

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

Community

News

Andrea Ramalheira
Family Liaison



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



To get more information regarding these programs,
please reach out to me at aeramalheira@fcps.edu

Community

News

Andrea Ramalheira
Family Liaison



Important Information

**Unite, Uplift
and
Celebrate!**

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

Jeff McKay
Chairman of the Fairfax County
Board of Supervisors

Rodney L. Lusk
Lee District Supervisor
Fairfax County

Karla Bruce
Chief Equity Officer
Fairfax County

Victor Hoskins
President and CEO
Fairfax County Economic
Development Authority

Bryan Hill
Fairfax County Executive

Lynnette Clark
Director, Field Operations
Cox

Sheila Dixon
Executive Director
Northern Virginia Black Chamber
of Commerce

**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

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

For more information, please contact paul.woods@fairfaxcounty.gov.

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.

A Fairfax County, Virginia publication. 2/2023

To get more information regarding these programs,
please reach out to me at aeramalheira@fcps.edu

Community News

Andrea Ramalheira
Family Liaison

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

To get more information regarding these programs,
please reach out to me at aeramalheira@fcps.edu

Community

News

Andrea Ramalheira
Family Liaison

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

To get more information regarding these programs,
please reach out to me at aeramalheira@fcps.edu

Community News

Andrea Ramalheira
Family Liaison



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