once work began, the Nusbaums particularly noted the foresight Foster brought to each improvement.

"Ten years ago, we wanted the rooms extending from the kitchen to function better as a place for entertainment. We had a small dining room that wasn't being used much. The back rooms were too dark," Sandy Nusbaum recalls.

In short order, the wall between the kitchen and dining room disappeared, replaced by a three-stool Silestone counter that has become the couple's primary kitchen gathering area. That counter surface was also positioned as a serving sta-

tion for the new elevated 16-by16-foot screened porch that is now a much-used fair-weather dining spot.

A new window over the kitchen sink adds natural light and a lovely view of the backyard. "When you walk from the kitchen to the screen porch, it feels like you're walking in the air through the trees," Sandy says. "This gave us a wonderful re-discovery of our own backyard."

From there, it wasn't long before the Nusbaums began planning an extension of the rear family room, an open-air grilling deck and a pathway that permits children, grandchildren and guests to circulate freely through a wide-ranging suite of rooms used for social gatherings.

"It was at this point that we started having holiday gatherings for up to thirty," Sandy says. "Such fun!"

WHICH LED TO THE THIRD PHASE: Transform the 800-square-foot lower level into an exercise room that doubles as a guest



The first phase of a 10 year remodeling plans entailed replacing the kitchen/living room divider wall with a dining counter/serving station. The revisions allowed light from three directions. Maple cabinets and Silestone quartz surfaces provide a tonal and textural contrast.

suite. Here a comfortable Murphy bed folds out of a discrete closet. There's a full bath, and built-in serving station with refrigerator and microwave. The Nusbaums refer to it as "the family suite." On holidays, it can be occupied for two or three days a stretch.

Then, just last year, Foster created a second bay for the garage by building a wing off the side elevation. The new construction is supplemented by a garden shed accessed from the yard. The contents, pruning tools, mower, freed up floor space in the garage, which now (for the first time) has room for something special: two cars.

"What we really appreciate about David Foster is there are no bad surprises, and frequently there are good ones," Mike Nusbaum said. "Last year, for instance, he repaired a window that was out of warranty and didn't charge us. That kind of service encourages you to think ahead."

John Byrd (byrdmatx@gmail.com or www.HomeFrontsNews.com) has been writing about home improvement for 30 years.

Threading Your Way Through the Maze

One family's journey finding help to care for husband with dementia at home.

BY EDEN BROWN
THE CONNECTION

Laura "Fayse" Howard lives in the house her husband Allen built in South Arlington. The side entrance looks out on bird feeders hanging from a tree he planted. There is a bench big enough for two in the garden. The kitchen is the way kitchens used to be: cozy, galley size. In the living room, there are pictures of family, an antique organ, crocheted blankets, and a rescued dog named Diva who is keeping an eye on things from "her" armchair.

It feels like home, and it has been home to the Howards since Laura, or "Fayse" as her husband nicknamed her, came to Washington from southern Virginia, at age 17, to work at the FBI, and met Allen Howard, who had just been demobilized after serving the Coast Guard on a destroyer escort in WWII.

It was here that Allen Howard, 91, died recently, at home, with his wife and daughter Joan, and his nighttime caregiver, by his side.

Allen Howard had dementia, he probably had it longer than anyone knew, his wife thinks. He was 91. At Christmas, a year ago, he started really showing it. He went upstairs to be by himself while his much loved family was visiting downstairs in the family room; that wasn't like him. He accidentally set things on fire in the kitchen, leaving burners on. He put the outside water hose into the dryer vent.

In January, they sought medical advice. Their neurologist did tests and reported that Allen Howard had dementia. His wife couldn't leave him alone anymore. She had a good neighbor up the street who would come watch him while she ran to the supermarket. Otherwise, she was with him, 24/7. He was disoriented. He fell a lot.

Howard's daughter, Joan Davis, had come home for Christmas and saw how things were with her father. She didn't know how bad it had gotten, though, because over the next two months, her mother didn't let on how much the disease was taking a toll on both Allen as patient and Fayse as caregiver, or how little help they were getting. She didn't want to burden her children.

In late March, Howard called Arlington County to get hospice care set up because she had been told by their doctor that it was a way to get help. When she called Arlington County's Office on Aging and Disability, she says they told her over the phone that he didn't qualify.

Everyone kept suggesting Adult Day Care, but Fayse Howard said, "No, he's upset enough. That will upset him more."



