

Area Agency on Aging 'Highlights' for February 2021

Livable Communities Development (LCD)

- At the February 17 Commission on Aging (COA) meeting. Fairfax County Commonwealth's Attorney Steve Descano presented on "The Role of the Commonwealth's Attorney's Office in Preventing Scams Against Seniors and an Update on the Office's Priorities." Colin Brody, Assistant Public Health Emergency Management Coordinator from the Health Department, provided commissioners with a COVID-19 vaccine update.
- The Commission on Aging (COA) will meet remotely on March 17. COA meetings are held from 1-3 PM on the third Wednesday every month, except August.

LCD Reminders

- For more information about the **Think Tank Challenge** please visit: <http://bit.ly/FAS-Shark-Tank-TC> and <http://bit.ly/2021-FA-Think-Tank-CC>
- To sign up for the **Family Caregiver Webinar Series**, visit: <https://www.fairfaxcounty.gov/hsc/ode/ereg/registration.aspx?groupid=1>
- **50+ Community Ambassadors** will meet on Monday, March 22nd. Commission on Aging member, Phyllis Palombi Miller will join the group for a presentation and discussion. For more information, please contact Linda Hernandez-Giblin, linda.hernandez-giblin@fairfaxcounty.gov or 703-386-4738.
- Two virtual COVID-19 Community Conversations for People with Disabilities and Older Adults were held on February 11 and 12. These forums were hosted by the Fairfax County Health Department in partnership with the Fairfax Area Disability Services Board and Department of Family Services Fairfax Area Agency on Aging. Dr. Ben Schwartz, Fairfax County Epidemiologist, presented.
- On February 23, Supervisor Herrity and Supervisor Walkinshaw announced to the Board of Supervisors that, as part of the COVID-19 Response Plan for Older Adults, the Fairfax Area 50 + Technology Committee is facilitating a Think Tank Challenge. In response to the social isolation experienced by older adults and adults with disabilities during the pandemic restrictions, the Think Tank challenge will focus on non-technological means to address isolation in this target population. This Challenge is open to all members of the community, including community groups and students in Fairfax County, the Cities of Fairfax and Falls Church. All proposals must be submitted by April 18th, 2021. Winners will have their solutions considered for long-term implementation and will be recognized by the Board.
- On Friday February 26, a virtual community conversation about the COVID-19 vaccines was offered in Spanish. The webinar was titled, "Charla Virtual: Vacuna Contra el COVID-19." 22 people attended the event. Attendees agreed that they are more likely to get the COVID-19 vaccine as a result of the information they received in the presentation.
- 50+ Community Ambassadors will meet on Monday, March 22nd from 1:00PM-2:15PM. Commission on Aging member, Phyllis Palombi Miller, will join the group for a presentation and discussion on mental wellness during this pandemic. Contact Linda Hernandez-Giblin for more information, linda.hernandez-giblin@fairfaxcounty.gov or 703-386-4738.

- The new Caregiver Webinar Series will offer a total of 10 webinars from March until November of 2021. Topics will include neuroplasticity and stroke, Medicare, self-care, dementia, technology and caregiving, legal tools, driving safety, financial planning, and caregivers' grief, loss, and coping.
- During the month of February, 10 Fairfax Caregiver Alerts were sent via email and text messages. The alerts contained information on COVID-19 Vaccine, energy assistance program, RECenters, myStrength Wellness app, COVID webinars, and caregiver telephone support call. Currently, there are 717 subscribers.
- The caregiver column for the Golden Gazette included a tip of the month on how to practice self-care, information on RECenters activities, Caring For You Caring For Me, Elderlink Caregiver Telephone Support Call, Chronic Disease Self-Management Program, and Insight Memory Care Center.
- The Fenwick Foundation Partnership supports family caregivers by providing free outside events and activity opportunities, such as tickets to theaters, plays, musicals, baseball games, and more. During COVID-19, the Fenwick Foundation has provided access to virtual live performances, as well as tickets to Christmas outdoor events. The program accepts referrals from the Department of Family Services, senior centers, adult day health centers, and other county programs. The program currently has 20 participants.
- In February, Dementia Friendly Fairfax (DFF) Diane Watson, Allegra Joffee and Linda Hernandez-Giblin hosted two virtual Dementia Friends sessions. Dementia Friendly Fairfax continues to adjust their programming to ensure continued community education and support during the COVID-19 pandemic. At a time when most Dementia Friends groups have put programming on hold or are starting to offer virtual sessions, the Fairfax initiative continues to learn and plan for more virtual sessions.
- The Residential Renovation & Repair Program (R&R) assisted one client in February by installing grab bars in the bathroom.
- The Congregate Nutrition Program continues to provide weekly emergency frozen meals to senior center participants during current senior center closures.

