

October 23, 2022

WORLD MISSION SUNDAY

Here I am, send me



OUR LADY of
GOOD COUNSEL
CATHOLIC CHURCH

8601 Wolftrap Road, Vienna, VA 22182-5026

Phone: 703.938.2828 Fax: 703.938.2829

www.olgcva.org ~ www.olgcschool.org

Administered by the Oblates of St. Francis de Sales

Mass Schedule

Mon-Sat - 8:30am, holidays are at 9am

Saturday Vigil 4pm, Sunday 8:00am, 10:00am,
12pm (en español), 5:00pm

Office Hours Mon - Fri 9am - 4:30pm,

Closed 12-12:30pm for lunch

Chapel open for prayer Mon - Fri 9am - 5pm

Livestream www.youtube.com/c/StreamingOLGC

Confessions Saturdays 9:00 or by appt

Join the Parish www.olgcva.org/register

Schedule an Event

www.olgcva.org/about-us/facilities

Add Item to Bulletin/Media

www.olgcva.org/about-us/communications

Mass Intention Request

www.olgcva.org/liturgy-worship/devotions/mass

The celebration of
World Mission Day
is aimed at supporting
the missionary work
carried out in my
name by the
Pontifical Mission
Societies, in order
to meet the spiritual
and material needs
of peoples and
Churches throughout
the world, for the
salvation of all.
~Pope Francis



© Diocesan

Pastor Rev. Matthew Hillyard, OSFS..... frhillyard@olgcva.org
Parochial Vicar Rev. Mathias Kumar, OSFSmkumar@olgcva.org
Retired Rev. William Metzger, OSFS..... william.metzger@olgcva.org
Retired Rev. Lewis Fiorelli, OSFS lfiorelli@oblates.org
Deacon Christopher Moore cgmoore@olgcva.org
School Principal Robin Williams 703.938.3600rwilliams@olgcva.org
Liturgy/Music/Funerals Paul Ciotti 703.896.7411 liturgy@olgcva.org
Children's Faith Formation Amy MacKinnon 703.896.7426 amackinnon@olgcva.org
Youth Ministry/Young Professionals Derek Rogers 703.896.7409youth@olgcva.org
Communications/Bulletin Maude Hales 703.896.7412 communications@olgcva.org
Director of Finance Emilynda Clomera 703.896.7402 eclomera@olgcva.org
Records/Child Protection Liaison Lucie Lytle 703.896.7413 records@olgcva.org
Advancement/Annual Giving Alison McKee & JoAnne Kinyon..... advancement@olgcva.org
Events Manager Frank Fletcher 703.896.7418 events@olgcva.org
Reception/Intentions/Ministry of Care Maria Romero 703.896.7419 welcome@olgcva.org
RCIA/Adult Sacraments Barb Steele bms.steele@outlook.com
Información en español Maria Romero 703.896.7419 welcome@olgcva.org
Pastoral Council (Tina Wickham) PastoralCouncil@olgcva.org
Finance Council (Regina Stranix) FinanceCouncil@olgcva.org
Society of St. Vincent DePaul (Linea de Ayuda) 703.938.3210svdp@olgcva.org
Respect Life /Gabriel Project Betsy Argauer 703.255.3744betstim@gmail.com
Knight of Columbus Santa Maria Council #4654 www.knightsvienna.org
Counseling Catholic Charities **Consejería** Caridades Catolica 703.425.0109

Welcome to Our Lady of Good Counsel

We, as members of Our Lady of Good Counsel Parish, strive to witness to the Good News of Jesus Christ by proclaiming our faith, educating ourselves and our children, sharing our persons, resources and gifts in the care and service of one another. We are called to foster an environment of hospitality in accordance with the Spirituality of St. Francis de Sales.

