



# Senior Living

APRIL 2017

McLean  
**CONNECTION**

## It Takes a Village: Supporting Seniors

### What Is a Village?

The Village concept is a growing grassroots movement that aims to provide the support that older adults may require when choosing to age-in-place. The idea is simple: neighbor helping neighbor. Villages help older adults stay in their communities by helping to coordinate and deliver services and support within their communities.

### How Does It Work?

Village organizers, who are typi-

cally ages 50 and older, create volunteer programs for seniors in their communities as well as vet and negotiate with service providers to assist older adults in their homes. A broad range of services may be available, including rides to medical appointments, discounts at local theaters, reliable home repair services, and home health care. Many Villages also offer social activities and informational seminars for their members. Visit [www.fairfaxcounty.gov/hd/ltccc/villages.htm](http://www.fairfaxcounty.gov/hd/ltccc/villages.htm).

### Local Village Organizations

❖ Herndon Village Network (HVN) — [www.herndonvillagenetwork.org](http://www.herndonvillagenetwork.org)

❖ Lake Barcroft Village — [www.lakebarcroftvillage.org](http://www.lakebarcroftvillage.org)

❖ McLean Community: A Village for All Ages (MCVA) — [www.McLeanCVA.org](http://www.McLeanCVA.org) or email [info@McLeanCVA.org](mailto:info@McLeanCVA.org)

❖ Reston for a Lifetime — [www.restonforalifetime.org](http://www.restonforalifetime.org)

❖ Reston Useful Services Exchange — [www.restonuse.org](http://www.restonuse.org)

## Centers Without Walls

The Fairfax County Center Without Walls program is a public/private partnership that brings local government together with resi-

dents, businesses and houses of worship to provide all the benefits in programming and activities for older adults in communities where a senior center facility is not located. The Center Without Walls program currently serves older adults in the Burke/West Springfield and Great Falls communities.

### Burke/West Springfield Center Without Walls

Programming focuses primarily on exercise and fitness for older adults, including Tai Chi and Zumba classes.

For information about registration and programming, please contact the Pinn Community Center at 703-250-9181, TTY 711 or

email [burkewestspringfieldcwow@fairfaxcounty.gov](mailto:burkewestspringfieldcwow@fairfaxcounty.gov).

For activity details and schedules, visit the community-based website at [www.scwow.org](http://www.scwow.org).

### Great Falls Senior Center Without Walls

Programming focuses primarily on social gatherings and continuing education for older adults, including technology workshops, trips, current events discussions and guest speakers/lecturers on a variety of topics.

For information about registration and programming, please contact the Human Services Region 3 Office at 703-787-4962, TTY 711. [www.gfseniors.org](http://www.gfseniors.org).

## CALENDAR

### THURSDAY/APRIL 20

**Quilt Restoration.** 10:15 a.m. at the Fairfax Antique Arts Association, Green Acre Senior Center, 4401 Sideburn Road, Fairfax. Presentation and samples provided by Clara Sue Ashley and Chris Young of the Quilt Shop of McLean on the varying processes that can be used. Members are encouraged to bring in family pieces. Call 703-273-6090 for more.

### WEDNESDAY/APRIL 19

**Happiness 101.** 1:00 p.m. in the Main Room Lewinsville Senior Center, 1515 Great Falls St., McLean. Speaker is Paul Singh, an international, award-winning speaker. He is a student of happiness and his mission is to be as happy as possible by making his surroundings happier. Call 703-442-9075 for more.

### TUESDAY/APRIL 18

**American Health Professional Visit.** 10:30 a.m. Lewinsville Senior Center, 1515 Great Falls St., McLean. Presentation and discussion about depression. A free blood pressure clinic will follow. Call 703-442-9075 for more.

