

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
October 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, October 1, 2025: *Guide Dog Foundation*

From guiding the blind, to bomb sniffing, to rescuing people trapped in disaster zones, service dogs bring great benefits to their human companions. Christine Gardner from the Guide Dog Foundation will explain how service dogs are trained, the benefits service dogs bring to the community, and how seniors can volunteer to be puppy raisers and help ensure that service dogs will be available to everyone who needs them.

Wed, October 8, 2025: *Guardianships*

Erica F. Wood will look at the basics of adult guardianship, and how it may relate to you, your family, and your future. Her talk will cover: (1) the nature of guardianship; (2) the good, the bad, and the ugly aspects of guardianship; (3) who the guardians are and what they do; (4) the guardianship process; and most importantly, (5) alternatives to guardianship. Ms. Wood has had a distinguished career in the law and aging field. She served as assistant director of the American Bar Association Commission on Law and Aging until her retirement in 2020. She continues to work on Elderlaw issues, especially adult guardianship.

Wed, October 15, 2025: *Music Therapy*

We've all heard the cliché about how music can tame the savage soul, but did you know that music therapy can help alleviate anxiety, pain and depression, as well as some symptoms associated with chronic illnesses? Leanne Belasco, Director of Music Therapy at the Levine School of music, will discuss the ways seniors can benefit from music therapy.

Wed, October 22, 2025: *Arlington County Sheriff Jose Quiroz*

Sheriff Quiroz will give an overview of the many functions of the Arlington County Sheriff's Office. He will highlight his three key initiatives: maintaining a safe and progressive jail, fostering community engagement, and promoting staff wellness and professional development. Additionally, Sheriff Quiroz will address recruitment and staffing efforts, the department's medical transition, and ongoing rehabilitation programs. A lifelong Arlingtonian, Sheriff Quiroz's career in public service is rooted in his deep commitment to the community he calls home. He joined the Sheriff's Department a day before the 9/11 attack on the Pentagon, and he rose through the ranks to become Arlington's first Latino sheriff.

Wed, October 29, 2025: *Intuitive Eating & the Holidays*

With the holidays approaching, now is a great time to think about your nutrition, food choices, and the impact on your body image. Arlington's Agency on Aging Registered Dietitian, Elana Sullivan, will address the many challenges of living in our diet culture, the dangers of negative "self-talk," the ever-present food noise around us, and strategies for how to eat mindfully by introducing the Intuitive Eating approach. In this presentation, we will review principles of intuitive eating, learn how to use the hunger fullness scale during mealtimes, and discuss nutrition tips for the holidays!



More information and how to join via Zoom can be found at
ANVarlington.org/events

For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us
at 703.509.8057 or visit ANVarlington.org

