



# News & Info from HSC

703-464-6200

HSCHerndonSeniorCenter@fairfaxcounty.gov



## Don't Delay Emergency Care!

### First Responders & Emergency Rooms are prepared for ALL emergencies!

Recent trends show that people with symptoms of serious medical conditions are not calling 9-1-1 out of fear of being exposed to COVID-19. First Responders and Emergency Rooms have specific policies and procedures in place to protect patients and staff.

**Always** call 9-1-1 if you experience trouble breathing, loss of consciousness, serious bleeding, or signs of a stroke or heart attack. Faster treatment means better outcomes for you!

## YOUR Council page is updated!

Go to [www.HerndonSeniorCenter.org](http://www.HerndonSeniorCenter.org). Let Monica know what you want to see on there (or on this page) and we will make it happen! You can reach Monica at 703-464-6200.

## Face Covering Requirement

- Face coverings are required by executive order of the governor inside public places, from age 10 and up.
- Children aged two and under should never wear a face covering.
- A person who has trouble breathing, cannot secure or remove the face covering without assistance, or who has a medical condition limiting the use of face coverings should not wear a face covering.

## Northern Virginia Still in Phase One!

The rest of Virginia (except for Richmond) entered Phase Two on June 5.

But you CAN visit Meadowlark Gardens [novaparks.com/parks/meadowlark-botanical-gardens](http://novaparks.com/parks/meadowlark-botanical-gardens). Bring a picnic and enjoy a day out!

## Keep Moving for your wellbeing!

30 minutes every day, is all it takes, according to many studies. Divide it up in two 15 minute or three 10 minute episodes, if you wish. It will still benefit you!

## Virtual Activities for Body & Mind

[www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults](http://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults)

Podcasts - Limitless fun and exploration:  
[www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-podcasts](http://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-50-plus-podcasts).

## County Library and Book Clubs

- **Herndon Senior Center Book Club**  
"meet" in a conference call on Thursday, July 2 at 3 p.m. to discuss *Fool me once* by Harlan Coben.
- **Virtual Book Clubs**  
[www.fairfaxcounty.gov/library/stay-connected-virtual-book-clubs-summer](http://www.fairfaxcounty.gov/library/stay-connected-virtual-book-clubs-summer)
- **All Access Library Book Club**  
"meet" in a conference call on Thursday, July 2 at 1 p.m. to discuss *The Boys in the Boat* by Daniel James Brown.

## COVID-19 contact tracing scams

The Fairfax County Health Department, who conducts contact tracing, will NEVER ask for a Social Security number or bank account information.

Scammers also send text messages asking the recipients to click on a link in the text.

**Never click on links that looks suspicious.**

**If you have ANY questions or concerns,  
contact us 703-464-6200!**  
[HSCHerndonSeniorCenter@fairfaxcounty.gov](mailto:HSCHerndonSeniorCenter@fairfaxcounty.gov)



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.



## Mama was right!

Count to ten **S L O W L Y**....



When you have an emotional reaction - such as anger or fear - to something, the stress hormone **cortisol** is released by the brain and puts the body on high alert. But this surge lasts for **only 90 seconds**, according to neuroscientist Jill Bolte Taylor.

After that, any lingering emotional response stems from your **choosing**, consciously or not, to stay in that emotional loop. Meaning, that **you** are able to mindfully choose **your** reaction after that one and a half minutes.

So keep an eye on the clock! Let the emotion surge through you for 90 seconds, then consciously release it from your mind and refocus your attention. Your emotions will dissipate naturally. You can then make the best decision you can, based on your circumstances.

However, it is recommended that if you are being chased by zombies, do not wait the 90 seconds. Just run!

