



News & Info from HSC

703-464-6200

NCSHerndonSeniorCenter@fairfaxcounty.gov


Get together with us!

Walking & Talking Club

Tuesdays and Thursdays at 10 a.m.

- Join us for a 20-30 minute stroll and chat.
- Meet by the front entrance.
- Bring water and wear your mask.
- Cancelled in bad weather or Code Red.

Coffee in our Garden

Wednesdays and Fridays at 8:15 a.m.

- Join us for coffee and a chat. Bring your own coffee.
- Enter the (at that time shaded) garden outside the dining room through gate behind the bus stop.
- Cancelled in bad weather or Code Red.

Member Outreach & Wellness Calls

We have had the pleasure of seeing and talking to many of you. EVERY DAY we are reaching out to more members. If we have not been in touch with you yet, please feel free to check in with us at 703-464-6200.

New password request?

Have you received a email saying you need to reset your password? If yes, just ignore it! It just means that we have made sure that your information is up to date.

Need help to get online?

We really encourage you to give it a go. Even if it is just over the phone!

If technology is a stumbling block, there is help:

- Email us at NCSVCAA@fairfaxcounty.gov
- Call or email our own Kevin at 703-550-7195 or kevin.wiafe@fairfaxcounty.gov

Tuesdays 10 a.m.-2 p.m.

Wednesdays 2 p.m.-3 p.m.

Thursdays 2 p.m.-3 p.m.

Fridays 10 a.m.-2 p.m.

Virtual Center for Active Adults

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

The goal of the Virtual Center for Active Adults is to enrich the lives of adults in Fairfax County while combatting isolation. Here you can connect to programming that works with your schedule. Choose from a variety of classes that will help you stay fit, stimulate your creativity, engage your mind and provide entertainment from the comfort of your own home. There are many ways to participate:

- On-Demand
- Live on Zoom
- Call-in with a regular phone. The virtual phone activity schedule is attached.

2020 Census

If you have not yet completed the Census, you should have received a postcard in the mail from the Census Bureau reminding you to do so.

The Census is essential for guaranteeing fair representation and for the proper allocation of federal funding. You can play a major role in ensuring your community is getting the resources that it needs. That could mean money for senior adults! Complete the census today!!

It's hot out there! Stay hydrated!

Try this trick:

- Put four rubber bands on your water bottle.
- Each time you re-fill your bottle, take a rubber band off.
- Continue until you finish 4 water bottles. This is usually equivalent to 64 oz or 8 cups of water.

Until next week....

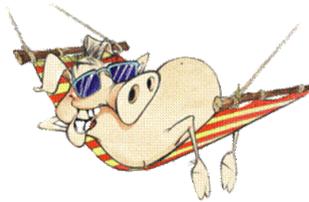


Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.



Giggle of the day!

Can't eat pork
-
Swine flu



Can't eat chicken
-
Bird flu



Can't eat Beef
-
Mad cow



Can't eat fish
-
Heavy metal poisons
in their waters



Can't eat eggs
-
Salmonella



Can't eat fruits
and veggie
-
Insecticides and
herbicides



Hmmmmmmmm !!!!!!!
Mmmmmmm
.....



That leaves
CHOCOLATE
and ICE CREAM!!
You do know that
'STRESSED'
spelled backwards
IS
'DESSERTS'
!!!

Did you get yours?

Coronavirus (COVID-19) Assistance Impact Payments

We have heard that some seniors have not yet received their April economic impact payment. If this has happened to you, we have put together some information below to help you. Are you eligible? Most are. Find out about your payment and how to get in touch and find out more:

- <https://www.irs.gov/coronavirus/economic-impact-payments>
- Call **800-919-9835**. Be aware that IRS live phone assistance is extremely limited at this time.

Basic Eligibility

If you do not file a tax return but are a recipient (or survivor of a recipient) of the below, you should have received a \$1,200 payment automatically to your bank account.

- Social Security retirement
- Disability benefits (SSDI)
- Railroad Retirement benefits
- Supplemental Security Income (SSI) and
- VA Compensation and Pension (C&P)

Your 'Check Payment' may be sent as a Debit Card

If your payment did not go directly to your bank then it may be sent to you as a debit card, even if the online site says "Your Economic Impact Payment will be issued as a check". The debit card will be sent in a plain envelope from "Money Network Cardholder Services." You must activate the debit card according to the instructions provided. If you have not activated your card within a certain period of time, you will get a follow-up letter.

We hope this information is helpful.

2020 CENSUS

As we continue to adhere Covid-19 precautions, we can't forget that the 2020 Census is still being conducted.

It is now easier, and safer, than ever to complete your 2020 Census. You are even able to complete it in the comfort of your own home. Whether you complete it online, over the phone, or by mail – you can answer the census without having to physically meet a census employee at your door. More than 92 million households in America, and about 73% of us here in the 11th District, have already completed the Census.

If you have not yet completed the Census, you should have received a postcard in the mail from the Census Bureau between July 22nd and July 28th reminding you to do so. Door-to-door census enumeration will begin on July 29th for those who still have not completed the Census online, over the phone, or by mail.

The Census is essential for guaranteeing fair representation and for the proper allocation of federal funding. Schools, hospitals, public services, and much more rely on a complete and accurate count in order to receive the necessary amount of funding. You can play a major role in ensuring your community is getting the resources that it needs. **Here's how:**

Step 1: Respond by going to my2020census.gov. You can choose to take the census in one of 13 different languages.

Step 2: Enter the 12-digit Census ID listed on the census form you received in the mail. If you have not received a census form in the mail, you will see a link at the bottom of the page that says If you do not have a census ID, *click here*.

Step 3: Follow the prompt to the complete questionnaire. You will be asked basic information about the adults, children, and babies that live at your current address. *Include EVERYONE who lives at the listed address, not only family members*

Step 4: Confirm that all the information you provided is correct. Press SUBMIT.

The Census Bureau is collecting your information securely, and your answers are completely confidential.

With just a few minutes of your time, you can help can make sure every person in Northern Virginia is counted and senior adults get needed resources.