

Remembering the March on Washington

Golden Gazette

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Wash, Rinse, Dry and March on Washington!

by Mary Jane Dye

“We are all going to the March on Washington,” declared Annette Lee-Gilmore’s cosmetology teacher. Lee-Gilmore, 21 at the time, was sitting in her Washington, D.C., classroom intently listening to her. The teacher explained to students that the March was for jobs, freedom and equality.

Then, according to Lee-Gilmore, she said the March’s featured speaker was Dr. Martin Luther King Jr., and we would get to hear him speak. “She didn’t even give us an option,” she laughs, “but, we all wanted to go.”

The class was very excited. “We talked about it between classes, on the bus and with our families,” she says. “We were going to be a part of history.”

Originally from Orange, Virginia, Lee-Gilmore attended George Washington Carver High School—a segregated school in neighboring Culpeper County. She says it was a long bus ride to school every morning because the driver picked up students from the entire area. “Oh my, it took close to an hour and a half. Often we were late for class.”

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The March

The day to march finally came and all 15 students in her

cosmetology class wore

their uniforms—white dresses and white shoes. They marched from H Street, NE, where the school was located, to the Lincoln Memorial. “It took us quite a while, but we didn’t care.”

She remembers the big crowd. “I had never seen so many people in one place,” says Lee-Gilmore. Although the March was for people of all colors, Lee-Gilmore doesn’t recall seeing any other color than black. “It was a sea of beautiful people who looked just like me.”

For Lee-Gilmore, the March truly symbolized being equal. “I felt so very happy to be there. It was such a hopeful time, too,” she says.

After the March, according to Lee-Gilmore, she and others in her class often talked about what Dr. King had said and

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Annette Lee-Gilmore now and in the mid-sixties.



Lee-Gilmore likes to hang out with her daughter, Kendra Lee.

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Wash, Rinse, Dry and March

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dreamed about the possibilities of equal rights. “It was sad to think about how we had separate bathrooms with Colored over the door and separate schools. We weren’t even allowed to use the public library.”

Years later, she is reminded of those days of separate and not equal. She says her daughter Kendra, loved it when the bookmobile came around in the summer. But for Lee-Gilmore, the bookmobile was a symbol of the time when Blacks were not allowed to go to the public library in her county. “We had to wait for the bookmobile for our books.”

As far as her education is concerned, Lee-Gilmore thinks she got a better education. “The teachers really cared about us, about our success. They really tried to prepare us for life, and I believe they did a good job.”

Civil Rights Act

Ten months after the March, the Civil Rights Act passed. Lee-Gilmore says things changed, but not immediately. “I got married two months after it passed, and I remember my husband complaining that he still couldn’t go to the library. Just because it says you are equal on paper, doesn’t make it true, at least not right away.”

But change did come. After a short stint overseas (her husband was in the Air Force), Lee-Gilmore and her family settled in the suburbs of Northern Virginia—something they wouldn’t have been able to do before the passage of the Civil Rights Act—and commuted into Washington,

D.C., to work every day for decades.

Lee-Gilmore lived most of her adult life in the area and resides in Prince William County. In 1995, after 30 years working for an insurance company, she retired. She is very close to her daughter, who works for Fairfax County. Her three sons, biological brothers, were adopted out of Fairfax County foster care. Although curtailed by the pandemic, she loves to sightsee and go to church—especially with Kendra.

To Lee-Gilmore, Dr. King’s dream hasn’t completely come to fruition, but it’s a better environment than the one she grew up in. “My children are in a world with many more options than I had,” she says. “Options that started with that march.”



Orange County Public Library Bookmobile in 1950s. Photo credit, Virginia Library Association.

The Fairfax Area Commission on Aging Will Not Meet in August

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Yahne Miorini, LL.M.

Reflections of the March on Washington Then and Now

by Emma Marshall



Emma Marshall
as a little girl.

The August 28, 1963 March on Washington for Jobs and Freedom was an amazing event and left quite an impression on me though I was only seven years old.

Like many others, my family watched it on an old black and white RCA television. Despite its small screen, the protest seemed bigger than life with charismatic speakers like Dr. Martin Luther King, Jr., John Lewis, Bayard Rustin, and even Josephine Baker.

I was born in southwestern, Virginia in the town of South Boston. When I was two years old

we moved to Princeton, New Jersey to be closer to family. Luckily, our relatives had jobs and owned their homes in this diverse working class community. I even attended desegregated schools in the community.

Our community in Princeton seemed ahead of its time. To support the March on Washington the local Association for Human Rights, sent letters to town residents asking for community dialogues between Black and white residents. I remember it was called, "People-to-People" home visit chats. The chats were intended to break down racial barriers. It was a practice that originated from Chicago's Freedom House, an organization that devoted much of its attention to racial equality in the 50s and 60s. The chats went very well.