Mass Intentions/Intenciones de la Misa

Presider schedule available at:

bit.ly/PresiderSchedule

Sat. / Sun. October 22, – October 23, 2022

- + Richard J. Monteleone
- + Theresa Marie Tuszka
- + Bud Candee
- + Brian Patrick Fimian
- + Lorraine "Lori" Nicole Fagan

Monday, October 24, 2022

- 8:30am + Nanette Sturniolo

Tuesday, October 25, 2022

- 8:30am + Viola Kulish

Wednesday, October 26, 2022

- 8:30am + Lorraine "Lori" N. Fagan

Thursday, October 27, 2022

- 8:30am + Bud Candee

Friday, October 28, 2022

- 8:30am + Frank & Marge Gadell

Saturday, October 29, 2022

- 8:30am The OLG Community

Sat. / Sun. October 29, – October 30, 2022

- + Lucy & Fred Marbella
- + Francisco & Carlos Ernesto Funes
- + Lucila Angelica de Melgar
- + Herbert Gregory "Herb" Jarosz
- + Manuel Antonio Villatoro

Mass Intentions for 2023 will be accepted starting Monday, November 7. Watch upcoming Bulletins for more information.

Wedding Banns

Please pray for

Monica Geary & Bryan Weed, Nov. 12th

Rose Castelli & James Boohaker, Nov. 12th



Please keep those listed in the prayer intention book and the recently deceased in your prayers, especially

- Deritha (DeeDee) Fiorelli, sister of Fr. Lou Fiorelli

OLGC Funerals: www.olgcva.org/liturgy-worship/funerals

Readings for the Week/Lecturas de la Semana

For the Week of, October 23, 2022

Sunday	Thirtieth Sunday in Ordinary Time Sir 35:12-14, 16-18; Ps 34:2-3, 17-18, 19, 23; 2 Tm 4:6-8, 16-18; Lk 18:9-14
Monday	Memorial of Saint Anthony Mary Claret, Bishop Eph 4:32-5:8; Ps 1:1-2, 3, 4 & 6; 17a; Lk 13:10-17
Tuesday	Eph 5:21-33; Ps 128:1-2, 3, 4-5; Lk 13:18-21
Wednesday	Eph 6:1-9; Ps 145:10-11, 12-13ab, 13cd-14; Lk 13:22-30
Thursday	Eph 6:10-20; Ps 144:1B, 2, 9-10; Lk 13:31-35
Friday	Feast of Saints Simon and Jude, Apostles Eph 2:19-22; Ps 19:2-3, 4-5; Lk 6:12-16
Saturday	Phil 1:18b-26; Ps 42:2, 3, 5cdef; Lk 14:1, 7-11
Sunday	Thirty-first Sunday in Ordinary Time Wis 11:22-12:2; Ps 145:1-2, 8-9, 10-11, 13, 14; 2 Thes 1:11-2:2; Lk 19:1-10

October is the Month of the Rosary

Find a quiet time to center yourself with the Rosary, or join your fellow parishioners at one of the following times:

Sundays 9:10am (English)- Mary's Garden (or Chapel during inclement weather)

Sundays 11:15am (Spanish) - Mary's Garden (or Chapel during inclement weather)

All weekdays after 8:30am Mass - Chapel

Thursdays 6:50pm - Weekly Scriptural Rosary for Persecuted Christians by conference call dial 609-746-1119; access code: 726350

Devotional Candles: www.olgcva.org/liturgy-worship/

Church	In loving memory of + Elisa Liposhak
Chapel	In loving memory of + Jeanice Yuhás McCoy
Our Lady	In loving memory of + George K. Degnon

THE LORD SAYS, "I am doing a new thing"

