



News & Info from HSC

703-464-6200

NCSHerndonSeniorCenter@fairfaxcounty.gov



Flu shot reminder

For more on the most recent information, see the attached flyer.

Location: *Herndon Senior Center*
 Date: *Tuesday, October 6*
 Time: *Reservation only (starting September 14)*
 Call: *703 246-6010 - The Health Department reservation line*

Keep slowing the spread!

As a reminder to protect yourself and others, and to remind others to do the same, attached is a flyer which explains very clearly when to do what, and at which point to take what kind of action.

Going Virtual - literally brilliant!

Born out of necessity, and for reasons we wish we never had to encounter, the NCS Virtual Center for Active Adults has been a success, and even a life saver to many. Read the article on the next page.

HSC Council website

www.herndonseniorcenter.org

Join us in welcoming Daniel as the new volunteer Herndon Senior Center Council, Inc. website webmaster! Daniel will help the Council restructure the website as its content is growing. A big "thank you" goes out to Joyce S. and to her son-in-law for their support in instituting and maintaining the site for so many years. We have more hits on our site monthly than all 14 county senior centers together do on the county website. It has been excellent work and a connection we would not have had to our members without their dedication.

Perfect weather for a stroll!

Tuesdays & Thursdays at 10 a.m.

Join us by the senior center front doors for a light walk. Bring your masks!

Zoom with us!



Here is Ruth LIVE on Zoom. See attached flyers for all the classes available to you by computer or by phone.

Need tech help?

Call or email 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.

Kinship Care Awareness Month

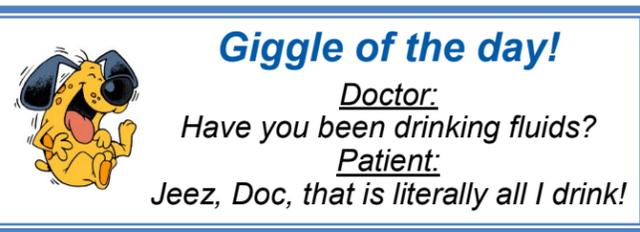
"Keeping children connected to family"

September is Kinship Care Awareness Month in recognizing and celebrating the importance of kinship caregivers and the children they are raising in stable, loving and nurturing households. Kinship care is when relatives or close family friends take care of children when their parents are unable to do.

Department of Family Services can assist kinship families with services, virtual cafés and support groups. For information contact:

Kinship Navigation Line 703-246-4534.

Until next week....



Giggle of the day!

Doctor:

Have you been drinking fluids?

Patient:

Jeez, Doc, that is literally all I drink!

NCS Lifelines for Older Adults During the COVID-19 Crisis

As the COVID-19 pandemic has reframed what is considered normal life in our community and the world at large, it has also radically altered the way NCS and their partner agencies respond to meet the needs of older adults in Fairfax County.

Meals

When Senior Centers closed in March to stem the spread of the COVID-19 virus, staff pivoted to address the most immediate needs of older adults by implementing a weekly meal delivery service to replace the meals served in Senior Centers. Five months and 250,000 meals later, the meal delivery program continues to deliver meals each week.

Wellness Calls

While the meal delivery program addressed one crucial need, during meal drop-off, staff began to discover that older adults were experiencing a range of physical, mental and social issues while self-isolating in their homes. To address the problem, NCS implemented a wellness call program, using a questionnaire designed to assess fully and respond to the needs of older adults. Senior center staff now make wellness calls to older adults who have visited one of the 14 senior centers in the past year. Call frequency is increased when it is determined that extra monitoring is advisable. Senior center staff work collaboratively with other NCS staff to help connect the participant's family members to services as needed.

Programs and Activities

NCS championed a team approach in developing the *Virtual Center for Active Adults*, creating a one-stop site where older adults and adults with disabilities can connect to a diverse range of resources and services offered by organizations throughout the county and beyond. By partnering with ServiceSource, NCS was able to begin offering live virtual programs to seniors via Zoom in May. The team now offers programs daily from 9 a.m. to 3:30 p.m., Monday through Friday.

"Your work has provided new joy in my mom's life. While being isolated at home due to health issues may have limited her ability to engage in the activities that she cherished so much just a few years ago, she has found new joy and renewed life through the virtual center activities that you offer." - Lee H.

Programs range from fitness classes to cooking demonstrations, art instruction to lunch bunch social hours. Each week, approximately 700 people participate in 30 virtual programs and popular fitness classes. SAIL (Stay Active and Independent for Life) regularly logs 80 or more participants!

"I want to let all the staff putting together the virtual programs for the Senior Centers know how much I am enjoying them and appreciate everyone's hard work! All the programs are so creative and each day has such a variety to pick from, making each day full of learning, fun, and exercise." - P. Bestrain

What can older adults look forward to next from NCS? Coming this fall, staff plan to offer more opportunities to learn and connect by expanding the Zoom programs offered. They are also producing a library of diverse on-demand programming that can be enjoyed any time from home. To learn more, visit the Virtual Center for Active Adults and be sure to follow us on Twitter @FairfaxNCS for the latest news and information.



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.

