

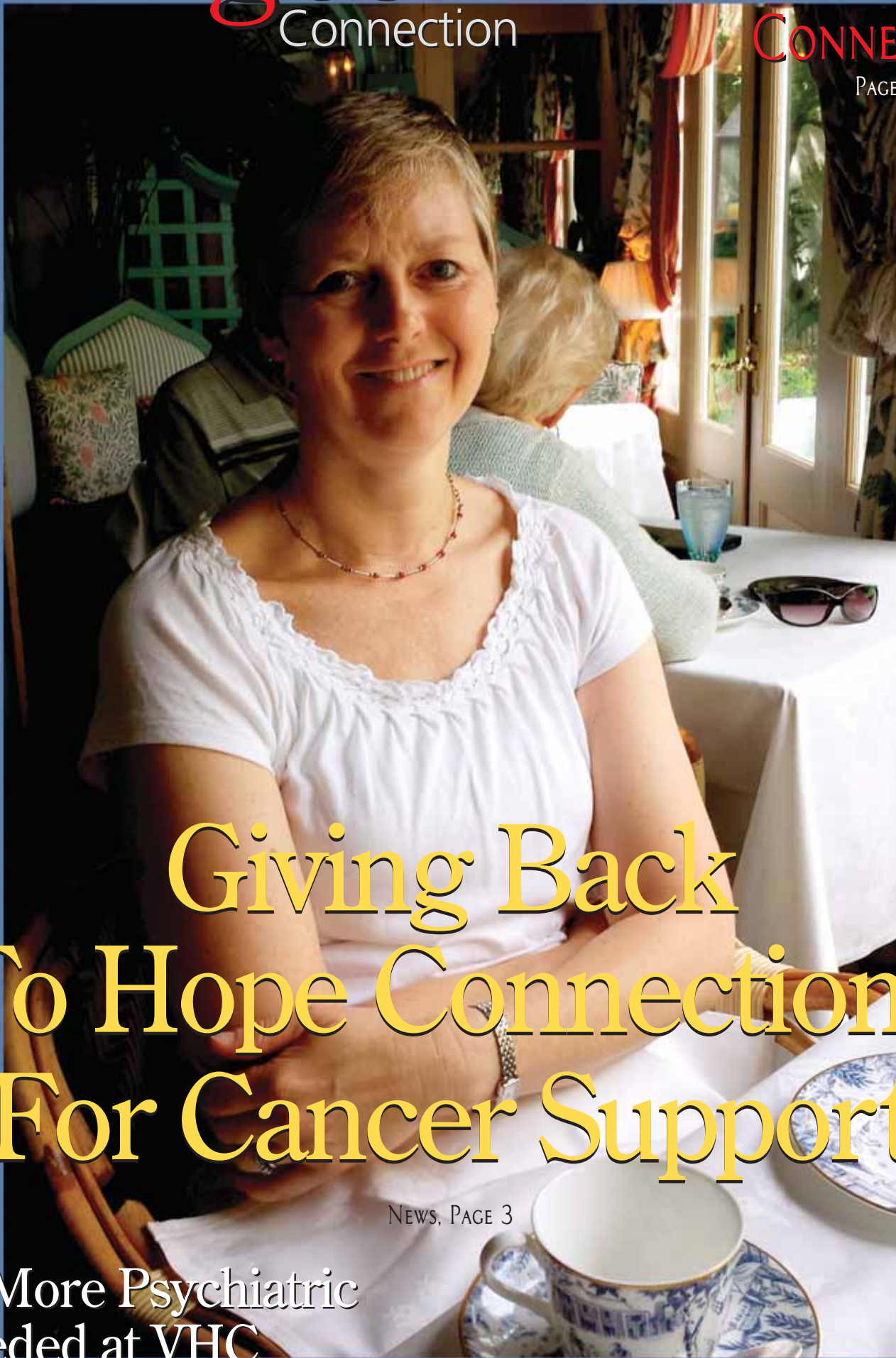


The Arlington Connection

FAMILY CONNECTION

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Liza Marshall serves on the board of directors for Hope Connections for Cancer Support.



Giving Back To Hope Connections For Cancer Support

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Parents: More Psychiatric Beds Needed at VHC

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Parents: More Psychiatric Beds Needed at VHC

Hearing on April 3 will address VHC request for property acquisition and additional beds.

BY EDEN BROWN
THE CONNECTION

Arlington mother Michelle Baisden will be paying close attention to what fellow residents say on April 3. That is the day the Health Systems Agency of Northern Virginia (HSANV) will hold a public hearing on the Certificate of Public Need (COPN) application from Virginia Hospital Center, asking to purchase property designed to add 100 medical/ surgical beds. Baisden (who asked that her name be changed to protect her children) says VHC is overlooking an important need in that application. VHC has filed for 100 additional medical/surgical (med/surg) beds but no psychiatric beds, even though VHC's COPN document estimates a need for 17 additional psychiatric beds in Arlington. VHC has to convince the county that if it purchases the Edison property adjacent to the hospital it will construct additional patient bed space versus a parking garage, and meet the needs of the community, according to Naomi Verdugo, of AMHA.

"Why aren't they asking for psych beds?" asks Baisden. "Because you don't make as much money on the psych beds as you do on the medical beds?"

Virginia Hospital Center's Adrian Stanton, vice president and chief marketing officer, says that comment is not fair. He says VHC is making a request for the 100 medical/ surgical beds first because that it the only way the hospital will get any additional space, down the road, for those additional psychiatric beds. There are two different request cycles in the course of a year. "Nor-

Not Enough Psychiatric Beds

The Arlington Mental Health Alliance (AMHA) issued comments on Feb. 23, reflecting the need for more acute care psychiatric beds.

Noting that state approval is required to add beds at Virginia Hospital Center (VHC), and that hundreds of Arlington residents with serious mental illness are being turned away from VHC each year and sent to other hospitals, often across the state, the AMHA asks VHC to open a minimum of 15 additional adult psychiatric beds in single occupancy rooms within two years and commit to opening additional beds as needed; the alliance asks that VHC open an inpatient psychiatric unit to treat children and adolescents with serious mental illness; that VHC commit to bringing the psychiatric unit into line with best practices with re-

gard to design, natural light, and staffing. They ask that VHC staff its emergency department with a mental health clinician and designate a separate suite of rooms attached to the emergency room, sufficient to serve patients of all ages.

A public forum on psychiatric services at VHC was conducted by the Arlington Community Services Board (CSB) on Nov. 28, 2016 and attended by CSB members and staff, family members, and community mental health advocates. VHC management did not attend, according to Naomi Verdugo of AMHA. About 25 people — primarily family members — either spoke or submitted written comments. In addition, 11 CSB clients with mental illness filled out surveys on their experiences in the psychiatric ward at VHC.

(Adrian Stanton of VHC said key person-

nel were not available for the forum, but that he subsequently invited a group of interested citizens to voice their concerns in mid-January.)

Family members spoke on condition of anonymity; they said it was hard to share in public the challenging details of getting their loved one to treatment or the lack thereof.

Speakers addressed: bed shortages for adults in crisis (15 speakers); the condition, design and location of the psychiatric ward (nine speakers); the need for beds for children and adolescents (seven speakers); inadequate discharge planning (six speakers); and emergency room problems (six speakers). Bed shortage was the most frequently cited concern for family members.

— EDEN BROWN

VHC

Virginia Hospital Center is a nonprofit corporation. According to its publicly available Form 990 2015 IRS filing, its Revenue Less Expenses (excess revenue) was \$54,294,184. Investment in publicly traded securities at the end of 2015 was nearly \$600 million, and investments in other securities at year end was over \$100 million.

mally we wouldn't be going in for med/surg beds," he said. "Because I don't even have the land yet. The reason we are doing this is because of an agreement with the county: in order to purchase the Edison site, we have to go through a site planning process

and get COPN approval for additional beds. The first bed cycle we could get into was the January cycle for med/surg beds. "

VHC is asking for county approval to purchase the county's "Edison site" property — adjacent to the hospital — to expand and add beds.

"The other aspect of this COPN is that our greatest need is for med/surg beds. Because Fairfax INOVA got their COPN approved, the state says there are adequate mental health beds in the area. We understand the families don't like going to other hospitals, and we'd like to work with the AMHA and NAMI to get more beds. But if

we don't get the COPN approved for the med/surg beds, we can't get the land, and then everyone loses because this upcoming COPN is our best chance at getting more space."

Stanton continued, "This has nothing to do with how much reimbursement we get for med/surg versus psych beds; if that were true, then we wouldn't be treating mental health patients at all, and we do continue to offer outpatient services as well as inpatient. The whole reason we are trying to get the land from the county is that we have approved 40 psych beds: we have 17 sub

SEE PARENTS, PAGE 12

Couple Gives Back to Hope Connections for Cancer Support

Liza and John Marshall are committed to nonprofit's mission.

BY SUSAN BELFORD
THE CONNECTION

In the fall of 2006, Liza Marshall of Arlington was diagnosed with triple negative breast cancer. She underwent surgery, chemotherapy and radiation in hopes of beating this aggressive form of the disease.

Her husband, Dr. John Marshall, is an oncologist at the Lombardi Comprehensive Cancer Center at Georgetown University where he heads the Ruesch Center for the Cure of Gastrointestinal Cancers. As a result of John Marshall being asked to serve

on the Medical Advisory Board of Hope Connections for Cancer Support, Liza Marshall learned of the Bethesda nonprofit's plan to provide emotional support, education and mind-body programs and support groups — and in January 2005 became a founding member of the board of directors.