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Reflections . . . continued from page 4

August 28, there will be another civil rights March on Washington—57 years after the original March on Washington. It will address many of the same inequalities that were addressed in 1963. Speakers include the Reverend Al Sharpton and Martin Luther King III.

I am saddened that my son is living through some of the identical concerns as 1963. We struggled against discrimination and bias by

marching for equal rights and justice for future generations. But, I believe there is still hope to end discrimination.



Emma Marshall works for Fairfax County's Department of Family Services.

Thank you Fairfax County for being on the cutting edge with "OneFairfax," a commitment for equity in our community. Together, we can advance and enrich our community for everyone.

Emma Marshall is a community educator with the Fairfax County Department of Family Services, Foster Care and Adoption Support & Resource.

**MARCH ON WASHINGTON
FOR JOBS AND FREEDOM
AUGUST 28, 1963**

LINCOLN MEMORIAL PROGRAM

1. The National Anthem	<i>Led by Marian Anderson.</i>
2. Invocation	<i>The Very Rev. Patrick O'Boyle, Archbishop of Washington.</i>
3. Opening Remarks	<i>A. Phillip Scandolph, Director March on Washington for Jobs and Freedom.</i>
4. Remarks	<i>Dr. Eugene Carson Blake, United Methodist Church of the U.S.A.; Vice Chairman, Commission on Race Relations of the National Council of Churches of Christ in America.</i>
5. Tribute to Negro Women Fighters for Freedom	<i>Mrs. Medgar Evers</i>
	<i>Daisy Bates Elsie Nash Bevel Mrs. Medgar Evers Mrs. Herbert Lee Rosa Parks Gloria Richardson</i>
6. Remarks	<i>John Lewis, National Chairman, Student Nonviolent Coordinating Committee.</i>
7. Remarks	<i>Walter Reuther, President, United Automobile, Aerospace and Agricultural Implement Workers of America, AFL-CIO; Chairman, Industrial Union Department, AFL-CIO.</i>
8. Remarks	<i>James Farmer, National Director, Congress of Racial Equality.</i>
9. Selection:	<i>Eva Jenney Chair</i>
10. Prayer	<i>Rabbi Uri Miller, President Synagogue Council of America.</i>
11. Remarks	<i>Whitney M. Young, Jr., Executive Director, National Urban League.</i>
12. Remarks	<i>Matthew Ahman, Executive Director, National Catholic Conference for Interracial Justice.</i>
13. Remarks	<i>Roy Wilkins, Executive Secretary, National Association for the Advancement of Colored People.</i>
14. Selection:	<i>Miss Mahalia Jackson</i>
15. Remarks	<i>Rabbi Jonathan Prinz, President American Jewish Congress.</i>
16. Remarks	<i>The Rev. Dr. Martin Luther King, Jr., President, Southern Christian Leadership Conference.</i>
17. The Pledge	<i>A Phillip Randolph</i>
18. Benediction	<i>Dr. Benjamin E. Mays, President, Morehouse College.</i>

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Impact of the Corona Virus for Individuals Needing Services from Local Courts

by Susan K. Pollack

Question

How has the pandemic affected individuals needing the involvement of local circuit courts?



Answer

The circuit courts in Northern Virginia have been very proactive in finding ways to assist individuals and families in need of their services.

In the April edition of the *Golden Gazette*, we dealt with how the practices of Estate Planning and Elder Law were affected by the pandemic. Fortunately, most attorneys found innovative ways to meet with clients, through Zoom or other similar platforms, and successfully prepared estate planning documents for signing by their clients.

However, this is only part of the story. Because of the continuing need to practice “social distancing” and wearing masks in indoor public spaces, local circuit courts have been faced with the dilemma of how to meet individuals’ legal needs. For the first couple of months, after the start of Phase 1, most court employees worked from home. Additionally, many civil cases which were already scheduled for hearings were removed from court dockets to be held at a later-date.

As Phases 2 and 3 began, local court officials recognized the importance of conducting hearings for appointments of guardians and conservators as well as to open up probate estates when an individual has died. These particular types of cases usually needed to be handled sooner rather than later because many families were facing serious crises. In trying to adopt new interim procedures, court officials had to find a balance between holding hearings or allowing for the appointment of executors without putting anyone’s health and safety at risk.

The various local jurisdictions have risen to the occasion by establishing procedures to follow for holding “remote” guardianship and conservatorship hearings as well as for the appointment of executors of probate estates. While jurisdiction procedures may vary, they all have the same common goal and that is to expeditiously meet the needs of the public. In all instances, individuals can be part of a proceeding through use of any device that has a camera (i.e. ipads, laptops, smartphones, etc.) or by calling into a designated telephone number.

The nature of what we all have been going through these past few months has made everyone stressed, anxious and not wanting to change the way we normally do things. The procedures put into place by the local circuit courts, while new to all of us, are not too difficult and enable us to handle serious matters. Irrespective of what county one lives in, there will always be a way to have your legal matters addressed.

