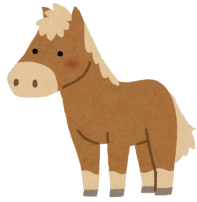




# Community Newsletter

APRIL 26TH, 2024



## TODAY

Is...

## GOALS!

National Help a Horse Day, National Hairball Awareness Day, National Pretzel Day, National Kids and Pets Day, National Arbor Day, and more...



KIDS



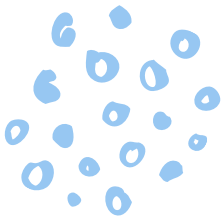
## YOU ARE INVITED TO LCES FAMILY NIGHT!

Come explore the world, spark curiosity and build community with your Lees Corner Family on Tuesday, May 14th from 6:00-7:15 at our Family Night!!!! Please sign up using the link below if you would like to share your culture and traditions.



## WHAT IS IN THIS NEWSLETTER?

- **LCES Family Fun Night Information**
- Family Resource Center - April Schedule.
- **Inova Cares for Families** - provide health coverage for individuals who are uninsured/underinsured regardless of their legal status.
- Chantilly Regional Library - May Events.
- Family Movie Night - May 5/4
- **Free health and wellness** event that Inova is hosting on Saturday, May 18th.
- Virtual Parent Cafe
- Summer Camps 2024





# Community Newsletter

TUESDAY, MAY 14TH  
FROM 6:00-7:15PM

## LEES CORNER ES FAMILY FUN NIGHT

COME EXPLORE THE WORLD, SPARK CURIOSITY,  
AND BUILD COMMUNITY WITH YOUR LEES CORNER  
FAMILY ON TUESDAY.

MAY 14TH FROM 6:00-7:15 AT OUR FAMILY NIGHT!!

PLEASE SIGN UP USING THE LINK BELOW IF YOU WOULD LIKE  
TO SHARE YOUR CULTURE AND TRADITIONS.

[HTTPS://SHORTURL.AT/GRLZ3](https://shorturl.at/grlz3)







# Community Newsletter

Español

MARTES 14 DE MAYO  
6PM-7:15PM

## LCES CONECTADO NOCHE FAMILIAR

¡VEN A EXPLORAR EL MUNDO, DESPIERTA LA  
CURIOSIDAD Y CONSTRUYE UNA COMUNIDAD CON  
TU FAMILIA DE LEES CORNER.

EL MARTES 14 DE MAYO DE 6:00PM A 7:15PM  
EN NUESTRA NOCHE FAMILIAR!

REGÍSTRESE UTILIZANDO EL ENLACE A CONTINUACIÓN SI  
DESEA COMPARTIR SU CULTURA Y TRADICIONES.

[HTTPS://SHORTURL.AT/GRLZ3](https://shorturl.at/grlz3)



# Community Newsletter



## Family Resource Center April 2024 Webinars



10-11:30 A.M.

Register Online

**5**  
APR

### Apego: Creando una relación con mi hijo donde se sienta seguro y protegido. (presentado en español)

El propósito de estos seminarios de web es apoyar y empoderar a los padres a establecer relaciones saludables y seguras con sus hijos (\*apego) respondiendo de manera positiva y efectiva a las necesidades de sus hijos.

10 - 11:30 A.M.

**12**  
APR

### Supporting the Learning and Recreational Needs of 2e Learners During the Summer

Learn about how summer can be a time for twice exceptional students to encourage the love of learning, develop talent, socialize, and reflection. Find out about inclusive summer camps that serve students of all abilities.

10 - 11:30 A.M.

**16**  
APR

### Mathspace\* Mastery: Elevate Independent Learning and SOL Prep

Join us to see how Mathspace fosters independent learning at every grade level! This informative session will highlight how your student can use Mathspace to independently tackle math challenges, aligned with their grade-level course.

7-8 P.M.

**16**  
APR

### Meet the Author Series: Gifted and Distractable

Does your child exhibit giftedness and behavioral issues like meltdowns, power struggles, and difficulty relating to their peers? Are they out-of-the-box thinkers requiring different teaching and learning methods?

10 - 11:30 A.M.

**19**  
APR

### Proactive Strategies for Effective Communication for Secondary Families

We will equip you with strategies for navigating the teen years. Uncover the secrets to fostering open communication, building trust, and transforming challenges into opportunities for growth.

10 - 11:30 A.M.

**30**  
APR

### Counseling Services in Virginia: How to Get the Help You Desire

Join a private practice therapist and FCPS's Senior Substance Abuse Prevention Specialist to help attendees understand how to locate and become involved with mental health and substance abuse treatment services in VA.



