



Greetings from the Occoquan District!

By now, I suspect many of you are busy preparing for family gatherings and time with friends over the next few weeks. I hope the season finds you and your family well and enjoying the festivities. In the meantime, I wanted to take a few moments to update you a few things going on around our district.

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Graffiti Removal Event

Do you want to help clean up graffiti in our community? This Saturday, December 19, 2009, Supervisor May and his staff will be volunteering as a part of the Clean Community Council's Graffiti Wipe Out event. Volunteers are meeting at 9 a.m. at the McCoart Building (1 County Complex Ct., Woodbridge, VA 22192) in the Occoquan Room at 9:00 am. There will be coffee and light refreshments provided. The Clean Community Council will be providing materials and training before going out into the community. All you need to bring is a willingness to help. Because supplies are limited, the Clean Community Council asks that you RSVP by close of business today, Wednesday, December 16 to Kayne at kkarnbach@pwcleanCouncil.org or call (571) 285-3772. (If you receive this E-Update after December 16 or you forget to rsvp by that date and still wish to participate, please contact Alyssa Brown in Supervisor May's office at albrown@pwcgov.org and she will help coordinate your participation for this Saturday!)

Traffic Flow Modification on PW Parkway/Horner Road Commuter Lot

VDOT has authorized a signal modification to convert the exclusive right turn lane on westbound Prince William Pkwy (into the Horner Commuter Lot) to a thru+right shared lane. This will provide additional capacity on the ramp coming off I-95 south and will eliminate the need for a lane change for vehicles from I-95 who intend to exit the Prince William Pkwy onto Caton Hill Road. If you have any questions about the modification, please feel free to contact me and we will get additional information from VDOT.

New Year's Open House in the Occoquan District Supervisor's Office

Join Supervisor May and his staff on Saturday, January 2, 2010 to welcome the New Year. The office, located at 2241-B Tacketts Mill Drive, will be open from 2 to 4 p.m for anyone who wishes to stop by and visit with us. Light refreshments will be provided. For more information, please contact Alyssa at albrown@pwcgov.org.

Holiday Magic – A Christmas Festival for Families

Good Shepherd Lutheran Church is hosting their First Annual Good Shepherd Christmas Festival on December 20, from 3 to 7 p.m. There will be special music, caroling, a live nativity, story time, plenty of games and events for kids, a gift wrapping station, a village shopping center for children, and carryout

dinners of beef stew to purchase. There will also be a cookie bake sale. The proceeds will go toward ending childhood hunger in Prince William County. For more information, please call 703-670-6556.

Buzzed Driving is Drunk Driving This Holiday Season – from the Prince William County Police Department

The holiday season between Thanksgiving and New Year's is one of the deadliest and most dangerous times of the year due to an increase in impaired driving. That's why the Prince William County Police are joining with other national, state and local highway safety and law enforcement officials to remind all holiday partygoers that "Buzzed Driving is Drunk Driving."

"With all of the office and holiday parties during this holiday season, it is important to make sure you always designate a sober driver *ahead* of time," says Chief Charlie T. Deane. "Too many people still don't understand that alcohol, drugs and driving just don't mix. Too many lives are being lost and we need everyone's help to stop it."

For a safer holiday season, the Prince William County Police offer these simple reminders:

- Designate a sober driver before going out and give that person your car keys.
- If you're impaired and by yourself, call a taxi, use mass transit or call a sober friend or family member to get you home safely.
- Use WRAP's "Sober Ride" program. Call 1-800-200-TAXI for a free ride home from December 11, 2009, to January 1, 2010, between the hours of 10 p.m. and 6 a.m.
- Promptly report drunk drivers you see on the roadways.
- Wear your seat belt, or use protective gear on your motorcycle; it's your best defense against an impaired driver.
- Remember that friends don't let friends drive drunk! Take the car keys of impaired drivers and help them make other arrangements to safely get where they're going.