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
RCIA Breaking Open the Word 10:30 - 11 AM Chapel & Cry Room Nightlife 6 - 8 PM DeSales Hall	Little Rock Scripture Study 10 - 11:30 AM Zoom Quilters 11:30 AM - 3 PM Mary's Garden & SJC -Brisson Rm CYO Basketball Assessments 5 - 9 PM Brisson Gym Baptism Prep Class - English 7 - 8:30 PM SJC-Brisson Rm Registration Required SVdP Meeting 7:30 - 9 PM DeSales Hall	Tuesday Bible Study 9:45 - 11:45 AM Zoom CYO Basketball Assessments 5 PM - 8 PM Brisson Gym CS Pack 976 Webelo Den Mtg 6 PM - 8 PM Counsel Rm Baptism Prep Class - Spanish 7 - 8:30 PM SJC-Aviat Rm Registration Required Music Ministry (Hemmingson) 7 - 8:30 PM Church Divorced/ Separated Catholic Ministry 7:30 - 9 PM Zoom	School Mass 8:30 - 9:30 AM Church CYO Basketball Assessments 5 - 9 PM Brisson Gym BSA Troop 976 Mtg 7 - 8:30 PM Counsel Rm Music Ministry (Jones) 7 - 8:30 PM Church RCIA Catechumenate 7:30 - 9 PM SJC-Brisson Rm Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	Prayer Shawl Ministry 9:30 - 11 AM SJC-Brisson Rm CYO Basketball Assessments 5 - 9 PM Brisson Gym CS Pack 976 Arrow of Light Den Mtg 6 - 8 PM SJC-Brisson Rm Music Ministry (Choir) 7 - 8:30 PM Church Men's Basketball 8:30 - 10 PM Fr. Brisson Gym	School Early Release, ECAP closes at 3 pm 8 - 11:30 AM Trunk or Treat 3:30 - 6 PM Parking Lot/Counsel Rm/Gym CYO Basketball Assessments 5 - 9 PM Brisson Gym YP Campfire and Rosary 7 - 9 PM	Confessions 9 - 9:30 AM Reconciliation Room Families of Faith 10 AM - 12 PM DeSales Hall YM Field of Fear Trip 6 - 11:30 PM Chapel, then Offsite



World Mission Sunday, October 23

This weekend we celebrate World Mission Sunday. Pope Francis invites the entire Church to support mission dioceses in Africa, Asia, the Pacific Islands, and parts of Latin America and Europe, where priests, religious and lay leaders serve the world's most vulnerable communities. Please keep the Pope's missions in your prayers and be generous in the collection for the Society for the Propagation of the Faith.



Second Collections

October: 23rd- World Mission Sunday; Facilities Improvements

November: 1- All Saints; 6- Archdiocese for Military Service; 13- Retired Religious Fund; 20- Camp for Human Development; 24- Thanksgiving; Facilities Improvements

July Monthly Collections

FY July 2022—June 2023

Offertory.....	181,936
Total Budgeted.....	<u>163,272</u>
Variance.....	18,664
YTD Received.....	181,936
Budget YTD	<u>163,272</u>
Variance.....	18,664

Weekly & Second Collections

Checks or cash via envelopes, use the QR code below, text amount to 703.810.7674, or give online at

membership.faithdirect.net/VA875.

Thank you.



Online
Donation

Parish News

OLGC High School Basketball Referees

Calling hoops referees! The tradition-bound OLGC House League Basketball season is here.

If you are a high school parishioner and interested in being a desk or court referee, please contact Mark Hinnenkamp at mjhinnenkamp@gmail.com. This is a great opportunity to assist in teaching our youth how to properly play the sport of basketball and learning to professionally interact and work with adult coaches, all while making a few shillings.



