



A message from Kathy Smith

September is Suicide Prevention Awareness Month. Fairfax County's Community Services Board (CSB) offers Mental Health First Aid Classes for Fairfax County residents. Whether you are a parent, employer, teacher, or simply interested in learning more, these courses have information everyone can use. Read below to find out what else you can do to prevent suicide in our community.

The CSB has launched a website called KNOW the RxSK to educate the public about the risks of prescription drug misuse and how to properly dispose of unused medication. More information about this important new website is below.

Sincerely,

Kathy

Reminders!

Water Mine Dogs-Only Swimming:

Sunday, September 9, 2018

10:00 a.m. to 1:00 p.m.

The Water Mine Family Swimmin' Hole

1400 Lake Fairfax Drive, Reston, VA

The Water Mine will go to the dogs this September with a season-ending event benefitting the Fairfax County Animal Shelter and the Fairfax County Park Foundation. This year's end-of-season hoopla will once again feature a canine resource fair. For more information, click [here](#).

September is Suicide Prevention Month; 5 Ways to Get Involved



September is **Suicide Prevention Awareness Month**, and **National Suicide Prevention Week** is September 9-15; a time to share resources and events and spotlight activities and actions people can take to help prevent the tragedy of suicide. Suicide does not discriminate – it can happen to anyone – but it can be prevented. Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention and help people in emotional crisis. Together, we can all help prevent suicide.

Five ways you can get involved in suicide prevention in our community:

Walk -

Walk in memory of a loved one...to end stigma...to raise awareness.

- **Saturday, September 22** – [NAMI Northern Virginia's 10th Annual Walk for Mental Health](#)
- **Saturday, September 29** – [American Foundation for Suicide Prevention "Out of the Darkness" Fairfax Walk](#)

Act -

Participate in CSB community partner PRS Inc.'s **#CallTextLive campaign** throughout Suicide Prevention Month. PRS Inc., a mental health, crisis intervention and suicide prevention nonprofit that runs the local crisis hotline and textline, has a [list of daily actions and activities to help inform and erase stigma of suicide](#).

Volunteer -

- The National Capital Area Chapter of the American Foundation for Suicide Prevention (AFSP) is looking for volunteers to help fulfill their mission to

save lives and bring hope to people affected by suicide. Contact Bo Kim with questions.

- Help answer [PRC CrisisLink's](#) 24-hour hotlines. [Apply online.](#)

Learn -

- Read the [warning signs of suicide](#).
- Sign up for one of CSB's [Mental Health First Aid](#) training courses.

Join the Fight -

Get involved in the [Suicide Prevention Alliance of Northern Virginia](#) (SPAN). A partnership of the CSBs in the Northern Virginia region and PRC Inc., SPAN promotes [confidential, online mental health screenings](#), and important mental health resources.

Resources available 24/7 include:

- CSB [Emergency Services](#) at 703-573-5679.
- Text "CONNECT" to 855-11 to contact [PRC CrisisLink](#).
- Call [PRC CrisisLink](#) at 703-527-4077.

To read the full article, click [here](#).

Events at Chantilly Regional Library



[Master Gardener Plant Clinic](#)

Saturday, September 8, 2018

10:30 a.m. to 1:30 p.m.

Experts answer your gardening questions on Saturday mornings. Ages: Adults.

[Writer of Chantilly - Query Letters and Publishing](#)

Monday, September 17, 2018

6:30 to 9:00 p.m.

This seminar offers tips, information, and resources to help you craft an effective query letter that will get a literary agent's attention. Bring a draft query letter if you would like feedback.

[Lunch and a Movie](#)

Tuesday, September 18, 2018

1:00 to 3:00 p.m.

Preschoolers and Parents! Bring your lunch and join us for a showing of "The Many Adventures of Winnie-the-Pooh." Ages: Birth to Kindergarten.

