

View from the Village

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News & Announcements



THANK YOU, VOLUNTEERS!—On October 18, the Fairfax Village in the City Advisory Board hosted a party at the Blenheim Interpretive Center in honor of the 1700 hours of service provided to Village members by our dedicated volunteers over the past year and a half. Mayor Read and Councilmember Ross offered congratulations and assured us of continuing city support for the Village. Attendees of all ages enjoyed a slideshow, a local history quiz, outdoor games, door prizes, and delicious treats from city-based Anle Ice Cream. Best of all, we got to know each other better. Let's do it again next year!



NATIONAL FAMILY CAREGIVERS MONTH—Each year in November, we celebrate the legions of caregivers who provide physical and emotional support to older adults and adults with disabilities across America. These folks include not only those who care for someone in their family of origin but also those who care for a friend or neighbor in a “family of choice.” One in five Virginians is a family caregiver, playing an important role in helping others age with dignity in their communities. AARP’s most recent “[Valuing the Invaluable](#)” report puts the value of care provided by unpaid Virginia family caregivers in 2021 at \$14.3 billion.

This year’s theme is *#CaregiversConnect*, highlighting the many ways caregivers can connect with each other and access professional information to inform and elevate their caregiving. The Fairfax Area Agency on Aging provides county and city caregivers with evidence-based programs, webinars, and workshops, as well as resources and services focused on their personal needs. (See Resources on next page for details.)

ARE YOUR VACCINATIONS UP TO DATE? Winter's coming. Have you had your flu shot? What about the new COVID-19 vaccine? The virus is predicted to surge again in coming months. And pneumonia and shingles vaccinations, if you haven't had them yet, are also recommended by the National Institute on Aging, a division of the National Institutes of Health. (To learn more, visit www.nia.nih.gov and search "Immunization"). Check with your health provider to see which are appropriate for you and your family. No longer free to all, the new COVID shot is covered by most health insurance, but the CDC has a "Bridge Access Program" providing it free to adults who lack insurance or whose insurance does not cover the cost. Call your local pharmacy to see if they are participating.

Resources for Caregivers

Fairfax County Department of Family Services: Programs for family caregivers in the county and the cities of Fairfax and Falls Church include workshops, webinars, case management, in-home respite, and more. Some videos are broadcast on Channel 16. Upcoming events are listed in each month's *Golden Gazette*. Subscribe [via email](#), or pick up a copy at the City of Fairfax Regional Library. For more information, visit www.fairfaxcounty.gov/OlderAdults, or call the Aging, Disability, and Caregiver Resource line at 703-324-7948.

Prepare to Care: A Planning Guide for Families is just one of many helpful publications produced by AARP to inform and support family caregivers. This one aims to help readers be ready to handle a caregiving situation before a crisis—a fall, an accident, a serious diagnosis—occurs. To download a copy or order a print version, visit <https://www.aarp.org/caregiving/prepare-to-care-planning-guide>, or call 877-333-5885 and select Option 1.

The Caregiver's Handbook, a publication of the National Institute on Aging, focuses on older adults who need care for a serious health condition or disability, but it also applies to other situations in which caregiving is needed. To download in pdf or order a print copy, visit <https://order.nia.nih.gov> and search "Caregiver."

Need an in-depth conversation with a social worker about the caregiving needs of a loved one? One-hour **Caregiver Consultations** are free to county and city residents through Fairfax County's ElderLink program, Call **703-324-5374**, Monday through Friday between 8 a.m. and 4:30 p.m., and ask for a caregiver consultation.

HAPPY HOLIDAYS TO ALL OUR VILLAGE FRIENDS!

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