# Community Newsletter



Community Health

## Inova Cares for Families

Inova Cares for Families provides comprehensive primary care services to the culturally diverse Northern Virginia community. Our clinics serve as medical homes for patients of all ages who qualify for Medicaid, FAMIS or Inova's financial assistance program, as well as people who are uninsured.

### Healthcare for adults

- Regular physicals, ongoing health maintenance and checkups (e.g., routine lab tests, prescription refills, vaccinations, health screenings)
- Education and counseling for disease prevention
- Chronic disease management (e.g., diabetes, high blood pressure, high cholesterol)
- Care coordination for specialist referrals and other medical services
- Nurse case management
- Behavioral health management (e.g., depression, anxiety)

### Healthcare for children

- Well-child visits
- Sick visits
- School and sports physicals
- Home Tomorrow visits for recently discharged newborns with bilirubin check
- Childhood immunizations (as recommended by current American Academy of Pediatrics guidelines)



### Medicaid and financial assistance (charity care) application help

#### Eligibility

Our clinic accepts the following plans and payment types:

- Medicaid
- Medicaid MCO, except Kaiser plans
- FAMIS plans
- Pending Medicaid (application must be submitted and approved)
- Inova's financial assistance program (application must be submitted and approved)

### Medicaid and charity care enrollment

Working closely with our Partnership for Healthier Communities colleagues, our team assists patients who qualify for Medicaid with the enrollment application process. For patients who do not qualify for Medicaid, we will explore the possibility of charity care with the patient.

Please call one of the clinics for more information about eligibility.

G40004-2/24



# Community Newsletter

## Frequently asked questions

### How do I establish care with Inova Cares for Families?

Please call the clinic to schedule an initial well-adult or well-child visit. If you need to apply for Medicaid or financial assistance, please make an appointment with an eligibility worker one hour before your medical visit and bring the necessary paperwork.

### Once I am an established patient, how do I make an appointment?

Please call the clinic to schedule an appointment. Only established patients can be seen for a same-day or sick visits.

### When should I arrive?

Once you are an established patient, please arrive at least 15 minutes before your scheduled appointment. If you need to meet with an eligibility worker before your appointment, please arrive one hour in advance with the necessary paperwork.

### What if I am late?

If you are more than 15 minutes late, we may not be able to see you or your appointment may be shortened based on provider and appointment availability.

All clinics offer services for adults and children.  
The clinics are accessible using public transportation.

For more information, please visit [Inova.org/CaresforFamilies](https://www.inova.org/CaresforFamilies) or call 703.531.3100.

## Inova Cares for Families locations

To schedule an appointment, call 703.531.3100 or call your clinic phone number below.

### Alexandria

4700 King St., Suite 100  
Alexandria, VA 22302  
Phone: 571.665.6599  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

### Annandale

7617 Little River Tpke., Suite 850  
Annandale, VA 22003  
Phone: 571.665.6636  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

### Fairfax

2740 Prosperity Ave., Suite 300  
Fairfax, VA 22031  
Phone: 571.623.3477  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

### Herndon

600 Herndon Pkwy., Suite 200  
Herndon, VA 20170  
Phone: 703.464.6094  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

### Manassas

8051 Sudley Rd.  
Manassas, VA 20109  
Phone: 571.719.4180  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.

### Mount Vernon

8101 Hinson Farm Rd., Suite 415  
Alexandria, VA 22306  
Phone: 703.664.7005  
Hours: Monday – Thursday, 8:30 a.m. – 5 p.m.

### Sterling

46440 Benedict Dr., Suite 208  
Sterling, VA 20164  
Phone: 571.665.6526  
Hours: Monday – Friday, 8:30 a.m. – 5 p.m.



[Inova.org](https://www.inova.org)



# Community Newsletter

Español



Community Health

## Inova Cares for Families

Las clínicas para la atención familiar Inova Cares for Families ofrecen servicios integrales de atención médica primaria para la diversa comunidad del Norte de Virginia. Nuestras clínicas se dedican a prestar atención médica primaria a pacientes que reúnen las condiciones de Medicaid, del Acceso Familiar a la Garantía de Seguro Médico (FAMIS, por sus siglas en inglés) o del programa de asistencia financiera de Inova, así como a los que no tienen seguro.

### Atención médica para adultos:

- Visitas regulares de control, seguimiento continuo y chequeos de salud (p. ej., análisis de laboratorio, renovación de recetas médicas, vacunaciones, pruebas de detección regulares).
- Educación y consejería para prevenir enfermedades.
- Manejo de enfermedades crónicas (p. ej., diabetes, hipertensión, colesterol alto).
- Coordinación de atención médica para remisiones a especialistas y otros servicios médicos.
- Gestión de casos con el personal de enfermería.
- Manejo de la salud conductual (p. ej., depresión, ansiedad).