Nutrition Unit

- Meals On Wheels (MOW) continues to operate on a weekly delivery model as part of the COVID-19 response. Prior to the pandemic, our regular MOW clients received meals delivered 3 days per week by volunteers. Clients now receive a week's worth of meals delivered directly on a weekly basis.
- Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with disabilities who are newly homebound and electing to self-quarantine in response to the pandemic. New MOW clients are being placed on a weekly flash frozen delivery route that is delivered on Mondays.

How to Request Meals

- Call 703-324-5409, TTY 711 to request service, make a referral or get more information.
- Family members, caregivers, friends, and medical professionals can make referrals.
- A social worker will call to conduct an assessment to determine eligibility.
- For more information visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/fairfax-area-meals-on-wheels>

ElderLink

- ElderLink is pleased to welcome Robert Louchen to the team! Rob was a MSW intern with ElderLink in 2018-2019. Prior to rejoining ElderLink, Rob was working with Inova's Juniper program. Rob is in the process of pursuing his LCSW.
- ElderLink Telephone Support Call. Caregivers are continuing to enjoy the ability to both hear and see other participants and the group facilitators over Zoom.
 - 03/09: ***Therapeutic Fibs: Is it Okay to Shade the Truth?***
 - 04/13: ***Using Humor as a Survival Tool***
- Caregiver Education and Support
 - ElderLink's successfully completed its first virtual offering of *Caring for You, Caring for Me* on 02/22. The program was well received by the participating caregivers.
 - ElderLink's next virtual offering of *Caring for You, Caring for Me* via Zoom is scheduled to start **Tuesday 03/23, 2:30-4:30pm**. Classes run for 5 weeks.
- ElderLink's Chronic Disease Self- Management Programming. Future upcoming classes:
 - Virtual Chronic Disease Self-Management programs starting 03/10 (partnership with Arlington County) and 03/15.
 - ElderLink is partnering with the George Mason Public Library to offer a Virtual Diabetes Self-Management program, starting 03/17.
- ElderLink's Fall Prevention Programming. ElderLink is partnering with Marymount University to hold a training for the virtual format of A Matter of Balance for coaches, scheduled for March 25, 2021.

ElderLink Services and Events

- For online registration to participate in **ElderLink's Telephone Support Call** please visit: www.tinyurl.com/CaregiverTSG or call the ElderLink intake line (703) 324-5374 for more information.
- For more information about **Caregiver Education and Support**, please call Kristin Martin (703) 324-7577 or Kristin.martin@fairfaxcounty.gov
- For more information about **Chronic Disease Self-Management Programming**, please contact Dianne Duke (703) 324-7721 or Dianne.Duke@fairfaxcounty.gov
- ElderLink is still accepting **referrals** for all programs, including **options for Caregiver Support, Health and Wellness Classes, and Case Management Services**. Please refer community members to the ElderLink intake line at: (703) 324-5374.

Northern Virginia Long-Term Care Ombudsman Program

Due to COVID-19, the Ombudsman Program has continued to adapt in the following ways:

- Ombudsman staff and ombudsman volunteers are not currently entering long-term care facilities per state guidance.
- Ombudsman staff continue to:
 - Discuss strategies for when the Ombudsman Program re-enters long-term care facilities
 - Advocate for long-term care recipients and provide consultation to long-term providers via phone and email
 - Remain informed and enhance their knowledge and skills on the evolving regulations and guidelines related to COVID-19 and long-term care services via webinars, readings, and consultations with relevant entities
- Ombudsman Program created a video to provide an overview of the cornerstone of the Ombudsman Program, Resident's Rights. The video was distributed to long-term care facilities to be used to train facility staff or screened for residents to become more knowledgeable about the topic of Resident's Rights. The video can be access at this link: <https://app.vyond.com/videos/1f300d8f-093e-456c-bf09-540c55ee754f>. It is recommended the link be viewed using Google Chrome as some users have difficulty viewing the video from certain browsers or an Apple computer.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in Fairfax County's monthly newspaper for older adults called the "Golden Gazette." February's topic was on long-term care recipients having the right to receive individualized care.
- Ombudsman Program's virtual in-service training for Ombudsman volunteers that was originally scheduled for February has been rescheduled to March. In-services are continuing education trainings for ombudsman volunteers and are held every other month. In-services focus on different topics and are opportunities for ombudsman volunteers to share their experiences and ideas.