In a stroke of irony, she became one of the first cancer patients to use Hope Connections' resources in her own fight against this disease. Ten years later, she continues to give back to the organization that has given her so much. She just completed her second term on the board of directors, where she was most recently board chair. She has co-chaired a number of the Hope Connections for Cancer Support Galas and was the co-chair of this year's 10th anniversary event, held on March 16. She is also still a member of "Team Hope," the training team in which participants raise money to benefit people with cancer and their loved ones at Hope Connections. In 2008, Liza and John Marshall were the recipients



Liza and John Marshall of Arlington assist Hope Connections for Cancer Support.

of the "Celebration of Hope" award.

"The support groups, educational and mind/body programs at Hope Connections were so beneficial to me," Liza Marshall said. "They gave me a chance to get back in touch with my body and learn how to counter the assaults on my life as I knew it. Journaling, meditation, Pilates — they all gave me a sense of well-being and a control over the physical and emotional chal-

lenges I was encountering. It was also wonderful to have a place to go where everyone understood what I was facing."

After filling the caregiver role for his wife, John Marshall gained a new appreciation as to how the disease affects both patient and those loved ones whose lives are also changed forever. "As a physician, I had been trained to 'put up an (emotional) wall' in order to deal day-to-day with giving patients their cancer diagnoses," he said. "I am now much more emotionally approachable in my interactions, since the wall, while not fully down, is clearly much easier for patients to symbolically climb over in search of some non-medical support."

Hope Connections for Cancer Support is located at the Beaumont House, 9650 Rockville Pike, Bethesda, Md. in a 1920's stone mansion surrounded by gardens of seasonal flowers and trees. The organization recently launched a second site in Prince George's County at 8401 Corporate

SEE COMMITTED, PAGE 11

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NEWS



IMAGES CONTRIBUTED

Design for the new Thomas Jefferson Elementary School.

Return of Thomas Jefferson ES

Planning Commission to consider new elementary school's design.

By VERNON MILES
THE CONNECTION

The community put up a long fight against the Thomas Jefferson Elementary School and lost. Over concerns about the loss of green space and parking, the County Board voted in 2015 to approve the development of a new elementary school at what is currently Thomas Jefferson Park. Now, at a Planning Commission meeting on April 5, the county will have to revisit the parking and transportation issues that plagued the school site through the initial approval.

Jessica Margarit, planning, communications and engagement strategist for Arlington County, said the Planning Commission will consider modifications to the zoning ordinance, modifications for height, and parking for the site. If the use permit application is approved by the Planning Commission, Margarit said the permit will likely be docketed for the County Board meetings on April 22 or 24.

Designs proposed by Arlington Public Schools in August 2016 show a four-story Y-shaped building. The new elementary school will be located in the northwest corner of the site in a wedge shaped parcel adjacent to the existing Thomas Jefferson Middle School. The school will add 725 seats to the school system and is expected to open by the

start of 2019. Preliminary designs showed an underground parking garage at the site will add between 200 and 235 parking spots.

The proposed elementary school has been the subject of controversy since 2014. Local community groups like The Friends of Thomas Jefferson Park have fought to keep the site as an active, community green space. At public hearings on the issue, local citizens also said they had concerns about the parking and traffic impact the new elementary school would have on the community. In January 2015, the County Board rejected the School Board proposal for an elementary school at the Thomas Jefferson site in a four to one vote, saying they were unconvinced that a new school at the site would be a sufficient benefit to the community. However, when the project was presented to the County Board again in December 2015, the County Board voted unanimously to approve the project.

Fifty-nine million dollars is available for the funding of the project through bonds and the County/School Board Joint Fund. The school will apply for final design approval from the County Board to begin a 21-month construction period.



Design for the new Thomas Jefferson Elementary School.

Yorktown Theatre To Present 'Pippin'

Yorktown High School Theatre will perform "Pippin," its spring musical this week. The show tells the story of young prince Pippin, who searches for the secret to true

happiness and fulfillment – on the battlefield, in relationships, and among the intrigues of political power. In the end, however, Pippin finds that happiness lies not in extraordinary endeavors, but rather in the ordinary moments of every-

day life. A music score, played by the Yorktown pit orchestra, accompanies the production. The performance is appropriate for middle school students and older.

Showtimes are Thursday, March 30 and Friday, March 31 at 7 p.m. and Saturday, April 1 at 2 and 7 p.m. To purchase tickets, go to <http://yhstheatre.org/pippin>. General admission seats are \$10 for students and \$15 for adults.



Transform 66 Inside the Beltway Eastbound Widening Project

W&OD Trail Pedestrian and Bicycle Bridge Over U.S. Route 29

Arlington County City of Falls Church

Public Planning Workshop
Wednesday, April 5, 2017, 6-8 p.m.
Yorktown High School

5200 Yorktown Boulevard, Arlington, VA 22207

The Virginia Department of Transportation (VDOT) will host a planning workshop to gather input from the public on bridge options and design details for the W&OD Trail Pedestrian and Bicycle Bridge over U.S. Route 29 (Lee Highway), which will be built as part of the Transform 66 Inside the Beltway Eastbound Widening Project.

Stop by between 6 p.m. and 8 p.m. to participate in the workshop and provide input. VDOT will hold a short presentation beginning at 6:30 p.m. followed by a public participation session.

Provide written comments at the workshop or submit them by April 21, 2017 to Ms. Amanda Baxter, Special Projects Development Manager, VDOT Northern Virginia District Office, 4975 Alliance Drive, Fairfax, VA 22030. You may also e-mail comments to Transform66@VDOT.Virginia.gov. Please reference "W&OD Trail Bridge" in the subject line.

For more information please visit www.Transform66.org.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights at 703-259-1775 or TTY/TDD 711.

State Project: 0066-96A-417, P101, R201, C501
Federal Project: NHPP-066-1(356) UPC: 108424

Incentivize Arlington

Inside the incentive network bringing new businesses to Arlington.

BY VERNON MILES
THE CONNECTION

SineWave Ventures LLC will be expanding its operations in Crystal City to create 391 jobs over the next five years in Arlington. While Crystal City's nightlife and parks likely played some part in the decision to stay, \$250,000 in grant funding from Arlington County over the next five years also helped sweeten the deal. At its March 21 County Board meeting, the board voted unanimously to approve performance-based grant funding to the venture capital business at 2231 Crystal Drive.

"With respect to Arlington's ongoing vacancy challenges, the Crystal City submarket continues to need companies and investment to diversify and rebuild its tenant base," said Alex Iams, assistant director of Arlington Economic Development (AED) in the county staff report. "The proposed partnership with SineWave aligns with the county's economic development strategy to attract key coworking operators, business incubators/accelerators and venture funds; SineWave adds another critical piece to the budding technology ecosystem in Crystal City ... The partnership and incentives offered by Arlington and the business case for the location led to SineWave's final decision to select office space in Arlington."

Sinewave Ventures is a tech hub which invests in early stage commercial and technology companies to utilize their technology with other commercial and public sector partners. According to Iams, SineWave Ventures' move into Arlington is expected to have a cumulative \$430,000 benefit to Arlington over 10 years for a net benefit of \$180,000. SineWave Ventures is the latest recipient of Arlington's business incentive program.

"The idea of incentives is relatively new,"

said Cara O'Donnell, public relations manager at Arlington Economic Development (AED). "It's something we needed to look at. It's a competitive marketplace. There's an increasing number of markets offering incentives for markets to locate here."

According to Christina Winn, director of AED's Business Investment Group, there are multiple incentive programs offered in Arlington based on the type of company. Companies eligible for incentives in Arlington are divided into three categories.

The first set of incentives are for "business growth trajectory." Winn described these programs as being aimed at start-ups, the kind that were formerly in garages, and are now in co-working spaces and incubators where they can get support services and mentors.

The next stage of incentives are for fast-growth, or "gazelle companies." Winn said these are generally tech companies on a high growth trajectory. The Arlington County Gazelle Grant program offers between \$10,000 and \$150,000 to select fast-growing technology companies and tech catalyst organizations like business incubators, accelerators, and venture funds. To qualify, these companies must demonstrate 30 percent job growth over a three-year period, have a three-year commitment to occupy office space in Arlington, demonstrate capital-raising ability and show proven business and financial success.

At the top end of incentives are the corporate giants.

"There are the names we all know," said Winn. "The Nestlés, the Corporate Executive Boards, these are generally public companies that have a long-standing and a lot of stability around them."

Part of the deal in February that brought Nestlé to Rosslyn was a series of incentives by the state and locality. The state's Com

SEE COUNTY'S USE. PAGE 15



PHOTO CONTRIBUTED

From left: Gov. Terry McAuliffe; Paul Bakus, president of Corporate Affairs for Nestlé US; and County Board Chair Jay Fissette. Nestlé received \$6 million in state and local incentives to relocate to Arlington.



The Kensington Falls Church Presents Energized Fitness for Parkinson's

Announcing an Introductory Orientation with Laxman Bahroo, MD and Angela Onyekanne, DPT, GCS, CEEAA
Sunday, April 9, 2017 • 2:00pm-4:00pm

at The Kensington Falls Church
700 West Broad Street, Falls Church, VA

Refreshments served • RSVP to Karen Akers at 703-992-9868 or to kakers@kensingtonsl.com

The Kensington Falls Church is pleased to announce its collaboration with the Parkinson Foundation of The National Capital Area (PFNCA) and Genesis Rehab Services to offer Energized Fitness for Parkinson's. The program provides a high-energy fitness experience geared toward improving mobility and strength while participants share time with others facing Parkinson's.

Energized Fitness will be introduced by Dr. Laxman Bahroo, a neurologist who focuses on movement disorders, and Angela Onyekanne, a therapist who is trained in LSVT BIG (a therapy that involves large amplitude, exaggerated movements that lead to smoother, larger, safer movements). Dr. Bahroo and Angela are our allies in striving to maximize health and optimize independence for people with Parkinson's. **Please RSVP to join us.**



Dr. Laxman Bahroo is an assistant professor and co-director of the Neurology Residency Program at MedStar Georgetown University Hospital. He is a board certified neurologist and member of the Movement Disorders program. Primary areas of focus in movement disorders include the medical and surgical management of Parkinson's disease and essential tremor.