This holiday season don't let your year end in arrest – or even worse. Make smart decisions. For more information, please visit www.soberride.com.

HYPOTHERMIA: A Cold Weather Risk for Older Adults – from Bernie Storck, Occoquan District Representative to the Commission on Aging

Almost everyone knows about winter dangers such as broken bones from falls on icy steps, sidewalks or streets. But cold weather also can cause an important, less obvious danger that can affect older people. Older adults are especially vulnerable to hypothermia, which can be deadly if not treated quickly. The National Institute on Aging (NIA), part of the National Institutes of Health (NIH), has some advice to help older people avoid hypothermia.

Hypothermia occurs when a person's body temperature drops below normal and stays low for a prolonged period of time. With advancing age, the body's ability to endure long periods of exposure to cold is lowered.

Older people also are at risk for hypothermia because their body's response to cold can be diminished by certain illnesses such as diabetes and some medicines, *including over-the-counter cold remedies*. In addition, older adults may be less active and generate less body heat. As a result, they can develop hypothermia even after exposure to relatively mild cold weather or a small drop in temperature.

The best way to identify someone with hypothermia is to look for confusion or sleepiness, slowed or slurred speech, shivering or stiffness in the arms and legs, weak pulse, poor control over body movements, or slow reactions. If you suspect that someone is suffering from the cold and you have a thermometer available, take his or her temperature. If it's 96 degrees or lower, call 911 for emergency help.

The NIA has information to help you prevent hypothermia. Here are a few tips: wear several layers of loose clothing when it is cold. The layers will trap warm air between them. Wear a hat, scarf, gloves or

mittens, and warm clothes when you go outside in cold weather. A significant amount of your body heat can be lost through your head, and hands and feet are the first body parts to get cold.

To keep warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep legs and shoulders warm and wear a hat or cap indoors. Make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in older people.

Check with your doctor to see if any medications (prescription or over-the-counter) you are taking may increase your risk for hypothermia.

Because heating costs are high, the U.S. Department of Health and Human Services has funds to help low-income families pay their heating bills. For more information, contact the [Low Income Home Energy Assistance Program](#) (1-866-674-6327) or the [Eldercare Locator](#) (1-800-677-1116).

The NIA has free information about hypothermia. To order the fact sheet, [Hypothermia: A Cold Weather Hazard](#), or the brochure, [Stay Safe in Cold Weather](#), call toll free 1-800-222-2225. [Hipotermia: El Peligro de las Bajas Temperaturas](#) is also available. These and other free publications on healthy aging can be downloaded from the NIA Web site at <http://www.nia.nih.gov/>.

Virginia Cooperative Extension Provides Valuable Education

Do you or someone you know need help with their finances? Perhaps you are facing foreclosure? Or just need help organizing your finances? The Virginia Cooperative Extension can help. The VCE now offers financial counseling and education programs on foreclosure and housing needs. To get more information about the different services offered by the VCE, or to enroll in a class, contact Joyce Eagles at 703-792-4468 or Phil Wallace at 703-792-4633

Cell Phone Collection Program

Our office continues to collect used cell phones for the "Cell Phones for Soldiers" program and the "Secure the Call" program. To make a donation, please stop by our office, located at 2241-B Tacketts Mill Drive in Lake Ridge, during normal business hours. If you have a preference of where your phone is donated, please notify us at the time of delivery. Thank you for your continued support!

Lake Ridge Lions Club Collects Used Eyeglasses

The Lake Ridge Lions Club is still collecting used eyeglasses around the community and our office is a collection location. Used eyeglasses are refurbished and distributed to needy in the community. Your donation is welcome.

Thanks for reading our December E-Update. As always, if we can ever be of service to you, please do not hesitate to contact us.

Our office has received an email from you and we have placed you on our E-Update list.

If you would prefer not to receive E-Updates from Supervisor Mike May's office, simply reply to this email with the term "unsubscribe" in the subject line and we will gladly remove you from our list.

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