Susan K. Pollack is an attorney with Needham Mitnick & Pollack, PLC, a law firm specializing in Elder Law, Estate and Special Needs Planning that gives personalized attention to each case. Contact the firm at 703-536-7778.

Something Is Happening Downtown

by Lis Myers

My parents, I'm proud to say, were passionate inclusivists—always. And one Saturday morning while I was playing, my Dad said, “Come on . . . we're going downtown . . . something's happening, and I want us to be there.” So, we went.



It was August 28, 1963. We had moved to Columbia Pike in Arlington, a short bike ride into downtown D.C. My father steered us to the Lincoln Memorial where this amazing energy flowed as Martin Luther King, Jr.'s voice rang out, “I have a dream!”

I still pinch myself to think I was there—and have thought and taught and talked about it endlessly. For me, it was an ultimate symbol that no matter how daunting, how unchangeable, a situation might seem, working together for good, change and progress are always possible!

I even went to North Carolina to participate in Black protest marches at a time when I was one of the only white girls in the march. So much more, too. Neat memories. And, I'm full of hope for the present!

Lis Myers is a longtime resident of Springfield. She is executive director for the Academy for Eating Disorders and president of Advice and Consensus.



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Providing Options for Training

The Senior Community Service Employment Program

Along with companies reopening, job opportunities are becoming available. The Senior Community Service Employment Program (SCSEP) is ready to help eligible job seekers with virtual training through webinars and online job readiness workshops..

To be eligible, you must be age 55+, unemployed and meet certain income criteria to earn a stipend when accessing job readiness training.

Virtual Training

SCSEP has made flexible temporary changes—given the current environment—to help job seekers develop employment skills. This prepares

participants for placement at a training site and eventual employment. For those with limited access to technology, alternative training options also are available.

Safety Is a Priority!

SCSEP follows the advice of the Center for Disease Control (CDC) and state directives with ongoing updates and guidance to participants and training sites.

Before participants are placed at a new training site or return to their previous one, health and safety measures must be met by both the site and the participant.

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Simply Divine Pistachio and Lemon Cake

by Devaki Das

Do you have family or friends who don't like chocolate? If so, try lemon. Here is an easy pistachio and lemon cake recipe.

This cake is reminiscent of the lovely old Italian cakes with polenta and citrus. And, along with that fantastic texture, it has the freshness of lemon bars.

It takes just 20 minutes to stir and sift and pop in the oven. Once baked, poke holes into the cake with a skewer, and let the lemony sugar syrup seep into it. So delicious! You are sure to enjoy it.

Simply Divine Pistachio and Lemon Cake

Ingredients

- 1 stick unsalted butter, cut into chunks
- 1 cup sugar
- 1/3 cup milk
- 2 large eggs
- 1/2 cup Greek yogurt
- 1 cup all-purpose flour
- 1-1/2 tsp baking powder
- 1/2 tsp. salt
- 1/2 cup polenta
- zest of 1 lemon (after zesting, use the lemon for juicing)
- 1/3 cup chopped pistachios
- 1/3 cup lemon juice
- 1/2 cup confectioner's sugar



Preparation:

- Oven—Preheat to 325
- Lemon for the glaze—Halve and juice lemon; set aside in small sauce pan.
- Flour mixture—Combine flour, salt and baking powder. Sift the flour into the bowl to air the flour as much as possible.
- Cake pan—Spray a 9-inch square Pyrex cake pan with non-stick spray.



Method:

1. Place the butter, sugar and milk in a small sauce pan. Zest the lemon directly into the sauce pan using a microplane zester.
2. On medium heat stir with a wooden spoon until the butter has melted. Set aside to cool for about 10 minutes.
3. In a large mixing bowl, crack the eggs, discard the shells and beat the eggs with a wire whisk.
4. Add the yogurt and whisk to combine.
5. Add 1/2 the flour mixture and half the butter and sugar mixture and with a wooden spoon or spatula, fold to combine. Repeat with the remaining flour and liquid until it is gone.
6. Empty the batter into the cake pan. With a spatula smooth the top surface as much as possible.
7. Bake in the hot oven for approximately 45 minutes until the cake is a golden brown and a skewer comes out clean when pierced in the center of the cake. Remove from oven and set aside to cool for 5 minutes.
8. While the cake is baking, in a sauce pan, combine the lemon juice and powdered sugar. On medium heat, simmer for 10 minutes until slightly thick and syrupy. Set aside to cool.
9. Once the cake is out of the oven and has cooled for 5 minutes, use a bamboo skewer and poke holes in the surface of the cake all over.

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Cake

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- Run a knife along the edge of the cake.
10. Pour the glaze over the cake. With a pastry brush spread the glaze over the entire top surface of the cake.
 11. Once the cake has cooled for about 15 minutes, cut into squares and serve warm. You can also allow the cake to cool completely before serving.