Angela Onyekanne, DPT, GCS, CEEAA has ten years of experience working exclusively with geriatric clients in a variety of settings. She is APTA Board-Certified in Geriatric PT and LSVT BIG certified for individuals with Parkinson's disease.



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Expand Medicaid Now

Virginia has missed out on \$10 billion, 30,000 jobs and care for 400,000 citizens.

Virginia's General Assembly has refused to accept one of the key provisions of the Affordable Care Act, expansion of Medicaid at almost no cost to Virginia that could have covered 400,000 uninsured Virginians and would have brought more than \$10 billion into the state. It has also cost lives.

Ironically, the failed bill to "repeal and replace" the Affordable Care Act included changes to Medicaid that would have penalized states, like Virginia, that did not expand Medicaid, permanently reducing federal funding.

On Monday, Gov. Terry McAuliffe proposed a budget amendment restoring his authority

to pursue planning for Medicaid expansion in the wake of the failed repeal effort in Congress.

Kansas and North Carolina are taking steps this week to expand Medicaid, hoping to join the 31 other states plus the District of Columbia that have already done so.

More than 140,000 residents of Fairfax County have no health insurance. More than 40,000 residents of Arlington and Alexandria have no health insurance. That's more than 12 percent of the people who live in one of the wealthiest areas in the nation.

A Harvard Medical School study determined that the decision by 25 states to reject the expansion of Medicaid coverage under the Affordable Care Act would result in between 7,115 and 17,104 more deaths than had all states opted in. In Virginia, the number of deaths due to failure to expand Medicaid: between 266 and 987.

From a practical perspective, declining federal money to provide healthcare to uninsured Virginians makes no more sense than declining federal funds for transportation or education.

In Virginia, 102,000 uninsured people with

a mental illness or substance use disorder could qualify for coverage if Medicaid were expanded under the Affordable Care Act.

As Virginia and the rest of the nation wrestles with heroin and opioid addiction, expanding Medicaid would allow for expanding treatment programs. One of the big obstacles to helping people who are fighting addiction is the availability of treatment when it is most needed.

"The time has come for us to bring our taxpayer dollars back to serve the individuals who need them the most," said McAuliffe. "With this amendment, I'm asking the General Assembly to work with me to pursue Medicaid expansion and put this funding to work for our most vulnerable Virginians."

Primaries for candidates for the House of Delegates plus governor, lieutenant governor and attorney general are in June, with all seats on the ballot in November. An important question as voters choose: What is their position on Medicaid expansion? How did incumbents vote?

— MARY KIMM
MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Why It's Not That Easy to 'Just Come Here Legally'

To the Editor:

While it is simple to decry the illegal entry of the country's undocumented immigrants, it is not as easy but absolutely crucial to

understand the impossibility for many to follow the legal route.

Many of those who come, especially women and children, are fleeing threats beyond the experi-

ence of most U.S.-born citizens. But when one imagines their own daughter being kidnapped on her way to school, violated and beaten, and the police of the country being complacent in the act, it is easy to understand and support the haste with which the child must flee the country.

Similarly, we must see through compassionate eyes the plight of the young girl who is terrified to her core when she is told that a female genital mutilation ceremony, in which her clitoris will be removed by a shared blade and

without any anesthetics, has been scheduled for her that weekend.

It is critically important, now more than ever before, to support these children rather than fault them for failing to go the legal route, which could mean a 24-year wait (the current time for a U.S. citizen to bring over their Filipino sibling, for example), at which point it will be too late.

Chelsea Naylor
Arlington

The writer has an M.A. in international law and human rights and currently works in immigration law.

BULLETIN BOARD

Email announcements to arlington@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

MARCH 20-APRIL 17

Spring Cleaning for Water Pipes. Crews at the Washington Aqueduct will begin the temporary disinfectant switch from chloramine to chlorine. The annual switch in water disinfection is part of a routine program to clean and maintain the drinking water systems. The Aqueduct also adds a corrosion control inhibitor during the switch to prevent the potential release of lead in system pipes throughout the region. Extensive research in Arlington has never found any lead service lines or lead pipes inside homes. During the cleaning, Arlington's Water, Sewer, Streets Bureau will continually monitor the

output for safe chlorine levels as well as conduct system-wide flushing to enhance water quality. Visit water.arlingtonva.us/water/ for more.

TUESDAY/MARCH 28

County Board Public Budget Hearing. 7 p.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. For information on speaking at the Budget and Tax Rate Public Hearings, visit the County countyboard.arlingtonva.us. An online Budget Feedback Form is also available at budget.arlingtonva.us/proposed-fy18-feedback/.

WEDNESDAY/MARCH 29

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will

SEE BULLETIN, PAGE 15



MICHAEL MCMORROW/ARLINGTON CONNECTION

They're Off!

The Discovery/Nottingham ES Friendship 5K took place on Saturday morning, March 25.

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PEOPLE

Celebrating Her 99th Birthday

At age 99, Eleanor W. Bune, of Arlington, recently celebrated her March birthday at a dinner party held at Essy's Carriage House in Arlington that her daughter, Karen L. Bune, organized. A 64-year-old guest said, "I've never known anyone 99-years-old." Her internist, Dr. Lawrence Stein, said, "You've reached a milestone."

Eleanor Bune enjoys good discussions, reading the newspaper, keeping up with current events, and dining out. Despite some health issues and the pain of arthritis that embrace the elder years, she keeps going. She lives with her daughter and says Karen is of great help to her.

Karen Bune is employed as the patient relations manager for Inova Alexandria Hospital.

"I'm assisting the patients at the hospital and also caring for my mom. I'm truly in the caregiver role," Karen Bune said.

Karen Bune credits Stein for her mother's success in reaching age 99. "Dr. Stein is my hero, and he holds a special place in my heart always. In 1996, he saved her life



PHOTO BY LAURIE GRAHAM

Eleanor W. Bune with her daughter Karen.

when she was seriously ill with pneumonia. If it weren't for him, she would not be here today. He is a physician that truly cares about his patients, and he is #1 in my book," she said.

Essy and Janet Saedi, the owners of the restaurant, always provide a warm welcome to Eleanor and her daughter. Noting Eleanor Bune's spirit for her age, Essy Saedi always asks with a smile, "Are you ready to go to Georgetown with me?"

Make Birds (and Children) Happy

BY SHIRLEY RUHE
THE CONNECTION

Run out of ideas about what to do on that next snow day, teacher work day or other unscheduled day home from school? You can do it all in one by making homemade suet cakes for the backyard birds. At this time of year when food is difficult to find for birds, your children will get a sense of satisfaction from feeding their backyard friends.

Children all seem to love to cook. Suet cakes don't involve a hot oven, don't have to rise and allow the kids to get hands-on messy. The recipe is flexible and allows for your own creativity. And it provides a public service to the grateful birds in your backyard or public space nearby. The only downside is the children can't (or probably shouldn't) taste the batter or lick the bowl.

Recipe for suet cakes: (use your creativity)
2 cups lard or Crisco or shortening
1 cup peanut butter
1/2 cup cornmeal
2 cups oats
1/4 cup raisins, currants and or dried cranberries or blueberries
1/4 cup birdseed, sunflower seeds, peanuts or other seeds
1/4 tsp. red pepper (if you wish to discourage squirrels)
empty tuna cans or empty former suet packages

Mix all ingredients together with large wooden spoon or tiny hands. Fill tuna or plastic suet containers and put in fridge several hours to harden. After nap time, remove suet from container and put in suet holder or tie with string around both sides of the square and hang from a tree limb. Or just put on the ground. The birds will find




Child-friendly activity for an unexpected day at home.



PHOTOS BY SHIRLEY RUHE/THE CONNECTION

Recipe for suet cakes for backyard birds.

it. Then look out the window make a game out of which birds come first, how many birds eat the suet, how fast it disappears and watch the squirrels spit out the suet when they discover it has their least favorite red pepper ingredient.




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ONGOING

Artomatic Kicks Off 2017. Various times through May 6 at Exhibition space, 1800 S. Bell St. A variety of creative work, including visual art, music, film, live fire performances, poetry, dance, fashion, workshops and special events showcases. Visit www.artomatic.org/ for more.

OCEAN Yoga. through May 6 at Shirlington Branch Library, 4200 Campbell Ave., Campbell Room. Tricia Londres, owner of OCEAN Yoga, will instruct students of all levels and ability. Mats not provided. Visit arlingtonva.libcal.com/event/3062874 for more.

Pickleball. Through March, noon-3:30 p.m. Mondays, Wednesdays and Fridays at Arlington Mill Community Center, 909 S. Dinwiddie St. Call 703-228-7790 for more.

John Glenn Exhibit. Saturday and Sundays through March 31, 1-4 p.m.; Wednesdays, 12:30-3:30 p.m. at Arlington Historical Museum, 1805 S. Arlington Ridge Road. Includes his waterski from when he went waterskiing with Jackie Kennedy in 1962 as well as items celebrating his Mercury flight as the first American to orbit the Earth. Glenn lived in north Arlington at the time. He presented the waterski to the AHS, and it is autographed. 571-243-1113 or garrett.peck@arlingtonhistorical.society.org.

"Purple Reign" Group Show. Various times through March 31 at the Arlington Artists Alliance Gallery, 2100 Crystal Drive. An all-media show devoted to the color purple. Member artists were challenged to create colorful works that evoke the majesty and magic this color can elicit. Opening reception: Friday, March 3, 5-8 p.m. Visit www.galleryunderground.org for more.

