

# View from the Village

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## News & Announcements

**Celebrating Connections**--Each year, the U.S. Administration for Community Living designates May as Older Americans Month. For 2024, the theme is “Powered by Connection,” reflecting “the profound impact that meaningful relationships and social

connections have on our health and well-being.”

In the City of Fairfax, we already aspire to “Live Life Connected.” It’s our motto! So when Fairfax Village in the City hosted its annual “Home for Life” Expo in April, Social Connection was on the agenda. Mayor Catherine Read’s welcome speech highlighted the role that older residents play in making this an active, engaged community. Continuing the theme, lead-off speaker Carolyn Cukierman, from the Coordinating Council on

Aging and Adults with Disabilities, shared details from U.S. Surgeon General Vivek Murthy’s May 2023 advisory, [Our Epidemic of Loneliness and Isolation](#). Despite its grim title, Dr. Murthy’s report features many positive ways to advance social connection in communities.

Cukierman, who is spearheading the CCAAD’s “Awareness Campaign to Decrease Social Isolation in Fairfax,” focused her talk at the individual level. Participants engaged with each other and considered first steps for staying connected in the community. Among them: contact an old friend, join a walking club, take a class, attend a local event, revisit a hobby with folks who share your interest, join a book club, or volunteer to help others. Any of these will strengthen not only your own health and well-being but that of





your community. The Expo featured lots of ideas for overcoming challenges and engaging the world in new ways.

**Getting started...** If travel is a challenge, Village drivers stand ready to help. And if you need to engage from home, Village “Friendly Callers” would love to meet over the phone. Here are some other options to explore on your own:

- Want to be more active? Check out the **Virtual Center for Active Adults (VCAA)**. Launched during the pandemic, VCAA continues to combat isolation with real-time interactive group programs via computer, smartphone, or tablet, or in audio format by phone. For solo exploration, there’s a library of on-demand VCAA videos on YouTube. Visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov), and search “Virtual Center for Active Adults.”
- Want to go back to school? Legal Virginia residents aged 60 and up (regardless of income) can audit credit classes or take non-credit Workforce Development classes for free at **Northern Virginia Community College**. Visit [www.nvcc.edu](http://www.nvcc.edu) (click on Senior Citizens), or email [information@nvcc.edu](mailto:information@nvcc.edu).

### Timely Opportunities

- **Fri., May 10, 11 am–2 pm. Vienna Parks and Recreation Wellness & Safety Expo.** Meet exhibitors from government agencies, nonprofits, and local businesses at the Vienna Community Center. Visit [viennava.gov/wellness](http://viennava.gov/wellness) or call 703-255-7801.
- **Tues., May 14, 7 pm. Fairfax City Celebrates Older Americans Month.** City Hall. Mayor Read will read a proclamation at the start of the City Council meeting. Village members and volunteers are welcome to attend.
- **Fri., June 7, noon. Aging in Place: Things to Consider.** A Lunchtime Learning session with Zinta Rodgers Rickert at Young at Heart Senior Center, Green Acres. Free. Call 703-273-6090 to register.
- **Fri., June 14, 9:30 am. HomeFit Workshop.** Presented by AARP, this Speakers Series session offers “smart solutions for making your home comfortable, safe, and a great fit.” Sherwood Community Center. Free. Coffee and snacks provided. Registration required: call 703-385-5738, or email [village@fairfaxva.gov](mailto:village@fairfaxva.gov).

#### Fairfax Village in the City

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