[Ready for School Storytime](#)

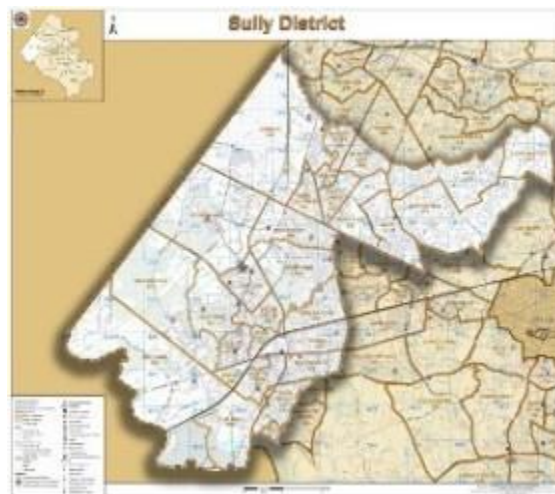
Friday, September 21, 2018

2:00 to 3:00 p.m.

Early literacy storytime program for children ready to be on their own without caregivers or siblings. Ages: 4 to 5.

The [Chantilly Regional Library](#) is located at 4000 Stringfellow Road, Chantilly, VA 20151. For more information about these events, call 703-502-3883, TTY 711 or email libCH@fairfaxcounty.gov.

Sully Land Use Spotlight



Upcoming Meetings/Events:

Planning Commission Meeting -

The Planning Commission will meet on Thursday, September 13, 2018 at 7:30 p.m. at the Fairfax County Government Center (12000 Government Center

Parkway, Fairfax, VA 22035) in the Board Auditorium. The meeting will be televised live on Channel 16. Click [here](#) to access the agenda and meeting materials.

The following Sully District case is on the agenda:

- PA 2018-III-BR1 (Boundary Change-Sully Station Shopping Center) As a result of Board action on May 15, 2018, PA 2018-III-BR1 was authorized for review by Planning Division staff. This plan amendment would incorporate the Sully Station Shopping Center into the larger Dulles Suburban Center. No other modifications such as use recommendations, densities, or substantive text changes are proposed as part of this amendment. A separate plan amendment, SSPA 2018-III-1BR, submitted through the Site Specific Plan Amendment (SSPA) Process for the same site is proceeding through a distinct SSPA review. For more information on PA 2018-III-BR1, click [here](#). For more information on the SSPA nomination, click the link below.

[SSPA 2018-III-1BR](#)

Sully Community Center Community Meeting -

A community meeting has been set for Monday, October 1, 2018 at 7:00 p.m. at the Sully Governmental Center (4900 Stonecroft Boulevard, Chantilly, VA 20151) to discuss the construction of the new Sully Community Center.

Fairfax County is proposing to build the new Sully Community Center on a 5-acre site at the intersection of Wall Road and the Air and Space Museum Parkway in Chantilly – near Highlands Park. The roughly 30,000 square-foot facility will serve as a multi-generational facility for the surrounding communities and will be the new

and permanent location of the Sully Senior Center (currently operating in leased space in Chantilly). The center will be home to a broad array of services, programs, and activities for individuals of all ages and abilities.

The project is currently in the initial stages of design and is scheduled to be completed in 2022.

For more information on the project, click [here](#).

Volunteer Opportunity



[A Meal for a Parenting Group](#)

Parenting Programs looking for volunteers to provide a meal for a parenting class. Help a family thrive. You can give back to your community by helping one time or as many times as you like. Classes are scheduled in locations across Fairfax County. Add your name to those who are helping make a difference in the life of

Fairfax County families.

Duties: Set up, prepare and serve meals.

Minimum Age to Volunteer: 18

Want to be part of this community transformation event? Contact Raiza Barraza 703-324-7745, or by email at Raiza.Barraza@fairfaxcounty.gov.

Hidden Poverty in Fairfax County: A 21st Century Perspective

Hidden Poverty in Fairfax County *A 21st Century Poverty Perspective*

Interested in learning more about how 21st Century Poverty affects your neighbors in Fairfax County? Join Sister Simone Campbell and four local experts for a conversation on the reality of poverty here in Fairfax County. This panel discussion will explore the topics of housing, hunger, immigration, wages, healthcare, and how to get involved!

Please join us for this event hosted by the Northern Virginia NETWORK Advocates Team!

Event Details

When: September 15, 2018
from 10:00-11:30am.

Where: St. Anne's Episcopal Church (1700 Wainwright Drive, Reston, Virginia, 20190)

Cost: Free

Questions? Email Mary

Moderator



Sister Simone Campbell
Executive Director of NETWORK

Panelists



John MacPherson, Executive Director of The Lamb Center



Kerrie Wilson, CEO of Cornerstones



John Golden, Director of Development and Outreach, Food for Others



Terry Angelotti, Executive Director Centreville Immigration Forum

Event at the Steven F. Udvar Hazy Center

Step Inside History Berlin Airlift Fly-In



The Berlin Airlift took place from June 26, 1948, to September 30, 1949, when the U.S. Air Force, Great Britain's Royal Air Force, and other allied forces provided food and other supplies to the citizens of West Berlin when the Soviet military administration cut off supply channels from West Germany to West Berlin.