Video Gallery. Various times through April 1 at Metro Micro Gallery, 3409 Wilson Blvd. David Carlson "Water Unspoken" Video Gallery Experience. Visit www.metromicrogallery.com for more.

Cycling Volunteers Needed. The 20th annual Armed Forces Cycling Classic needs volunteers for the June 10-11 race. Sign up by April 15 and get a free class at CycleBar Columbia Pike. Email info@arlingtonsports.org for more.

Midwestern Gothic. Various times through April 30 at Signature Theatre, 4200 Campbell Ave. A world premiere thriller with a musical twist. Visit www.sigtheatre.org or call 703-820-9771 for more.

Healthy Lifestyle Runs. Saturdays, 9 a.m. at Roosevelt Island, George Washington Memorial Parkway. American Cancer Society partners with parkrun USA to promote fitness in the fight against cancer. Free. Visit www.parkrun.us/rooseveltislanddc/ for more.

Friday Night Live. 8 p.m. Fridays at the Church at Clarendon, 1210 N. Highland St., Suite A. Local musicians perform. Free. Visit 1bc.org for more.

Culinaire's Winter Lunch. Tuesdays through Thursdays, 11:30 a.m.-1 p.m. at The Art Institute of Washington, 1820 N. Fort Myer Drive, 12th floor. Culinaire, the student-run restaurant of the Art Institute of Washington, is now serving lunch from their winter menu on Tuesdays, Wednesdays and



PHOTO CONTRIBUTED

'Hometown Habitat'

Filmmaker Catherine Zimmerman's film "Hometown Habitat," will be showing on Wednesday, April 26 at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Admission is free.

Thursdays. Visit www.artinstitutes.edu/arlington
Arlington's Historical Museum Open on First Wednesdays. The Arlington Historical Museum is open to the public on the first Wednesday of every month from 12:30-3:30 p.m. The museum consists of exhibits chronicling Arlington County's history from Native American settlements up to the present day. The museum will continue to be open on Saturdays and Sundays from 1-4 p.m. Admission is free. The museum is located in the former 1891 Hume School building at 1805 S. Arlington Ridge Road. Contact Garrett Peck at 571-243-1113 or at garrett.peck@arlingtonhistorical.society.org.

LGBT & Straight Friends Social. Tuesdays. Happy Hour, 3-7 p.m.; Mikey's "Bar A" Video Wall, 7 p.m.; start time at 8 p.m. IOTA Club & Cafe, 2832 Wilson Blvd. For 21 years and older. Free. Visit www.iotaclubandcafe.com for more.

Open Mic Comedy. Wednesdays 8-10 p.m. at Ri Ra Irish Pub, 2915 Wilson Blvd. Doors open at 7 p.m. Age 21 and up only. Free show, \$25 cash prize for best joke. Call 703-248-9888 or Visit www.RiRa.com/ Arlington for more.

Food Truck Thursdays. 5:30-8:30 p.m. at the corner of North Irving St. and Washington Blvd. Find a round-up of regional food trucks. Free to attend. Visit www.dmvfta.org.

Invasive Plants Removal. Work parties are held every month to keep the parks free of destructive invasive plants. Teens, adults and families welcome. Every second Sunday of the month 2-4:30 p.m. at Gulf Branch Nature Center, 3608 Military Road; call 703-228-3403. Every third Sunday of the month 2-5 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road; call 703-228-6535 or Visit registration.arlingtonva.us. Free, no registration required.

Poetry Series. 6-8 p.m. second Sunday of the month at IOTA Club & Cafe, 2832 Wilson Blvd. Hosted by poet Miles David Moore. Featured artists share their poetry followed by open readings. Free. Visit www.iotaclubandcafe.com or call 703-522-8340.

Open Mic Nite. 8 p.m.-12:30 a.m.

every Wednesday at IOTA Club & Cafe, 2832 Wilson Blvd. Sign-up times are 7:30 p.m. and 10 p.m. Bring instruments, fans and friends. Visit www.iotaclubandcafe.com or call 703-522-8340.

Karaoke. 8 p.m. on the first Sunday every month at Galaxy Hut, 2711 Wilson Blvd. Visit www.galaxyhut.com or call 703-525-8646.

Pub Quiz. 8 p.m. every Sunday at Whitlow's on Wilson, 2854 Wilson Blvd. Prizes for first place. Free. Visit www.whitlows.com or call 703-276-9693.

Storytime. Wednesdays and Fridays, 10:30-11 a.m. at Kinder Haus Toys, 1220 N. Fillmore St. Storytime with Ms. Laura. Call 703-527-5929.

Lego Club. Monthly on the first Wednesday. 4-5 p.m. Glencarlyn Branch Library, 300 S. Kensington St. The library provides tubs of legos and a special challenge and after the program the creations are displayed for everyone to see. No registration required. Call 703-228-6548 for more.

Crystal City Sparket. 11 a.m.-2 p.m. on Wednesdays at 1900 Crystal Drive. Sparket — A Creative Market is an extension of DC's Eastern Market with arts, crafts, and handmade goods. Free to attend. Visit www.crystalcity.org.

Open Mic Night. Wednesdays, at 8 p.m., sign ups are at 7:30 p.m. and 10 p.m., at Iota Club & Cafe, 2832 Wilson Blvd. Free. Visit www.iotaclubandcafe.com/.

Art for Life. Third Thursday of each month. The Hyatt Regency Crystal City's "Art for Life" Partnership with National Kidney Foundation brings a new artist each month to The Hyatt for a reception. Free. Visit www.torpedofactory.org.

Brunch at Freddie's. Third Saturday of every month, 11 a.m.-1 p.m. at Freddie's Beach Bar, 555 23rd St. The Arlington Gay and Lesbian Alliance gathers for an all-you-can-eat breakfast buffet (\$9.99). All are welcome. No reservation is required. Visit www.facebook.com/events/700174390103305.

THURSDAY/MARCH 30

Exhibit Artist Talk: Tony Neville.

2-3:30 p.m. in the Gallery Underground in Crystal City, 2100 Crystal Drive. Featured artist Tony Neville, an Arlington-based watercolorist. Visit www.galleryunderground.org/ or call 571-483-0652 for more.

FRIDAY/MARCH 31

Opening Reception for Spring Art Week. 1-5 p.m. at Fort C.F. Smith Park, 2411 24th St. N. Highlights include an art show and sale featuring the works of more than 30 Arlington-based artists, in paintings of many genres, ceramics, sculpture, artists cards, unframed works and more. Visit www.arlingtonartistsalliance.org for more.

MARCH 31-MAY 5

Annual Student Exhibition. Various times in the Barry Gallery in the Reinsch Library, Marymount University, 2807 North Glebe Road. Featuring art, design, and fashion illustration work. Visit www.marymount.edu/barrygallery for more.

MARCH 31-APRIL 1

Barrier Dance Production. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Explores stories of flight, migration, climate and the environmental impact of barriers. Visit www.janefranklin.com/ for more.

SATURDAY/APRIL 1

Arlington Kids' Stuff Sale. 8 a.m.-noon at St. Andrew's Episcopal Church, 4000 North Lorcom Lane. Email kidsstuffarlington@gmail.com for more.

Sustainable Landscaping 3: Plant Selection, Design & Planting. 9 a.m.-noon at the Fairlington Community Center, 3308 S. Stafford St. Learn how to select plants that will function best, focusing on the 3,000 native and naturalized plant alternatives to commonly used non-native plants. Free. Call 703-228-6414 or email mgarlallex@gmail.com.
The Art of Comedy. 10 a.m.-noon at

at Fort C.F. Smith Park, 2411 24th St. N. Learn the art of writing and performing stand-up comedy. Ages: 12 and up. Free. Visit www.arlingtonartistsalliance.org for more.

Betches Who Brunch Comedy.

Noon, at Arlington Cinema & Draffthouse, 2903 Columbia Pike. Signature snarky and honest humor. \$25. Visit ArlingtonDraffthouse.com for more.

Dance on the Terrace.

1-2 p.m. at at Fort C.F. Smith Park, 2411 24th St. N. The Sultanas Dance Troupe presents an al fresco performance of Ancient Art Movement on the front terrace at the Hendry House (weather permitting). Free. Visit www.arlingtonartistsalliance.org for more.

Honduras Mission Experience.

6 p.m. at Clarendon United Methodist Church, 606 N. Irving St. Learn about a recent mission trip to Honduras where they worked in a local bilingual school supported by Rev. Glen Evans. Honduras International Bilingual School was established to help children work their way out of poverty with an education. Call 703-527-8574 for more.

Active 20-30 Gala.

7-10 p.m. at Bennett Park Art Atrium, 1601 Clarendon Blvd. Annual gala provides young adults with opportunities for personal growth and leadership development through volunteer projects that improve the quality of life for local children in need. Visit www.rosslynva.org for more.

SUNDAY/APRIL 2

Michael Aram Judaica Trunk Show. 9 a.m.-1 p.m., at Temple Rodef Shalom, 2100 Westmoreland St., Falls Church. An assortment of Judaica items and gifts for the home. Visit SisterhoodTreasures@gmail.com or call 703-946-6401.

Paint Your Favorite Animal. noon-1 p.m. at at Fort C.F. Smith Park, 2411 24th St. N. This is a hands-on activity where children can paint their favorite animal as artwork to take home and share. All materials provided. Visit www.arlingtonartistsalliance.org for more.

Organic Vegetable Garden. 1-4 p.m. in Potomac Overlook Park, 2845 Marcey Road. Get answers questions about organic gardening, including controlling pests and diseases without the use of chemicals. Call 703-528-5406 or visit mgnv.org for more.

Crescendo Concert. 3 p.m. at The Jefferson, 900 North Taylor St. Repertoire to include Mendelssohn, Beethoven, and John Williams. Visit www.arlingtonphilharmonic.org or call 703-910-5161 for more.