### VOLUNTEERS NEEDED

**Shepherd's Center of McLean-Arlington-Falls Church,** 1205 Dolley Madison Blvd., McLean continues to have an urgent need for new volunteers to help area senior citizens get to and from their medical and therapy appointments. To find out more about the Shepherd's Center and how you can volunteer to provide transportation and other services, call the Center at 703-506-2199 or e-mail the Center at [info@scmafc.org](mailto:info@scmafc.org). The Center's website is [www.scmafc.org](http://www.scmafc.org)

# Seeking Retirement Options? Consider Goodwin House

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GOODWIN HOUSE

[www.goodwinhouse.org](http://www.goodwinhouse.org)



We're a mission-driven, nonprofit organization known for our two communities in Alexandria and Bailey's Crossroads, both of which feature modern amenities and updated apartments. We also offer Goodwin House at Home, an innovative option for active, healthy adults ages 55 and older that provides you with coverage to protect your hard-earned savings. We work with you one-on-one to explore your future options, whether it's staying in your home, moving to a community, or both. To learn more, call us today at 703.824.1238.



Goodwin House at Home is an exciting program for healthy, active, older adults who want to remain in their home as they age with access to just the right amount of support throughout all stages of life. Once you join the program, your personal Member Services Facilitator can assist you with scheduling home maintenance and repairs, such as lawn care and housekeeping. They'll also be there when the unexpected happens, such as a fall or more serious medical condition, to orchestrate your care and in-home needs based upon a plan you'll create together. Our flexible financial plans help remove the fear of the unknown as it relates to both long-term care needs and protecting your financial future. Peace of mind and high-quality care has never been more accessible, or affordable.

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AT HOME

To learn more, call us today at 703.575.5202 or visit our website at [www.goodwinhouse.org/athome](http://www.goodwinhouse.org/athome)

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Senior Living

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# Senior Living



PHOTO BY GREG HADLEY

At slightly over 900 square feet, the primary living area the Herre's remodeled home in Hollin Hills is comparatively small but designer wall elevations employ texture and color that make the space feel expansive.

## Mid-Century Classic for Artful One-level Living

BY JOHN BYRD

Two years ago, Jeff and Jenny Herre, both retired, were living in a five-level townhouse in Old Town Alexandria with a view of the river. Long-term residents, they were satisfied with all the house had to offer. They collected art and fine furniture and their periodic renovations over several years had extended all the way to the attic.

As they approached their 70s, however, they questioned how much effort they wanted to expend getting from room to room.

"We were wondering aloud whether we'd still want to be climbing five flights of stairs in 10 years," Jeff Herre said. "That's when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level."

After assessing available northern Virginia properties for several months, a Realtor introduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles — even listed in the historic record as one of the first communities in the U.S. to feature modern architecture exclusively.

"In the 1950s, most progressive modern homes were owner-commissioned," said Roger Lataille, a design consultant at Sun Design Remodeling. "But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II."

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though lots are seldom more than one acre, it's difficult for your neighbor to see you from their house, and vice versa.

"We loved the wooded setting right away," said Jeff Herre. "The problem was, the house itself didn't look like anything we'd want to live in."

Herre's question for Lataille from the start was right to the point: "Can you make the changes we want within our budget?"

"There have been significant developments in open floor plan design in recent years," Lataille said. "Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction."

Enter Jon Benson, Sun Design's lead designer, master craftsman with several published books on woodworking to his credit.

"This really feels like our home now," said Jeff Herre. "We've made the transition we wanted, and are pleased with it."

*Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, the Sun Design also maintains an office in McLean. Sun Design will be sponsoring an open house in a recently remodeled home on April 29 and 30 from 11a.m. to 5 p.m. daily. For more information: [www.SunDesignInc.com](http://www.SunDesignInc.com)*

*John Byrd ([byrdmatx@gmail.com](mailto:byrdmatx@gmail.com)) has been writing about home improvement for 30 years.*

## Senior Happenings

at Tall Oaks Assisted Living

Join us for these great, free events for seniors and their families. Space is limited. RSVP to [EDooley@TallOaksAL.com](mailto:EDooley@TallOaksAL.com).

### Alzheimer's Support Group

Monday, May 15 at 7 pm

### Movie Under the Stars

Free admission!