PHOTO BY EDEN BROWN/THE CONNECTION

Fayse Howard at home in Arlington with her dog, Diva.

THAT WAS BEFORE the accident.

On May 12, as Fayse Howard guided Allen into the dining room for lunch, he fell backwards, on her, and she fell too, breaking her hip. They lay on the floor. Neither of them could move for a while. Then she helped him get up to a sitting position and asked him to try to reach the phone; he handed her the TV remote control. She talked him through it, finally getting him to pull on the telephone cord. She didn't call 911 first. She called her neighbor to come watch her husband before she went to the hospital.

Davis came out from Wisconsin to help as soon as she could: she was surprised things had gone downhill so fast with her father. She got the doctor to intervene on the hospice option: Allen definitely qualified for hospice services which began right away.

But that wasn't enough care. Davis started diving into the problem. She wanted to make sure her mother was never left alone with her father again. She knew there were many options for help in the Arlington area: the Elderly Disabled or Consumer Direction Waiver (EDCD), PACE, the Veterans Administration (VA) Hospital, Arlington County Office on Aging and Disability. Davis started keeping a journal to help her thread her way through the daunting maze of options.

Fayse Howard had already enlisted the help of Arlington County's office of Aging and Disability Services after the fall. She

needed someone to come in and watch Allen while she was in the hospital. Arlington had given her a list of caregivers. Some were very good, and very expensive, she said. She paid out of pocket for the care. But later, when her daughter got involved, and because she stressed that both parents were disabled now, they were more helpful. Howard said, "I would have given up after the first voice message. My daughter just kept on them."

Because both members of the family were disabled, Arlington provided paid care from 9 a.m.- 2 p.m. five days a week. But as soon as Howard's hip was healed the benefits stopped.

Howard said she was distraught and tired. "I just gave up", she said. "All I cared about was my husband and his comfort."

Davis called the County and got more help. They were then able to get 15 hours of care a week, but by June 30 time ran out for that application; they had to reapply for help. Howard had trouble with the online application and said she wishes Arlington would offer paper applications to those who didn't grow up with computers.

But there was still not enough support. It was up to the family to fill in the hours with private caregivers, paying them out of pocket, to help take care of her husband. Howard said she paid an assortment of part-time workers about \$6,000 a month for 8 months in order to keep her husband at home.

Davis's research showed that there were benefits due Howard because of his veteran status. She called the Veterans Administration Hospital and they agreed to evaluate him in D.C.

Davis described a series of events that she said was almost comical. There they were, her mother on a walker, her father in a wheelchair.

Howard remembers the social worker suggesting her husband "really needs to be in a nursing home." Their own doctor too had said the place for the Howards was not in their home, but in a facility. But Fayse Howard didn't think that was the right solution for her.

Both she and her daughter remember that painful day at the VA, filling out the long, involved forms, listing their finances. The VA sent them home that day with no plan, and said they could do more the next time he came.

HOWARD SHAKES her head in dismay telling the story. "Do they have any idea how hard it is to get a dementia patient out of the house, into a car, into a large hospital, on time, without an accident?" She had to hire a caregiver just to help get him into the car.

Then the Howards were put on a waiting list because there was no staffing for them. "Imagine," Howard said with a wry smile. "They put a 91-year-old man with late stage Alzheimer's on a waiting list."

On Sept. 9, the VA social worker finally organized care at home. The care from the VA Hospital was helpful, Howard said, but there were many challenges.

Howard remained the chief caregiver, despite the help. She managed the new challenges thrown her way as the disease progressed.

"He would hold pills in his mouth," she said. "They'd find them later on the floor when he spit them out." His dentures no longer fit so he couldn't chew his food anymore so Fayse pureed three meals a day for him so he could eat.

Fayse Howard found that she alone could get him to swallow when he resisted, or calm him down when he was upset. He would hold her hand, and give it a squeeze. Sometimes, he'd give her a smile that made it all worth it, she said.

Although their doctor took good care of her husband, Howard says she had to tell him one day to stop telling her to "remember you are not alone."

"I am alone," she said. "I've been alone since he got sick. When a decision has to be made, I make it. When I'm all alone in that house with him and he looks at me for consolation, it's I who have to take his hand and hold it, and try to keep things even."