Edible Landscaping and Fruit in the Garden. 7-8 p.m. in Arlington Central Library, 1015 N. Quincy St. Fruit plantings can add beauty and sources of food in your garden. Call 703-528-5406 or visit mgnv.org for more.

APRIL 3-28

Devine Light Art Show. Various times at the Gallery Underground, 2100 Crystal Drive. The opening reception to meet the artist is on April 7 from 5-8 p.m. Visit www.galleryunderground.org/ for more.

TUESDAY/APRIL 4

Day of Service Event. 5-6:30 p.m. at Barcroft Park, 4200 S. Four Mile Run Drive. In honor of National Mayor and County Recognition Day, "Aspire! Afterschool Learning," will

ENTERTAINMENT



Divine Light

This painting is one of several that will be part of the **Divine Light Artshow, April 3-28** at the Gallery Underground, 2100 Crystal Drive. The opening reception to meet the artist is on **April 7 from 5-8 p.m.** Visit www.galleryunderground.org.

PHOTO BY LAURA CLERICI

celebrate its dedicated AmeriCorps team that has contributed more than 100,000 hours of community service to south Arlington children and families since the program began. All friends, supporters and community members are welcome to attend. Visit aspireafterschool.org/.

National Event Day. 7:45 p.m. at Arlington Cinema & Drafthouse, 2903 Columbia Pike. Screening of the '80s movie "1984," starring John Hurt. Visit ArlingtonDrafthouse.com.

WEDNESDAY/APRIL 5

National Walking Day. 11:30 a.m.-1:30 p.m. in Arlington, with pit stops at The Nature Conservancy, 4245 N Fairfax Drive; Sequoia Plaza, 2100 Washington Blvd; Crystal City Water Park, 1750 Crystal Drive; Central Place, 1800 N Lynn Street. Visit www.walkarlington.com for more.

Rembrandt and Poetry. 12:15-1:15 p.m. at Fort C.F. Smith Park, 2411 24th St. N. Savor the religious paintings of Rembrandt and listen to the poems of Marilyn McEntyre and several local

poets. Min: 5, Max: 12. Free. Register at rustylynn@earthlink.net. Visit www.arlingtonartistsalliance.org for more.

FRIDAY/APRIL 7

Book Sale. 9 a.m.-9 p.m. at the Falls Church Community Center, Falls Church, 223 Little Falls St. Sponsored by American Association of University Women. Call 703-941-5643, or email molliejewell2@gmail.com for more.

Rosslyn CAFÉ project. 6-8 p.m. at the Bennett Park Art Atrium, 1601 Clarendon Blvd. The Community, Arts, Food and Entertainment (CAFÉ), will bring you local food, art and music every Friday night. Free. Visit www.rosslynva.org for more.

APRIL 7-8

Barrier Dance Production. 7:30 p.m. at Theatre on the Run, 3700 S. Four Mile Run Drive. Explores stories of flight, migration, climate and the environmental impact of barriers. Visit

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ENTERTAINMENT

www.janefranklin.com/ for more.

SATURDAY/APRIL 8

Children's Book Signing. 2 p.m. at Barnes & Noble, Inc. 6260 Seven Corners Court, Falls Church. Local children's author and Arlington resident Paula Bordenkecher to sign her book, "The Adventures of Casey Formoonzago." Email CRM2712@bn.com or call 703-536-0774 for more.

Annual Potomac Cleanup. 2-4 p.m. at Gulf Branch Nature Center, 3608 Military Road. Improve Arlington's part of the Potomac by taking out the trash, bags and gloves will be supplied. An adult must accompany volunteers under 18 years old. Email gulfbranchnaturectr@arlingtonva.us or call 703-228-3403 for more.

Spring SOLOS 2017. 6-9 p.m. at the Arlington Arts Center, 3550 Wilson Blvd. Opening reception for seven artists from Virginia, Pennsylvania, Maryland, and West Virginia. Each will mount a self-contained show in seven separate gallery spaces, resulting in a sampling of never-before-seen art. Visit arlingtonartscenter.org for more.

Bites & Blues Party. 7 p.m. at Arlington Rooftop & Grill, 2424 Wilson Blvd. The second annual Bites & Blues Party benefiting its Oral Health Program, each ticket covers the cost of a first time patient's initial exam, x-rays, and cleaning with the AFC dentist. Visit www.arlingtonfreeclinic.org/ or call 703-528-3030 for more.

Invertebrates Campfire. 7-8 p.m. at Long Branch Nature Center, 625 S. Carlin Springs Road. The program will be filled with activities that may include stories, special animal guests, games, songs and S'mores. Email longbranchnaturectr@arlingtonva.us or call 703-228- 6535 for more.

Sounds Of The Caribbean. 7 p.m., at Rosslyn Spectrum Theater, 1611 N. Kent St. Teatro De La Luna presents Joe Falero Band. Call 703-548-3092 or visit www.Teatrodelaluna.org.

APRIL 10-14

Spring Break Theater Camp. 9 a.m.-3 p.m. at Synetic Theater Camp, 2155 Crystal Plaza Arcade T-19. Pirate Island Camp, study the history of pirates from Davy Jones to the buccaneers of the Middle Ages while creating museum exhibitions through performance and visual art. Visit synetictheater.org/ for more.

WEDNESDAY/APRIL 12

Planning and Planting the Herb Garden. 7-8 p.m. at the Arlington Central Library, 1015 N Quincy St. Learn basic techniques on how to plan and plant an herb garden at home. Visit mgnv.org or call 703-



'Purple Reign'

ART BY KAREN COHEN

The "Purple Reign" Group Show takes place March 1-31, at the Gallery Underground, in the Crystal City Shops at 2100 Crystal Drive.

228-5990 for more.

APRIL 13-MAY 13

Nature's Grasp Srts Show. Various times in Lee Arts Center, 5722 Lee Highway. NATURE'S GRASP: A Printmaking Portfolio. Opening reception, Saturday, April 15, 1-3:00 p.m. Free. Call 703-228-0560 for more.

MONDAY/APRIL 17

Water Use and Gardens. 7-8 p.m. at the Arlington Central Library, 1015 N. Quincy St. Irrigation, hand watering, rain barrels, ollas, storm water re-use. Visit mgnv.org or call 703-228-5990 for more.

APRIL 19-MAY 24

Outdoor Zumba. 6-7 p.m. on Wednesdays, April 19 to May 24 (no class May 10) at Freedom Park, Entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org for more.

FRIDAY-SUNDAY/APRIL 21-23

Paul Rodriguez Comedy. Various times at the Arlington Cinema and Draft House, 2903 Columbia Pike. \$26.75. Admission is 21 or over

unless accompanied by parent/guardian before 9 p.m.; 21 or older only after 9 p.m. Visit arlingtondrafthouse.com/ or call 703-486-2345 for more.

SATURDAY/APRIL 22

Home Show and Garden Expo. 210 a.m.-5 p.m. at the Thomas Jefferson Community Center, 3501 2nd St. Learn of new ways to update the home and add value to the property. Visit www.arlingtonhomeshow.org/ for more.

Annual Spring Gala. 6-11 p.m. at the Ritz-Carlton, Pentagon City, 1250 S. Hayes St. Arlington Community Foundation fundraiser. \$300. Visit www.arlcf.org/ or call 703-243-4785 for more.

SATURDAY-SUNDAY/APRIL 22-23

Festival of the Arts. 10 a.m.-5 p.m. at the plaza, 3003 Washington Blvd. Visit www.artfestival.com, email info@artfestival.com or call 561-746-6615 for more.

WEDNESDAY/APRIL 26

Hometown Habitat. 7 p.m. at the Unitarian Universalist Church of Arlington, 4444 Arlington Blvd. Film by Catherine Zimmerman, producer/

director, about suburban ecosystems, trees, sustainable practices and the Habitat Hero Movement. Free. Visit themeadowproject.com or call 703-522-1114 for more.

SUNDAY/APRIL 30

Arlington Chorale Concert. 4 p.m. at the Unitarian Universalist Church of Arlington, 4444 Blvd.. Under the baton of Artistic Director & Conductor, Dr. Nancia D'Alimonte, "Sumer is Icumen In" will offer traditional and contemporary music by Rutter, Hogan, Luboff and others. Visit www.arlingtonchorale.org for more.

MAY 10-JUNE 11

Hunchback of Notre Dame. Various times at Synetic Theater, 1800 S. Bell St. \$35 and up. Student tickets start at \$15. Senior citizens and military receive \$5 off. Group discounts are available. Visit synetictheater.org/ for more.

SATURDAY/MAY 13

Turtle Trot Race. Check in at 9 a.m., race begins at 10 a.m. at Bluemont Park, 601 N. Manchester St. Proceeds from the Turtle Trot race help give them medical attention and a place to live until they are strong enough to be released back into the wild. \$30, kids 12 and under \$15. Visit

parcs.arlingtonva.us for more.
Festival Argentino. 6 p.m. at the Thomas Jefferson Theater, 125 S. Old Glebe Road. Celebrates 30 Years of tango, folk, pop music. \$20 adv \$30 door, \$15 child under age 12. Visit www.festivalargentino.org for more.

WEDNESDAY/MAY 17

Enriching Lives Breakfast. 8-9 a.m. at Army Navy Country Club, 1700 Army Navy Drive. Funds raised at Enriching Lives will directly help more than 450 vulnerable individuals with disabilities and veterans secure meaningful employment and reap the benefits of greater independence, financial security and self-esteem. Email philanthropy@linden.org or call 703-299-3247 for more.

FRIDAY/MAY 19

Bike to Work Day 2017. Registration — now open — is free and open to anyone who commutes in the region, from first timers to daily cyclists. All registrants will be entered in a regional bicycle raffle, and the first 16,000 to register and attend will receive a free t-shirt at one of more than 85 pit-stops throughout Northern Virginia. Participants can register online at www.biketoworkmetrodc.org. Email Megan Goodman at mgoodman@mwcog.org, or call 202-962-3209.



