



# News & Info from HSC

703-464-6200

[HSCHerndonSeniorCenter@fairfaxcounty.gov](mailto:HSCHerndonSeniorCenter@fairfaxcounty.gov)


## Cell phone health!




Your cell phone may be the item you touch the most throughout the day. With the Covid-19 pandemic, phone hygiene is a growing concern. Whether you are heading out or staying in, cleaning your phone daily should be part of your routine. See the attached flyer for some tips.

## Facemask health

Don't wear your for more than one day. Dispose of one-time masks. Wash cloth masks in hot water, let it dry in the sun or dryer.

## Scam Slams: Contact Tracing and Netflix Scams

The best way to avoid a scam is to know what's going around. Listen to Fairfax 50+ brief audio alerts with Martin Bailey, of the county's Silver Shield Anti-Scam Task Force warning you about:

-  Contact Tracing Scams
-  Netflix Scams
-  COVID-19 Government Impersonation Scams

Direct link at [www.herndonseniorcenter.org](http://www.herndonseniorcenter.org).

IF ANY caller asks for:

- Social Security Number
- Bank account information
- Medicare information.

**HANG UP immediately!!**

**REAL Fairfax County tracers are the GOOD GUYS. Do your best to answer their questions to control the spread of Covid-19.**

## Golden Gazette - July 2020 issue

Enjoy the Golden Gazette online!

Direct link at [www.herndonseniorcenter.org](http://www.herndonseniorcenter.org).

## Tax Filing Deadline - July 15

The deadlines to file and pay 2019 federal income taxes were postponed to July 15, 2020. That date is fast approaching. Don't wait, file today!

## July is Healthy Life Style Month

- A focus on Nutrition & Physical Activity

### Nutrition

See Monica's favorite summer salad recipes attached of

This website is a wealth of tips, tricks and healthy eating information:

[www.choosemyplate.gov/eathealthy/WhatIsMyPlate](http://www.choosemyplate.gov/eathealthy/WhatIsMyPlate)

### Physical Activity

- Virtual Activity Center for Active Adults  
[www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults](http://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults)
- Go for a 20-30 minute walk.
- Call us for a FREE copy of Donna's and/or Monica's Exercise DVDs.
- The NIH offers many types of exercises online for FREE. Got to [go4life.nia.nih.gov/workout-videos/](http://go4life.nia.nih.gov/workout-videos/)
- INOVA offers FREE online classes, including S.A.I.L. [www.inova.org/our-services/inova-well/mind-body-classes](http://www.inova.org/our-services/inova-well/mind-body-classes)
- Herndon Community Center offers FREE online classes.  
[www.herndon-va.gov/recreation/fitness/fitness-videos-and-resources/-fsiteid-1](http://www.herndon-va.gov/recreation/fitness/fitness-videos-and-resources/-fsiteid-1).  
30 minute Chair Exercise  
30 minute Standing/walking Exercise

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



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