

Sull-E Newsletter



A message from Kathy Smith

Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse. They are also an environmental hazard if flushed, causing them to contaminate the water supply. Please help the community by safely disposing of any unused or expired medication. Drug Take Back Day is on Saturday, October 28 from 10:00 a.m. to 2:00 p.m. One of the drop off locations is at the Sully Governmental Center. More information about the event is below.

In this week's newsletter you will find information about a bicycle drive/recycling event, the annual Pathways to Wellness Conference, driver safety tips for older adults, and much more.

Sincerely,

Katty

www.facebook.com/sullydistrict

| www.twitter.com/sullysupervisor



Drug Take Back Day

Date: Saturday, October 28, 2017

Time: 10:00 a.m. to 2:00 p.m.

Location: Sully District Police Station - Front Parking Lot, 4900 Stonecroft Boulevard, Chantilly, VA 20151

For the full list of locations, please visit

https://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

DRUG TAKE BACK DAY

Oct. 28, 2017
10 a.m. to 2 p.m.



Safely dispose of unused or expired medication at convenient locations.

Visit www.deadiversion.usdoj.gov/drug_disposal/takeback

Protect Your Community and Water Supply
Don't Flush Medicines or Pour Down Drains

SAFELY DISPOSE OF UNUSED MEDICATIONS

Unused medicine can accidentally poison loved ones and pets. Protect the health of our families and waterways by properly disposing of unwanted or expired medications.

Flushing medicine can contaminate our rivers and drinking water supply. Wastewater treatment plants are not designed to remove harmful chemicals from medicine.

3 WAYS TO PROPERLY DISPOSE MEDICINE



Drug Take Back Programs and Drop Boxes

Ask your local pharmacy and law enforcement agencies about drug take back programs and permanent locations for drop-off boxes. Drop off boxes only accept solid medicine, no liquids or sharps.

Place in Trash



Keep medicine in original container. Cross out your name and prescription number.

- For pills, add saltwater to dissolve.
 - For liquids, add inedible substance such as kitty litter, dirt, or ash
- Seal container with duct tape and place in trash at pickup time.



Use New Deactivation Kits

Place unused medicine in pouch.
Fill halfway with warm tap water and wait 30 seconds.
Seal pouch and gently shake.
Place in trash.

DEACTIVATION KITS



Dulles Suburban Center Advisory Group Meeting



The Dulles Suburban Center Advisory Group will be holding a meeting on **Tuesday, October 17, 2017 at the Sully Governmental Center (4900 Stonecroft Boulevard, Chantilly, VA 20151) at 7:00 p.m.** We will be reviewing transportation analysis results and proposed land-unit text for the Comprehensive Plan. To view the draft text for the upcoming meeting, [click here](#).

Any questions for this study can be directed to the Planning Division via email (DPZDullesSubCenter@fairfaxcounty.gov) or via phone (703-324-1380, TTY 711).

Additional information for the study can be found at its dedicated website <https://www.fairfaxcounty.gov/dpz/dullessuburbancenter/>.

I-66 Westbound Exit for Fairfax County Pkwy Lane Closure



The right shoulder and right lane of the collector-distributor road linking westbound I-66 to Fairfax County Parkway (Route 286) will be closed on or about October 10 until the end of December 2017 for maintenance, according to the Virginia Department of Transportation.

Jersey barriers will be installed between the exit from westbound I-66 until just before the exit ramp to northbound Fairfax County Parkway (Exit 55B) to ensure a safe work zone. The work will occur during daytime hours with some overnight work.

Drivers are asked to use extra caution when traveling through this work zone, and should expect delays at times.

Local Kids Organize Community Bicycle Drive/ Recycling Event



Do you have old bicycles just collecting dust in your basement or garage? Are you hanging on to used bikes because you can't bear to send them to a landfill? If so, 23 children in the Falls Church area have a solution for you.

Participate in the 2017 "Story Riders" Bike Drive!

Saturday, October 21

10:00 a.m. to 2:00 p.m.