And fewer people came to visit. Those who did found that Allen Howard always perked up when an old friend or family member came by, even if he didn't remember them by name. Howard was so housebound that many times she felt iso-

SEE DEMENTIA, NEXT PAGE

Finding Help

FROM PREVIOUS PAGE

lated, and would have really lost her ability to cope had it not been for her neighbors, particularly Woody and Margaret Staeben. Woody, she said, comes in once a week to have a beer with her. “We call it our “meeting”, she laughed. It meant she and her husband had not been forgotten.

Howard said she had never heard of any of the services of Arlington County, like the Personal Advocate. She hasn’t been to any community centers. She has a computer, but doesn’t use the internet. “I guarantee you without my daughter, I wouldn’t have made the second phone call,” she says of the effort to find help. Allen Howard had run his own business. Faysse Howard had given up her retirement fund to add money to the business when it was having trouble. They worked hard, raised three children, sent one to college. They had enough to live on, just not enough to manage a long health crisis.

Davis says the thing that bothered her the most is that “there was no one to tell us what to do, no road map.” There were so many moving pieces.

Patty Sullivan, Interim Operations Manager of Arlington Neighborhood Village (ANV), agrees it is a real maze. As a member of the Arlington Commission on Aging, she knows there are many services available to Arlington residents, but is not sure why the word is just not reaching those who need the information, despite the brochures Arlington hands out.

“There isn’t a system,” she said. “Medicaid and Medicare, Social Security, State programs, County programs — none of them overlap.” You can hire a “care manager” to help you thread your way through the system, but that is prohibitively expensive, or you can join Arlington Neighborhood Village which provides some personal advocacy.

“Arlington County doesn’t have the capacity to handle all the issues with the elderly that are now coming into play,” she said.

Allen Howard will be laid to rest in Arlington National Cemetery on June 24.

Faysse Howard has a little more she’d like people to know.

“I want people to know it’s not all bad. When he looked across at me and smiled, or held my hand”, Faysse Howard said, “I knew I was doing the right thing. Knowing they depend on you, and that the

sound of your voice would still make a difference to them, even in the late stages of dementia, added a dimension to the meaning of marriage that some people might find hard to understand but it’s just as beautiful as some other stages.”

Advice from People who have been there:

What to do if you have a family member with Dementia:

- ❖ Plan for this even if both parents or spouses are healthy now.
- ❖ There are shortcuts: find out what they are. Tell your caseworker you don’t have much time.
- ❖ Ask for help; don’t try to do it alone.
- ❖ Don’t take “no” for an answer: keep asking and adding information. Often no doesn’t mean no.
- ❖ Insist on having a social worker assigned to you from the beginning, especially at the VA.
- ❖ If you are rejected by the Veterans Administration, don’t appeal: file to “reopen with new evidence.” Otherwise, you could be waiting years.
- ❖ Plead and beg: this is not a time to act self-sufficient. Don’t underestimate how bad your problem is: be graphic about the need.
- ❖ Plan ahead for this: no one wants to plan for Dementia, but if you don’t, you could end up being unable to arrange care; consider long term care insurance or find a living situation where there is a bedroom on the ground floor and room for a relative or caregiver to stay there overnight.
- ❖ Keep a journal with careful notes about who you have spoken to and what you were told. It will be invaluable when you have to call people back or remind them what they had agreed to last week.
- ❖ Be understanding when a child can’t or won’t help. Different people react in different ways.
- ❖ Get hospice early, check eligibility early.
- ❖ Volunteer: you can learn a lot about opportunities for the elderly by being part of an organization, and it will help keep you plugged in.
- ❖ Ask multiple sources about available resources. Everyone has a different piece of information to add.
- ❖ Get physical therapy for the patient for as long as possible.
- ❖ Don’t be ashamed to tell others. Dementia now affects 5.4 million Americans.
- ❖ Encourage visitors; some people shy away from visiting because dementia patients don’t always know who they are or respond appropriately, but they know when they are being visited; it provides relief for the family member too.

“Imagine putting a 91-year-old man with late stage Alzheimer’s on a waiting list.”

— Faysse Howard

Golden Notes

Fairfax County’s Living Well, Aging Well Summit, April 16

Living Well, Aging Well Summit hosted by Fairfax County and partners is scheduled for Saturday, April 16, 9 a.m.-3 p.m., at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax.

This free event will feature a transportation and mobility expo, a technology fair, a volunteer fair, a CarFit program, health screenings, exhibits, seminars, presentations and more.

Physician, professor and geriatric medicine pioneer, Richard W. Lindsay will deliver the keynote presentation.

