

Area Agency on Aging Highlights for May 2021

Legislative and Boards

- On May 6, Supervisor Herrity proclaimed May Older Americans Month and Adult Abuse Prevention Month. Mike Perel, Fairfax Area Commission on Aging Vice Chair, received the proclamation and provided remarks on behalf of the COA. The Administration for Community Living theme for Older Americans Month 2021 is “Communities of Strength.”

Highlights

- *May is Older Americans Month.* Check out the **proclamation video** of Springfield District Supervisor Pat Herrity proclaiming May 2021 Older Americans Month and, in the Commonwealth of Virginia, Adult Abuse Prevention Month and Michael Perel, Vice Chair, Fairfax Area Commission on Aging, received the proclamation. <https://www.facebook.com/fairfaxcounty50/videos/496640431458900/>

- At the May 19 Commission on Aging (COA) meeting, Nicole Wynands, Department of Transportation Planner, presented on the Active Fairfax Transportation Plan.
- The COA will meet remotely on June 16. COA meetings are held from 1-3 PM on the third Wednesday every month, except August.
- At the May 19 Advisory Social Services Board meeting, Carolyn Sutterfield, COA Chair, and Tara Turner, Director of the Fairfax Area Agency on Aging, presented about the COA, 50+ Community Action Plan, COVID-19 Response Plan for Older Adults, and SHAPE the Future of Aging Plan.
- Jacquie Woodruff facilitated the May 18 Northern Virginia Aging Network (NVAN) meeting. Hilda Naranjo developed and managed legislative platform voting tools. NVAN participants voted for the three legislative and three budget priorities for the 2022 NVAN legislative platform. Kristin Helfer Koester presented the budget issue to support the Virginia Insurance Counseling and Assistance Program (VICAP). The VICAP budget issue will be included on the 2022 NVAN platform.
- The 2021 Virginia Governor’s Conference on Aging was held virtually from May 24-27. Jacquie Woodruff provided facilitation support for two sessions.
- The Board of Supervisors Older Adults Committee will meet on June 15 at 1:30 in the Board Auditorium.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **107**
 - Completed contact cases: **204**
(Note: This number includes one-on-one contacts and is based on what has been entered as of 6/3/2021.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$20,148**
 - Number of Events/Presentations: **0**

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/familyservice/older-adults/virginia-insurance-counseling-and-assistance-program>

- VICAP conducted a virtual Medicare 101 presentation with Tysons-Pimmit Regional Library, Falls Church, VA on Tuesday, June 1st, 2021.
- VICAP is in the process of scheduling Medicare 101 presentations for 2021. VICAP will conduct a virtual Medicare 101 presentation with Neighborhood and Community Services Virtual Center for Active Adults, Fairfax County Senior Centers on Tuesday, July 13th, 2021.
- On Wednesday, June 23, 2021, from 3:00 to 7:00 p.m., VICAP will participate in a national online “Welcome to Medicare” fair conducted by the State Health Insurance Assistance Programs – Technical Assistance (SHIP-TA) Center. The fair will include presentations, pre-recorded educational videos, materials available for download, and virtual exhibits.
- The annual Medicare Open Enrollment Period ended Monday, December 7th.
 - Medicare General Enrollment Period ended March 31st.
 - Medicare Advantage Open Enrollment Period ended March 31st.

Nutrition: Meals on Wheels

- Ann-Margaret Moise has joined the Nutrition Unit. She was previously a Nutrition Specialist with the Office on Aging and Independence for Howard County Maryland Government.
- Meals On Wheels (MOW) continues to operate on a weekly delivery model as part of the COVID-19 response. Clients 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.

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>

Nutrition: Congregate Meals

- The Congregate Nutrition Program continues to provide weekly emergency frozen meals to senior center participants during current senior center closures.
- Plans are underway for the reopening of several senior centers for self-directed activities. More details will be provided once plans are finalized.
- The Congregate Nutrition Program has issued a Request for Proposal for meal services for several congregate nutrition senior center sites in the county.
- *Renovation and Repair Program:* **3** Requests Received for Grab Bars, Stair Lift, Shower Door Removal, and to provide a ramp for egress/ingress at front door and to replace a front door. One job was completed (grab bars installed, shower door removal, bathroom door removed, ramp provided and stair lift installed). The other two are in process.
- *OT Consultation Program:* **One** request received and completed.

Important Link & Phone Number

- **Those who are no longer able to attend a senior center or who have become homebound during the pandemic**, may contact the Meals on Wheels Intake line at (703) 324-5409 for more information on the Home Delivered Meals Program.

ElderLink

- William Jin, LCSW, has been selected as the new ElderLink Director.
 - William will be joining ElderLink from the Community Services Board, where he has been working as a Behavioral Health Supervisor. He will join the team on June 14th.
- ElderLink's Chronic Disease Self-Management Programming
 - Upcoming class: Virtual Diabetes Self-Management has been scheduled for Thursday, 06/24-07/29, 10:30am-12:30pm, via Zoom.
- ElderLink Telephone Support Call
Upcoming calls:
 - 06/08: Maintaining Relationships While Caregiving
 - 07/13: How Do We Manage Difficult/Challenging Behaviors of Those with Memory Impairments?

ElderLink Services and Events

- For more information about **Chronic Disease Self-Management Programming**, please contact Dianne Duke (703) 324-7721 or Dianne.Duke@fairfaxcounty.gov
To register for the upcoming class, visit: <https://tinyurl.com/CDSMP123>
- 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.
- 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.

