

Fairfax County Times

Baby Boomers

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OCTOBER 2021



Pickleball FEVER!

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The Johnson Center AT FALCONS LANDING



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The Johnson Center at Falcons Landing is home to an Assisted Living community, a beautiful new Memory Care neighborhood and a five-star Skilled Nursing unit, which was recently named in the U.S. News World Report as a Best Nursing Home, receiving a Five-Star High Performance rating in both Short-Term Rehabilitation and Long-Term Care. This puts the Johnson Center in the top 5% of the 15,000 nursing homes in the U.S. Experience exceptional care in a modern and luxurious community designed to deliver residents with an unmatched level of service.

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Celebrating *25 years* of common bonds and expanded expectations

Falcons Landing offers health and happiness to those who have served

COURTESY OF FALCONS LANDING

Falcons Landing, an upscale, CARF-accredited retirement community in Potomac Falls, is just a short ride from Metro Washington, DC. Designed for seniors with military and government backgrounds, Falcons Landing offers the chance to retire in style among peers who have the common bond of service to our country.

Serving the military community for 25 years, this maintenance-free community leaves rank at the door, allowing all residents to enjoy the common bond of service on their next adventure. “Everyone here is on a first-name basis,” said resident Peter Scott about life in the community. “I knew I would be joining folks of similar background and interests, and that made it easier to make new friends quickly.”



Residents cite the friendships forged as the primary benefit of Falcons Landing, along with being a non-profit. Living in a life plan community, residents say, provides a certain comfort and peace of mind. Falcons Landing offers a full calendar of social events and activities, as well as a limitless array of resort-style activities, unbeatable wellness opportunities, lifelong learning classes, and world-class dining right on campus.

With the recent opening of The Terrace Home Apartments, Falcons Landing added 24 new residences, fusing together the best aspects of apartment and cottage living. The Terrace Homes offer spacious, open-concept floor plans with abundant closet space, outdoor living, and easy access to all the campus amenities.

Among other accolades, U.S. News & World Report recently recognized The Johnson Center at Falcons Landing as one of the best skilled nursing care facilities in the nation, in its 2020-2021 report. Receiving a five out of five rating for both Short-Term Rehabilitation and Long-Term Care, places The Johnson Center in the top 5% of the United States' 15,000 nursing homes.

“We’re so proud to have received a Five-Star High Performance rating — the highest distinction from the Centers for Medicare and Medicaid Services — especially amidst a global pandemic,” said Leah Daily, Sales & Marketing Director. “This honor speaks to our long history of service to seniors across the continuum of care and the systems we have in place to handle any crisis.”

Additionally, Falcons Landing is the recipient of the LeadingAge Virginia Workplace Excellence award for 2021. This recognition celebrates the community’s incredible team and their commitment to senior care, as well as the leadership’s commitment to recruiting the best talent in the industry, as Falcons Landing continues to grow.

If you ask any resident at Falcons Landing, they will tell you the best thing you can do to jump-start your retirement is to reserve your spot. Contact the friendly team at Falcons Landing and schedule your tour today!

Fairfax County Times *Baby Boomers*

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ON THE COVER: A COUPLE RELAXES ON A PARK BENCH IN THE FALL FOLIAGE.
PHOTO COURTESY ADOBE STOCK

Group outings and lasting friendships in full bloom!

BY LESLYE LAWSON
TALL OAKS

Several nearby flower farms welcomed Tall Oaks residents this summer. We explored the Virginia countryside at Burnside Farms in Nokesville, where over 30 varieties of sunflowers are grown on 15 beautiful acres. Residents picked and brought home sunflowers and zinnias, many of which were used for a floral arrangement activity and placed in vases throughout the community.

A small group of lavender-loving residents took a trip to Catlett, Virginia to visit the historic Seven Oaks Lavender Farm, which is over 160 years old! Residents enjoyed the scents and sounds of the farm, a picnic, and a trip to the gift shop.