Tip: Delicious with some crème fraiche!

About Devaki

Devaki Das is a Culinary Instructor at FCPS-Adult Community Education. When she's not pattering around the kitchen, she's very busy creating boutique culinary vacations at Weave a Thousand Journeys, www.WeaveThousandJourneys.com.



Employment Program

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To reduce the risk of COVID-19 infection, all training sites are required to complete a health and safety contract and participants must complete an assessment that outlines proper health and safety measures.

As the region continues to reopen, SCSEP participants will begin to return to on-site training at nonprofits throughout the area with the goal of employment. At these nonprofit sites, they will develop skills in customer service, learn administrative support, acquire basic computer support and more.

To learn more about how SCSEP can help you find a job—virtually or at a training site, contact DFSSCSEP@fairfaxcounty.gov or 703-488-8196.

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Garden Musings in Early Morning

by Judy Funderburk, Master Gardener

I'm sitting at my desk looking out my window at the riot of color in the front garden. The red roses provide a gorgeous backdrop for the deep purple spiderwort in the foreground and the multitude of light pink showy evening primroses and tall Penstemon (beardtongue) in the background. Insects flit here and there, and a wren sings with full voice her melodious song. Perhaps she is inviting in her friends ... telling all who will listen that it is "A beautiful day in the neighborhood!"



I've noticed that when I get outside in my garden, I often find my factual brain kicking in and only letting me see that the roses are already struggling with the disease called black spot, and that many of the pink primroses are looking scraggly as their blooms die back. But that is not apparent from here. Sometimes a larger view is better than a close-up. I am so often telling myself what needs to be done instead of just being with my "friends" and telling them how beautiful they are—that they bring me joy!

This spring I have had more time to be in my own garden and have done some major pruning. Some of that has been of the "cutting back" variety, as with azaleas that have not been pruned in a long time, but some has been in the "getting rid of" category, digging out lots of tatarian asters that have brazenly moved in front of their lower growing neighbor Fireworks goldenrod, thereby robbing the bed of its owner's plan for contrasting heights and colors come fall – yellow flowers along

draping stems in the foreground against tall purple spikes in the background. Plants have their way of protesting without the use of words . . .

Garden Musings: Early Morning Musings from Master Gardeners Northern Virginia, <https://mgnv.org>

Fall 2020 Extension Master Gardener Volunteer Training has been postponed until early February 2021

Due to the COVID-19 pandemic, Master Gardener of Northern Virginia is pivoting from an in-person class format to a virtual class format. In order to have adequate preparation for the new format, they are delaying the start of its annual volunteer training until early February of 2021. An information night will be held in late September to provide additional details and answer questions. After information night, the registration process will open. For more information, go to <https://mgnv.org/>

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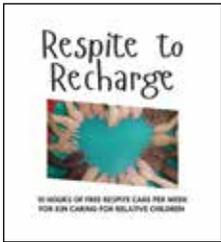
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Respite to Recharge:

A New Program Responding to the Childcare Needs of Kinship Caregivers in Fairfax County During the COVID-19 Pandemic



The local nonprofit organization, Formed Families Forward, answers questions about its new program, Respite to Recharge.

What is Respite to Recharge?

Kinship caregivers in Fairfax and Falls Church are eligible for 10 free hours of childcare per week for up to eight weeks. The program is operated by nonprofit organization Formed Families Forward, with financial support from Healthy Minds Fairfax, a program of Fairfax County.

Who is a kinship caregiver?

Kinship caregivers may be grandparents, siblings, aunts, uncles or family friends of the children in their care. The children can be adopted, currently in foster care or in informal arrangements outside of governmental agencies.

Who provides childcare services for families?

We strongly encourage families to identify their own providers via family, friends and the community. However, a provider list is available for those that need it. All providers must be 18 years of age or older and pass a free background check. Families and respite providers are responsible for

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Respite to Recharge

... continued from page 14

taking personal health precautions as outlined by the CDC for the safety of all.

Why did you feel like there was a need for this program?

School, daycare and camp closures due to COVID-19 have especially impacted grandparents and other older caregivers. For instance, seniors may have less computer savvy as younger generations, yet they had the stress of learning how to navigate virtual school. They need breaks for their mental and physical well-being, as well as the well-being of the children in their care.

How can kinship caregivers enroll in the program?

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For more information go to <https://formedfamiliesforward.org/respite-to-recharge>, call 301-246-0149 or email info@formedfamiliesforward.org.

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on 16—What to Watch in August

by Grace Lynch

Tune in to Channel 16 for a taste of community! The award-winning station provides an interesting mix of county news and government proceedings as well as features on the interesting people and places that make Fairfax County such a wonderful place to live.

