

# 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

- Food Pantry Co-Op - Pg 2
- Healthy Heart, Healthy you. Health Fair **\*this weekend\*** - Pg 3
- Drive Through Fresh Food Distribution - Pg 4
- "Building Resilient Communities and Understanding Adverse Childhood Experiences" presentations - Pg 5
- CDC No-Cost COVID-19 Testing Locator - Pg 6

**GOOD NEWS**

**PARENT LIAISON**



**DIRECT CONTACT INFORMATION**

**MY DIRECT PHONE NUMBER IS**

**571-279-1225**

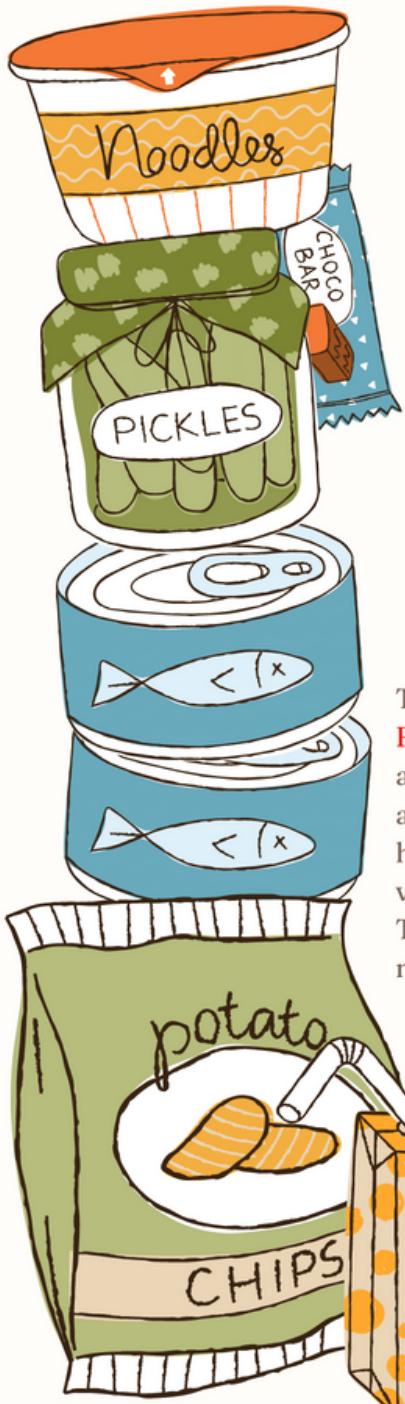
Please call me or text me if you have any questions



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

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## Food Pantry Co-op

**HOOURS:**

**TUESDAY 1 - 2 PM**

**THURSDAY 6 - 7 PM**

**SATURDAY 9 - 10 AM**

6200 Burke Centre Pkwy, Burke, VA 22015

The pantry is available for individuals who live in **Burke, Fairfax, and Springfield**. Registration is required and takes about 10 minutes to do. Individuals need to know their address, as well as the names and dates of birth of their household members in order to register. Once registered volunteers will help them understand our market process. The market is available ONCE a month and is \$5 each month, but first-time shoppers shop for free.

<https://www.burkeumc.org/burke-gives-back>

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The Health Literacy Training Group presents

## A Health Literacy - Health Fair

### Healthy Heart Healthy YOU

**Saturday, February 25, 2023  
10:00 AM to 4:00 PM**

**Springfield Town Center Grand Court  
6500 Springfield Mall  
Springfield, VA 22150**

\*\*\*\*\*  
February is American Heart Month. Love your heart. Come on out and learn more about keeping it healthy, protecting yourself from COVID-19 and much more. Refreshments provided.

Brought to you by:



Funded by the Office of the Secretary/OASH/HHS

Questions? Contact Robin G. McCoy [HEALTHLITERACY@IFNV.ORG](mailto:HEALTHLITERACY@IFNV.ORG)

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#### **\*\* Hourly Door Prizes \*\***

Free giveaways, including gift cards, computer tablets, and more!

**Grand Prize:**  
Large, Flat-screen TV

\*\*\*  
Must complete the survey to enter the drawing and be present to win.

**20 health-related groups providing information on various health topics to include:**

Healthy heart, Prostate cancer, Sickle cell anemia, HIV/AIDS, Mental health, Suicide prevention, Alzheimer's, Uterine fibroids, and Dental health

#### **\*\* Activities \*\***

Health Walks, Exercise Classes, Healthy Cooking Demo, and Blood Pressure Checks

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## 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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### "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)

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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](mailto:afwinters@fcps.edu)  
571-423-4405



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