OLGC YOUTH MINISTRY:
ALL 9TH-12TH GRADES WELCOME

NOTHING TO FEAR TRIP
6-10:30pm
SATURDAY OCT. 29TH

Cox Farm
FIELDS OF FEAR
CENTREVILLE, VA

MEET 6PM AT CHAPEL FOR ADORATION BEFORE OUR TRIP

TRANSPORTATION INCLUDED
ONLY 25 SPOTS
\$50

DEADLINE: WEDNESDAY, OCT 26TH



OLGC YOUNG PROFESSIONALS

CAMPFIRE AND ROSARY

Friday, Oct 28th
7-8:30pm



OLGC Field

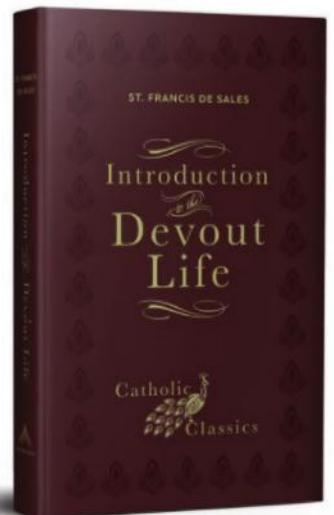
Swing by for a nice fall evening of fellowship

Join the OLGC Funeral Ministry Team

The OLGC Funeral Ministry Team is looking for additional volunteers. This rewarding ministry supports and serves families of the deceased on the day of the funeral service at OLGC. The time requirement is about 2 hours, and most funerals are scheduled for 11am Monday – Saturday. Funeral Ministers greet the family and help familiarize the readers and gift bearers with the funeral Mass or service. Sacristans for funerals are also needed. The sacristan responsibilities are similar to those for Sunday/Daily Mass with a few added duties. This important ministry is part of our Catholic faith: Spiritual Works of Mercy – Pray for the dead. Corporal Works of Mercy – Bury the Dead. If you are interested, please contact Fran Davenport at bwdavenport@cox.net or 703-459-5729 (Cell)

An Introduction to the Devout Life by St. Francis de Sales

New Podcast with
Fr. Gregory Pine, O.P. and
Fr. Jacob Bertrand Janczyk, O.P.
Starting October 24, join
Fr. Gregory Pine, O.P. and
Fr. Jacob Bertrand Janczyk, O.P.
as they read and explain
An Introduction to the Devout Life by St. Francis de Sales
in the first season of Ascension's
NEW podcast!
ascensionpress.com/pages/catholicclassics.



Winter Coat Drive

Thank you very much to all those who donated coats last weekend and especially to those who helped collect and sort coats for the OLGC coat drive. Because of your generosity, we able to collect more than 500 coats for those in need in our community. Warming hearts and bodies this winter!



Diocesan & Community Events

From Inclusion to Belonging Disability Conference

The Diocese of Arlington will host a half-day conference on Disability, "From Inclusion to Belonging" on Saturday, November 5, from 8 a.m.-12:30 p.m. Learn from diocesan disability advocates on how to increase meaningful inclusive experiences for individuals with disabilities in the life of the Church and connect with others interested in doing the same. If you are clergy, catechist, youth minister, volunteer, teacher, parent, student or self-advocate: This conference is for you! The conference will begin with an inspiring keynote conversation with Fr. Bob Cilinski and Joyce Kelly followed by informative break-out sessions, and an exhibit and networking area to enhance connections in our Diocese. The conference will also include Mass celebrated by Bishop Michael F. Burbidge. It is open to all. Cost is \$10. Registration is required at www.bishopoconnell.org/belonging.



Three Retreats for Women

Finding Christ in the Cross with Edith Stein

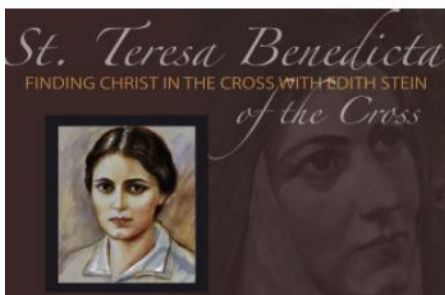
Escape to the Shenandoah Valley Fri.-Sun., Nov. 18-20 for a silent weekend retreat to pray and to rest with Jesus. Fr. John Heisler will lead us in a consideration of the life and spirituality of a true feminist, Carmelite Nun, and martyr—St. Teresa Benedicta of the Cross. The writings and the wisdom of this great proponent of 'the Feminine Genius' will illuminate all women who seek friendship and intimacy with Jesus Christ. For more information, visit www.arlingtondiocese.org/edithstein.