Willston Multicultural Center

6131 Willston Drive, Falls Church VA 22044

These young "Story Riders", along with their mentors and in partnership with Bikes for the World, will be collecting gently used bikes, spare parts and accessories to benefit individuals in surrounding communities and throughout the world.

Bicycles and donations collected will go to Bikes for the World – a local non-

profit organization that delivers free used bicycles to new owners throughout the world – particularly in areas of significant need where just having access to a bicycle can enable individuals to maintain gainful employment, enhance educational opportunities and have greater access to healthcare options.

A suggested donation of \$10 per bicycle is requested from the donors to help offset shipping costs, but it is not a requirement.

For event specifics and questions, please contact Laylan Salih at Willston Community Center by calling 703-536-8943, TTY 711.

Who Are the Story Riders?:

Earlier this year, 23 students ages 9 to 14 signed up to be part of a new 10-week program offered through the Willston Community Center. The “Story Riders” program brings together the unlikely combination of bike riding and maintenance with literacy and communication skills.

Thanks to the support of a number of community partners – including Bikes for the World, Phoenix Bikes, Bikenetic Bike Shop and Falls Church Anglican Church – the afterschool participants – all ESL students – not only learn about proper riding safety and bicycle upkeep, but they also take part in bike outings and use the experience to fuel their vocabulary development and storytelling skills. They are learning to ask questions, take notes and transform ideas into creative stories that will be compiled into a book chronicling the history of this 10-week adventure.

Need help with your heating bills this winter?



The Fairfax County Department of Family Services is now accepting applications for the Fuel Assistance and Crisis Assistance programs.

The Fuel Assistance program helps eligible households with low-income with the costs of heating their homes. **Applications are being accepted October 10, 2017 through November 13, 2017.**

The Crisis Assistance program helps households in emergency situations by providing primary heat security deposits and funding the repair or replacement of heating equipment. **Starting January 1, it can also be used to pay bills for utilities that are in danger of being disconnected. Applications are being accepted November 1, 2017 through March 15, 2018.**

[Apply Online](#) - or -

Download an [application online](#), complete it and then mail it to:

Fairfax County Department of Family Services - Reston
c/o Energy Assistance

11484 Washington Plaza West, 4th Floor
Reston, VA 20190

You may also request an application by calling 703-787-3100; TTY 711 or pick up an application at any of their offices:

Fairfax County Department of Family Services

- **Fairfax - Pennino Building**
12011 Government Center Parkway, Suite 232
Fairfax, VA 22035
- **Annandale - Heritage Center, West Wing**
7611 Little River Turnpike, 5th Floor West
Annandale, VA 22003
- **Reston - Lake Anne Office Building**
11484 Washington Plaza West, 4th Floor
Reston, VA 20190
- **Alexandria - South County Center**
8350 Richmond Highway (Route 1), 4th Floor
Alexandria, VA 22309

For more information, call the Department of Family Services' Energy Assistance phone line at 703-787-3100, TTY 711 or fax 703-653-1355.

Emergency assistance may also be available through other sources in our community. To find out more, call the county's [Coordinated Services Planning](#) team at 703-222-0880 (TTY 711) during business hours. After hours, call 211.

16th Annual Pathways to Wellness Conference

16th Annual Pathways to Wellness Conference
\$30.00 Conference Fee includes Admission and Lunch
Scholarships available upon request

#This Is Us:

Resources. Resiliency. Recovery.

October 20, 2017

8:30 am -2:30 pm

12000 Government Center Parkway, Fairfax VA 22035



Presenters Include:

Men and Women from Our Community
Who are Leading The Way in Recovery

This is My Brave:

Jennifer Marshall, Keynote Speaker



Mapping Your Creativity:

Ann Klopfenstein

Creating Poetry of Hope:

Michelle Hurrell

Making Mindful Music:

Sunny Trippel



Talking about Alcohol

Moderation:

Cyndi Turner, LCSW, LSATP
& Craig James, LCSW, MAC



Dancing Our Way to Recovery:

Martha Krabill

Resource Fair and Exhibits



For registration go to www.novamentalthhealth.org & for questions email
wrcevent2017@gmail.com



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities.
Reasonable accommodations will be provided upon request.