The National Air and Space Museum will commemorate the 70th anniversary of the Berlin Airlift with a fly-in of a key aircraft that participated in the operation. Visitors will have a chance to enter the cockpit and cargo bay of a C-54 Skymaster, better known as Candy Bomber. A German Air Force A400M cargo plane will also be on display outside the Museum's Steven F. Udvar-Hazy Center in Chantilly, Virginia.

Saturday, September 15, 10 am to 5:30 pm

**Steven F. Udvar-Hazy Center
14390 Air and Space Museum Parkway
Chantilly, VA**

Free Admission, Parking \$15 (free after 4:00 pm)

airandspace.si.edu

#IdeasThatDefy

Visualize 2045 Open House



The National Capital Region Transportation Planning Board (TPB) will be conducting an informal open house in the Potomac Conference Room on Monday, September 17 from 4:00 to 7:00 p.m. to provide citizens with information about Visualize 2045, TPB's new long-range regional transportation plan.

Join Us for an Open House:

Want to learn more about what's in Visualize 2045? Here's where we will be:

Monday, September 17

4:00 to 7:00 p.m.

Virginia Department of Transportation

Northern Virginia District Office

4975 Alliance Drive

Fairfax, VA 22030

To learn more about Visualize 2045, click [here](#).

CSB's KnowRX.org Website Launches



Someone's brother. Someone's best friend. Someone's hero.

As the number of deaths and overdoses continues to rise, public health officials attribute the increase, in part, to an increasing dependency on prescription drugs. Increased community awareness is a crucial factor to stemming the epidemic. The [Fairfax-Falls Church Community Services Board](#) (CSB) is launching a new educational website - [KNOW the RxSK - Use with Caution \(KnowRX.org\)](#) to help educate the public about the risks of prescription drug misuse and importance of proper disposal. The website features information about opioids, what opioid addiction “looks like,” where to get help across the region, and locations to safely dispose of leftover or expired opioid medications.

Help stop opioid dependency in our community; log on, learn, and share.

[“REVIVE!” overdose reversal trainings](#) are held several times monthly. All trainings are FREE. No registration required.

Upcoming CSB trainings include:

- [Sunday, September 16](#), at 3:00 p.m., A New Beginning, gym, 4213 Walney Road, Chantilly, VA
- [Thursday, September 20](#), at 3:30 p.m., Gartlan Center, 8119 Holland Road, Room 168, Alexandria, VA

Are you concerned about your own opioid use, or the drug use of someone you care about?

Call CSB's Entry & Referral to schedule a confidential screening at 703-383-8500, or call the [Fairfax Detoxification Center](#) 24/7 at 703-502-7000. Call 911 if the concern is life-threatening.

The tragedy of overdose death IS preventable.

To read the full article, click [here](#).

Animal Shelter Corner



Meet Bella!

Age: 10y 4m

Gender: Female

Color: White / Grey

Spayed/Neutered: Yes

Size: Small

Meet Bella! She is a sweet, 10 year old lady who loves getting attention from her people and climbing into their laps for a few extra scratches and kisses. She's a curious little girl who keeps her nose to the ground, always looking for

the next scent--hopefully one that will lead her to an undiscovered treat because she does LOVE her food! She's not a big fan of other dogs, but probably just because she wants all of your attention all to herself! She is at the shelter because her owner was ill and could no longer care for her. She also has a bit of a health concern with a grade 4 heart murmur. At this point, that just means routine check-ups to make sure everything's ticking the way it should be. Bella is a wonderfully happy little dog who has won the hearts of shelter staff and their volunteers. Here's what one volunteer had to say about her: "I fell in love with Miss Bella tonight. She was super energetic for being 10! She practically sprinted on her walk. Definitely treat motivated and loved pets and kisses." Doesn't she sound like the perfect companion? For more information about Bella, please contact the Fairfax County Animal Shelter at 703-830-1100 or by email at animalshelter@fairfaxcounty.gov.