Silent Retreat for Women: Finding Jesus with Martha and Mary

Escape to the Shenandoah Valley from Friday-Sunday, November 11-13 for a weekend retreat to pray and to rest with Jesus. Fr. John Riley will lead us in a consideration of the Jesus' deep friendship with Martha and Mary—and how in quiet prayer we might find a way to balance in own lives the vocations and the roles of Martha and Mary. For more information, please visit www.arlingtondiocese.org/busywomen.

Three-Day Women's Advent Retreat at San Damiano

What a perfect way to begin Advent! The baby in the wooden manger will be the source of our salvation when he is nailed to the cross and rises three days later. During this three-day retreat Mon.-Wed., Nov. 28-30, retreat leader Christine Haapala will lead talks, workshops, and scriptural prayer meditations. Learn how to reflect more deeply on the mysteries of the Most Holy Rosary through Sacred Art and Sacred Scriptures. There will be opportunities for Confession, Eucharistic Adoration, and Holy Mass. Cost is \$350. Visit www.sufferingservant.com for more information.



Información Parroquial en español

Preguntas o sugerencias, ofrecer misas, pedir oración durante la misa por recién fallecidos, funerales, comuníquese con Maria Romero 703.896.7419, mromero@olgcv.org

EL SEÑOR DICE,
"Estoy haciendo algo nuevo."

Misa de Conmemoración: El miércoles, 2 de noviembre a las 7:pm, Nos reuniremos en la misa de una manera especial para celebrar la vida de los miembros de nuestras familias, amigos, y miembros de la comunidad de fe que fallecieron el año pasado, y buscar la presencia de Dios en nuestro tiempo de duelo. Están todos invitados a unirse a la Comunidad de Nuestra Señora del Buen Consejo y los Oblatos de San Francisco de Sales mientras nos apoyamos los unos a otros en oración y le pedimos a Dios que reciba a nuestros seres queridos fallecidos en el Reino de los Cielos. La misa será seguida por una ligera recepción en el salón DeSales. Debe de reservar su asistencia bit.ly/Mass-of-Remembrance2022.



Entrenamiento para Ministros Eucarísticos en inglés - Alimenta el Rebaño. Experimente la recompensa y la satisfacción de hacer crecer su fe uniéndose al equipo de Ministros Extraordinarios de la Sagrada Comunión. Se llevará a cabo una sesión de capacitación el miércoles, 26 de octubre a las 7 pm en la Capilla. Qué manera tan maravillosa de asistir a la misa y al mismo tiempo retribuir en servicio al Señor distribuyendo la Comunión a los miembros de la nuestra comunidad. Si está interesado en asistir a la sesión, comuníquese con Cheryl Jones en cjones@olgcv.org o www.olgcv.org/liturgy-worship/liturgical-ministries/ministry-form antes del lunes 24 de octubre.

Una Introducción a la Vida Devota de San Francisco de Sales Nuevo Podcast con el P. Gregory Pine, OP y el Padre. Jacob Bertrand Janczyk, OP. A partir del 24 de octubre, únase al padre Gregory Pine, OP y el Padre. Jacob Bertrand Janczyk, OP con ellos leer y explicar la introducción a la vida devota de San Francisco de Sales en la primera temporada del Nuevo Podcast de Ascensión Press! ascensionpress.com/pages/catholicclassics.

Confesiones en español durante el mes de octubre son el sábado 22 de 9: -9: 30 a.m. o de lunes a jueves únicamente con cita. Puede llamar para hacer una cita con el Padre Mateo al 703-938-2828 o envíe un correo electrónico a frhillyard@olgcv.org. No se escuchan confesiones los domingos antes o después de la misa.

