

PRESIDENT'S MESSAGE

As I write this, I am considering how lucky I have been in our family this last year. We have had no serious illness from the pandemic, and Gerry and I have been able to get both our vaccine injections. In our neighborhood, many people are in our position or have started their injection schedule. We have been fortunate thus far and look forward to better times soon. On the other hand, the country and our local area are still not at "herd Immunity" and there are more aggressive variants of the disease that are here and that in other countries have become the dominant form. I think of us being on the 5-yard line and needing to keep our eye on the ball and push through past the goal line. So, that brings me to the idea of getting the Chapter together again physically. Typically, we would be planning a June luncheon by this time, but we have not made a decision to go forward with planning as yet. In the meantime, we are having some interesting speakers in the upcoming meetings, with discussions on Brain Health in April followed by a talk on Huntley Meadows and volunteer opportunities there in May. See below for more information and watch your e-mail (if we have it) for updates to our programs.

I would like to take this opportunity to thank our Area VP, Ms Pat Jack, for her service to NARFE in general and to our chapter in particular. Pat has been a steady and supportive voice helping us through these times as well as working with us on the consolidation of part of the Alexandria Chapter. I am sure we all wish her the best for the future.

Here's my list of things we need to continue to do, with the admonition to get on the list for vaccination and take advantage of the shots when you are given the opportunity.

Wash your hands

Avoid close contact

Cover your mouth and nose with a mask when around others

Cover coughs and sneezes

Clean and disinfect

Monitor Your Health Daily

<https://www.fairfaxcounty.gov/health/novel-coronavirus/vaccine>

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ALZHEIMER'S

A newly released Alzheimer's Association Facts and Figures Findings from 2020 has produced some startling info:

- More than 6M Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly **13M**.
- In the U.S., Alzheimer's and Dementia deaths have increased 16% since the COVID-19 Pandemic.
- 1 in 3 Seniors dies with Alzheimer's or another dementia - more than breast cancer and prostate cancer combined.
- In 2021, Alzheimer's and other Dementias will cost the Nation \$355 Billion. By 2055, these costs could rise as high as **\$1.1 Trillion**.
- More than 11 Million Americans provide unpaid care for people with Alzheimer's or other dementias, valued at nearly \$257 Billion.
- Between 2000 and 2019, deaths from heart disease have decreased by 7.3% while deaths from Alzheimer's have **INCREASED BY 145%**.

In Virginia, 150,000 people 75 and older are living with Alzheimer's. Dementia deaths number 2,631 during the COVID Pandemic.

The Alzheimer's Association has propelled the federal government to rise to this challenge, resulting in a more than seven-fold increase in federal Alzheimer's and dementia research funding since 2011 — including a \$300 million increase for Alzheimer's research at the National Institutes of Health (NIH) for fiscal year 2021. With this increase, along with previous research investments, the NIH is expected to spend \$3.1 billion on Alzheimer's research in 2021.

This, unfortunately, lays out the facts of Alzheimer's in our country **and** here in Virginia.

Since 1985, when NARFE partnered with the Alzheimer's Assoc, we have raised nearly \$16M. Every dollar raised by NARFE members goes to Research. Since the first grant in 1988, NARFE has fully/partially funded 83 grants. We can't stop our support - the cost is too high. Please continue your donations as you think about these facts and figures.

Checks are made to NARFE/Alzheimer's Research, note Chapter 893 in memo line and mail to Margaret Yowell, 5822 Fitzhugh Street, Burke, VA 22015. **AND**, to add a little something extra this year since we aren't meeting in person

and unable to conduct fundraisers, PLEASE FIND A PIGGY BANK (perhaps you have one of the Alzheimer's Banks?) and add your change - let's see what we can raise between now and the end of 2021. Let's exceed our Chapter goal of \$3,000. Think about all the possibilities WE can provide!

Margaret Yowell, *Chapter 893 Alzheimer's Chair*
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THE LITTLE THEATRE OF ALEXANDRIA (LTA)

It's 1883 in Amherst, Massachusetts. We are at the home of poet Emily Dickinson, as she tells her story through anecdotes based on biographical information, her letters, and her poems in this one-woman bio-drama. Welcoming the audience inside, Dickinson reveals both the joyous and heart-breaking events in her life that shaped her enigmatic existence and engaging poetry. Enjoy The Belle of Amherst, presented from April 24-May 15. Ticket information will be available on the LTA website.