Every Second Counts: Plan 2 Ways Out!



Fire Prevention Week started Sunday, October 8 and runs through Saturday, October 14. This year's theme for Fire Prevention Week is: "Every Second Counts: Plan 2 Ways Out!"

If there was a fire in your home, would you know what to do? Your smoke alarm is sounding – now what?

In a fire, every second counts! It is important that everyone plans, and practices, a home fire escape plan that includes two ways out of every room. Being prepared and knowing what to do will increase your chances of getting out safely should your home experience a fire.

Please take the time to develop a home fire escape plan. Below are links to two documents that will provide a template and all of the information you need!

[Escape Planning – Activity Fun Sheet for Adults and Children](#)

[Home Escape Planning](#)

If you want some feedback on your plan, consider going to one of our fire stations for Open House on **Saturday, October 14**, and asking the firefighters for feedback. More information here: [All Fairfax County Fire and Rescue Stations To Host Open House](#).

AARP Driver Safety Class



Cars have changed. So have traffic rules, driving conditions, and the roads you travel. Even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course, you will learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. So, if you feel you could benefit from a brush up, consider taking one of the AARP Driver Safety classes. The cost is just \$15 for AARP members. (Please bring your AARP card!) There is a \$20 fee for nonmembers.

When: Monday, October 23, 10:00 a.m. to 3:00 p.m. &

Tuesday, October 24, 10:00 a.m. to 3:00 p.m.

Where: Fairfax Criminal Justice Academy

14601 Lee Road, Chantilly, VA

703-246-4495 to register

7 Simple Adjustments to Help Older Adults Drive Safer



The number of older drivers on our roads is increasing and changes in vision, flexibility, strength, range of motion, and height may reduce an older adult's control behind the wheel. The good news is that a few simple [adjustments or use of adaptive devices](#) can significantly increase driver safety. To help our older residents know what adjustments to make, our Police Department's Traffic Safety Services Division is providing the CarFit program.

What is CarFit?:

CarFit is a free, quick and comprehensive review of how well an older adult's car meets their needs and abilities. Trained police officers and

technicians ask participants several simple questions and complete a 12-point checklist. Drivers receive recommended car adjustments and adaptations and a list of local resources. If you are interested in participating in or hosting a CarFit program, contact Officer Tara Gerhard at tara.gerhard@fairfaxcounty.gov.

7 Adjustments for Safer Driving:

Here are CarFit adjustments you can make in your own driveway:

1. Have a clear line of sight over the steering wheel: Your line of sight should be at least three inches above the top of the steering wheel.
 2. Make sure you have plenty of room between your breastbone and the air bag in the steering wheel: The distance should be at least 10 inches to allow adequate room for the air bag to safely deploy.
 3. Adjust your seat so that it fits you comfortably and safely: Each time you drive, you should be able to adjust the seat for good visibility and easy access to vehicle controls.
 4. Properly adjust your head restraint: In the event of a crash, especially a rear-end collision, this can help prevent neck injuries like whiplash.
 5. Make sure you have easy access to gas and brake pedals: You should be able to easily reach the vehicle's pedals without having to stretch, and you should be able to completely depress the brake pedal.
 6. Wear your seat belt so that it holds you in the proper position and remains comfortable: The proper way for an adult to wear a seat belt is for the lap belt to fit low and tight across the hips and pelvis, not on the stomach area that contains soft tissue
 7. Position your mirrors to minimize blind spots: Adjust the interior rearview mirror so it shows as much of the rear window as possible.
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Place your head near the left window and adjust the left side-view mirror so you can just see the side of your vehicle. Position your head near the middle of the vehicle, above the center console, and adjust the right side-view mirror so you can just see the side of your vehicle.

[Get More Tips From CarFit](#)

What to Know if You're 75 or Older:

Virginia drivers who are 75 or older are required to appear in person at a Virginia Department of Motor Vehicles (DMV) Office for their next license renewal and pass a vision screening. Once issued, your license will generally be valid for five years. You can have your vision screened at DMV or provide a report from your ophthalmologist or optometrist. The report must have been issued within 90 days of your driver's license renewal. More information is available at www.dmvnow.com/mature or call 804-497-7100.