Sacramento del bautismo de niños menores de 6 años: Comuníquese con Maria Romero 703.896.7419 welcome@olgcv.org **Sacramento del bautismo:** para Charlas de padres y padrinos deben inscribirse de antemano, una vez completada esta y entregado los documentos requeridos le confirmaremos su fecha del bautizo. <https://www.olgcv.org/sacraments/baptism>

Octubre es el Mes del Rosario: Únase a nuestra comunidad y reserve tiempo este mes para rezar el Rosario. Encuentre un momento tranquilo para concentrarse con el Rosario, o únase a otro feligreses en uno de los siguientes horarios: Domingos 9:10 am en inglés o a las 11:15 am en español en el Jardín de la Virgen (o Capilla en días de mal tiempo. Todos los días de semana después de la misa de 8:30 am - Capilla. Los jueves a las 6:50 pm - Rosario bíblico semanal por los cristianos perseguidos vía conferencia telefónica, al 609-746-1119; código de acceso: 726350 y los lunes a las 7:30pm vía Zoom. Comuníquese con Carlos Berrios berrioscg@gmail.com

Sacramento de matrimonio: comuníquese por lo menos 6 meses antes de la fecha del matrimonio.

Ofrecer misas, pedir oración durante la misa por **recién fallecidos**, funerales, certificados sacramentales. El sacramento de La unción de los enfermos puede ser recibido por los ancianos, por quienes serán ingresados al hospital o por quienes están enfermos llame al 703-896-7419.

Libro de Intenciones: El libro de intenciones se encuentra en la entrada principal de la iglesia. El propósito de este libro es para pedir por nuestras intenciones personales, por los enfermos, por los que están vivos o fallecidos.

Catequesis: para niños, adultos y bautizó de niños mayores de 6 años, sacramento de la confirmación y comunión Comuníquese con Amy MacKinnon amackinnon@olgcv.org o 703-896-7426.

"La oportunidad de hacer grandes cosas no llega a menudo, pero en todo momento, podemos hacer pequeños actos con gran amor." - San Francisco de Sales: Como seguidores de Cristo, somos llamados por medio de nuestro Bautismo a servir a nuestros hermanos en nuestra parroquia, comunidad, país y el mundo entero. Es nuestra esperanza que todos los feligreses tengan la oportunidad de descubrir y desarrollar sus dones dados por Dios. Si desea participar como Sacristán, Ministro Extraordinario de La Sagrada Comunión, Lector, Portero/Ujier, Ministerio de La Bienvenida o Monaguillo por favor pase por el mostrador de Bienvenida o llame al 703-896-7419.

Se aceptarán **las intenciones de misas** para el año 2022 a partir del lunes 7 de noviembre. Los detalles se darán a conocer próximamente.

Celebrando la fiesta de todos los Santos: El Día de todos los Fieles Difuntos es una festividad celebrada desde el principio del siglo XVII y este año es un día de precepto. Esta festividad celebra por lo que cada Santo es conocido y por lo que defendían en vida. ¡Esto nos da esperanza! El martes 1º de noviembre, las misas serán a las 8:30am, 12:10pm y 7pm bilingüe.

November Remembrance of Our Loved Ones

As the days get shorter and there is a chill in the air, the church turns its attention to those who have died, our loved ones who have completed their earthly journey and now find their reward in heaven. We reflect in this month of remembrance the holy dead of our families. We continue to remember in prayer and in our hearts those persons with whom we have shared life and who have so richly shared life with us.

- **Remembrance Photos**

Beginning on November 1st, you can place a photograph of a loved one who has died on the Table of Remembrance or on the display board located in the Narthex of the church. Photos will remain up through the month of November.

- **Book of the Dead**

You are also invited to enter your departed family member's name in the Book of the Dead. There will be a special intercession in the Prayers of the Faithful in November for all those inscribed in the book.

