

# View from the Village

January 2025  
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## News & Announcements



**Happy New Year!** Best wishes to our members, volunteers, and friends for a healthy and peaceful 2025. January has already challenged us with the kind of snowstorm not seen here in a while. Kudos to Village coordinator Jason Scadron and the volunteers who turned out to help neighboring Village members after shoveling their own drives and sidewalks!

**2024 Village Evaluation Results**—In late 2023, the Village Advisory Board approved a plan to evaluate the impact of our programs with a series of surveys. The goal was to assess current services, learn how they might be improved, and consider whether additional programs should be added. A committee was established, including Jason Scadron, two Advisory Board members, a representative Village member, and other staff from the City departments of Human Services, Community Development and Planning, and Communications.



The membership was to be surveyed first. After reviewing previous instruments created by Fairfax County, local D.C. village programs, and related organizations, the committee drafted and tested a sample survey, ultimately creating a document with 25 questions (both service-focused and demographics-based), plus options for comments.

In April 2024, an electronic version was posted on the City's Engage Fairfax platform, and a print version was mailed with a stamped, pre-addressed envelope to all 90 members of the Village. We received 11 replies online and 48 by mail—for a total response rate of 65.5%. We are extremely grateful to all who participated. Your voices were heard!

Surveys for Village volunteers, Advisory Board members, and related City staff were developed in a similar fashion and distributed in September and October 2024. A detailed 2024 Evaluation Report was submitted earlier this month. An overall view of survey results will soon be available on the Village page of the City website. In the meantime, here are some key findings and guidance for future efforts:

- Members seek help with maintaining their homes. Access to Village services helps a majority feel better about staying at home, even if they have not yet used a service.
- Some members do not like to, or do not know how to, request services.
- In a city where the U.S. Census shows that almost 30% of the population is over 55, as of April 2024 the Village was reaching a small fraction (1.3%) of that population. We need

- strategies to reach out to all relevant community members.
- The majority of volunteers are satisfied with their volunteer experience and find it fulfilling, though some would appreciate more engagement and a chance to provide services more frequently.
  - The Village Advisory Board functions well and utilizes City and other resources effectively. Board members should engage more with relevant stakeholders and help to recruit new Board members.

## Timely Opportunities

**Lunchtime Learning** sessions at the Young at Heart Senior Center, 4401 Sideburn Rd., are free and meet at noon. Call 703-273-6090 to register.

**Friday, Jan. 17. Nutrition, Biohacking, & Energy.** David Saah explores how diet, supplementation, and bio hacks can influence energy levels.

**Friday, Jan. 24. Aging in Place & How to Do an In-Home Estate Sale.** Zinta Rodgers-Rickert offers guidance on home renovations, care options (in-home vs. assisted living), and how to free up cash by clearing out unwanted items.

**Friday, Feb. 21. Virginia Granddriver—Live Long, Play Hard, & Get There Safely.** DARS Virginia's presentation promotes public awareness with safety tips and warning signs for older adults who still drive.

## Village in the City Speaker Series

**Friday, Feb. 21. Emerging Trends in Senior Living.** Join us as Steve Gurney, publisher of *Positive Aging Sourcebook* and host of the Positive Aging Community's online talks, kicks off this year's free Friday Morning Speaker Series at the Sherwood Community Center, 3740 Blenheim Blvd. Coffee available at 9:30 a.m.; presentation at 9:45. To preregister (appreciated) or to request transportation if needed, call 703-385-5738, or email [village@fairfaxva.gov](mailto:village@fairfaxva.gov).

## Resources

### Community Emergency Response Guide

As we have sadly seen in Los Angeles, disasters can occur to anyone, anytime, anywhere, so it is vital to prepare for them. One way to do that is to create an emergency plan that will serve as a family blueprint of what to do before, during, and after an incident. To download a free PDF copy (in multiple languages) of Fairfax County's *Community Emergency Response Guide*, visit <https://www.fairfaxcounty.gov/emergencymanagement/cerg>.

Fairfax Village in the City

Fairfax City Hall, 10455 Armstrong St.; Fairfax, VA 22030

Phone: 703-385-5738 | Email: [Jason.Scadron@fairfaxva.gov](mailto:Jason.Scadron@fairfaxva.gov)