Joanie Capella, Theatre Community Liaison

FAIRFAX COUNTY PUBLIC LIBRARY (FCPL)

FCPL re-opened for interior Express Services on Monday, March 22. Customers will be able to visit FCPL branches for up to 30 minutes, on Monday and Tuesday 10 a.m. to 8 p.m. and Wednesday through Saturday 10 a.m. to 6 p.m. Curbside pickup of materials on hold will remain available to customers Monday through Saturday 10 a.m. to 4 p.m. Capacity limits will be in place: up to 30 members of the public at a time may be in community branches and up to 60 may be in regional branches. Library programming will remain virtual and meeting rooms will remain closed at this time.

Ask Your Library via the website and text messaging will continue to be available 10 a.m. to 5:45 p.m. Monday through Friday. Please do not visit a branch if you have COVID-19 symptoms, have been exposed to someone who tested positive or are awaiting COVID-19 test results. They will continue to offer robust virtual programming for all ages, which can be found on their YouTube channel and Facebook page. Learn about the top 10 ways to access FCPL resources at home. Please find more pandemic-related information on the county's COVID-19 webpage or the emergency blog.

VIRTUAL CENTER FOR ACTIVE ADULTS (VCAA)

Have You Visited the Virtual Center for Active Adults?

The VCAA was established to enrich the lives of older adults and adults with disabilities in Fairfax County while combatting isolation. Created with the support of over 20 partner organizations, the VCAA serves as a one-stop resource for events, programs and services for older adults. The VCAA offers over 40 virtual events, programs and classes each week using Zoom. Explore a full schedule of social, creative and cognitive programs as well as health and fitness classes ranging from low to high intensity and spanning a variety of interests and goals. Visit the VCAA to watch prerecorded videos, from fitness classes such as SAIL or chair exercise, to cooking demonstrations, craft projects and other how-to videos. You will also discover services and resources available from the county as well as organizations that support the well-being of adults who live in Fairfax County.

Interested in visiting the Virtual Center for Active Adults?

Go to <http://bit.ly/NCSvcaa>



THE LUNCH BUNCH

There will be no Lunch Bunch for the next few months.

SUNSHINE

We want to let our friends in the chapter know we are concerned and thinking about them when they lose someone dear to them or when they are sick or injured. Please let Nancy Summers, our Sunshine Lady, know when you hear of someone in need of some sunshine so she can send out an appropriate card. Nancy can be reached at 703-690-6145 or e-mailed at nanpsun@yahoo.com.



CALENDAR EVENTS

April 7, Chapter Board meeting, Virtual, 1:30 - 3:30 pm.

April 14, NARFE Chapter 893 General Meeting, Virtual, 1:00 – 3:00 pm (Zoom opens at 12:30).

Program for the April Chapter Meeting will be “**The Six Pillars of Brain Health**” presented by “Suba” Satyanarayan, AARP Ambassador. Regardless of our age, we can reduce the chance of age-related diseases and optimize our chance of maintaining cognitive health. Brain health is more important than ever because of our longer life expectancy, skyrocketing health care costs, and current brain research. Join us for this informative presentation!

Join Zoom Meeting

Meeting ID: 850 5295 8053

Passcode: 457672

May 5, Chapter Board meeting, Virtual, 1:30 - 3:30 pm.

May 12, NARFE Chapter 893 General Meeting, Virtual, 1:00 - 3:00 pm, (Zoom opens at 12:30)

Program for the May chapter meeting will be on Huntley Meadows Park by Halley Johnson, CIG, Volunteer & Outreach Coordinator, Huntley Meadows Park. She will talk about the park history, events and opportunities for volunteer activities. Huntley Meadows Park, the largest park operated by the Fairfax County Park Authority, is located in the Hybla Valley area of Fairfax County, Virginia, south of the city of Alexandria. The park features a visitor center, a beaver-created wetland with boardwalk, wildlife observation platforms, and an interpretative trail system. The park is home to abundant wildlife and is known for attracting many birds, amphibians, and plants that are considered less common in the region.

Join Zoom Meeting

Meeting ID: 885 4520 4495

Passcode: 332573

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