



# News & Info from HSC

703-464-6200

NCSHerndonSeniorCenter@fairfaxcounty.gov



## Labor Day Meal Deliveries

If you receive Monday meal deliveries from us, here is what will happen:

- Today, Monday, August 31 we are delivering **EIGHT** (instead of 7) meals to you.
- Next week, deliveries will take place on Tuesday, September 8 and we will deliver **SIX** (instead of 7) meals to you.

If you have any questions, please call us on 703-464-6200.

## More photos of safety precautions



## Research Study

Syracuse University have reached out to us for help with a research study they are conducting on how older people manage household expenses.

To be eligible your income must be less than \$16,237 (1-person household) up to \$33,475 (4-people household).

Responses from this 1-2 hour interview are confidential. If you are interested, please contact Madonna Harrington Meyer, 315-443-9440 or mhm@maxwell.syr.edu.

## ServiceSource Intern

I am Brady Hinton, a senior Therapeutic Recreation major at Longwood University.



I completed my junior internship last summer with ServiceSource at Fairfax County Senior Centers and wanted to return for my senior internship because I wanted to learn how to facilitate Recreation Therapy in a completely virtual setting.

I am very thankful to be a part of the ServiceSource team as we navigate these challenging times. Every day, I am learning new ways in which Recreation Therapy can be facilitated in a virtual setting and I hope I can have a positive impact on my client's lives.

*Until next week....*



## Giggle of the day!

*In case you have lost track of the days, today is March 8th!*

## Heads up on flu shots

Yes, we WILL be doing flu-shots this fall!

Where? *At the Herndon Senior Center*  
 When? *Week of October 5*  
 How? *Safely! More details to come.*

We will confirm date, time, procedure and how to sign up soon. Subject to change

## 5 Tips to Promote Positive Mental Health

1. Engage in self-enhancing activities.
2. Limit exposure to news about the pandemic.
3. Exercise regularly and get plenty of sleep.
4. Invest time in relationships.
5. Embrace the gifts around you.



Read about mental health resources:  
[www.fairfaxcounty.gov/csb](http://www.fairfaxcounty.gov/csb)



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.



# Words of Wisdom

*It's easy to lose one's bearings during trying times.*

**Words of Wisdom** can sometimes help us obtain perspective or attitude.

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A quote **Kathy** really like is by the amazing, *Elisabeth Kubler-Ross*. "I appreciate her views on life; treating death as a natural phase to be respected vs a subject to be feared or seen as taboo."

**"People are like stained-glass windows. They sparkle & shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light from within."**

Dr Kubler-Ross was the pioneer of hospice care, and the driving force behind the movement for doctors and nurses to "treat the dying with dignity". She also developed the "Five Stages of Grief" and published 24 books on this very difficult subject.

Her foundation carries on her work:  
[www.ekrfoundation.org](http://www.ekrfoundation.org)

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**What Words of Wisdom help YOU?**

Email, call, or send us a note to share so we can all get wiser!!