Caregiver

- On May 19, 2021, a caregiver webinar was offered on “*Do’s and Don’ts for Discussing Dementia.*” **37** people attended the event. Recordings of the webinar were uploaded to our county website and YouTube channel.
- On May 28, 2021, a panel conversation was offered on, “*Challenges and Support for Caregivers in the LGBTQ Community During COVID-19.*” **29** people attended the event. Recordings of the panel conversation were uploaded to our county website and YouTube channel.
- A panel conversation on *Long-Term Care: Understanding Options and Advocacy* will be held on *Friday, July 30* from 2 to 3:00p.m.
- During the month of May, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on caregiver webinars, Virtual Diabetes Self-Management Program, Caregiver Telephone Support Call, caregiver panel conversation, Matter of Balance, and the new Volunteer Solutions Virtual Social Visitor for Caregivers. Currently, there are **758** subscribers.
- The caregiver column for the Golden Gazette included a tip of the month on how to lower the risk of falling, information and resources on the ADHC, caregiver webinar on *Do’s and Don’ts for Discussing Dementia*, Caregiver Telephone Support Call, Caring For You, Caring For Me, *Our Time Machine: Documentary Film & Panel Discussion* by the Alzheimer’s Association.
- 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 Meadowlark Botanical Gardens. The program accepts referrals from the Department of Family Services, senior centers, adult day health centers, and other county programs. The program currently has **21** participants.
- A Caregiver E-Bulletin will now be sent out to caregivers and different networks at the beginning of each month. This is a new communication method to share information on current workshops, classes, webinars, and other county programs.
- Allegra Joffe has joined the caregiver unit as the new caregiver support specialist.
- *Senior Express* and the *Covid Grocery and Medication Transportation* programs continue to be available. **34** rides were scheduled for these programs in April.

Caregiver Events

- **Do’s and Don’ts for Discussing Dementia.** Link:

<https://www.youtube.com/watch?v=KL8RLbhLNdI&list=PL9DocdqzRCqDUj9a3uU12hsM8ngov6ufl&index=2>

- **Challenges and Support for Caregivers in the LGBTQ Community During COVID-19.**

YouTube Channel URL:

https://www.youtube.com/watch?v=l5jPG_yj-8o&list=PL9DocdqzRCqDUj9a3uU12hsM8ngov6ufl&index=1

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **88**
 - Total volunteers became active in a program: **9**
 - New client referrals: **1** (virtual social visiting)
 - Facebook Followers: **1,828**
- Volunteer Solutions staff are exploring options to assist in the prevention of social isolation among Adult and Aging clients.
- In honor of Older Americans Month, Volunteer Solutions accepted **10** client referrals for the Helping Hands Program. The project provides opportunity for groups and individuals to volunteer by helping to perform yard work such as lawn moving, weeding, pruning bushes, minor landscaping and painting to older adults and adults with disabilities who are existing Adult and Aging clients. Stay tuned for the full report-out coming in June.
- On May 18th, Linda Hernandez-Giblin, in partnership with GrandInvolve, presented a session entitled *Building Cross Cultural Understanding through Stories*. Linda provided stories from her own childhood growing up in Fairfax County Public Schools as a child of first-generation immigrants and shared about her continued experiences working with the immigrant community and now in her work with the county. She gave tips on working with diverse children and communities. **24** individuals attended the event.
- On May 26th, Nadia Hoonan, in partnership with Volunteer Fairfax, co-moderated a webinar titled *The Invisibility of Racism: I, We, and Us*. The panelists shared personal journeys, explored the role that leaders and organizations play in advancing diversity, equity, and inclusion, and recognized how racial disparities are tied to our systems and communities. **151** individuals attended the event.

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>

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and volunteers resumed onsite visitations to nursing facilities and assisted living facilities in April, after the announcement of the revised visitation guidance from Centers for Medicare and Medicaid Services (CMS) and guidance from the Virginia State Long-Term Care Ombudsman.
- The Ombudsman Program has received a surge of requests for assistance since the reentry into long-term care facilities.
- The Ombudsman Program's virtual in-service training for ombudsman volunteers originally scheduled for June has been rescheduled to July. 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 column in the May Golden Gazette provided information on the topic of long-term care facility inspection reports.

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: nvltcop@fairfaxcounty.gov.

Aging Disability Caregiver Resource Intake Line Statistics May 2021

APS, Reports Received	249
Adult Services Referrals Sent	187
CCC+/ALF screenings, info only	168
Nutrition/MOW	157
ADCR Consultation	136
Benefits	80
Adult Services, info only	79
APS, info only	77
Housing	73
Home Based Care, info only	61
VICAP	53
Medical/Dental	28
Transportation	27
Burial/Cremation	24
Legal Services	22
Coordinated Services Planning	20
Nursing Home	19
Assisted Living	15
Elderlink	15
Home Care Registry	15
Disability Services	14
Ombudsman	14
Home Repair	12
Mental Health/Substance Abuse	10
Health and Wellness Programs	9
Employment/Training	9
Tax Administration	8
Other	8
Financial	8
Durable Medical Equipment	8
Caregiver Support	8
Respite	8
Social Security	8
Adult Day Healthcare	7
Golden Gazette	6
Volunteer	6
Intellectual Disability Resources	5
N2N Grocery and Medication Pick up	5
Domestic Violence/Victim Witness	3
Senior Centers/Recreation	3
Fuel/Cooling Assistance/Fan Care	2
Police Emergency/Non-Emergency	1
TOTAL	1,667