Be the Hands and Feet of Christ in the World

Volunteer teaching opportunities available! Catholic Charities Education & Workforce Development Office seeks teachers, co-teachers, & tutors for English, Citizenship, GED Preparation, & Workforce Development classes, available in-person & online. In-person classes start in Manassas and Sterling in November, and online in February; applications for online tutors always open. Training, curriculum, and resources provided; no second language knowledge necessary! Please call 571-208-1572, or email ewd@ccda.net.

BRING LOVE!

"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you made me welcome, lacking clothes and you clothed me, sick and you visited me, in prison and you came to see me."

~ Matthew 25:35

Mass of Remembrance

All Souls, Wednesday, November 2

You are invited to join the Community of Our Lady of Good Counsel and the Oblates of Saint Francis de Sales as we support one another in prayer and ask God to welcome our deceased loved ones into the Kingdom of Heaven. On Wednesday, **Nov. 2pm at 7pm**, we will gather at Mass in the church to celebrate the lives of those members of our



families, friends, and the faith community who died this past year, and to seek God's presence in our time of grief. During the Prayers of the Faithful, the names of those whose funerals were celebrated

here will be read out loud. Please RSVP for the reception that will follow the Mass in DeSales Hall at bit.ly/Mass-of-Remembrance2022.

All Saints Day

Tuesday, November 1st is the Feast of All Saints (A Holy Day of Obligation) Masses are at 8:30am, 12:10pm and 7:00pm (bilingual). All-Saints Mass is a celebration of all the saints in the Catholic Church, whether they are known or unknown to us. Some new recent Saints: Pope Paul VI, Pope John XXIII, Mother Theresa, Giovanni Battista Scalabrini and Artemides Zatti.



During the day, recall as often as you can that you stand in the presence of God. Think about what He does and what you are doing. You will find His eyes turned toward you—perpetually fixed upon you with incomparable love.

—St. Francis DeSales

Parish Announcements

The Golf Classic Needs You!

We are looking forward to a day of sport, fellowship, and fun at the upcoming OLGC Golf Classic on November 7th at Westwood Country Club.

Even if you're not a golfer, you can take part to support this event! We have a limited number of Family Flags and Reception Tickets available. Family Flags (for your family, alumni class, or favorite OLGC administrator or teacher), which are displayed at each hole, can be customized and purchased via the [Faith Direct link](#).

You can also give your time to support the Golf Classic. We need volunteers to help prepare items for the event and helpers on the day of the Classic to help with set up, golfer registration, contest management and more. There are options for anyone. Please consider how you can help make this event a success. See the options at bit.ly/3EPTd70.

We also welcome you to join us after golf concludes for the cocktail hour and dinner reception on the Westwood Terrace. The reception begins at 5:00 pm. If you are interested in purchasing Reception tickets, please visit bit.ly/3CsboxjT.



Church Decorators

Do you love to decorate for the holidays? If it brings you joy to arrange flowers and set up manger scenes, church decorating could be for you. If you have in the past, or are interested in being a part of a Parish Decorating Committee, please email pciotti@olgcv.org Director of Liturgy.



Pre-order your wreaths now!

OLGC's Boy Scout Troop 976 will conduct their annual sale of festive Christmas wreaths. The wreaths are \$30 each and usually sell out quickly—the Troop recommends pre-ordering early this year to ensure you get one!

The beautiful greenery we select is fresh from a Maryland farm, and the proceeds help keep dues accessible for many members of our Troop. For more information, please visit www.olg976.org/node/5763



OPEN SEASON FOR FEDERAL RETIREES – Probably most of you know that this year's Open Season runs from November 14 to December 12. This is the time you may change your medical insurance for 2023 if you wish. If you're a member of NARFE, the October issue of its magazine has two informative articles that will be helpful in making your decision. If you have questions about medical insurance, call VICAP (Virginia Insurance Counseling and Assistance Program), 703-324-5851. This is a free service everyone can use.