Outdoor Zumba

PHOTO COURTESY OF ROSSLYN BID

From April 19-May 24, it's outdoor zumba. 6-7 p.m. on Wednesdays, at Freedom Park, entrance on Lynn St. at Wilson Blvd. \$20 for all five classes. Visit www.rosslynva.org for more.

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PHOTO BY DONNA PARRY

From left are Hope Connections' co-founders Bernie and Bonnie Kogod (N. Bethesda), co-founder-CEO/President and 2017 Celebration of Hope Award winner Paula Rothenberg (Falls Church) and Liza (Gala co-chair) and John Marshall (Arlington).

Committed to Nonprofit's Mission

FROM PAGE 3

Drive, Suite 100 in Landover, Md.

When cancer strikes, where does the patient and family turn for support? The jungle of available information, the unending search for the best doctors, treatment and strategy, the fear of making the wrong treatment decisions — all are just a small part of the anxiety cancer patients must face; not to mention that they are also ill

PEOPLE NOTES

To have engagements, weddings, obituaries, or other significant personal events listed in *The Arlington Connection*, e-mail arlington@connectionnewspapers.com. Deadline is noon the Thursday before publication. Photos are welcome.

Martin "Art" Walsh won the JDRF's 2016 Rapaport Lifetime Service Award at the organization's 16th annual Hope Gala at the National Building Museum in Washington, D.C. on Nov. 5. This award recognizes Art's efforts in raising more than \$1.1 million over the years for JDRF, the leading global organization funding type 1 diabetes (T1D) research.

Pat Ochan, of Arlington, is one of 31 military and veteran caregivers who have been selected by the Elizabeth Dole Foundation as a member of the 2017 class of Dole Caregiver Fellows. As a military/veteran caregiver, Ochan will represent the state of Virginia from 2017-2019. Ochan is a caregiver to her husband Jimmy, a retired Marine Sergeant who was diagnosed with a Traumatic Brain Injury (TBI), Post Traumatic Stress (PTS), migraines, and lower back and knee pains due to combat injuries. While balancing caregiving and being a mother to their young son, Ochan has recently gone back to school to earn her Master of Science in Cybersecurity Policy from Colorado Technical University. As a Dole Caregiver Fellow, she hopes to encourage other caregivers to find interests and hobbies that allow them to enjoy life and know that there is always light at the end of the tunnel.

Maggie Davis, of Arlington, Senior Law & Policy Analyst, Center for Health and Homeland Security was named to Virginia's Real Estate Board by Gov. Terry McAuliffe.

and, in many cases, fighting for their lives.

Paula Rothenberg, who lost her father to cancer in 2004, and Bernie and Bonnie Kogod, whose 18-year-old daughter died from cancer a few years before, co-founded Hope Connections for Cancer Support, where patients and caregivers are provided with the opportunity to exchange insights, feelings and challenges. They also gain confidence and strength to fight their cancer. Their belief is that "nobody should suffer with cancer alone." Since its opening in 2007, it has had over 75,000 visits to their facilities by cancer patients, caregivers and families.

Through first-hand knowledge of seeing the unmet needs of her father and their family while dealing with his illness, Rothenberg helped to establish a place for patients with all types of cancer. Hope Connections helps reduce the feelings of isolation, provides professionally facilitated support groups, educational workshops and mind/body programs.

"We currently offer 40 support group sessions, 50 mind/body classes and four educational workshops every month and we want everyone to know that our programs are free," Rothenberg said. "We would like to get the word out to everyone."

"People come through the door like a deer in headlights because they are overwhelmed and fearing for their mortality. We help to ratchet down the stress and give them good, solid information. We also provide a place where they can share their worries, and very often, another participant can help them with direct knowledge. We also have some of the top doctors in our community give seminars on their specialty areas; the information participants gain from these programs is empowering."

The phone number for Hope Connections for Cancer Support is 301-634-7500 and the website is hopeconnectionsforcancer.org.



Now Open

Join The Kensington Falls Church at a Job Fair

Thursday, April 6 ♦ 11am-4pm
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700 West Broad St, Falls Church, VA

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Parents: More Psychiatric Beds Needed at VHC

FROM PAGE 3

stance abuse beds and 18 psychiatric beds: that's five short of the approved number because we have no room to put them."

The Patient Protection and Affordable Care Act of 2010 requires nonprofit, tax-exempt hospitals to assess the health care needs of their communities every three years and to adopt an implementation strategy to address the needs identified. Each hospital must make its Community Health Needs Assessment (CHNA) and Implementation Strategy available to the public.

AMHA, NAMI, and other groups in the area say those needs are not being met. They want pediatric psychiatric beds and a more favorable location in the hospital for existing beds. Some say the current area is "dark and dingy," and to get to it, patients and families have to walk past the morgue. Others say the beds are below ground level and have no natural light. Stanton disagreed: "By law, we have to have windows that access the outside in all our rooms," he said.

AMHA is also asking for single-occupancy rooms for the mentally ill. "I find it odd the VHC website states they are the only hospital in the area with all private patient rooms," says Verdugo, of AMHA, "but all nine psychiatric rooms have two beds." Stanton agreed the trend nationally is to single-occupancy rooms and any future construction at VHC will only have private rooms.

The Community Health Needs Assessment posted on the VHC website identifies mental illness as the top unmet community health need and the top service gap. "But when the Community Services Board (CSB) met with VHC leadership, VHC said no more beds were needed in our region," according to Verdugo. CSB data shows 208 of the people on a Temporary Detention Order (TDO) were turned away from VHC in fiscal year 2016. That figure does not include other patients also turned away such as those seeking voluntary admission to the psychiatric unit or court-ordered TDO patients from other Community Services Boards in the region. Arlington CSB data shows the frequency of people with TDOs refused admission to the hospital has grown from 38 percent in FY 2015 to 57 percent in the first half of FY 2017.

Stanton says outcomes are important to measure: beds are not the only way to improve mental health care: the hospital also offers outpatient treatment.

Verdugo said, "The VHC Implementation Strategy says they maintained and enhanced psychiatric services with the recruitment of a psychiatrist focusing on inpatients. But at this time they do not have that psychiatrist." Stanton said that doctor had decided to move out of the area: instead of replacing him they decided to use independent practitioners. This is not an unusual way to handle getting specialists, like orthopedic surgeons, he said.

Stanton offered a different view on the turn-away data: there are varying reasons a patient might be turned away: "We might not necessarily be the right facility for them

or we might not be able to put the patient in the same room with another patient for safety or gender reasons. The patient might require a unique sub-specialty we don't have, and it is true we don't have an adolescent program in our mental health area. We don't have a lot of pediatric services at VHC. INOVA put in a request to put in another unit," Stanton said, "I'm not sure where it stands in the COPN cycle — and there is one in Loudoun County — so we are not the only option to handle pediatric psychiatric cases." The Dominion Hospital in Falls Church is often the destination for those under 18; however, Dominion is not equipped to treat adolescents with complex mental and physical illnesses. Stanton said he was not very familiar with the Dominion Program; however, he said, "if there is a medical issue, we treat that first, then when the patient is stable, we send them for longer term mental health treatment."

That is Baisden's concern: her son could not be treated at Dominion Hospital because he has complex medical issues that go hand in hand with his mental illness, as is often the case with mentally ill patients.

Verdugo said, "It's more complex than some administrators think: Dominion can't take court-ordered patients. They have some very restrictive zoning guidelines prohibiting court-involved patients, she said.

"It's called potential," said Baisden of her son. "He has all the potential in the world. To walk away from that would be wrong. With the right care he won't end up in jail or worse ... if he gets what he needs, he will be a productive member of society."

"Up until he was 9, he was perfect. Then he went on steroids, and he exploded with bipolar disease. Shortly after his diagnosis," said Baisden, "he developed elopement issues, which is where your child disappears and runs into the woods. He also suffers from a muscle disease called juvenile dermatomyositis, an autoimmune disease, for which he receives chemo and shots, and takes about 30 pills every day. One time he took off without his shoes on and ran up Lee Highway. If he'd been hit by a car, then we would have been sent to a hospital. But his everyday issues, and there were many at the time, didn't entitle him to a hospital bed."

As a nonprofit VHC is required to provide community benefit, in exchange for their tax exempt status. This includes Charity Care as a percentage of gross revenues; serving Medicaid clients also counts as a community benefit, as does offering low or negative-margin specialties like psychiatric care. According to data provided to Verdugo by Health Systems Agency of Northern Virginia, VHC ranked next to lowest of the 10 acute care hospitals in Northern Virginia for Charity Care in 2015 and lowest in percentage of Medicaid patients served in 2016. (Data from 2016 on Charity Care exclusive of bad debt, is not available yet.)

The State of Virginia uses occupancy rates as a prime source of data on needs for more beds. For this reason, VHC hospital admin-

Details

Statistics from the public forum held on Nov. 28, 2016 by the CSB:

- ❖ Ten participants said their family members were not admitted to VHC due to a shortage of beds.

- ❖ Four participants said their family members waited for long periods in the emergency room or at home waiting for a bed at VHC.

- ❖ Six participants said their family members had to travel long distances to other hospitals to be treated.

- ❖ A counselor at a local university reported that they have had to send students as far away as Richmond because of the bed shortage at VHC and other hospitals in the region.

istrators like Stanton and state officials argue that Northern Virginia is not short of acute care psychiatric beds. Since the psychiatric rooms in VHC are double occupancy, and because patients must be matched by gender, some psychiatric beds go empty to avoid mixing genders. Some psychiatric patients are not stable enough to share a room. As a result, some beds go unfilled even if there is a patient waiting in the ER or court-ordered into treatment. This artificially depresses the bed occupancy rate, a key metric the state uses to determine whether additional psychiatric beds are needed according to Verdugo. While VHC is licensed for 40 Behavioral Health beds, it only uses 35; 18 are dedicated to psychiatric patients and 17 for substance abuse (which does offer private rooms). AMHA and the CSB has asked VHC and state officials to use the number of patients turned away from the hospital as relevant data, like the 208 court-ordered Arlington residents turned away in FY 2016.