Best friends Elizabeth “Libby” Davidson and Mary Ann Unvert met at Tall Oaks while sharing a dining table on Libby’s first day. Their friendship developed quickly and they have been inseparable ever since, often seen enjoying the many activities and outings offered at Tall Oaks.



COURTESY PHOTO

“Field” trip! Tall Oaks residents and close friends Elizabeth “Libby” Davidson and Mary Ann Unvert are all smiles during an outing to Seven Oaks Lavender Farm.

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Simple tips to adjust to the *time change*

COURTESY OF STATEPOINT MEDIA

Daylight Saving Time (DST) ends November 7, and if you are already dreading the adjustment, you are not alone. The physical and mental effects are real, and many people undergo mood shifts, fatigue and stress as their bodies adjust. To “fall back” this fall stress-free, try these techniques:

- **Adjust slowly:** Rather than wait until DST ends to shift your sleep schedule by a full hour all at once, start to adjust incrementally in 10 to 15 minute segments over the course of four to six days. This method will help you sleep more soundly and be less tired. If pos-

sible, adjust your meal times accordingly as well. For an easy transition, get the entire household in on the evolving schedule, including children and pets.

- **Get a great timepiece:** The simplicity of having your watch adjust automatically to the correct time will help ensure you are awake and where you need to be in the days ahead. To that end, consider updating your timepiece to one that’s Bluetooth-enabled. Those in the Edifice lineup are especially useful for travelers and those who work with people around the world, as they analyze current time and positioning data and reset automatically four times a day to always display the accurate time in your location, as well as loca-

tions globally. You might also consider a watch with Multi-Band 6 technology. This useful tech feature of many Casio and G-Shock timepieces synchronizes with atomic clocks -- the most accurate form of timekeeping in existence -- by receiving information from radio waves.

- **Seek sunlight:** With the sun setting at an earlier hour, you may find yourself in the dark as your work day ends. Sunlight is a source of vitamin D, which is vital to your health. It also boosts happiness hormones to help beat depression and stave off Seasonal Affective Disorder. If possible, take a walk midday or sit near a window at lunch to ensure you get a daily dose of sun exposure each day.

- **Create a routine:** You can avoid the pitfalls of fatigue that many experience when DST ends by carving out an evening routine that prepares your body for bedtime. Whether it’s a half an hour of screen-free reading, meditation, journaling or enjoying a cup of herbal, caffeine-free tea, such rituals can help signal the body and mind that it’s time for sleep. Likewise, a morning routine -- such as performing a set of dynamic stretches, jogging or eating a protein-rich breakfast, can energize you for the day ahead.

While time changes are never fun, you can help ease the transition with new habits and innovative tech tools.

What *veterans* should know about bladder cancer

COURTESY OF STATEPOINT MEDIA

The end of military service doesn’t always mean the end of hardships for those who served. As they age, many veterans can be faced with health challenges, including cancer. In fact, each year, approximately 40,000 new cancer cases in veterans are reported, and bladder cancer is among the top five most frequently diagnosed types of cancer among patients treated by the U.S. Department of Veterans Affairs (VA). It’s important for veterans to take note of their individual risk factors and learn what to do if bladder cancer is detected.

Risk of Bladder Cancer

Bladder cancer can happen to anyone, but there are some factors that make a person more likely to develop and be diagnosed with it. For example, the risk of bladder cancer increases with age and is more likely diagnosed in patients over the age of 55.

Other risk factors include:

- Smoking
- Exposure to certain chemicals
- History of bladder infections or irritation
- Family history of bladder cancer
- And for Vietnam veterans, the VA has added exposure to Agent Orange to that list

Signs of Bladder Cancer

Understanding an individual’s poten-

tial risk, as well as the signs and symptoms of bladder cancer is essential, as early detection can expand treatment options and improve outcomes. The most common sign of bladder cancer is painless-but-visible blood in the urine. However, other signs to watch for include:

- Pain during urination
- Changes in the frequency or ability to urinate
- Lower back pain on one side of the body

Detecting Bladder Cancer

A cystoscopy is a standard medical procedure that allows a urologist to look directly into the bladder for suspicious tissue. Historically, cystoscopies have been done using white light. Howev-

er, there is also a procedure called Blue Light Cystoscopy that uses both white and blue light to create an enhanced view. Veterans and others who suspect that they may have bladder cancer should ask a urologist for more information on Blue Light Cystoscopy. To learn more, visit <https://rebrand.ly/About-Cystoscopy>.

