

View from the Village

Mar-Apr 2026
Vol. 4, No. 2



News & Announcements

Spend your “Golden Years” Living Boldly 50 Fairfax city and county residents gathered at the Sherwood Center on February 20 to hear Steve Gurney, founder of the Positive Aging Community and publisher of the acclaimed Positive Aging Sourcebook, present “A New Perspective on Aging and Senior Living.”



Gurney’s approach is to provide practical strategies to navigate choices with confidence, foster meaningful connections, and embrace purpose at any age. He believes older adults can live a purposeful life. The talk covered many topics like ageism, mobility, creating a friends network, solo aging, cognitive impairment, aging in place, and independent and assisted living options. Here are some of the takeaways:

Try giving up your car keys for a week and discover how to stay mobile. Public transportation and friends can be an option as well as the app called gogograndparent. Use the app or website, www.getgogograndparent.com, to request a ride with just a phone call, 855-755-2721, 24/7 customer service and operators, and on-demand rides that arrive in 15 minutes or less.

Make home modifications in advance like modifying your main living spaces on one floor to avoid steps and include a bedroom, install grab bars, and rethink area rugs. Before making a move, consult with a homecare provider or universal design specialists.

Create a friends network to create your own personal village. By connecting with friends you can learn how you can depend on each other. For instance, some friends may be able to provide rides while other friends may be happy to care for your pets.

Join a village, like Fairfax Village in the City, to fill needed gaps in service from getting on ladders, receiving tech support, and requesting rides.

To dive deeper into any of these topics, visit the Positive Aging Community website at www.retirementlivingsourcebook.com. Steve Gurney hosts free live webinars throughout the week with subject matter experts. You can register to join live and interactive discussions. All of these webinars are recorded and archived on the website. Other topics Gurney recommended exploring are senior special move managers, Swedish death cleaning, and daily money managers.

To order a free copy of **The Sourcebook**, fill out the application on the website or call 1-800-394-9990 or email orders@proaging.com.

“Home for Life Expo 2026.” This year’s event is scheduled on Friday, April 10, 10a.m. to 2 p.m., at the Sherwood Community Center, 3740 Blenheim Boulevard.

If you’ve attended a previous Expo, you know it’s the perfect place to explore options for making your later years safe and comfortable in the community we all love. Once again, expert speakers will be on hand. Thinking about downsizing? Matthew Quinn will share what’s hot in the auction market these days. Need to explore some options? Joanne McCarty will explain how a certified aging-in-place counselor can help. Ready to explore new frontiers of knowledge? The Lifelong Learning Institute at the Northern Virginia Community College has ideas for you. Understanding your pelvic floor? Dr. Kristin Dunn will discuss how to keep your pelvic floor healthy as you age.

Once again, we’ll have a busy Exhibit Hall, with more than 30 providers eager to share ideas and services to improve your life. Stop by the Fairfax Village in the City table and learn how community volunteers have been helping your neighbors this past year. Or just meet a friend to enjoy conversation and refreshments in our Expo Café. We hope to see you there!

Timely Opportunities

Lunchtime Learning. Sessions meet at noon at the **Young at Heart Senior Center** at Green Acres School, 4401 Sideburn Rd. Membership and classes are free for city and county residents 55+. Registration required; call 703-273-6090.

Friday, March 20. Estate Planning Basics. Local attorney Andrea Weiss Bryk will discuss wills and trusts and how they affect both your lifetime and what happens afterwards.

Friday, March 27. Learn How to Navigate Fairfax City’s New Website. Get comfortable connecting with city services online in this session designed for older residents. Presenter Jael Zeballos will show you how to pay bills online, sign up for email or text alerts, report issues or submit service requests, stay informed on community events and issues, and more.

Friday, April 3. Surviving Retirement. Licensed financial advisor Jay Colligan will cover important financial information for retirees, including taxes, social security, and more.

Friday, April 17. Aging in Place: Plan Ahead! Zinta Rodgers Rickert provides guidance both on renovations you can make to your home and when it might make sense to relocate. She’ll consider in-home care vs. assisted living and explain how an estate sale can free up cash and help clear out things your family no longer needs.

Fairfax Village in the City

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