The summit “will offer multiple approaches to aging well and living well with a disability,” said Summit Planning Chairwoman Melanie Rochon Bush, DPT, PT. She said the summit will provide abundant information on health and wellness, county services and volunteer opportunities.

Dr. Bush, director of Fairfax Rehab, Inc./Select Senior Options, is a member of the county’s Long Term Care Coordinating Council, a group of local and private agencies that promote caring, inclusive and supportive communities. The council is the lead organizer of the event.

Parking is free and plentiful. Register at www.livingwellfairfax.org or call 703-324-7647. For ADA requests, call 703-324-5421.

Seminars include:

❖ Navigating the Medicaid Maze: Waivers, Eligibility and Documentation

Joan Irwin, Long-Term Care Self-Sufficiency Team, Department of Family Services. Learn about Medicaid’s eligibility criteria, screening process, required documentation and how Medicaid funds home-based and nursing home care.

❖ Understanding Medicare Parts A, B, C and D
Bill Vaughan, counselor, Virginia Insurance Counseling and Assistance Program. Get the most out of Medicare. There will be time afterwards for questions.

❖ Healthy Habits for a Healthier You
Ana Nelson, vice president of Programs and Services, Alzheimer’s Association National Capital Area Chapter. Find out how to optimize your physical and cognitive health as you age.

❖ Staying Active: Move, Learn, Create
Margot Greenlee, director, BodyWise Dance. This dance class encourages increased mobility, social engagement and rhythmic accuracy.

❖ Balance, Balance and More Balance
Woody McMahon, Founder, Sequoia Health and Fitness, Inc. This 1-hour interactive workshop tests your balance and offers simple ways for improvement.

❖ Five Questions to Consider About Paying for Long-Term Care

Thomas C. West, CLU, ChFC, AIF, financial advisor, Signature Estate & Investment Advisors, LLC. Learn how to use your resources wisely and avoid common money mistakes.

❖ Fairfax County’s Community Resources to Help You Live Well and Age Well

Sharon Lynn, director, Fairfax Area Agency on Aging; Bob MacMurdo and Carlos Estrada, Fairfax-Falls Church Community Services Board. Learn about county services for older adults and for people with mental health, substance abuse disorders and intellectual disability.

❖ Social Media and Older Adults

Emily Rasowsky, Director of Marketing Strategy Social Driver. Learn about Twitter, Instagram,

LinkedIn, Skype, FaceTime and the top apps for older adults.

❖ Aging Well in the Community

Barbara Sullivan, executive director, Mount Vernon At Home; Michelle Scott, executive director, Shepherd’s Center of Oakton-Vienna; Matthew Barkley, director, Disability Services Planning and Development. Panelists will discuss transportation, social programs, accessibility and home safety, community engagement and the Fairfax 50+ Neighbor to Neighbor Initiative.

❖ Fun on the Horizon

Evan Braff, regional manager, Department of Neighborhood and Community Services; Jennifer Disano, executive director of the Osher Lifelong Learning Institute at GMU. Learn the benefits of participating in leisure activities that support mental and physical health.

❖ Connected Health: A Healthier You Through Technology

Telehealth, sometimes called Telemedicine, improves health by connecting the patient at one location with the provider at another site. Learn about telehealth in addressing diabetes and heart disease.

* Keynote Speaker, Dr. Lindsay: Richard W. Lindsay, M.D., is Professor Emeritus of Internal Medicine and Family Medicine at the University of Virginia Health Sciences Center, and is founder and former Head of the University’s Division of Geriatric Medicine.

50+ Employment Expo

Dozens of job recruiters will be present at the 50+ Employment Expo on Monday April 18, 10 a.m.-2 p.m. The day features seminars on changing careers, online job searching, continuing education and resume help.

Recruiters include nonprofits, government agencies, healthcare, retail, technology and more.

Chief Meteorologist Doug Hill of ABC 7/ WJLA-TV News will be the special keynote speaker.

The Expo takes place at the Sheraton Tysons Hotel at Tysons Corner, 8661 Leesburg Pike, Vienna. This site is accessible via Metro. Use the Silver Line’s Spring Hill stop.

The Expo is sponsored by the Jewish Council for the Aging, Fairfax County and community partners. Free admission and parking. Registration is not necessary— just show up.

For more information, go to www.accessjca.org/50plusjobexpos.