Anyone who has a potential risk factor for bladder cancer needs to be informed about the disease, as well as their options during and after diagnosis. That information, plus access to the right care, can equip everyone for their cancer battle.

Pickleball *fever!*

COURTESY OF VINSON HALL RETIREMENT COMMUNITY

Pickleball fever is sweeping the country! School kids are learning how to play it in gym class. Communities are converting tennis courts into pickleball courts. Vinson Hall Retirement Community (VHRC) residents have not been left behind in this sporty trend. They have been playing pickleball wherever they could find space! Prior to COVID-19, they gathered in a large, un-used conference room to play the popular game. With the cancelation of all indoor activities due to COVID, the group traveled to a nearby park to play pickleball.

At the same time, VHRC was building a Sports Park. The initial idea for a Sports Park began following resident requests for an outdoor spot where they could enjoy outdoor

games together and stay active. The Sports Park began with a plan to build a bocce ball court and a horseshoe pit. As the pickleball trend grew, the Sports Park was expanded to include two pickleball courts.

To ensure the Sports Park was accessible and attractive to all, VHRC's Facilities team added gently sloped ramps with handrails. They also built an equipment shed for storage and a restroom for added convenience. There are plans to add picnic tables and a bar-be-cue area for additional outdoor gathering options.

VHRC plans to hold a ribbon cutting ceremony when the Sports Park is complete. Even as VHRC's Facilities team puts the finishing touches on the Sports Park, it is busy with residents and guests enjoying the sunshine, competition, and camaraderie of this new venue.



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**FAIRFAX BUDGET PLAN WILL LEAD TO HIGHER TAXES
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(SUN GAZETTE, 03/02/21)

County Raises Taxes on Used Cars for Some Residents
(Fairfax Times, 08/20/21)

Board Approves 5 Cent Bag Tax
(Fairfax Times, 09/17/21)

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Come explore Vinson Hall Retirement Community and hear from our residents. Learn how to take control of your future and remain resilient. Call us today to schedule a tour!

SCHEDULE A TOUR TODAY! 703-506-4240

Independent Living at VHRC is open to U.S. Military officers and their families and GS-14 level government personnel from ALL federal agencies. All other levels of care in our community are open to everyone.

vinsonhall.org

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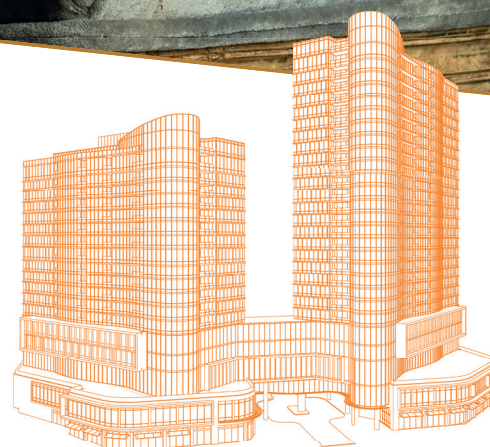
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Looking for a *Medicare plan?*

Try these three things to make the most of the process

COURTESY OF BRAND POINT MEDIA

People who qualify for Medicare often juggle a lot. From navigating retirement or complex health conditions to managing expenses, the last thing they need is additional stress, especially when it comes to picking a Medicare plan.

