

Village Voice

September 2023
Volume 1, Issue 4

News & Announcements

FOCUS ON COGNITIVE CARE—In July, the Village in the City Advisory Board welcomed its newest member, city resident Jennifer Denk. Jennifer is a George Mason graduate, a licensed master social worker, and the Director of Community Engagement at [Insight Memory Care Center \(IMCC\)](#). With facilities in Fairfax and Sterling, IMCC offers adult day health care for individuals with mid- to later-stage dementia, as well as caregiver classes and support groups for family members, professional seminars, and individual consultations.

What do we understand about the cognitive impairment known as dementia? The [Centers for Disease Control and Prevention](#) says the number of Americans aged 65+ with dementia, totaling 5 million in 2014, is “projected to be nearly 14 million by 2060.” The most common form of dementia (60–80%) is Alzheimer’s disease. Less common are vascular, Lewy Body, and fronto-temporal dementias. All are caused by physical changes in, or injuries to, the brain, not by the normal aging process.

It is normal for older adults to experience memory slips, the CDC explains. If you sometimes misplace your car keys, forget a word but remember it later, or can’t recall the name of a casual acquaintance, that’s not dementia. Signs of dementia have more to do with attention, communication, reasoning, and problem solving—like getting lost in a familiar neighborhood, using unusual words for familiar objects, forgetting the name of a close family member/friend, or not being able to complete tasks on one’s own. Have concerns? IMCC offers free memory screenings by appointment; call 703-204-4664 to learn more.

Although receiving a diagnosis of dementia can be alarming, practitioners know much can be done to ease the adjustment. “My practice focuses on helping family members support their loved one living with dementia, while providing them with an engaging quality of life,” Jennifer says. “I say meet your loved one where they are. Focus on finding small moments of joy throughout the day. Be flexible!” She brings a similar positive attitude to her work as a trainer for “Dementia Friendly America” affiliates in northern Virginia, educating community businesses and service providers on how they can help individuals coping with dementia continue to lead active lives.



Celebrate Our Village Volunteers! *Wednesday, October 18, 4:30 to 6:00 pm.* On what we hope will be a glorious fall afternoon, the Advisory Board of Fairfax Village in the City will host a free **Volunteer Appreciation Party** at the Historic Blenheim Interpretive Center, 3610 Blenheim Boulevard. Village members, city officials, friends, and interested parties are invited to join us. Village staff and Board members will highlight achievements and opportunities, but the main event will be an Ice Cream Social with Lawn Games. (Don't worry; we have indoor plans if the weather doesn't cooperate!) Rides can be provided for those who need them. For details, visit www.fairfaxva.gov/village or call 703-385-5738.

Timely Opportunities

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

- **Friday, September 22, noon. Navigating the Journey of Senior Living: Exploring Options for a Fulfilling Future.** Stephon Hill, of McLean's Chesterbrook Residences, will discuss options for navigating the transitions of aging, from in-home services to residential care communities.
- **Friday, October 6, noon. Aging in Place: Improvements, Services & Reverse Mortgages.** Zinta Rogers Rickets will present a variety of ways to help you stay in your current home.
- **Friday, October 13, noon. One of the Greatest Gifts You Can Give Your Children.** What is it? A peaceful, orderly home environment where all important records are at hand. Jennifer Gitten-Harfst offers a new approach to organizing.
- **Friday, October 20, noon. Estate Planning 101.** Do your loved ones know what your wishes are? Join elder law attorney Alison Matthey Lambeth to learn about wills, revocable living trusts, advance medical directives, powers of attorney, and more that can save time, money, and family misunderstanding later on.

Emergency Preparedness Fair. *Sunday, September 24, Sherwood Community Center, noon to 4 pm.* At this event hosted by the city's Office of Emergency Management, local support teams will share with citizens information on how we can all be better prepared in case of a disaster or emergency in our area.

47th Fairfax Fall Festival. *Saturday, October 14, 10 am to 5 pm.* Look for our Fairfax Village in the City booth at this free annual event in downtown Fairfax, featuring more than 400 juried crafters plus food vendors, musical entertainment, kids' activities, and performances by local arts companies. Board ADA accessible shuttle buses at Fairfax High School and the GMU Rappahannock Parking Deck.

Fairfax Village in the City

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