Friday, May 18 at 7 pm

Co-hosted by Care with Love

### Smoothies at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Tuesday, June 6 at 11 am

### Ice Cream Social at the Lake Ann Community Center

1609-A Washington Plaza, Reston

Thursday, June 8 from 1:30 to 3:30 pm

### Tall Oaks Community Yard Sale

Saturday, June 10 from 9 am to Noon

### Alzheimer's Support Group

Monday, June 12 at 7 pm

### Fourth of July Celebration

Enjoy a chef-prepared lunch and a tour. Reservations required.

Tuesday, July 4 from 11:30 am to 1 pm

### Sip and Paint at Tall Oaks

Thursday, July 13 from 4 to 6 pm

For more information or to schedule a tour of Tall Oaks, call 703-834-9800.

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## Senior Living



### The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation  
with Laxman Bahroo, MD and  
Angela Onyekanne, DPT, GCS, CEEAA  
Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church  
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868  
or to [kakers@kensingtonsl.com](mailto:kakers@kensingtonsl.com)

**T**he Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



**Dr. Laxman Bahroo** is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



**Angela Onyekanne, DPT, GCS, CEEAA** has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.

**THE KENSINGTON**  
An Assisted Living Community  
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703.992.9868 | 700 West Broad St, Falls Church, VA 22046  
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Members of the Potomac Community Village attend a workshop on the Go4Life program, which was designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

## Fit for Golden Years

Exercises for strength, endurance,  
balance and aerobics are key.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**t 7 a.m. each weekday, a group of Del Ray seniors meet at Starbucks to embark on a brisk, 45-minute walk. The women return to their starting point for coffee and conversation. Their goal is to stay active and socially engaged.

"Even those of us who've never exercised and aren't necessarily fit enjoy our walks," said Joyce Herrington, one of the group members. "It's mostly social and we enjoy it. The fact that we're getting some exercise is a bonus."

Late last month, representatives from Go4Life, a program created by the National Institute on Aging (NIA), held a pilot workshop in Potomac, Md., that was designed to test methods for motivating older adults to increase their physical activity. Workshop participants were from Potomac Community Village, one of several Go4Life partner organizations of seniors who are helping to design strategies to engage seniors in exercise programs.

Sheila Moldover, Potomac Community Village Communications Chair believes that local seniors can benefit from Go4Life. "We want to encourage everyone to pay attention to their balance, flexibility and strength as well as to endurance. We see that as enabling us to age in place, to thrive in place, and be healthy and active."

Go4Life, an exercise and physical activity campaign from the National Institute on Aging (NIA) at the National Institutes of Health (NIH), is designed to help those who are over 50 incorporate exercise and physical activity into their daily lives.

"We want people to know that it's never too late to start an exercise program, and we focus on four types of exercise: strength, endurance balance and flexibility," said Stephanie Dailey of the Go4Life program at the NIA. "It's important that they're do-

ing all four components. Older adults can gain a lot from exercising. In fact, people have a lot more to lose by not exercising than by starting exercising."

**WHEN BEGINNING** an exercise program, Dailey recommends guidelines established by the Centers for Disease Control and Prevention.

"About 150 minutes per week of moderate activity is recommended for adults," she said. For older adults exercise is important for maintaining function, physical strength and fitness, managing and preventing diseases, improving your mood and giving you more energy.

Older adults can gain strength and improve their muscles with these exercises, says personal trainer Christian Elliot, CEO, Founder TRUE Health and Wholeness in Arlington, Va. "I work with people who are in their 60s, 70s, 80s and 90s and I've never met a person who couldn't improve their fitness," he said. "We're not going to stop aging, but you can certainly slow it."

Elliot recalls a client who was in her late 50s who didn't have a history of physical fitness, but wanted to get in shape. "She has hit some of the most phenomenal milestones, like being able to hold a 12-minute plank, do 50 push-ups and five push-ups on one arm," he said.

"There's a lot of evidence that middle age is a great time to get fit," said Julie Ries, Ph.D, professor of physical therapy at Marymount University. "You want to be active and healthy in your middle age so that will keep dementia at bay in your old age. Exercise is not only for your physical health, but also your cognitive health."

A well-rounded exercise program should include exercises that focus on aerobic exercise, flexibility, muscular strength and muscular endurance, and balance, says Susan P Thompson, Ph.D., assistant dean, Health Physical Education at Northern Virginia Community College.