



NEWSFLASH

Inside Sterling

Supervisor Koran T. Saines

Loudoun County
VIRGINIA



COVID-19 UPDATES ~OCTOBER 21, 2020~

Governor Northam Releases Virginia Roadmap to End Hunger



Food insecurity rates are increasing, with an estimated 445,000 additional Virginians experiencing food insecurity because of the ongoing COVID-19 pandemic.

Yesterday, Governor Ralph Northam released the inaugural Virginia Roadmap to End Hunger, which establishes a unified set of goals and strategies to prioritize food security during the current public health emergency and beyond.

[Read the Full Press Release](#)

Voting 2020: Request Your Absentee Ballot by Friday

The deadline to request an absentee ballot for the November 3, 2020 General Election is this Friday, October 23rd.



DEADLINE to Request an Absentee Ballot Friday, October 23

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loudoun.gov/voteathome

All absentee ballots must be returned in person by 7:00 pm on Tuesday, November 3rd. If returning your ballot

by mail, it must be postmarked by Tuesday, November 3rd and received by the Loudoun County Office of Elections and Voter Registration by 12:00 pm on Friday, November 6th.

You can also find a link below to download and print a paper application if you would prefer, but paper requests must be received by Loudoun Elections by 5:00 pm on Friday, October 23rd.

[Request Your Ballot Today](#)

October 22nd is Purple Thursday



Loudoun County and its DART partners encourage residents to **wear purple on Thursday, October 22, 2020, as part of what is known as "Purple Thursday,"** a day set aside to honor victims and survivors of domestic violence.

LAWS Virtual 5K

From **October 26th-October 30th**, the Loudoun Abused Women's Shelter (LAWS) and Loudoun Citizens for Social Justice will host a virtual 5k run/walk to raise awareness of domestic violence. LAWS provides victims of domestic violence, sexual assault and child abuse with safety, hope and empowerment services to live as survivors free from the effects of violence.

Help EmPowerUp Loudoun County during Domestic Violence Awareness Month!

[Click here for more information or to register](#)

Loudoun County to Hold Virtual Public Meetings for Unmet Housing Needs Strategic Plan Oct. 28 and 29

Members of the public are invited to take part in a series of community conversations on the development of the Loudoun County Unmet Housing Needs Strategic Plan (UHNSP). The Loudoun County Office of Housing will host two virtual public meetings to share more information about the UHNSP and seek public input on housing, community development needs and fair housing issues.



The county would like to hear from the public regarding housing needs, gaps and opportunities, so that the strategic plan can help the county and its partners improve housing access, quality and affordability for all families. Public participation in this process will help the county better understand the type, locations and prices of needed future housing.

The first meeting is scheduled to take place on Wednesday, October 28, 2020, from 12:00 to 1:00 p.m. The second meeting is scheduled for Thursday, October 29, 2020, from 6:00 to 7:00 p.m.

[Learn More](#)

Nightmare & Insomnia Assistance for Veterans

Nightmares & Insomnia?

You may be eligible for a new treatment study

Nightmares & insomnia
Have you recently experienced a traumatic event? Are nightmares affecting your sleep?

- Feeling "on edge"
- Having intense, stressful dreams
- Having trouble falling asleep
- Awakening frequently from nightmares

What is the treatment?
The goal of the therapy is to help with trauma primary extinction or reconsolidation.

- If enrolled in the study, you'll undergo multiple sessions of Nightmare Deconstruction & Reprocessing (NDR) therapy.
- During these sessions, you'll discuss nightmare content to integrate your thoughts and feelings related to the nightmare.

What would you need to do?

- Travel to Walter Reed Military Medical Center for appointments
- Undergo a total of ten study visits
- Wear a wristband to collect heart rate, activity, sleep, etc.

Contact Us
Call, Text, or Email Dr. Patricia Spangler
central@wmmc.mil (443) 426-4879



USU Walter Reed Military Medical Center

Are you:

- Feeling "on edge"
- Having intense, stressful dreams
- Having trouble falling asleep
- Waking frequently

If you are a DEERS-eligible military member or veteran and are bothered by trauma-related nightmares, you may be eligible for a local research study conducted at the Walter Reed National Military Medical Center.

The purpose of the study is to determine if Nightmare Deconstruction & Reprocessing (NDR) therapy is a feasible treatment for PTSD nightmares and insomnia.

If interested, [click here](#) to submit your contact information. If you would like more information including eligibility criteria, please visit the NDR for PTSD [Facebook page](#).

REMINDER: PRCS Drive-Thru Job Fair October 24th

The Loudoun County Department of Parks, Recreation and Community Services (PRCS) and Loudoun Workforce Resource Center announce the region's first drive-thru job fair!

The event will be held **Saturday, October 24, 2020, from 11 a.m. to 3 p.m. in the Segra Field parking lot** located at 42095 Loudoun United Drive in Leesburg.



