



News & Info from HSC

703-464-6200

HSCHerndonSeniorCenter@fairfaxcounty.gov



Giggle of the day!

Did you hear the joke about the germ? Never mind, I don't want to spread it around.

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.

In person - *Walking & Talking Club*. Join Monica and Sasha for a 30 minute walk Tuesdays through Fridays at 10 a.m. while wearing our masks and keeping the proper distance. Meet at the senior center front doors.

Fairfax County Libraries - update

Library Express / Curbside / Virtual Services

- <https://research.fairfaxcounty.gov/unlimited>
- 30 minute limit to visits and computer time, wear face mask and keep the 6 ft distance.
- Curbside services continue to be offered Monday-Saturday 10 a.m.-4 p.m.

Events

- Digital Programs and Events: From Yoga, meditation and fitness to book discussions and English classes.

July is Healthy Life Style Month

- A focus on Nutrition & Physical Activity

Nutrition

- Monica's "Make Veggies Fun" recipe for Tabouli is attached!

Physical Activity

- *Virtual Activity Center* for Active Adults www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults
- Call-in (with a regular phone) virtual activity schedule is attached.
- *Walking & Talking Club*, Tuesdays through Fridays at 10 a.m. with Monica and Sasha.

Until next week....

"Gone by summer," they said!

It appears that the Covid-19 situation is getting worse, not better. And now schools will continue with full time virtual learning. It is not looking good for our reopening in the near future. This makes us very sad and very concerned.

Sad because we know how much getting out of the house and getting together with your friends, pursue your exercise or interests or just chat, and have a meal with us means to you all.

Concerned because we humans NEED to interact with others to stay healthy. That is why I am writing to you. If you have not already, NOW is the time to think about what you need to do to continue to cope with the current situation. Create a network of people who you can see, talk and go for walks with. Stay active - both in body, mind and spirit.

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.

Stay active strategies:

Virtually - minimum requirement is a PHONE.

I know it may not come naturally to many to participate in activities online, something for the youngsters. But we really urge you to give it a go. All you need is a regular phone! REALLY!!

A not so funny, but true story...

- Scammer:** 'Good morning, According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self isolate for 7 days and take a COVID-19 test.'
- You:** 'OK. Can you tell me who that person was?'
- Scammer:** 'I'm not able to tell you that. That is confidential information.'
- You:** 'Right. Um... so...'
- Scammer:** 'But you do need to be tested within the next 72 hours. So can I just get the best mailing address so that we can send a kit to you?'
- You:** 'OK (gives address)'
- Scammer:** 'Thank you - and I just need to take a payment card so that we can finalize this and send the kit to you'
- You:** 'Sorry - a payment card? I thought this was all free?'
- Scammer:** 'No - I'm afraid not. There is a one-off fee of \$50 for the kit and test results. Could you read off the long card number for me, please, when you're ready.'
- You:** 'No - that's not right.'
- Scammer:** 'I'm afraid it is. Can you give me the card number please - this is very important, and there are penalties for not complying.'
- You:** **PUT THE PHONE DOWN!!!!**

**Real contact tracers NEVER, NEVER, NEVER ask for
~ MONEY ~ CREDIT NUMBER ~
~ SOCIAL SECURITY, MEDICARE or MEDICAID NUMBERS ~**



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.

