

# Area Agency on Aging Highlights for June 2021

## Legislative and Boards

### Highlights

- COA Chairs the NVAN meeting on July 20th.  
<https://us02web.zoom.us/j/86789268245>  
Password: NVAN-1234!

**At this NVAN meeting:** Kelly Wright, Nutrition Coordinator for the Virginia Dept. for Aging & Rehabilitative Services, will present about the *Senior Farmers Market Nutrition Program*. Rachel Simon, NV Rides Marketing and Communications Coordinator, will present about *NV Rides: Volunteer Transportation for Older Adults in Northern Virginia*.

- Jacquie Woodruff, Area Agency on Aging Legislative and Policy Supervisor, presented the Northern Virginia Aging Network (NVAN) legislative priority issues at the June 9 Long Term Care Coordinating Council (LTCCC) Governing Affairs Committee meeting.
- At the Board of Supervisors (BOS) Older Adults Committee on June 15, Tara Turner, Director of the Fairfax Area Agency on Aging, presented an update on COVID-19 Response Plan for Older Adults initiatives. She also shared a proposed timeline for a relaunch of the planning process for the SHAPE the Future of Aging Plan.
- At the June 16 Commission on Aging (COA) meeting, Judith Cabelli, Affordable Housing Development Division Director of the Department of Housing and Community Development, presented on Strategic Planning for Affordable Housing in Fairfax County.
- At the June 22 BOS mtg, Supervisors Herry and Walkinshaw introduced a Board Matter to approve the SHAPE the Future of Aging Plan planning process and timeline discussed at the June 15 BOS Older Adults Committee meeting. The BOS unanimously approved the proposed planning process and timeline.

## Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
  - Phone intakes: **135**
  - Completed contact cases: **265** (Note: This number includes one-on-one contacts and is based on what has been entered as of 7/5/2021.)
  - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$49,951**
  - Number of Events/Presentations: **2**

### VICAP Information

- For more information contact VICAP [dfsvicap@fairfaxcounty.gov](mailto: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>
- To register for the Medicare 101 presentation, please visit:  
<https://www.fairfaxcounty.gov/calendar/ShowCalendar.aspx?C=10&keyword=Medicare+101&searchframe=any+time>

- 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.
- VICAP conducted a virtual Medicare 101 presentation with Tysons-Pimmit Regional Library, Falls Church, VA on Tuesday, June 1st, 2021. Also, on Wednesday, June 23, 2021, VICAP participated in a national “Welcome to Medicare Virtual Event” conducted by the State Health Insurance Assistance Programs – Technical Assistance (SHIP-TA) Center. The event included presentations, pre-recorded educational videos, materials available for download, and virtual exhibits.
- The annual Medicare Open Enrollment Period ended Monday, December 7<sup>th</sup>.
  - Medicare General Enrollment Period ended March 31st.
  - Medicare Advantage Open Enrollment Period ended March 31st.

## Nutrition: Meals on Wheels

- An announcement was delivered to Meals on Wheels volunteers on June 29 and June 30, 2021, stating that the Meals on Wheels Program (MOW) will continue utilizing a vendor-delivered model to serve clients. The vendor-delivered model addresses past barriers and supports the ability to sustain and grow the capacity of the MOW program as the population continues to age in place, and the demand for services increases. It also addresses a state mandate regarding essential services that must be provided, even during times of emergency. Volunteers bring valuable support and are a vital part of social connectedness. While we have changed the way things operate specifically with meals, additional meaningful volunteer opportunities are being expanded to enhance the capacity for volunteers to address social isolation and connection needs.
- The Nutrition Unit continues to provide MOW services to eligible adults over age 60 or adults over age 18 with disabilities who elect to self-quarantine due to the pandemic.
- 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 meals to senior center participants during current senior center closures.
- Reopening of designated Senior Centers and Congregate Nutrition: We are very excited to announce that the following **8** senior centers were reopened by Neighborhood and Community Services for self-directed activities on Tuesday, June 29<sup>th</sup>, 2021:
  - *Herndon Senior Center*  
873 Grace St.  
Herndon, VA 20170  
703-464-6200
  - *Little River Glen Senior Center*  
4001 Barker Ct.  
Fairfax, VA 22032-1366  
703-503-8703