### Atención médica para niños

- Visitas de control de salud infantil.
- Consultas por enfermedad.
- Revisión de salud física para la escuela y la práctica deportiva.
- Consultas de Home Tomorrow (mañana en casa) para que los recién nacidos a quienes se les acaba de dar el alta, tengan un chequeo de la bilirrubina.
- Vacunas de la infancia (según las recomendaciones de las pautas actuales de la Academia Americana de Pediatría).



### Ayuda para solicitar asistencia financiera y de Medicaid (atención de beneficencia)

#### Cumplimiento de los requisitos

Nuestra clínica acepta los siguientes planes y formas de pago:

- Medicaid.
- Medicaid con Organizaciones de Atención Administrada (MCO, por sus siglas en inglés), excepto los planes de Kaiser.
- Planes de FAMIS.
- Medicaid en espera de aprobación (la solicitud debe ser presentada y aprobada).
- Programa de asistencia financiera de Inova (la solicitud debe ser presentada y aprobada).

### Inscripción en Medicaid y atención de beneficencia

Al trabajar junto con nuestros colegas de la Sociedad para Comunidades Más Sanas, nuestro equipo ayuda a los pacientes que reúnen los requisitos de Medicaid con el proceso de solicitud de inscripción. Para pacientes que no reúnen los requisitos de Medicaid, se explorarán las opciones de asistencia financiera o de atención de beneficencia.

No llamen a la clínica para solicitar información adicional sobre la elegibilidad.



# Community Newsletter

Español

## Preguntas frecuentes

### ¿Cómo establezco la atención médica con Inova Cares for Families?

Por favor, llame a la clínica para programar una cita de control para adulto o de control de salud infantil. Si necesita solicitar Medicaid o asistencia financiera, programe una cita con un empleado especializado en los requisitos de Medicaid una hora antes de su consulta médica y traiga los documentos necesarios.

### Una vez que me establezca como paciente, ¿cómo programo una cita?

Llame a la clínica para programar una cita. Solo los pacientes establecidos pueden venir a consulta el mismo día o por enfermedad.

### ¿Cuándo debo llegar?

Una vez que se haya establecido como paciente, llegue 15 minutos antes de su cita programada. Si debe reunirse con un empleado especializado en los requisitos de Medicaid antes de su cita, llegue una hora antes con los documentos necesarios.

### ¿Qué sucede si me retraso?

Si llega más de 15 minutos tarde a su cita, quizá no podamos atenderlo o su consulta se acortaría según la disponibilidad del proveedor y de las citas.

Todas las clínicas ofrecen servicios para adultos y niños. Se puede llegar a todas las clínicas en transporte público.

Si desea obtener más información, visite [Inova.org/CaresforFamilies](http://Inova.org/CaresforFamilies) o llame al 703.531.3100.

## Sedes de las clínicas Inova Cares for Families

Para programar una cita, llame al 703.531.3100 o llame al número de la clínica que aparece a continuación.

### Alexandria

4700 King St., Suite 100  
Alexandria, VA 22302  
Teléfono: 571.665.6599  
Horario: de lunes a viernes, de 8:30 a. m. a 5:00 p. m.

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Teléfono: 571.665.6526  
Horario: de lunes a viernes, de 8:30 a. m. a 5:00 p. m.



[Inova.org](http://Inova.org)

Andrea Ramalheira 571-279-1225 [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)