For accommodation requests, contact Micki Gordon at mgordon@accessjca.org or call 301- 255-4209.

If you are an area employer who would like to exhibit, call Micki Gordon at 301-255- 4209.

This event is made possible in part by funding from the Morris and Gwendolyn Cafritz Foundation and supports the Fairfax 50+ Community Action Plan.

Senior Softball

Join Northern Virginia Senior Softball for fun, fitness, and friendship, (men age 50 and over, women age 40 and over). The average age of players is 66. Games are played Tuesday and Thursday mornings, April-July and September-October. Placement on one of 26 teams in three skill leagues is by ability assessment, not a tryout. Everyone present bats and 11 play defense. To get the ball rolling, go to www.nvss.org or call Dave at 703-524-5576.

'Shark Tank' for Seniors

High school students design and present tech products to improve older adults' lives

By TIM PETERSON
THE CONNECTION

Chantilly High School freshman Aru Rajpurohit remembers seeing her great-grandfather struggle to drink his morning tea and other beverages, his hands shaking from Parkinson's disease.

"As a young child, it was heartbreaking to see him like this," Rajpurohit said. "Often he was embarrassed after spilling in front of friends and family."

Motivated by the memory of her great-grandfather, she's always wanted to develop a solution for this problem of spilling caused by tremors. On Monday, March 28, Rajpurohit presented her invention called StabilityCup, a shock-absorbing beverage holder, at the first Assistive Technology "Shark Tank" Challenge for Fairfax County High School Students.

Six finalists from Chantilly High School, South Lakes High School and Thomas Jefferson High School for Science and Technology presented their innovative solutions for solving different problems that senior citizens face.

The challenge originated from the Fairfax County 50+ Community Action Plan Technology Committee, which has been working on an initiative called "Help People Stay in their Homes with Technology."

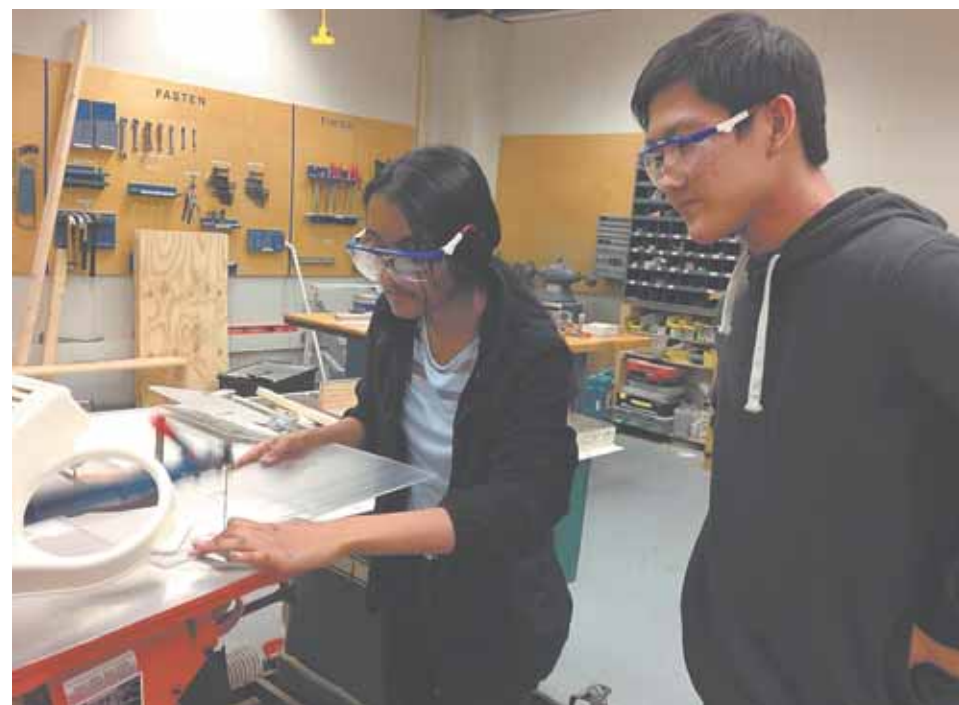
Sharon Lynn, director of the Fairfax Area Agency on Aging, said the motivation for creating the challenge was twofold: "Many students don't have grandparents that are local, that they get to interact with. They're not really aware what it's like to have a grandparent nearby."



Srijay Kasturi (right) monitors a laptop while his father Srini Kasturi (left) observes Charles Schanker (center) testing the Stride obstacle-sensing device at Herndon Senior Center.