Shows include *16 Around Fairfax*, *County Magazine*, the library's *Check it Out*, and *Parks Plus*. Each of these programs include beautiful footage of county parks and facilities as well as interviews with county staff and residents.

You can enjoy Channel 16 programming online, anytime, or just turn on your TV. For online programming, live streaming and the complete broadcast schedule, go to www.fairfaxcounty.gov/cableconsumer/channel-16/fairfax-county-government-television.

Mature Living: Creating Virtual Communities

Mature Living's latest episode explores how older adults are adapting to the "new normal" of social distancing and virtual programming. It begins broadcasting and will be posted online on August 1.



Host Anne Hall first interviews Jackie Rich, technology instructor for the county senior centers. Rich shares how the county's new Virtual Center for Active

Adults came online using the Zoom platform. Rich explains the county had been exploring a virtual senior center option for some time to accommodate participants who could not come to the center because of illness or disability. The pandemic put the project in high gear.

According to Rich, the virtual center offers arts, music and exercise. It also offers participants the opportunity to "share their stories, laugh together and know we are all in this together," she says.

Next, Hall talks to Rhiannon Duck, the county's village and special projects coordinator. She explains how the county's village programs are adapting to the pandemic challenges in order to continue delivering their services. These include grocery shopping, rides and socialization.

The important thing, says Duck, is "You don't always know when bad weather will hit or a pandemic. Who does? But when you know who you can count on in your community, it makes getting through the storm so much easier."



During the mid-show, *Mature Living* Producer Fran Guastadisegni conducts virtual interviews with several community members who discuss the adjustments they've made and what they've learned during this time of social distancing.

As for the future of virtual communities, the consensus of this episode's guests is that virtual is here to stay. However, they all agree that there is still nothing like person-to-person engagement.

Find *Mature Living* online or tune to Channel 16 on:

- Sunday at 9:30 a.m. and 5:30 p.m.
- Monday at 5 p.m.
- Tuesday at 4 p.m., 8:30 p.m., and 11:30 p.m.
- Wednesday at 6:30 p.m. and 9:30 p.m.
- Thursday at 8:30 a.m., 4 p.m., and 11:30 p.m.
- Friday at 9:30 a.m., 3:30 p.m., and 9 p.m.
- Saturday at 9 a.m., 4 p.m., and 11 p.m.

Connect with Your Virtual Community!

Virtual Center for Active Seniors

www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults

703-324-4600



Villages & Village Development Information

www.fairfaxcounty.gov/health/neighbor

703-246-8962



Mature Living and Everyday Yoga and Tai chi: Movement for Life

Be sure to check out this excellent series of online exercise programs, anytime (go to www.fairfaxcounty.gov/OlderAdults and scroll to Channel 16). You can also tune into Channel 16 at:

- *Everyday Tai Chi* – Aired Sundays at 10 a.m. and 4:30 p.m., Mondays at 7 a.m. and Saturdays at 10 a.m. and 4:30 p.m.
- *Everyday Yoga: Movement for Life* – Very Gentle – Aired Mondays at 10 a.m. and 4:30 p.m.
- *Everyday Yoga: Movement for Life* – Medium Gentle – Aired Tuesdays and Wednesdays at 10 a.m. and 4:30 p.m. and Wednesdays at 8 a.m.
- *Everyday Yoga: Light Challenge* – Aired Thursdays at 10 a.m. and 4:30 p.m.
- *Everyday Yoga: Medium Challenge* – Aired Fridays at 10 a.m. and 4:30 p.m.



Fairfax 50+ Podcasts Features Coping with the New Normal

by Grace Lynch

No one elicits better conversation than Fairfax 50+ Podcast Host Jim Person. Guests include county residents involved in local arts, sports and community volunteering. He also interviews subject matter experts on safety, wellness and county services.

Person's latest program continues the discussion begun with family therapist, Phyllis Miller Palombi, back in April on how older adults are adjusting to the coronavirus. This time she is joined by Dr. Richard Kilburn, a physician specializing in geriatric medicine and hospice/palliative care, who works at the Veterans Administration and in Columbia, Maryland.

They talk about the "new normal" established in response to the coronavirus, and how their clients and patients are dealing with it. They then offer advice on ways to cope with it. Dr. Kilburn encourages listeners "to look hard for the opportunities we have and try to spend a little more time focusing on that rather than what we've lost."

Tune in to this absorbing conversation at www.fairfaxcounty.gov/OlderAdults (and scroll to 50+ Podcast). Also, check out these shows:

- Virtual Olli/GMU w/ Jennifer Disano
- Neighbors Helping Neighbors in Spring Hill Community w/ Diane Watson
- Fairfax County Villages w/ Rhiannon Duck
- Insight Memory Care Pivots to Virtual w/ Robin McGlothlin



Finding Caregiver Support in August

by Giuliana Valencia, Caregiver Support Specialist,
Fairfax Area Agency on Aging



Caregiver Tip: Finding Help

While there are many rewarding moments to caregiving, responsibilities can be isolating and, at times, overwhelming. Consider joining a caregiver support group where you can talk to others dealing with the same challenges and find the support and resources you need. Below are support and health group options offered by Fairfax County for caregivers in August. And, don't forget to call the Adult and Aging Caregiver Resource line at **703-324-7948**.