# Community Newsletter

## Youth Services Events

Chantilly Regional Library

May 2024

\*Requires Registration



### Baby/Toddler

Baby Lap-Sit Storytime (0-12mo)\*  
5/1, 5/8 & 5/15 @10:15am

Little Wiggles Storytime (0-20mo)\*  
5/2 & 5/16 @10:15am

Toddler Storytime (13-23mo)\*  
5/7, 5/14 & 5/21 @10:15am

Fun Twos and Threes  
Storytime (24-35mo)\*  
5/3 @11:15am



### Preschool

Wee Bilingual Storytime (2-5yrs)\*  
5/2 & 5/16 @11:15am

Storytime for 3-5s\*  
5/3 @10:15am  
5/2 & 5/16 @1:30pm

Story, Craft, & Play (3-5yrs)\*  
5/8 @1:30pm

Preschool Storytime (3-5yrs)\*  
5/9 & 5/23 @10:15am

Storytime with Officer Meg (3-5yrs)\*  
5/20 @10:30am

Ready for School Storytime (4-5yr)\*  
5/24 @2:00pm

### Teens

Let'em Cook: Teen Cooking (Gr. 7-12)\*  
5/6, 4:00pm - 6pm

Teen Advisory Board (Gr. 7-12)\*  
5/25 @ 12:30pm

### School Age

C3 - Chantilly Creative Corner\*  
Will Return in June

Passport to Fun\*  
5/10 @4:30pm  
Grades 1-6

Pokemon Club\*  
Will Return in June  
Grades 2-6



# Community Newsletter



## SATURDAY CINEMA 5/4 @2PM CHANTILLY REGIONAL LIBRARY

ALL AGES



*your*  
**Library**  
Fairfax County Public  
Imagine • Discover • Connect

Fairfax County Public Library  
12000 Government Center Parkway  
Suite 324  
Fairfax, VA 22035  
[www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library)



A Fairfax County, Va.  
publication



To request reasonable  
ADA accommodations,  
call 703-256-3800, TTY 711.

# Community Newsletter



Saville Cancer Screening and Prevention  
Center / Inova Schar Cancer Institute



## Saville Community Health Fair

**Saturday, May 18, 2024**

**9:00 a.m. - 1:00 p.m.**

**8081 Innovation Park Drive - The  
Pavilion Fairfax, VA 22031**

### **Please join Inova Saville for our annual Community Health Fair**

- Actionable health information for the whole family
- Complimentary health screenings
- Expert health lectures
- Food trucks
- Give aways
- Kids activities
- Nutrition demos



[Inova.org](https://www.inova.org)





# Community Newsletter

## Virtual Parent Cafés – A Community of Support for Parents

Join a community of support among others handling similar parenting situations. **Parent Cafés** are **virtual** and **free** and meet monthly during the school year. They're a great way for parents or guardians of children 0-18 years old to learn from each other as they grow in their parenting skills. Children and young teens need more than a cell phone to keep them safe when they're home alone. It's important to develop a family plan to ensure safety, especially in the summer. Join us **Tuesday, May 14** for a facilitated discussion on what to consider and how to create family rules and plans. Fairfax County parents or guardians with children ages 0-18 years old are welcome at this group which meets from 6:30-8 p.m. Sign up for any Virtual Parent Café by sending an [email](#) or calling **703-324-7720** at least one business day before the Parent Café date listed. We look forward to you joining us!

## Virtual Parent Cafés



Teaching your Kids  
to be “Safe at Home  
and Safe Alone”

Tuesday, May 14  
6:30-8 p.m.

Sign up for any Virtual Parent Café by sending an email to [BuildingStrongerFamilies@fairfaxcounty.gov](mailto:BuildingStrongerFamilies@fairfaxcounty.gov) or calling 703-324-7720 at least one business day before the Parent Café date listed. We look forward to you joining us!

# Community Newsletter



The Department of Neighborhood and Community Services offers a variety of youth and teen summer camps at public schools and community centers throughout Fairfax County. All programs offer reduced fees for eligible families:

## Camp Fairfax

Select public schools and community centers across Fairfax County welcome rising 1st through 7th graders for a weekly summer camp. Campers enjoy exciting opportunities in outdoor adventures, performing arts, sports and recreation, visual arts, science, technology, engineering and math exploration and much more. Registration opens in March.

## Sully Community Center Sports & More Camp

A partnership between NCS and the Fairfax County Park Authority offers affordable summer camps at Sully Community Center. Eligible families will pay reduced rates for children to participate in popular Park Authority summer camps. Registration opens in January.

## Teens in Action

Teens in Action offers an engaging, healthy and affordable recreation program for Youth ages 12 to 18 to learn, play and serve. Locations across Fairfax County. Registration opens in March.

## Therapeutic Recreation Camps

NCS' Therapeutic Recreation offers affordable summer camp experiences for individuals (ages 5-22) with developmental disabilities, intellectual disabilities, autism spectrum disorder, physical disabilities, emotional disabilities, learning disabilities, and/or attention deficit disorders. Camp registration opens in April.

## Value in Prevention (V.I.P.) Camps

Sponsored by Fairfax County Public Schools and NCS, V.I.P. summer camp encourages current or rising middle school students to develop healthy and positive recreation interests through a wide variety of leisure activities and programs. Registration opens in March.

## 4-H Camps

Fairfax County's overnight 4-H camp is held at the Northern Virginia 4-H Center for campers ages 9-13; high schoolers may also become counselors. The five-day, four-night camp is offered for one week in July. Registration opens by January.

For more information, visit <https://bit.ly/NCSamps> or scan QR code.



Reasonable accommodations made upon request; call 703-324-4600.  
A Fairfax County, Virginia publication. January 2024