But also, Lynn said, they wanted to encourage students to think about the possibilities for how technology can benefit people, "not just to make life easier in some way, but can benefit older adults, help them live at home for a longer period of time and benefit the community."

SEE SHARK TANK, PAGE 8



Chantilly High School sophomores Tanvi Nallanagula (left) and Eric Kim (right) fabricate their "Ledge Wedge" design that would help better illuminate staircases for older adults.



Chantilly High School freshman Aru Rajpurohit (left) displays her StabilityCup design with (right) Supervisor Pat Herry (R-Springfield).

PHOTOS CONTRIBUTED

Luxury Condos are a Growth Market for Seniors

Active retirees seek options for independent living, including condos in Alexandria, Arlington, Tysons, Reston, McLean, Bethesda and Chevy Chase, among others.

BY MARILYN CAMPBELL
THE CONNECTION

When Joyce and Don Lipman decided to move out of their Potomac, Md. home, they opted for a high-end townhouse instead of a retirement community. They gained a cosmopolitan environment and lost the burdensome maintenance of a large home.

“My husband always hated taking care of the grounds and he didn’t want to pay someone to do it, and we weren’t ready for a retirement community,” said Joyce Lipman, who is 71. “Now I can walk to the shopping center and to my doctor’s office. I couldn’t believe it the first time I was able to go without my car. It was like a new lease on life.”

When another active retired couple decided to downsize and move out of their home, they opted for a high-end condominium instead of moving to a retirement community. They enjoy traveling and own a beach home where they often spend time. When it came time to design their new living space, they sought the help of Kelley Proxmire of Kelley Interior Design in Bethesda, Md.

The couple wanted “a pretty, yet practical home and also a place they could lock and leave on a moment’s notice,” said Proxmire.

Condominiums and townhouses are growing in popularity for midlife couples because unlike large homes, they don’t require a lot of maintenance, and they offer opportunities for living independently.

“In the next three to five years, luxury condominiums are going to be extremely popular with that age group, those who feel the colonial home is too big and they don’t want the ... mentality of retirement communities,” said Debbie Miller, an Arlington-based associate broker with McEneaney



PHOTO CREDIT

Kelley Proxmire designed plush interior for a retired couple who downsized from a larger home into a luxury condominium.

“In the next three to five years, luxury condominiums are going to be extremely popular with ... those who feel the colonial home is too big and they want the freedom of locking and leaving their home.”

— Debbie Miller, McEneaney Associates

Associates Inc. who specializes in the 55 and over real estate market. “Luxury condominiums provide a great option.”

Miller says that in addition to proximity to shopping, dining and public transportation, amenities such as a 24-hour concierge

service that can handle requests such as meal delivery and grocery shopping make high-end buildings sought after among well-heeled retirees.

The buyers Miller works with are looking for condos “that provide a ‘lock-and-leave’ advantage for residents who ... like to travel or who spend six months here and six months elsewhere.”

Such condominiums are prized and often hard to obtain.

“There are some that are very exclusive and [others that] don’t come on the market very often,” she said. “I sold a unit in the Rotonda [in McLean] a year ago and had multiple offers that were all cash.”

ONE REASON THAT retirees opt for condominiums over retirement communities is freedom without restrictions, such as the frequency or length of stay for overnight guests. “In a retirement community, your

grandchildren might only be able to visit for two weeks. Condos provide more of an independent feel,” said Miller. “Owning a condo allows them the opportunity to pay the condo fee and come and go as they please and someone else takes care of the maintenance.”

Another reason is proximity, with a condominium community more likely than a retirement community to be in an urban environment like Arlington, Reston or Tysons.

Among the most favored luxury condominium properties in Northern Virginia, says Miller, are The Palladium of McLean, Midtown at Reston, the Porto Vecchio in Old Town Alexandria, and the Turnberry Tower in Arlington.

“There are many other high-rises that appeal to the 55 and older crowd due to convenience and lots of amenities and that are walkable,” she said.

Gerontology experts offer perspective for retirees who are looking to buy a new home. “The main thing is to consider safety,” said Beverly Middle, DNP, RN, Assistant Professor of the College of Health and Human Services in the School of Nursing at George Mason University. “Communities where there are other older adults tend to have services in place to support them.”

Middle recommends using evidence-based design when creating dwellings suitable for seniors. “It’s a new science that’s geared toward older adults and is very specific to their needs,” she said.

