

Senior Living

FALL 2016

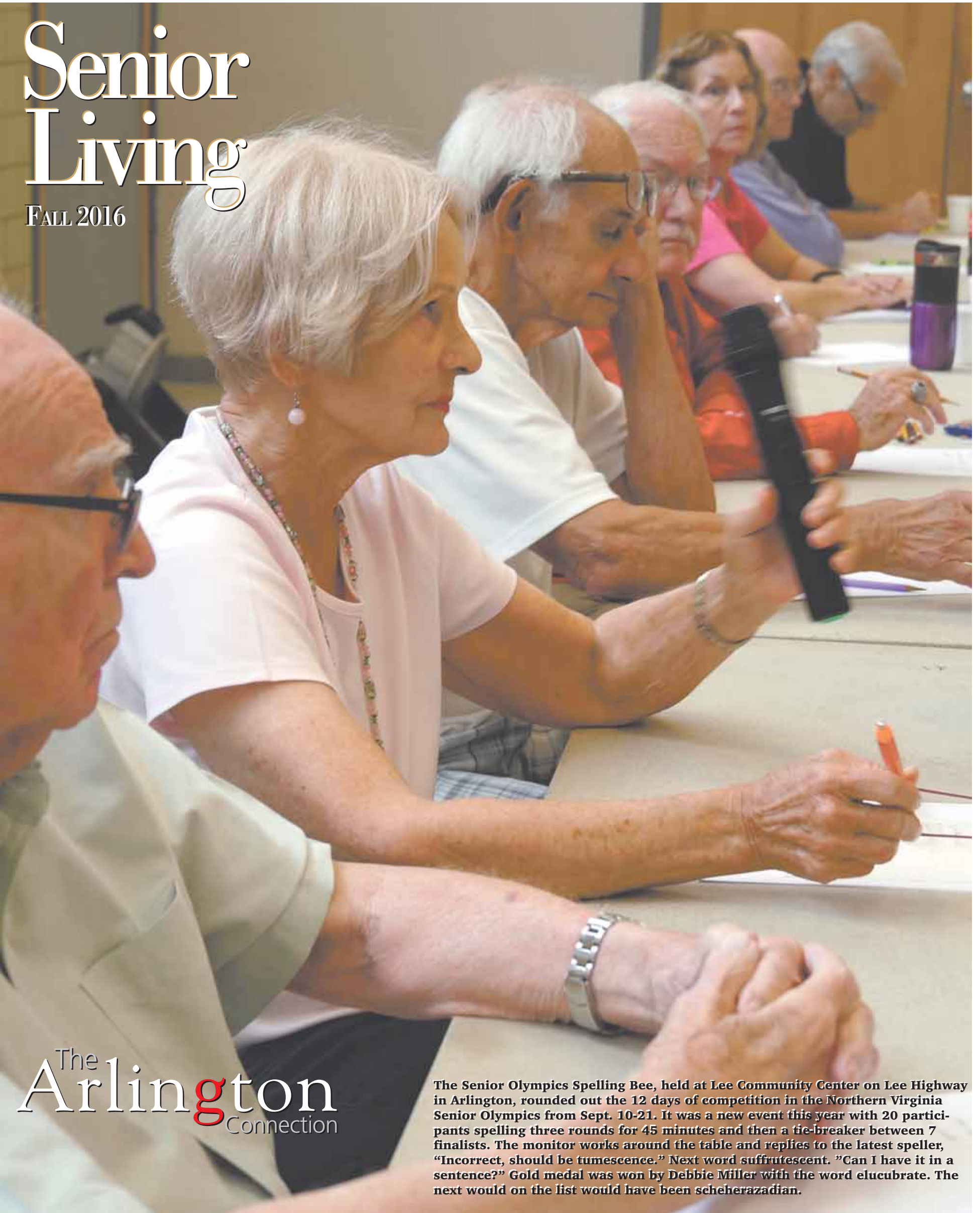


PHOTO BY SHIRLEY RUHE/THE CONNECTION

The
Arlington
Connection

The Senior Olympics Spelling Bee, held at Lee Community Center on Lee Highway in Arlington, rounded out the 12 days of competition in the Northern Virginia Senior Olympics from Sept. 10-21. It was a new event this year with 20 participants spelling three rounds for 45 minutes and then a tie-breaker between 7 finalists. The monitor works around the table and replies to the latest speller, "Incorrect, should be tumescence." Next word suffrutescens. "Can I have it in a sentence?" Gold medal was won by Debbie Miller with the word elucubrate. The next word on the list would have been scheherazadian.



