

# Community

## News

Andrea Ramalheira  
Family Liaison



### Fun Fact

February comes from the Latin word februa, which means “to cleanse.” The month was named after the Roman Februalia, which was a month-long festival of purification and atonement that took place this time of year.

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” — Martin Luther King, Jr.



### Important Information

- CDC No-Cost COVID-19 Testing Locator - Pg 2
- Black History Month - Unite, Uplift and Celebrate - Pg 3
- The Cornerstones Winter Coat Closet - Pg 4
- Drive Through Fresh Food Distribution - Pg 5
- "Building Resilient Communities and Understanding Adverse Childhood Experiences" presentations - Pg 6



To get more information regarding these programs, please reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)

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### Important Information

#### CDC NO-COST COVID-19 TESTING LOCATOR



The Centers for Disease Control and Prevention (CDC) has launched a COVID-19 Testing Locator website, which can help families find no-cost COVID-19 testing sites.

The locator is part of the CDC's Increasing Community Access to Testing (ICATT) program, which focuses on at-risk communities. Testing is available at pharmacies and other locations and is provided at no cost to individuals with or without health insurance and in areas with an increased demand for testing.

More information via the CDC's recent announcement is available at the following link:

<https://www.cdc.gov/media/releases/2023/s0124-testing.html>

Region 4 & 5:  
Anne Winters  
afwinters@fcps.edu  
571-423-4405



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### Important Information

**Fairfax County and Cox present:**

# Unite, Uplift and Celebrate!

**Join us**  
**FEB. 17**  
**6:30 - 8 p.m.**  
Food, refreshments and resource tables open at 5:30 p.m.

**ENTERTAINMENT**

Naketa Proctor  
Bennie Herron  
Michael Crabb  
Tony Craddock Jr.  
Fairfax County School Age Child Care Students

**COX** Sponsored by the Fairfax County Black History Program Committee in partnership with Cox.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations made upon request; call 703-324-7483, TTY 711.

For more information, please contact [paul.woods@fairfaxcounty.gov](mailto:paul.woods@fairfaxcounty.gov).

**First in Fairfax County: African-American Honorees**  
John S. Butler, Fairfax County Fire Chief; Rev. Dr. Carroll A. Baltimore, Fairfax County Police Department Chaplain; Mattie Palmore, Former Fairfax County Magistrate; Donna R. Banks, Former Fairfax County Magistrate.

**Fairfax County Government Center**  
12000 Government Center Parkway, Forum  
Fairfax, VA 22035

**Important Information**

Explore Black history in Fairfax County and celebrate perseverance and resiliency with remarks by:

 <b>Jeff McKay</b> Chairman of the Fairfax County Board of Supervisors	 <b>Bryan Hill</b> Fairfax County Executive
 <b>Rodney L. Lusk</b> Lee District Supervisor Fairfax County	 <b>Lynnette Clark</b> Director, Field Operations Cox
 <b>Karla Bruce</b> Chief Equity Officer Fairfax County	 <b>Sheila Dixon</b> Executive Director Northern Virginia Black Chamber of Commerce
 <b>Victor Hoskins</b> President and CEO Fairfax County Economic Development Authority	

**Important Information**

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## Important Information



### The Cornerstones Winter Coat Closet

**No One Should Go Without a Coat.**

All distribution events will be outdoors, and all participants will be encouraged to wear masks to ensure everyone's safety. If the date of a distribution event should have inclement weather, the distribution will be moved indoors, and masks will be required.

**Need a  
Coat?**



**Feb.  
11th**

North County Government Building  
10am - 1pm  
1801 Cameron Glen Drive  
Reston, VA 20190

**Mar.  
11th**

North County Government Building  
10am - 1pm  
1801 Cameron Glen Drive  
Reston, VA 20190

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## Important Information



**Distribucion de  
Alimentos Frescos  
Auto-Servicio**

**Leche, huevos,  
vegetales, frutas,  
carnes y  
alimentos no  
perecederos**

**Lunes**  
**23 de enero de 2023**  
**27 de febrero de 2023**

**4915 Ox Road  
Fairfax, VA  
22030**

**12:00PM - 3:00PM**  
*O mientras los alimentos duren*

**Por favor traer identification con foto  
Debe ser residente del Condado de Fairfax**



**DRIVE-THRU  
FRESH FOOD  
DISTRIBUTION**

**MONDAYS**  
**January 23, 2023**  
**February 27, 2023**

**Milk, Eggs,  
Vegetables,  
Fruit, Meat, and  
Dry Goods**

**4915 Ox Road  
Fairfax, VA  
22030**

**12:00PM - 3:00PM**  
*Or While Supplies Last*

**Please bring Photo I.D.  
Must be a Fairfax County Resident**

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please reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)

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## Important Information

### "Building Resilient Communities and Understanding Adverse Childhood Experiences" presentations

Memory of childhood experience is stored in the body, not just the mind. From that first spark of life, experience has a profound impact on who we are and who we will become.

In recent decades, there has been an explosion of new understanding – beginning with the Adverse Childhood Experiences, or "ACE" study – about how and why adversity and trauma can reliably predict risks for mental, physical, behavioral health and productivity in the population.

What's predictable is preventable – because of recent discoveries in neuroscience, epigenetics, epidemiology, and resilience studies, we can understand how protection, prevention, and resilience promotion can profoundly improve health, safety and productivity, and reduce public and private costs now and for generations to come.

The "Building Resilient Communities and Understanding Adverse Childhood Experiences" presentation includes in-depth information about:

- The neurobiological effects of adversity on development.
- The impacts of childhood adversity and trauma on population health.
- Resilience – what we can all do to improve health and well-being across the lifespan.

#### ACES PRESENTATIONS DATES

February 2023

Thursday, February 23, 12:30-3:00pm

March 2023

Tuesday, March 7, 10:00am-12:30pm

Thursday, March 9, 12:30-3:00pm

Wednesday, March 29, 10:00am-12:30pm

April 2023

Thursday, April 13, 10:00am-12:30pm

Wednesday, April 19, 12:30-3:00pm

To get the Links for these presentations reach out to me and I'll send you the Zoon Links

To get more information regarding these programs, please reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)