Caregiver Stress and Healthy Living Webinar

Do you recognize and know how to manage stress? If not, join the caregiver webinar on **Wednesday, August 12, 12- 1 p.m.**, presented by Kristin Martin, geriatric care manager, ElderLink, Options for Caregiving. To register, go to www.fairfaxcounty.gov/OlderAdults and scroll to *Free 2020 Webinars for Family Caregivers* or call 703-324-7496.

Elderlink's Caregiver Support Call

Join in a discussion on how to *Manage Advanced Care Planning and End-of-Life Decisions* with the Caregiver Telephone Support Group on **Tuesday, August 11 from 7-8 p.m.** The group is facilitated by two dynamic and experienced ElderLink Social Workers, Daphne Van Tiem and Jennifer Purcell.

Register online at www.fairfaxcounty.gov/familyservices/older-adults—look for the links in the Hot Topics box. You also can call **703-324-5376** or email Daphne.VanTiem@fairfaxcounty.gov. An access phone number will be provided.

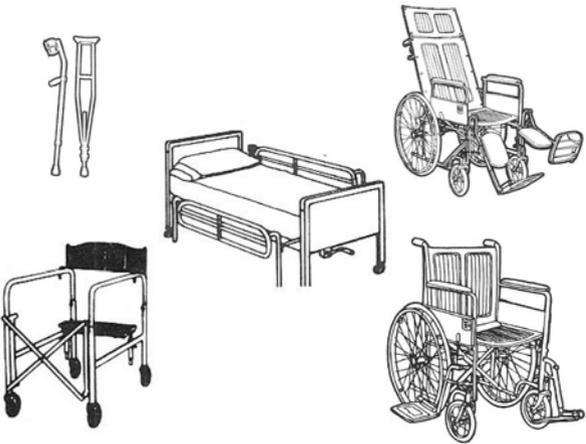
Fairfax Library: Digital Programs and Events

Social distancing can be a struggle when trying to connect with friends and family members, as well engage in outside activities and community events. To support social distancing, Fairfax County library is offering many live virtual programs, such as book club discussions, chair yoga, writer's club meeting, trivia happy hour and other events and services to participate in from the comfort of your home.

All events require registration. Invitations to join programs will be emailed 1-2 days before the program starts. Register at www.fairfaxcounty.gov/library.

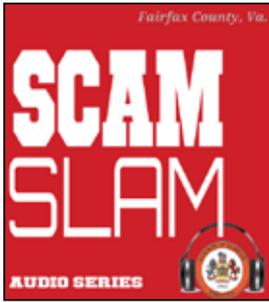
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Fairfax County's Scam Slam Exposes the Netflix Scam

by Grace Lynch

Scam Slam is the county's newest podcast program. These quick audio bulletins include warnings on identity theft, coronavirus scams, the Netflix scam and much more. Tune in at www.fairfaxcounty.gov/OlderAdults and scroll to the Scam Slam box or follow them on www.facebook.com/fairfaxcounty50.

The best way to avoid a scam is to know about the scams that are going around. Scam Slam Host Martin Bailey warns that what's going around now are Netflix scams.

Bailey represents the Virginia Senior Medicare Patrol and AARP Virginia on Fairfax County's Silver Shield Anti-Scam Task Force.

In a recent show, he explains that scammers are using the popularity of the Netflix brand to pull people into phishing scams.

What's a Phishing Scam?

Phishing is when someone uses fake emails or texts to get you to share valuable personal information—like account numbers, Social Security numbers or your login information.

Phishing emails are also used to install malware on to your computer.

Here's How the Netflix Phishing Scam Works

According to Bailey, it begins when you receive an email claiming to be from Netflix. At first it may look legit—you see a Netflix logo and graphics. There are many different pitches in these emails. Some warn of problems with your account, others offer free movies, and still others offer discount subscriptions.



What they all have in common is a link, says Bailey, to an online form asking for your personal and

financial information. If you receive such an email, he advises, Do *not* click on the link.

Instead, he says you should contact **Netflix.com** directly with any questions about your account.

According to Bailey, Netflix says they will *never contact* you via email and request this information:

- Your credit card number,
- Your bank account details, or
- Your Netflix password.

If you receive an email requesting this, it's a scam, he says.

If you believe you have been the victim of a scam, call the Fairfax County Police Non-Emergency Line at 703-691-2131, TTY 711.

You also can contact the AARP Fraud Watch Network at 1-877-908-3360 or aarp.org/scams.

