

NVFS Insider: 14 Questions to Determine Your Health and Well-Being

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14 Questions to Determine Your Health & Well-Being

What it means to achieve “health and well-being” can be elusive, and there is often not an agreed-upon definition. However, there are some things that those in the health care field do have consensus about: that “health” typically refers to the physical body being free from diseases, and “wellness” is an overall balance of your physical, social, spiritual, emotional, intellectual, environmental and occupational well-being. Today, we are shifting how we look at and approach health.

To help you begin to make this shift as well, ask yourself these questions.

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Kaiser Helps NVFS Clients Understand Insurance Benefits



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Thanks to [Kaiser Permanente](#), NVFS will provide educational sessions for individuals and families to understand how to best utilize their insurance benefits beginning in January 2018.

“Earlier this year, Kaiser Permanente of the Mid-Atlantic States awarded a grant to NVFS in support of health literacy and enrollment,” shares Erin Meade of Kaiser Permanente. “We know that ensuring access to quality, timely care is a critical part of building health. We also know that health care can be difficult to navigate, especially for at-risk groups. The work that NVFS does to increase understanding of health care is critical for the community. Kaiser Permanente is proud to support these efforts.”

Don't Miss Out on Empty Bowls – Oct. 22

Gather the family for a fun-filled afternoon of live music, great food and giving back to the community! NVFS' [Empty Bowls](#): A Concert to SERVE Our Community is this Sunday, and we're excited to continue this long-standing community event – with a twist!

Proceeds benefit NVFS' SERVE campus and provide individuals and families in Greater Prince William with tools and resources to build brighter futures.

Ticket prices include soup, salad and bread.



[Buy Tickets Today](#)

Top Volunteer Needs

**Bilingual Food
Assistance Client Intake**
Manassas, Va.

**Food Recovery
Driver**
Manassas, Va.

**American Sign Language
(ASL) Interpreter**
Multiple Locations

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25 Winners for 25 Years – 25th Annual CARE Awards



Celebrate 25 years of responsive employers in Northern Virginia with the 25th annual [CARE Awards](#), highlighting [25 Northern Virginia workplaces](#) on the leading edge of change and innovation in providing family-friendly benefits and policies to their employees.

This year's banner event, on **Nov. 17** at the Hilton McLean Tysons Corner, includes a panel of innovative business leaders, moderated by Douglas Fruehling, editor in chief of *Washington Business Journal*:

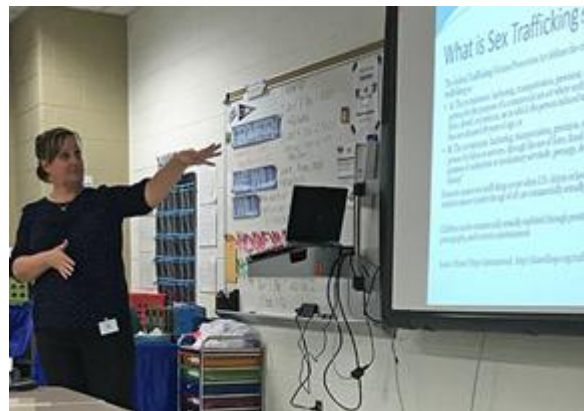
- Robert Acosta, CEO of Ventera Corp.
- Jennifer Aument, Group General Manager North America of Transurban
- Alisa Valudes Whyte, Senior Partner & CEO of Merritt Group

For tickets to the CARE Awards Breakfast on Nov. 17, visit our [website](#).

[Buy Tickets](#)

NVFS in the News

Meredith McKeen, NVFS Director of [Multicultural Center](#) & [Youth Initiatives](#), discussed mental health aspects of human trafficking and other activities at Riverside High School for Loudoun County's Mental Health & Wellness Symposium on Oct. 14. Attendees learned some of the misperceptions people may have about those affected by these activities and how they as community members can play a role in prevention.



[NVFS' Healthy Families Alexandria Kicks Off 25th Anniversary With Family Picnic](#)

[Safeway Foundation Partners With Northern Virginia Family Service on In-Store Campaign](#)

'Tis the Season for Giving!



Help spread holiday cheer in Northern Virginia by contributing to one (or both!) of our holiday drives, benefiting families in need in Northern Virginia.

Donate food, funds or volunteer hours to [Operation Turkey](#) to assist in providing Thanksgiving meals to more than 800 families in Prince William County who would not otherwise be able to participate in the festivities.

Give children the gift of the magic of opening presents during the month of December by contributing to [Gifting for Families](#), a drive dedicated to ensuring more than 2,100 children in Northern Virginia receive a gift for the holiday season. To donate funds, gifts or volunteer hours, please visit our [website](#).

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Events & Opportunities at NVFS

**Empty Bowls: A Concert to
SERVE Our Community**
Sunday, Oct. 22

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**Village of Impact
Service Day**
Saturday, Nov. 4

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**CARE Awards
Breakfast**
Friday, Nov. 17

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