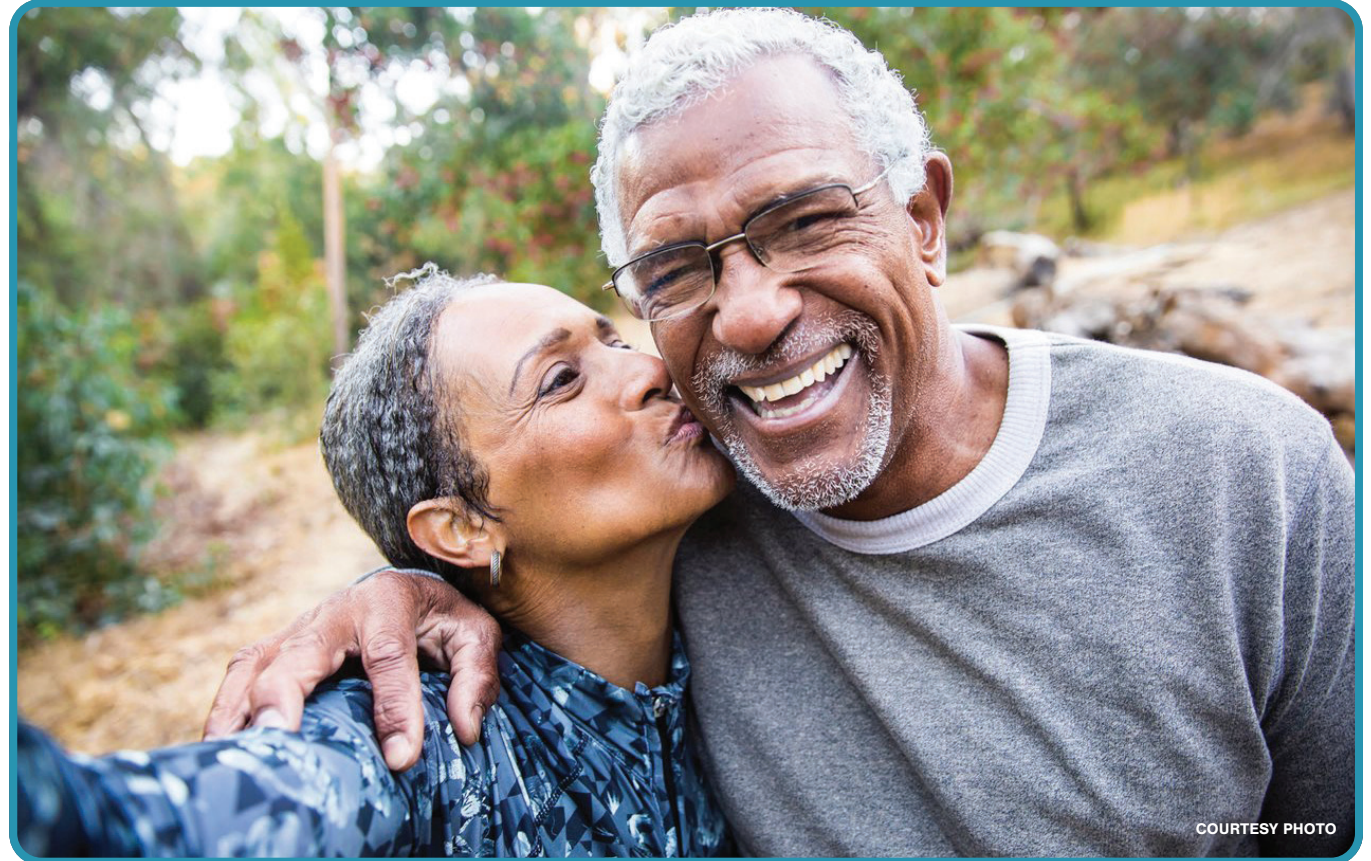
With new tools and support, enrolling in a Medicare Advantage or prescription drug plan is easier than ever. Check out the below tips to ensure you have a positive and painless experience.

Personalize your enrollment process.

Enrolling in Medicare doesn't have to be difficult. There are services available that can help you choose the right plan for you. For example, Walgreens Find Rx Coverage helps you explore Medicare Advantage and prescription drug plans online by letting you easily access resources to find the right coverage for your needs. You can view eligibility criteria, learn about various plans and enrollment options, and even compare plans that include your specific prescriptions. Don't want to do it all online? You can speak to a licensed insurance agent on the phone or visit select Walgreens to talk to an in-store agent about your Medicare options.