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Meet the Mussigs

Volunteer Fairfax Service Award Winners

Family Volunteer Category

nominated by

Shannon White, RSVP-Northern Virginia

Chris and Jeanne Mussig work with several organizations that support older adults to live independently and age in place in their homes.

Working through RSVP-Northern Virginia, they volunteer with Meals on Wheels to deliver meals to older adults. These visits not only provide needed nutrition, they provide needed touchpoints that combat social isolation and allow volunteers to check on their well-being.

On their volunteer service with Meals on Wheels, Carolyn Thomas, Volunteer Solutions says, “Kudos to Chris and Jeanne Mussig for connecting and delivering meals to adults in the Meals on Wheels Program. Their willingness to fill in on routes when needed has made a significant impact ensuring that clients received their meals. This couple loves to meet people. We value their participation in improving the lives of adults through volunteering.”

Another organization the Mussigs give their time and energy to is the Shepherd’s Center of Western Fairfax County. “Jeanne and Chris are terrific volunteers, and I am happy to see that you are seeking to recognize them for their service. They serve our organization as volunteer drivers transporting clients to medical appointments or appointments at the Western Fairfax Christian Ministries Food Pantry. They are enthusiastic supporters of our program,” says Travis White, executive director, Shepherd’s Center of Western Fairfax County.

Chris volunteers each week with Cornerstones. He shows up every Thursday morning at the food pantry in Reston where he



Service Award Winners Chris and Jeanne Mussig

picks up storage containers and then goes to Whole Foods Market where he picks up between 300 to 600 pounds of donated food. Then delivers it to a partner organization at Hunters Woods Fellowship House. It is there where the food is available to 90 households of low-income older adults living in that community. “Chris is very reliable. Cornerstones doesn’t have the manpower to rescue this valuable food source and wouldn’t be able to make it available to seniors in need without his help,” says Minnie Orozco, Food Pantry Manager, Cornerstones.

Jeanne also gives her time to GrandInvolve where she works with children on reading and math skills. The GrandInvolve program brings older adults into Fairfax County’s Title I Elementary Schools to volunteer in individual classrooms, offering their skills and talents to work directly with students.

Congratulations, Jeanne and Chris! The community is grateful to both of you for giving generously of your time and talents to improve the lives of so many people.

Submit county volunteer opportunities to Tanya Erway at Tanya.Erway@FairfaxCounty.gov.

Shepherd's Center Locations

- **Annandale/Springfield**
703-941-1419; www.shepherdscenter-annandale.org
- **Fairfax/Burke**
703-323-4788; www.scfbva.org
- **Great Falls**, 703-586-9696; www.theSCGF.org
- **McLean/Arlington/Falls Church**
703-506-2199; www.scmafc.org
- **Oakton/Vienna/Reston/Herndon**
703-281-0538;
<http://scov.org>
- **South County**
703-799-0505; email scsc-transport@verizon.net
- **Western Fairfax County**
703-246-5920; www.scwfc.org

Transportation Services Are Back for Oakton-Vienna-Reston-Herndon

Shepherd's Center serving Oakton-Vienna-Reston-Herndon has resumed its free medical and companion transportation services.

Call **703-281-0538** to request a ride or to become a client. Visit the website at www.scov.org for additional information.

Nonprofit Volunteer Driving Programs

A medical appointment or trip to the pharmacy is a challenge if you no longer drive. Consider becoming a volunteer driver or office assistant/ride-scheduler through one of these organizations:

Herndon Village Network
703-375-9439; www.herndonvillagenetwork.org

Mount Vernon at Home
703-303-4060; www.mountvernonathome.org

Reston Community Center
703-390-6198; www.restoncommunitycenter.com/about-reston/rcc-rides

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Fairfax County is committed to a policy of non-discrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations, call 703-246-3201 or 777 711. Please allow 45 hours in order to make the necessary arrangements.

FOR MORE INFORMATION:

703-246-5197
Sharon.Shields@fairfaxcounty.gov

Go to Your Local Farmers Market in August

by Maria Loh
Registered Dietician, Congregate Nutrition

National Farmers Market Week is Sunday, August 2 to Saturday, August 8. To celebrate, go to your local farmers market and purchase fresh, nutritious seasonal produce—the whole month.

The Fairfax County Park Authority runs 10 farmers markets Wednesday through Sunday each week from May to December. The county's farmers market program strives to improve the health of Fairfax County citizens, support local food producers, and protect the environment through providing access to locally grown foods.

Fairfax area markets are “producer-only,” meaning that everything sold in the markets are raised in farms or made from scratch. For a list of farmers markets go to www.fairfaxcounty.gov/parks/farmersmarkets.