OVER THE COUNTER HEARING AIDS – As early as this month, you'll be able to purchase hearing aids without going through a medical professional, a change expected to save consumers nearly \$3,000 per pair of hearing aids. The Food and Drug Administration announced a new rule in August that will allow aids for adults with mild to moderate hearing loss to be sold in stores and online. The rule was authorized by legislation enacted by Congress in 2017. The change is especially welcome by advocates because hearing aids are not typically covered by health insurance.



They are not covered, for example, by traditional Medicare. Medical researchers say unaddressed hearing loss is a top risk factor for other issues, such as dementia and depression. For specific guidance buying a hearing aid over the counter, the Hearing Loss Association of America has a tip sheet available at <https://www.hearingloss.org/hearing-help/technology/otc-hearing-devices/otc=hearing-aids/>. (Kiplinger Retirement Report)

VIENNA FARMERS' MARKET – This popular market which is held on Saturdays from 8-Noon in the parking lot of the Vienna Community Center will be open through October 29 after which it'll close until the 2023 season. Those of you who enjoy shopping the specialties there have one last chance to purchase your favorite products.

FIGHTING INFLATION AT THE GROCERY STORE – Everyone's looking for ways to save money in these days of runaway inflation. Grocery shopping is something we do often and regularly, and it's a shock to see how prices have increased from one week to another. A good piece of advice on reducing that bill is to go all in on store brands. Many major grocery chains have greatly expanded their store brand lines, and their reputation for quality has improved. In some cases, I've found them to be of better quality than that of name brands. Chains are highly secretive about who makes their products. But simply compare the ingredients list with name-brand versions to see how close they are. Store brands can cost as much as 25% less than the name-brand versions! That's going to make a difference at the cash register.

THE RISK OF FALLS AND OLDER ADULTS – Did you know that falls are not a normal part of aging? In older adults, falls can jeopardize an individual's safety and independence. They account for 20% of accidental deaths in individuals who are 73 and older. Risk factors for falls in older adults include increasing age, use of four or more medications, cognitive impairment, sensory deficits, muscle weakness, stiff joints, pain, fear of falling, history of falls and the presence of two or more chronic illnesses. It looks like a lot, and it is!

Data from the National Council on Aging indicates that one out of four individuals 65 and older falls each year. And what a surprise to know that every 11 seconds, an older adult is treated in the emergency room for a fall. I don't think we're aware that falls are the leading cause of fatal injuries in older adults, and that every 19 minutes, one of them dies from a fall.

According to the Center for Disease Control and Prevention (CDC), those suffering from dementia are eight times more likely to fall compared to those of us without dementia. Research shows that less than half of older patients who fall tell their physician. For this reason, it's very important that you notify your or your loved one's primary care physician of a fall, even if there are no injuries. At every visit to the medical clinic in my retirement community, we're asked if we've fallen since the last time we were seen there. The doctor will assess you or your loved one to rule out a new medical condition, medication issue, or eyesight problem. The doctor will also look for any injuries and fractures that you might not even be aware of, and might recommend physical therapy, or other measures to prevent falls. If you're a caregiver to a family member and are concerned about falls, you can take the Falls Risk Quiz by visiting FairfaxCounty.gov and search for "Falls Risk Quiz." It can help you determine if the one you're caring for is at a greater risk to experience a fall. (Thanks to Leah Freij, Center Nurse Coordinator, Herndon Harbor Adult Day Health Care.)

Falls are
not a
normal
part of
aging.

Elder Wisdom

If you see me talking to myself,
just move along. I'm self-employed;
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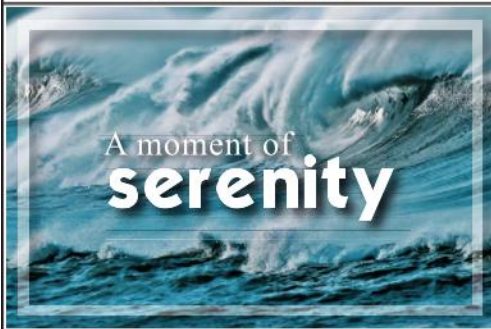
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