The Ombudsman Program information

- To subscribe to **Quarterly e-newsletter "The Update"** please visit: <https://www.fairfaxcounty.gov/familyservices/older-adults/subscribe-long-term-care-ombudsman-e-news>.

How to request a virtual outreach presentation

The Ombudsman Program always welcomes the opportunity to educate the community about the program and promote quality of care and life for persons receiving long-term care services. To request a virtual outreach presentation, please contact the program via phone 703-324-5861 or by email: nvltpop@fairfaxcounty.gov.

Virginia Insurance Counseling and Assistance Program (VICAP)

Data that drives the work:

- Phone intakes: **137**
- Completed contact cases: **195**
(Note: This number includes one-on-one contacts and is based on what has been entered as of 3/5/2021.)
- Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$17,969**

VICAP Information

- For more information contact VICAP dfsvicap@fairfaxcounty.gov.
- **The VICAP website** features the October 2019 Medicare 101 webinar, a podcast, and an October 2020 Medicare 102 presentation. It also includes links to Medicare and COVID-19 information and a Senior Medicare Patrol Consumer Fraud Alert for COVID-19. <https://www.fairfaxcounty.gov/familyservices/older-adults/virginia-insurance-counseling-and-assistance-program>

- VICAP is in the process of scheduling Medicare 101 presentations for 2021. A Medicare 101 virtual presentation with Neighborhood and Community Services Virtual Center for Active Adults was held on Tuesday, March 2, 2021, and will conduct a virtual Medicare 101 presentation with Tysons-Pimmit Regional Library, Falls Church, VA on Tuesday, June 1, 2021.
- The annual Medicare Open Enrollment Period ended Monday, December 7th.
 - Medicare General Enrollment Period runs January 1st through March 31st.
 - Medicare Advantage Open Enrollment Period runs January 1st through March 31st.

Volunteer Solutions

Data that drives the work:

- Inquiries to becoming a volunteer: **69**
- Total volunteers became active in a program: **15**
- IT-On call referrals: **1**
- New client referrals: **3**
(virtual social visiting)
- Facebook Followers: **1,791**

- In an effort to keep volunteers engaged and informed, Volunteer Solutions extended to volunteers an invitation to attend the virtual community conversation “Community Conversation for People with Disabilities and Older Adults about the COVID-19 Vaccine” hosted by the Fairfax County’s Adult and Aging Division and the Health Department.
- Beginning in March 2021, Meals on Wheels routes served by volunteer runners will expand from 5 to 25 resulting in increased opportunity for volunteers to serve.

Upcoming Events Involving Volunteer Solutions:

- Check out the **Volunteer Solutions Caring Community Updates** to stay up to date on the latest happenings to include Volunteer Spotlights, upcoming events, and more: <https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions/caring-community-e-news>
- Check Volunteer Solutions out on **Facebook**: <https://www.facebook.com/fairfaxcountyvolunteersolutions>

Aging Disability Caregiver Resource Intake Line Statistics February 2021

APS, Reports Received	232
Nutrition/MOW	164
Adult Services Referrals Sent	149
CCC+/ALF screenings, info only	142
ADCR Consultation	70
Medical/Dental	64
Benefits	51
APS, info only	51
Adult Services, info only	50
Housing	47
Transportation	37
Home Based Care, Info Only	36
Coordinated Services Planning	36
Home Care Registry	35
VICAP	34
Burial/Cremation	11
Legal Services	11
N2N Grocery and Medication Pick UP	10
Employment/Training	9
Assisted Living	9
Home Repair	9
Nursing Home	8
Disability Services	8
Health and Wellness Programs	7
Durable Medical Equipment	7
ElderLink	6
Tax Administration	6
Financial	5
Mental Health/Substance Abuse	5
Volunteer	4
Social Security	4
Other	4
Ombudsman	3
Golden Gazette	3
Respite	2
Intellectual Disability Resources	2
Fuel/Cooling Assistance/Fan Care	2
Domestic Violence/Victim Witness	2
Environmental Services	2
Adult Day Healthcare	1
Caregiver Support	1
TOTAL	1,339