PRCS is hiring instructors, lifeguards, facility supervisors and positions in maintenance, distance learning child care, preschool and the CASA after-school program. Job descriptions and applications can be found at loudoun.gov/jobs.

Applicants will find event details and registration information at prcsdrivethrujobfair.eventbrite.com. **The deadline to register is October 22nd.** Job fair attendees should bring a face covering and printed copies of their applications to the fair.

[Sign up for text and email alerts about PRCS news and events](#)

DEA National Take Back Day



National Drug Enforcement Administration (DEA) Prescription Drug Take-Back Day is **Saturday, October 24th from 10:00 am-2:00 pm.**

The service is free and anonymous, no questions asked. Loudoun County

residents can safely discard potentially dangerous expired, unused and unwanted prescription drugs for safe disposal by stopping by any of the locations listed below:

- **Eastern Loudoun Station** - 46620 E. Frederick Drive, Sterling, VA
- **Ashburn Station** - 20272 Savin Hill Drive, Ashburn, VA
- **Dulles South Station** - 25216 Loudoun County Parkway, South Riding, VA
- **Western Loudoun Station** - 47 W. Loudoun Street, Round Hill, VA
- **Town of Leesburg Police Department** - 65 Plaza Street, NE, Leesburg, VA
- **Town of Purcellville Police Department** - 125 Hirst Road, Suite 7-A Purcellville, VA

ACCEPTABLE ITEMS: Prescription medications, Over-The-Counter Medications, Medical Samples, and Pet Medications

Please note: vape pens and e-cigarettes will be accepted ONLY after the batteries are removed.

NON-ACCEPTABLE ITEMS: Needles, Thermometers, Batteries, IV Bags, Blood or Infectious Waste, Liquids, Gels or Sprays

Loudoun Supervisors Fully Fund COVID-19 Business Grants, Awarding \$3.3M To 660 Companies

Loudoun Economic Development announced on Wednesday that the county's Board of Supervisors has increased allocations for the fifth round of the COVID-19 Business Interruption Fund to cover all 660 certified eligible businesses with a \$5,000 grant.



The additional \$145,000 will fund the final 29 businesses that met the eligibility requirements, negating the need for a random drawing. A full list of grant recipients can be found at LoudounBusinessFund.org.

The applicant pool for this round was the most inclusive to date, including 261 self-identified women-owned businesses, 174 minority-owned businesses, and 23 businesses that requested translation services. Grant recipients represent a cross-section of Loudoun's diverse economy, including businesses located in all of Loudoun's incorporated towns.

[Read the Full Article](#)

Halloween Safety During the COVID-19 Pandemic



Halloween, trick-or-treating, and other fall festivities are going to look and feel quite a bit different than in years past due to the COVID-19 pandemic, but we can still find ways to celebrate, have fun and stay safe.

Loudoun County officials recommend that residents do

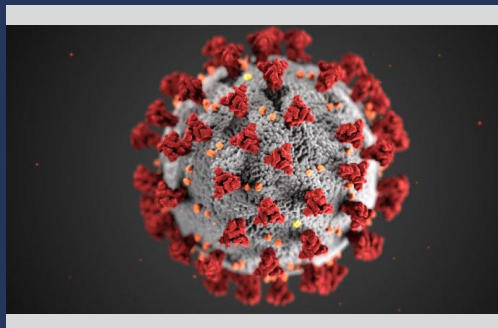
not engage in traditional door-to-door trick-or-treating this Halloween or other activities that risk transmission of COVID-19.

Halloween activities that are considered high-risk and are not recommended include:

- Traditional trick-or-treating where treats are handed to children who go door to door.
- Trick-or-treating at houses where individuals are not wearing a face covering and where 6 feet of physical distance is not maintained between individuals.
- Trunk-or-treating where treats are handed out from trunks of cars lined up in large parking lots.
- Events that involve large gatherings, such as crowded costume parties held indoors and any events where social distancing is difficult to maintain.
- Indoor haunted houses where people may be crowded together and screaming.

[Get Safe Halloween Guidance](#)

Stay Informed!



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The county continues to encourage everyone in the community to take steps to limit the spread of COVID-19, which include:

- Wear a mask/face covering ([see requirements](#))
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.

Loudoun County encourages residents to stay informed about COVID-19

- To receive email updates on COVID-19, visit loudoun.gov/coronavirus.
- Text **LCCOVID19** to **888777** to receive text alerts from Loudoun County about COVID-19.
- Envíe un mensaje de texto con **LCCOVIDESP** al **888777** para actualizaciones diaras relacionadas con el coronavirus (COVID-19) en el condado de Loudoun.

Residents with questions about COVID-19 may call the Loudoun County Health Department's information line, 703-737-8300, or email health@loudoun.gov.

Supervisor Koran T. Saines

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Loudoun County Board of Supervisors
[703-777-0204](tel:703-777-0204)

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STAY CONNECTED



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