Supplemental Nutrition Assistance Program (SNAP) recipients can double their benefits when purchasing at farmers markets through the Virginia Fresh Match program. When recipients spend \$20 on their Electronic Benefits Transfer (EBT) card, Virginia Fresh Match provides another \$20 for them to purchase fresh fruits and vegetables at farmers markets.

Due to the pandemic, it is important to follow the shopping guidelines when planning a trip to the farmers market. Some farmers market vendors also are scheduling pre-orders, to allow shoppers to order and pick-up farmers markets produce and goods in a safe and efficient manner. Also, the Fairfax County Health Department's Neighbor to Neighbor Shopping and Pharmacy Pick-up Program—**703-324-7948**—in partnership with the Department of Family Services and Fire and Rescue, may be able to arrange grocery pick-ups from farmers markets—if the volunteer agrees in advance, and the recipient is able to pay in cash.

Shopping Guidelines

Do not come to the markets if you are feeling sick or if you know you have been exposed to coronavirus in the prior 14 days. Please comply with social distancing orders and safety guidelines and all COVID-19 health and social distancing requirements designed to protect customers, market staff and volunteers by the state:

- No more than 2 family members allowed
- Face covering strongly recommended
- No pets
- Keep a 6-foot distance from others
- One customer per stall
- Do not touch surfaces. Let vendors bag purchases.
- Credit or debit card payments preferred
- No on-site eating of purchases or sampling
- Do not linger.
- Leave by marked *Exits*

The Virginia Fruit and Vegetable Availability calendar (www.vdacs.virginia.gov/pdf/producechart.pdf) is a great resource to find

... continued to page 23

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Farmers Markets . . . continued from page 22

out what's in season. Many delicious fruits and vegetables are in season in August, including blueberries, watermelon, tomatoes, cucumbers, peaches, eggplant, grapes and green beans. Here is a simple fruit salad recipe using fruits that are in season during the month of August. This can serve as a healthy and refreshing dessert on a hot summer day.

Summer Fruit Salad

Serves 6 • Difficulty Level—Easy

Ingredients:

- 3 cups cubed watermelon
- 2 fresh peaches, pitted and diced
- 1 cup fresh blueberries
- 1 cup fresh blackberries

Directions:

1. Wash fresh produce thoroughly under running water. Pat to dry.

2. Cube watermelon and dice peaches.
3. Combine the watermelon, peaches, blueberries and blackberries in a large bowl.
4. Serve immediately, with optional Creamy Lime Yogurt Sauce.



Creamy Lime Yogurt Sauce

Ingredients

- 1 cup plain Greek yogurt
- 2 tbsps. fresh lime juice
- honey to taste

Directions:

Combine Greek yogurt, lime juice and honey in a small bowl, mix and enjoy with fruit salad.



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Fairfax County's Home Repair for the Elderly Program provides free labor and up to **\$500** in materials for home repairs for homeowners who are 62 or older, and/or disabled. Some restrictions may apply.

TYPICAL SERVICES INCLUDE:

- Minor Electrical Repair
- Window and Door Repair
- Minor Plumbing Repair
- Minor Accessibility Modifications, and More.

Go to: <https://bit.ly/HomeRepair4Elderly>



To obtain this information in an alternate format, call 703.246.5101, TTY 711

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From Fairfax County Emergency Information

Tips for Cleaning and Disinfecting at Home During COVID-19

While the current science indicates that the coronavirus may remain on surfaces for hours or days, the Centers for Disease Control and Prevention (CDC) says there have been no documented cases of infection from contaminated surfaces or objects, like doorknobs, countertops, keyboards or toys.

The virus is spread “much more commonly through respiratory droplets,” says the federal health agency.

Still, cleaning and disinfecting surfaces is recommended as best practice, especially if you are living with someone who is ill or suspected to be ill.

The CDC defines cleaning as removing dirt and germs, although this process doesn't kill germs. After cleaning, surfaces can be disinfected with chemicals that will kill any germs. Follow the EPA's guidance on how to safely and effectively use disinfectants.

High-touch surfaces, such as tables, doorknobs, light switches, handles, toilets and electronics should be regularly cleaned with a household cleaner and disinfected with an EPA-registered product.

For electronics, follow the manufacturer's instructions on what cleaning and disinfecting products to use. If no instructions are available, use wipes or sprays with at least 70% alcohol.

If there is someone in your household who is ill with COVID-19, the CDC recommends daily cleaning of frequently touched surfaces in common areas in the home too. However, you should consider cleaning an infected person's bedroom and bathroom only as needed to reduce your own exposure to the sick person.

The CDC also advises that you should wear disposable gloves when cleaning and disinfecting. If reusable gloves are used, you should only use them for cleaning and disinfecting surfaces for COVID-19 and shouldn't use them for other purposes.

It's unknown how long the virus may remain infectious in the air, says the CDC. The agency recommends improving a room's ventilation to help clear respiratory droplets from the air from someone who's ill with COVID-19.