

Village Voice

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News & Announcements

MEET OUR VOLUNTEERS—If you frequent the Funky Flea or the Saturday farmers market, you might have seen this smiling trio. Volunteers (l. to r.) Kathy Rushlow, Mila Cobos, and Teresa Balderrama enjoy promoting the Village to city residents.



Born in Arlington to a U.S. Foreign Service family, Kathy earned her master's from UVA and went to work in radio news, eventually running the newsroom for NPR's "Morning Edition." As a young widow, she raised two sons alone, but always found time to volunteer. After learning about the Village at the Funky Flea, Kathy joined as one of several Fairfax County residents who help out. "I don't do rides," she says, but she has raked leaves, greeted guests at the Expo, and, as a dog lover, can provide emergency pet care.

Mila first saw the U.S. as an exchange student from Spain. She met her husband, an American student, at college in Granada. They lived in California before moving to Fairfax City in 1998; their three kids all graduated from Fairfax High School. Mila, who also volunteers for Fairfax County, worked at nonprofit Britepaths for nine years. She left her job there to have more time for travel and family, but still wanted to help. As the youngest of five, born to a mother with six older siblings, she says, "I've always loved being with older people, sharing stories with them." Friends who knew that mentioned the Village, and Mila signed up to drive.

A native of Bolivia, Teresa studied psychology in college, only to find no openings for women in that field. Moving to the U.S. meant starting over, but she persisted and became a citizen and a licensed practical nurse, with a career that spanned 35 years. In 2015, Teresa moved to Fairfax City to be near her son. A Village brochure she found at the Sherwood Center inspired her to become a volunteer. "I am grateful to America, which gave me my dreams," she says. "I feel blessed and want to give back." Teresa provides rides and handy helper services to members.

Timely Opportunities

Young at Heart Senior Center: Lunchtime Learning sessions. There's no charge to join the city's Senior Center, and these upcoming in-person sessions are free! Call 703-273-6090 to register.

Friday, July 14, noon. The Importance of Mental Health in Aging. We all know about aging's physical challenges. Human Services director Lesley Abashian shares strategies that support older adults' emotional well-being.

Friday, August 4, noon. Emergency Preparedness Workshop. Representatives from Emergency Management teams share programs and resources that can help you prepare for, respond to, and recover from potential threats and hazards.

Need some additional cooling this summer? The Senior Cool Care Program, a public-private partnership, offers home cooling aids for income-eligible Fairfax citizens aged 60+. Call the Fairfax Area Agency on Aging's hotline: 703-324-7948.

Music in the Parks. Grab a folding chair, a flashlight, and bug spray, and head to a local Fairfax County park for free summer entertainment in the great outdoors. From solo troubadours to kids shows to tribute bands, the schedule features 183 performances at 18 locations. www.fairfaxcounty.gov/parks/performances.

Summer Reading: What better season to pick up (or download) a good book? The following titles are available at the Fairfax County Public Library. If you can't get to a branch, you can borrow books by mail; call FCPL Access Services, 703-324-8380.

- *Old Age: A Beginner's Guide*, by Michael Kinsley. The "surprisingly cheerful" story of how an early Parkinson's diagnosis shaped Kinsley's life in unusual ways.
- *The Wager: A Tale of Shipwreck, Mutiny, and Murder*, by David Grann. The *New York Times* calls this story of a 1740s British war mission that went wrong "a grand tale of human behavior at the extremes."
- *Hang the Moon*, by Jeannette Walls. Admirers of her memoir *The Glass Castle* will enjoy this novel about a brave young woman in Virginia during Prohibition.
- *Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life*, by Louise Aronson. The author, a geriatrician and professor at UC San Francisco, says her book is for anyone who is "an aging—i.e., still breathing—human being."

Fairfax Village in the City

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