In 2012, the Virginia Office of the State Inspector General probed how often clinically necessary TDOs are not issued because no facility is available to accept the patient. Over a 90-day period, the office found that 72 people were turned away despite the fact that they met the criteria to be involuntarily held for treatment. When state Sen. Creighton Deeds was stabbed by his mentally ill son in 2013 — after doctors could not find a psychiatric bed for his son despite a clear need for detention — more Virginians became aware of the issue.

"We are going to commit to reach a resolution on the psych beds issue," said Stanton. "We really don't know what the need is; most mental health issues are coming into the hospital first as a physical issue." Dean Montgomery, of the HSNV,

said, "It's true the state health planning people look at occupancy level in determining the need for beds. But at the same time, patients are seldom turned away because there aren't beds available. Some reasons are clinical. We have advised the families who feel the need is there to come up with some statistics of people who have been turned away solely because there is no bed. Those statistics would suggest additional capacity is needed."

"But we were the lucky ones," Baisden said. "Our other son is also on the autism spectrum. We couldn't go anywhere with the two kids, because one might run off and then what do you do? Our insurance wasn't accepted at Children's National Medical Center psychiatric ward. Fairfax INOVA had no pediatric beds. Virginia Hospital Center has zero beds for anyone under 18. Dominion Hospital would not have been able to handle his complex physical illness. But An ECDC waiver allowed us to get Medicaid to pay for an attendant."

"Luckily my son is stable now. He is 13, 5' 9", and he attends school part time because he gets tired so easily. The thing about mental illness that people don't realize, especially in adolescents and children, is that it is a disease like any other, and treatable, like any other," said Baisden.

The hearings on the VHC certificate will be held on Monday, April 3, at 7:30 p.m., in the Northern Virginia Regional Commission (NVRC) Conference Room, 3040 Williams Drive, Suite 200, Fairfax. The HSNV board of directors will consider the applications, the report of the hearing panel, and any comments received at its April 10 meeting, which will be held at 7:30 p.m. in the NVRC Conference Room, 3040 Williams Drive, Suite 200, Fairfax. To attend the hearings and to submit written comments by April 10 write to Health Systems Agency of Northern Virginia, 3040 Williams Drive, Suite 200, Fairfax, VA 22031 or email hsanv@aol.com. The applications are available for public viewing and copying in the HSNV offices.

For further information, see:

- ❖ The Arlington Mental Health Alliance: www.facebook.com/groups/249057865516670/

- ❖ NAMI: <http://www.naminalternativevirginia.org> and the Treatment Advocacy Center, a nationally-recognized, Arlington-based nonprofit, known for its research on psychiatric bed shortages nationwide: treatmentadvocacycenter.org.

"FLOURISHING AFTER 55"

"Flourishing After 55" from Arlington Office of Senior Adult Programs, April 3-8.

Senior centers: Lee, 5722 Lee Hwy.; Langston-Brown Senior Center, 2121 N. Culpeper St.; Walter Reed, 2909 S. 16th St.; Arlington Mill, 909 S. Dinwiddie St.; Aurora Hills, 735 S. 18th St.

Senior trips: Cherry Blossom cruise and lunch, Tuesday, April 4, \$59; Virginia State Capitol tour, Wednesday, April 5, \$9; Maryland Live! Casino, Hanover, Md., Thursday, April 6, \$9; Eastern Market, D.C., Saturday, April 8, \$6. Call Arlington County 55+ Travel, 703-228-

4748. Registration required.

NEW PROGRAMS:

Folk music sing-a-long, Monday, April 3, 1:30 p.m., Lee. Details, 703-228-0555.

Tom Cunningham Orchestra, Monday, April 3, 8 p.m., Walter Reed. Details, 703-228-0955.

Current events discussion, informal, Monday, April 3, 10 a.m., Walter Reed. Details, 703-228-0955.

Behind the scenes look at Red Top Cab, Tuesday, April 4, 10 a.m., Walter Reed. Register, 703-228-0955.

FAMILY CONNECTION



PHOTO CONTRIBUTED

Local national parks like Theodore Roosevelt Island are ideal for family staycations, says Lois Stover, Ph.D. of Marymount University.

Backyard Adventure

Ideas for a spring break family staycation.

By MARILYN CAMPBELL

For Katie Wendel, a spring break vacation this year won't mean loading up the car and driving several hundred miles or waiting in long lines at the airport. While the Bethesda mother of five is planning to enjoy some relaxing downtime with her family, she won't venture far from home.

"We're going to be tourists this year and visit the monuments and museums in Washington. We're also going to try to find every avenue in the city that's named after a state," said Wendel. "If you think about it, there's so much to do in this area that we all take for granted. You really don't have to leave the area to feel like you're in another city."

From museum exhibits to adventure centers, a goldmine of family getaways abounds locally. There are even activities for family bonding available without leaving home.

"Ask the kids what they would like to do. Involve them and give [them] a choice. Whatever it is they suggest, come up with a plan to document their adventure so they can share it with grandparents or siblings away at college," said Lois Stover, Ph.D., dean, School of Education and Human Services at Marymount University. "Let them help plan the Metro route or just look at the Metro map and randomly pick a station and explore that area."

"A lot of adults assume that kids want a big trip, but a lot of times a kid will say, 'I want to blow bubbles in the back yard.' It's important for children to have a say in how the family uses its free time," said Carolyn Lorente, Ph.D., professor of psychology at Northern Virginia Community College.

Among the recommendations that Stover

offers are activities at one's neighborhood library and trips to indoor public swimming pools. For animal-loving families the National Zoo offers beasts ranging from elephants and eagles to tigers and frogs.

"Get outside and take the family to one of the lesser known national parks, like Prince William, or walk the C&O Canal," said Stover.

There's also Gravelly Point Park near Reagan Washington National Airport in Arlington, which is ideal for family picnics, games of kickball or simply watching airplanes take off and land.

"If it's warm, do a beach day in the backyard [or] set up an indoor mini-golf course with Nerf balls [or use] Wiffle balls and bats," said Stover. "Have a dance party, a science day. Have a 'Today is Blue, or whatever color works, Day,' so everyone wears blue, all foods are blue, you ride the blue line Metro just to see where it goes, [for example]."

The U.S. Botanic Garden Conservatory on the National Mall is where Stephanie Kleinman is planning to take her twin daughters during spring break.

"The girls call it a museum for plants, and it's neat to go from the desert to the jungle all within one building," said Kleinman who lives in McLean. "We'll probably check out some of the other museums while we're downtown."

There are times when a staycation can be more relaxing than travel, says Lorente. "If you look at the list of the top 100 stressors in life, taking a vacation is on the list," she said. "A staycation, when done with purpose, can really be good."

Advanced planning is a key to making that time spent together meaningful, advises Lorente. "A lot of times people say they're taking a staycation and they end up doing chores around the house. And everybody is on their electronics," she said. "But it's really about family bonding and everyone coming together and creating shared experiences as a family."



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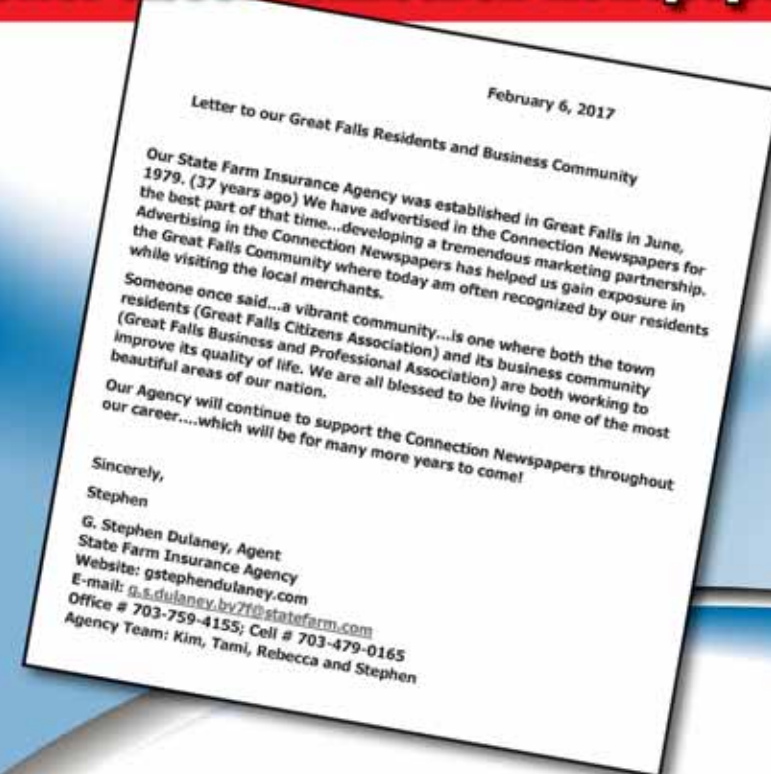
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21 Announcements **21 Announcements** **26 Antiques** **26 Antiques**

OBITUARY
Abraham Tsu-hsing Shen, age 67, died peacefully in his sleep at his home in Great Falls, VA on March 25. He is survived by his beloved wife of 37 years, Sharon; his son Aaron; his daughter Jennifer; two older brothers; and two older sisters. Abraham was born on December 6, 1949 in Taipei, Taiwan, the son of G.V. and L.F. Shen. He graduated from Jen-Guo High School and National Taipei University of Technology. After university, Abraham met his wife, Sharon, at the Chinese National Petroleum Corporation where they both worked. He and Sharon married in 1979 in Taipei. In 1977 Abraham came to the United States to study at Worcester Polytechnic Institute in Worcester, MA, where he received his master's degree in computer science. Abraham moved his family to Monroe, CT, where he worked as a software engineer for ITT and General Datacomm. In 1995 he joined Alcatel and later moved with his family to Great Falls, VA, where he resided for 20 years and worked for several companies. Abraham was a Christian. He was saved while in high school by the Church in Taipei. In Virginia, he attended church services at the Church in Dunn Loring. Besides attending church meetings and services on Lord's Day, Abraham greatly enjoyed traveling and working on do-it-yourself projects around his home. He was a devoted husband and father and was always diligent and responsible when dealing with others. Throughout most of his life Abraham was in good health. In the spring of 2016 his health unexpectedly began to decline. His family sought treatment from several doctors but he was unable to recover, and in the early morning of March 25, 2017, Abraham went to be with the Lord. A celebration of Abraham's life will be held at Adams-Green Funeral Home in Herndon, VA on April 1 at 10:00 AM. Memorial contributions may be made to the Church in Dunn Loring.