Addressing retirees’ desire to live a vibrant and active life that takes freedom and safety into consideration, some retirement communities are working to broaden their appeal to a wider group of seniors. For example, Sunrise Senior Living, based in McLean, created a Live With Purpose program which offers residents structured programs that include activities for volunteering and learning.

“No matter your age, each of us has interests, desires and activities that make us feel whole and help contribute to a meaningful, healthy life,” said Rita Altman, senior vice president of Memory Care & Program Services for Sunrise.



Photo by Ed Knepley

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'Shark Tank' for Seniors

FROM PAGE 6

The full 50+ plan includes 31 action items from a long-range trends and needs analysis to increasing employment and entrepreneurship opportunities for older adults.

Supervisor Pat Herrity (R-Springfield) chairs the 50+ full committee. He said "we've got a long way to go" implementing initiatives like prenotification of medical conditions for 9-1-1 calls and ensuring housing options for seniors. However other projects including older adults visiting elementary schools to read and interact with students ("Grand Involve"), and a free, ride-scheduling service ("Northern Virginia Rides") "are moving forward at light-speed."

Herrity is especially excited about initiatives like Grand Involve and the Shark Tank Challenge that engage older and younger adults, that get the generations helping each other.

"It's the communication piece," he said, "and getting seniors to use technology as an avenue to expand their communication and knowledge they might be missing out on."

Srijay Kasturi, a sophomore at South Lakes High School, repurposed an ultrasonic sensor he had been developing for use with camera tripods to fashion an aid for older adults with impaired vision.

"Many seniors would rather suffer from a lack of vision than use the 'white cane' that blind people use," Kasturi said. "Then they get labeled as a blind person."

"Stride" attaches to the user's shoe and scans up to six feet ahead within a 45-degree cone. If something's in the way, the unit



"Stride," a design by South Lakes High School sophomore Srijay Kasturi, senses objects up to six feet in front of the wearer and transmits a vibration to their ankle to warn them.

sends a vibration to a wrap around the person's ankle.

Kasturi tested the product at both the Herndon Senior Center and Nova Labs. Though he got a lot of positive feedback, he also saw a lot of room for improvement. One user with diabetic neuropathy wasn't able to feel the vibrations, while another was unsure of whether to go left or right to avoid the obstacle in front.

Kasturi's initiative to go out and test the design multiple times impressed Mike Waddell, managing partner and co-founder of Reston-based Integrity One Partners, an information technology solutions firm for government clients that

sponsored the challenge.

"This youngster, something touched his heart," Waddell said, "and he decided was going to do something about it."

Stride wasn't the only product that had hurdles to develop. Waddell said he was surprised that almost all of the students had a story about how they tried to make something, it didn't work, and they kept at it.

Waddell said he appreciated "their thoughtfulness and tenacity, to go after

something like this, develop all the software and hardware solutions on their own.

"These are they types of kids we're looking to employ," he continued. "It's why we do this, to show the younger generation how much we appreciate what they're doing."

Tanvi Nallanagula, a sophomore at Chantilly High School, was part of a team that designed and built the Ledge Wedge, an automatic light that brightens staircases to help decrease the amount of injuries that occur from falling.

"Seniors are a really valuable part of our society," Nallanagula said. "You sometimes forget that. As you talk, you can learn so many things. They still have a lot to teach us and it does no good to abandon or forget them."

Winners of the Shark Tank Challenge will be announced at the Fairfax Area Living Well, Aging Well Summit, a free convention of vendors, resources and services for seniors scheduled for Saturday, April 16 at the Fairfax County Government Center.

The website for the summit is www.livingwellfairfax.org. More information is also available by phone at 703-324-7647. For more information on the 50+ Community Action Plan, visit www.fairfaxcounty.gov/dfs/olderadultservices/fairfax50plus.htm or call 703-324-5720.

PHOTOS CONTRIBUTED



(Top row, from left) Michael Waddell, Kay Lamer, Supervisor Pat Herrity (R-Springfield), James Quigley and (bottom, from left) Julie Barber and Cindy George helped judge the first Fairfax County 50+ Assistive Technology "Shark Tank" Challenge for Fairfax County High School Students on March 28.



Chantilly High School sophomores Megan Van Rafelghem and Christine Shan work on building their team's "Ledge Wedge" for the Assistive Technology "Shark Tank" Challenge for Fairfax County High School Students.