Find and select a plan that saves you money.

Choosing the right Medicare and prescription drug plan is not only important



COURTESY PHOTO

for your healthcare needs, but it can also save you money. If you or a loved one pays high costs for your prescriptions, enrolling in a plan through Walgreens Find Rx Coverage can help you find prescription copays as low as \$0 on tier 1 generic drugs when selecting Walgreens as your Preferred Pharmacy. You can also manage your Medicare prescriptions easily, setting up automatic refills and personalizing your prescription delivery options.

Choose a pharmacy you can trust.

There's no doubt that having a pharmacy you can trust provides peace

of mind when navigating your healthcare. Whether you're selecting a Medicare and prescription drug plan for yourself or on behalf of someone else, having confidence that you've been shown the best options for both your care and budget goes hand in hand with having a positive overall healthcare experience. Walgreens Find Rx Coverage was created with this in mind and in supporting Walgreens' overall efforts to improve the health of communities across America.

"Enrolling in the right Medicare plan is a critical step in ensuring patients have

the affordable, high-quality care they need to optimize their health," said Rick Gates, senior vice president of pharmacy, Walgreens. "Walgreens Find Rx Coverage makes this sometimes confusing process easier than ever."

Open enrollment for Medicare is Oct. 15 through Dec. 7. As a pharmacy that people know and trust, Walgreens is here for you throughout every stage of your healthcare journey. Visit [Walgreens.com/MedD](https://www.walgreens.com/MedD) to shop, compare, select and enroll in a Medicare plan that is right for you and your family.

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All our team members are following COVID-19 infection control protocols, including wearing a mask. Number of visitors allowed inside is limited, to maintain appropriate social distancing.


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COMING LATE 2021

Five ways technology can motivate you to stay active in *fall*

COURTESY OF STATEPOINT MEDIA

With the days growing shorter and the weather getting cooler, it's easy to fall into a rut during the fall season. Here's how the latest technology can support your efforts to keep your mind and body active in the months ahead.

- **Create a daily routine:** Wearable tech can help motivate you to create a daily routine and get out the door every day, even if it's just for a short walk around the neighborhood. For example, when G-

Shock watches are connected via Bluetooth to companion apps, you can monitor and track such data as step count logs, calories burned and exercise intensity levels. These durable watches also feature daily, weekly and monthly activity achievement graphs, which can help you monitor your progress over time and push yourself a bit further.

- **Get better sleep:** Better sleep means more energy during the day to fuel your active lifestyle. A range of apps can help you get to sleep faster, however Slumber is one that features an enormous sleep library

of meditations, soothing stories, music and soundscapes, all of which are designed to quiet the mind and guide you to sleep.

- **Go on an adventure:** The right outdoor watch can be your companion on adventures big and small. Packed with technological features to help navigate any adventure, Casio's PRO TREK PRTB70-5 is great for hiking, climbing, trekking and even fishing. Quad sensor technology detects compass bearing, barometric pressure, altitude and temperature readings, plus an accelerometer can log daily steps

counts. By connecting via Bluetooth to the PRO TREK Connected app, you can obtain useful information such as route log and calories burned. Your watch can even help you catch your dinner. Its Fish-In-Time feature displays catch probability throughout the day, while the fishing timer's alarm automatically counts down to the next ideal catch period.

- **Improve mobility:** Sore muscles can sideline you from staying active, however, with new tech, you can give yourself a high-quality massage that helps you regain mobility and get back to it faster. The Bluetooth enabled Hypervolt massager, for example, syncs with an app to guide you through custom recovery programs.

- **Track nature:** New apps are inspiring people of all ages to become amateur naturalists. A joint initiative of the California Academy of Sciences and the National Geographic Society, iNaturalist helps you identify plants and animals around you, record and share your observations, and connect with others doing the same. The data collected helps scientists working to protect the environment.

By leveraging new technology, you can help keep your body and mind active engaged in the months ahead for a happy and healthy fall season.



COURTESY PHOTO

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Extra benefits may vary by plan. See plan details for more information.

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