[More Resources for Older Drivers](#)

Safety Expo



Join us at Centreville Day 2017, **October 21**, in the Safety Expo, where you can visit booths of the National Poison Control Center, Miss Utility, Washington Gas, Williams Pipeline, Fairfax Communities of Trust, Office of Emergency Management, Fairfax County Sheriff's Department, State Police, and Fairfax County's Police and Fire Departments. During the American Legion Parade at 11:00 a.m., you will enjoy seeing a number of old and new vehicles from Fairfax County Police and Sheriff Departments and Virginia State Police. (There is also a rumor that McGruff will be in the parade, too!) Many of the vehicles will then be on display in the Safety Expo area throughout the day. Everyone is encouraged to visit all of the displays and talk with first responders about their public safety mission and equipment. Fairfax County has some of the best trained and equipped police and fire responders in the nation. Centreville Day is an annual free, family-friendly event, 10:00 a.m. to 5:00 p.m., held at the corner of Braddock and Mt. Gilead Roads. Free shuttle bus service is provided at Trinity Center. For more information go to www.centrevilleday.org.

Air & Scare Event at the Steven F. Udvar-Hazy Center



Saturday, October 21, 12:00 to 5:30 p.m.

Explore the spooky side of air and space at the Museum's annual Halloween event. Participation in creepy crafts, and spooky science experiments. Arrive in costume for photo ops with Star Wars and Ghostbusters characters. Enjoy free cartoons, and safe, indoor trick-or-treating.

Note: For safety purposes, full-face masks are prohibited on visitors over 16 years of age.

Air & Scare is one of their most popular annual events. Visitors should allow for additional time for parking and security screening. If possible, public transportation (Fairfax Connector's 983 bus) or hotel shuttles are encouraged.

This event is free; however, parking is \$15 per vehicle. For more information, please visit <http://airandspace.si.edu/airandspace>.

Animal Shelter Corner



Meet Georgia!

Age: 9y 1m

Gender: Female

Color: Black

Spayed/Neutered: Yes

Size: Medium

This elderly gal got her name because she originally came from a shelter in Georgia, and it just kind of fit! She was initially in rough shape when she was

rescued from that shelter, but she's come a long way. She was diagnosed with lupus, but it is a skin version which is manageable and won't affect her life span. It is not contagious to people or other dogs. Georgia is currently on medication (Prednisone 10mg) just once a day, and will be weaned down slowly to the lowest dose to control the lupus long-term; she will need to remain on this medication for her whole life. Because sunlight aggravates lupus, she should avoid extended time outdoors; she will "go potty" and come right back in. Georgia is nine years old and is a friendly dog! She is curious and likes to explore, and is not a super clingy dog. She likes people but is also fine just chilling by herself. She can be picky about her dog friends so she may enjoy being in a single dog home. Georgia is crate-trained, walks nicely on a leash, and is just a good little dog! If you are interested in meeting Georgia, please email the Animal Shelter at animalshelter@fairfaxcounty.gov.

Volunteer Opportunity in Sully



Garden Clean Up at Ellanor C. Lawrence Park

Fall may have just started but it is time to plan ahead. At the end of the fall season, the gardens at Ellanor C. Lawrence Park need some help! As part of

Volunteer Fairfax's Volunteer Fest, Ellanor C. Lawrence Park will be hosting Garden Go Getters, a volunteer garden clean-up on **October 29, 2017 from 2:00 to 5:00 p.m.**

Participants will help with weeding, removing dead plant material, clearing and raking falling leaves from the garden and other educational areas at the park. Volunteers will also have the opportunity to mingle with other volunteers interested in gardening and learn more about new and ongoing garden volunteer opportunities at ECLP as they enjoy refreshments generously provided by Volunteer Fairfax and Trader Joe's in Centreville.

Participants can register through Volunteer Fairfax's website at the following link: [Volunteer Fairfax, Garden Go-Getters!](#)

Ellanor C. Lawrence Park is located at 5040 Walney Road in Chantilly, VA. For more information, please call 703-631-0013.