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The Kensington Falls Church Presents the Parkinson's Communications Club

Announcing an Introductory Orientation with
Codrin Lungu, MD and Susan Wranik, MS, MA, CCC-SLP
Saturday, October 22, 2016 • 1:30-3:30pm

Hilton McLean Tyson's Corner, 7920 Jones Branch Drive, McLean VA 22102

Light refreshments served • RSVP to Karen Akers at 703-570-8671 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) to offer the Parkinson's Communications Club. The Club establishes a wellness and prevention program for individuals with Parkinson's disease and their care partners, with a focus on maintenance of communication skills. It stresses the importance of speaking louder to be heard in social settings.

The Parkinson's Communications Club is led by a licensed speech-language therapist, Susan Wranik, who has been trained in LSVT LOUD therapy (Lee Silverman Voice Treatment,

which improves vocal loudness by stimulating muscles of the voice box and speech mechanism through systematic exercises). The Club, however, is not therapy. Rather, it is a group approach to applying the exercises and skills of LOUD and/or other therapies. The first of weekly sessions begins in November 2016 in Falls Church. The program is available at no cost.*

Please join us for an orientation with Dr. Codrin Lungu, Chief of the Parkinson's Disease Clinic at the National Institutes of Health, and Susan Wranik, MS, MA, CCC-SLP, Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. RSVP requested.



Codrin Lungu, MD is a board-certified neurologist who specializes in movement disorders. He is a member of the Parkinson Foundation of The National Capital Area Medical Advisory Board. He is currently involved in collaborative research at the National Institutes of Health (NIH) in several areas related to movement disorders.



Susan Wranik, MS, MA, CCC-SLP is a Speech-Language Pathologist and President of Susan I. Wranik Associates, LLC. She provides comprehensive assessment and treatment of speech, swallowing, memory and cognitive issues related to stroke, traumatic brain injury, Parkinson's, dementia and other neurogenic diseases. Home visits. Licensed in DC, MD, VA.



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*Annual PFNCA program registration required. There is a \$15 annual administrative fee, which can be waived for financial hardship.



Senior Living

Beginning to End

982 participants signed up for 2016 Northern Virginia Senior Olympics.

The Northern Virginia Senior Olympics (NVSO) opened Sept. 10 and ran through Sept. 21 with another record registration of 918 participants. Saturday opening day ceremonies were followed by track and rowing events at Thomas Jefferson Community Center in Arlington and diving competition at Yorktown High School Aquatic Center.

Fifty events were held at 25 different venues across Northern Virginia including horseshoes and bocce at Fairfax Senior Center-

Green Acres, field events at Stone Bridge High School Stadium, swimming at Claude Moore Recreation Center, tennis mixed doubles at Wakefield District Park and Wii Bowling at Greenspring Retirement Community Center in Springfield. There were two 100+ age group entries this year, Vera Punke from Arlington and Hilda Gross from Burke entered in the duplicate bridge competition held at St. Andrew's Episcopal Church in Arlington.

— SHIRLEY RUHE



Lori Grimm from Arlington hits her way into a gold medal in the Softball Hit event on Sept. 14 at Wakefield District Park in Annandale. Grimm's distance of 106' 8" beat out her competition in the 55-59 age group. This was her first year competing in the event.

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PHOTO BY TOM MANNING/THE CONNECTION

Herb Levitan from Arlington gets ready to compete in the 100 yard backstroke for the 75-79 age group on Sept. 16 at the Claude Moore Recreation Center in Sterling. He came in first place.

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Senior Living



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"Now we're going to do a tango." Joan Silverman, line dancing teacher at Langston-Brown Senior Center, turns on "Hernando's Hideaway." She says, "Now this is the hard part. Back, back, back, cross point, shuffle shuffle cross side back." Silverman teaches the Line Dancing class on Thursday at 10 a.m. in the dance studio.

Where Learning and Camraderie Doesn't End

Inside Langston-Brown Senior Center.

The Langston-Brown Senior Center at 2121 N. Culpepper St., one of six senior centers in Arlington, offers field trips, classes focusing on health, consumer education, cooking and languages as well as dancing lessons, sports and yoga. Most classes are free with a Senior 55+ pass at a cost of \$20.

"The cooking demo is one of the most popular classes. Katie Strong has a following and she has interesting topics. Yesterday was appetizing appetizers," said Elizabeth Poole, director of the senior center.

Poole, who has been director for almost five years, says the events can change seasonally. For instance, there will be an Oktoberfest this month. "On Saturday we had a rock concert here with music from the Woodstock era. It was lots of fun."

Today seniors sit at a table inside the senior center waiting for the bus for a field trip to the Northern Virginia Resource Center. Poole said it specializes in hearing impairment: "They are going to look at the technology."

— SHIRLEY RUHE



Elizabeth Poole, director of the Senior Center at Langston-Brown Community Center, is writing the day's activities on the board outside the center. She says every day includes a hot lunch, as well as activities, sometimes special speakers and field trips. She says the seniors sometimes suggest new classes such as "yarn creation" that began with 3-4 people and has grown to 6-9 attendees. Another popular activity is the choral group of 50-60 who meets weekly and performs winter and spring concerts.

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