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21 Announcements **21 Announcements** **21 Announcements** **21 Announcements**

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THE CONNECTION
NEWSPAPERS

How Do I Know Then What I Don't Know Now?



By KENNETH B. LOURIE

Recently I went online to book a trip to Topeka, Ks. to meet our new niece, Sabella Rey. I went to Trivago for the hotel reservations and Expedia for the plane/rental car reservations. That's what I'm supposed to do, right? The process seemed simple enough and without too-much further adieu, I was able to make all the arrangements, including renting a car for the four days we'd need one. And I even booked my father-in-law's hotel reservations as well, almost as if I knew what I was doing. Subsequently, I received all my email confirmations indicating that I had in fact succeeded in one of my least favorite endeavors: computing my way to safe and secure travel plans.

For a few days, especially after receiving the site's emails and reviewing them for accuracy, I thought all was right in my travel-plan's world. Then I started receiving multiple emails and pop-up ads from sites promoting their hotel and flight reservations/rates. Expedia, the site on which I made my plane reservations began bombarding me with flight and rental car deals. Trivago, the site on which I made our hotel reservations, began bombarding me with hotel and rental car deals. None of which I needed. All of which had been completed when I went on their sites originally and made my hotel, flight and car rental reservations.

Given the way in which the Internet has changed the world and provided computerized access to almost everything, I was only slightly surprised by the bombardment. I'm clear on the concept, just not confident in the process. Nevertheless, I realize there really isn't any alternative these days to researching goods and services — and prices. My dilemma arose after the fact when I received all these offers on the exact goods and services I had ALREADY booked. What had I done, and how much extra money — and hassle had I done doing it?

I thought I was solving a problem (travel plans which involved coordinating our flight arrival in Kansas City from Baltimore, with my father-in-law's flight arrival from New York City), not creating one. After receiving all these offers and inducements from Expedia, Trivago and others, I'm now wondering if I missed an opportunity to simplify our travel plans and spend less for having done so? Obviously, I don't have an answer since I never clicked through the ads/opened the emails to see what the solicitation was all about. I didn't have the patience and besides, certainly concerning the airlines, wouldn't there be penalties for changing/canceling a flight? And what about my father-in-law's airline reservations? It was all too much to juggle so I stood pat. Soon, the ads and emails slowed down to a trickle and I was no longer remained — regularly, about my presumptive incompetence.

But I'm thinking about the next trip now, and perhaps that was the point. Maybe there is a better way to minimize travel expenses and maximize benefits? But how do I accomplish that, really? It's not like I can fake hotel/plane/car rental reservations in hopes that the site's artificial intelligence will think I'm still a potential buyer rather than one who's already bought. What good would that do? The solicitations are designed for current action not for a definite maybe sometime in the future, aren't they?

I'm certainly more aware now of how the process sort of works. But I'm less certain how I could actually change my behavior in order to become less of a victim and more of a beneficiary. I imagine it has to do with making my computer more of a friend, which doesn't interest me in the least. Of course, I want to pay less for my travel plans, but I'm not sure if the cost of doing business that way is worth the pain and suffering it inevitably will cause.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

NEWS

County's Use of Incentives

FROM PAGE 5

Commonwealth Opportunity Fund will give \$6 million to Nestlé, matched by \$4 million from Arlington County's Industrial Development Authority (IDA) Performance Incentives grants and \$2 million in county-funded local infrastructure improvements. IDA grants are typically used in conjunction with the Commonwealth Opportunity Fund. Winn said incentives from the Commonwealth Opportunity Fund require localities to match the state funding.

"The state generally pays money up front in year one," said Winn, "but we don't until second or third year until performance measures have been met."

However, Winn said the county's match to state funding does not always have to take the form of direct cash to the company. The county can also provide tax offsets or in-kind infrastructure improvements.

"When we talk about incentives, these are not always cash incentives," said Winn. "These could also be mentoring or free counseling, help with relocations or even just introductions. Even Nestlé needs help getting to know the marketplace."

The county can offer multiple types of incentives.

The most direct funding is through grants. The Industrial Development Authority (IDA) performance grants are for companies classified as priority economic development projects. These are companies that fill a need in Arlington County, like businesses that take up large office spaces, companies doing important research, nonprofit organizations or fast-growing tech companies. Award funds for IDA grants are deter-

mined by the project's estimated fiscal benefit to the county. These grants are awarded starting in year two and are paid out over a customized performance period based on lease length. All incentives require the company to meet certain criteria. The company must create new jobs and pay a salary above Arlington's average of \$83,000.

Incentive programs are popular in Washington D.C. and throughout Maryland. Terry Rephann, a regional economist with the Weldon Cooper Center for Public Service at the University of Virginia, said, if properly applied, incentives can help a locality gain a short term advantage over other local jurisdictions.

"From a national perspective, it's a zero sum game," said Rephann. "On a locality basis, [Arlington] is competing for other firms and workers in the metro area. You're all sort of in it together. It's generally thought that these aren't good ideas for localities in a metro area."

Rephann said the state has been trying to push initiatives like GO Virginia, a program which helps regional economic diversification rather than focusing on specific cities or counties. When businesses or major government clients move from one jurisdiction to a neighboring one, Rephann said the region as a whole sees no benefit. In the long run, Rephann said incentive programs can even hurt localities.

"If one [jurisdiction] starts offering incentives, it becomes a race to the bottom for the region," said Rephann. "This is a zero sum game. Incentives like GO Virginia are trying to stop that by providing funding for joint ventures in a region."

BULLETIN BOARD

FROM PAGE 6

sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/plot-against-hunger/pah-events/.

Public Meeting. 7-9 p.m. at Gunston Community Center, 2700 South Lang St. Arlington County will host its second public meeting to discuss planning of open space on the north side of Four Mile Run between Route One and Potomac Avenue. Arlington County is undertaking a Park Master Plan for this site. Their project is funded through the Arlington County Capital Improvement Plan with additional funding coming from a Federal Grant to improve trail connectivity. The City of Alexandria owns a portion of the site. Visit projects.arlingtonva.us/projects/south-park-potomac-yards-land-bay-f/.

THURSDAY/MARCH 30

County Board Public Tax Rate(s) Hearing. 7 p.m. at the County Board Room, 3rd floor, 2100 Clarendon Blvd. For information on speaking at the Budget and Tax Rate Public Hearings, visit the County countyboard.arlingtonva.us. An online Budget Feedback Form is also available at budget.arlingtonva.us/proposed-fy18-feedback/.

SATURDAY/APRIL 1

Smart Choices for Easy Living. 10 a.m.-1 p.m. at the Arlington Central Library Auditorium, 1015 North Quincy St. Learn about resources available in Arlington to help you make housing decisions for the future. Call 1-877-926-8300 or visit states.aarp.org/april-1 for more.

SUNDAY/APRIL 2

Discussion with the County Manager. 1:15-2:45 p.m. at Arlington Mill Community Center, 909 South Dinwiddie St. A Discussion with County Manager Mark Schwartz: "Changes in Washington: What Impacts on Arlington?" Free tickets available at www.eventbrite.com/e/a-discussion-with-county-manager-mark-schwartz-changes-in-washington-what-impacts-on-arlington-tickets-32670167350.

WEDNESDAY/APRIL 5

Scholarship Application Deadline. The Arlington Rotary Club Educational Foundation is accepting applications. Applicants should be completing high school in Arlington this year and planning to attend college in the 2017-2018 academic year. The scholarship is based on a combination of the following merit, community service and need. The application form has been sent to high school counselors in Arlington and can also be found at www.arlingtonrotaryclub.org.

Gardening Talks & Demonstrations. 7 p.m. at the Arlington Central Library, 1015 N. Quincy St. The Arlington Food Assistance Center and the Master Gardeners of Northern Virginia will sponsor a series of talks and demonstrations about gardening. In addition to basic gardening techniques, topics will include wild edibles, pollinators, food preparation and preservation, and more. For a complete schedule, visit www.afac.org/plot-against-hunger/pah-events/.

BUSINESS NOTES

Email announcements to arlington@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

CENTURY 21 Redwood Realty, in Arlington, was recently honored with the CENTURY 21 president's award.

4

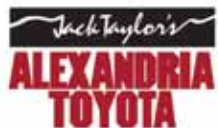
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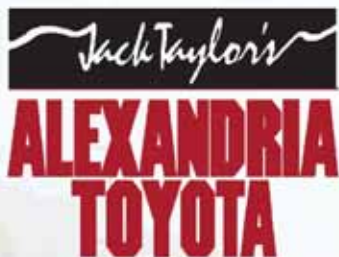
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