



September 2010

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Sully District e-Newsletter

Emergency Response Training at Centreville High School

**When: Sunday, September 26, 2010
Noon to 7:00 p.m.**

Residents may see a lot of police and fire activity in the parking lot of Centreville HS and Liberty MS. Most of the exercise will be inside the High School, Liberty will only be used as a staging area. This will only be a drill to test readiness. This training is a part of "National Preparedness Month".

"I Remember Walney" An evening with Mildred DeBell at Cabell's Mill

When: Monday, September 27, 2010 from 7:30—9:30 p.m.

**Where: Cabell's Mill
5235 Walney Rd.
Centreville, VA 20120**

Join the Historic Centreville Society and Ellanor C. Lawrence Park for a delightful evening with 93--year young Mildred DeBell, who will share her recollections of Ellanor Lawrence, Walney, and mid-20th century Centreville. E.C. Lawrence Park historian, John Shafer, will give an overview of the park's rich history. Mrs. DeBell will also display a sample of her collection of Centreville memorabilia. Refreshments will be served. Please RSVP to 703-631-0013. The

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program is suitable for adults and is free.

Caregiver Seminars

Fairfax County's free Seminars for Caregivers series offers several presentations to help family caregivers of older adults and adults with disabilities throughout the county. Speakers include experts in law, insurance, care management, finances and community resources. Register online, e-mail caregiver@fairfaxcounty.gov, or call 703-324-5205, TTY 711. Keep tabs on upcoming caregiver support groups and seminars at: <http://www.fairfaxcounty.gov/dfs/OlderAdultServices/events.htm>

The following seminars are offered at Sully Governmental Center, 4900 Stonecroft Blvd., Chantilly, VA 20151

Legal Tools for Caregivers

As a family caregiver you may need to make legal and health care decisions for a loved one. Learn about legal tools that can help you ensure your loved one's wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives.

Thursday, September 30, 2010

7:00 - 9:00 PM

Speaker- Loretta Morris Williams, Esquire
Jean Galloway Ball, PLC

Caregiving 101

Learn about resources and get useful information to help you as you begin the journey of caregiving.

Thursday, October 7, 2010

7:00 - 9:00 PM

Speaker- Norine Swaminatha, Program Manager
Alzheimer's Association, National Capital Area

K-9 Krawl 5K

A dog walk to increase awareness between domestic violence and the link to animal cruelty

When: Saturday, October 16, 2010
Check-in starts at 8:30 a.m.
Walk begins at 9:00 a.m.

Where: Fairfax County Government Center
Parking lot C

This FREE walk is a great way for you and your canine companion to come out and show support for victims and pets of violence during National Domestic Violence Awareness Month.

- Goodie bags/Free raffles
- Domestic Violence Resource Tables
- McGruff the Crime Dog
- FCPD K-9 Unit

For more information about this event and to sign-up please call 703-814-7009. Sponsored by the (FCPD) Victim Services Section and Fairfax County Police Department.



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