- *Kingstowne Center for Active Adults*  
6488 Landsdowne Ctr.  
Alexandria, VA 22315  
703-339-7676
- *Lewinsville Senior Center*  
1609 Great Falls St.  
McLean, VA 22101  
703-442-9075
- *Lincolnia Senior Center*  
4710 North Chambliss St.  
Alexandria, VA 22312  
703-941-0223
- *Lorton Senior Center*  
7722 Gunston Plaza  
Lorton, VA 22079  
703-550-7195
- *Sully Senior Center*  
14426 Albemarle Point Pl.  
Chantilly, VA 20151  
703-322-4475
- *Wakefield Senior Center at Audrey Moore RECenter*  
8100 Braddock Rd.  
Annandale, VA 22003

- These 8 senior centers are open Tuesdays through Fridays.
- Senior centers will be closed on Mondays to accommodate the frozen emergency meal deliveries. With the reopening of these senior centers, the number of frozen meals provided each week has been reduced from 7 meals to 5 meals. Congregate Nutrition participants can participate in both the frozen emergency meals program and the in-person lunches at the senior centers.
- Hot and cold lunches will be available at the senior centers from Tuesdays through Fridays. Lunches must be reserved ahead of time.
- Virtual programming will continue to be offered through Neighborhood and Community Services Virtual Center for Active Adults.
- This hybrid model for senior centers will be in place until all County senior centers fully reopen on Tuesday, September 7, 2021.
- On September 7th, 2021, upon full reopening of all senior centers, the frozen emergency meal program for congregate nutrition participants will be discontinued.
- The following senior centers *will remain closed* until September 7, 2021:
  - *Bailey's Senior Center*  
5920 Summers Ln.  
Falls Church, VA 22041
  - *Hollin Hall Senior Center*  
1500 Shenandoah Rd.  
Alexandria, VA 22308
  - *James Lee Senior Center*  
2855-A Annandale Rd.  
Falls Church, VA 22042
  - *Pimmit Hills Senior Center*  
7510 Lisle Ave.  
Falls Church, VA 22043
  - *Providence Senior Center*  
3001 Vaden Dr.  
Fairfax, VA 22031
- Renovation and Repair Program: **One** job was completed in June 2021.
- OT Consultation Program: **Three** requests were received and completed.

## Select Senior Centers with Congregate Meals Open Tuesdays through Fridays; Closed on Mondays

Herndon Senior Center, Kingstowne Center for Active Adults, Lewinsville Senior Center, Lincolnia Senior Center, Little River Glen Senior Center, Lorton Senior Center, Sully Senior Center, Wakefield Senior Center at Audrey Moore RECenter

## Closed Senior Centers - Reopening on September 7th

Bailey's Senior Center, Hollin Hall Senior Center, James Lee Senior Center, Pimmit Hills Senior Center, Providence Senior Center.

## Important Link & Phone Number

- For more information about **Neighborhood and Community Services Virtual Center for Active Adults** please visit: <https://www.fairfaxcounty.gov/neighborhood-community-services/virtual-center-active-adults>
- **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.

## Volunteer Solutions

- Data that drives the work:
  - Inquiries to becoming a volunteer: 77
  - Total volunteers became active in a program: 2
  - New client referrals: 5
  - IT On Call referrals: 4
  - Facebook Followers: 1,881
- In light of the announcement detailed in the Nutrition section regarding a vendor delivered meal model, we know that volunteers bring valuable support and are a vital part of social connectedness. While meal delivery itself will no longer be done the same way, volunteers are very much valued and still needed to create connection. To this end, additional meaningful volunteer opportunities are being expanded to enhance the capacity for volunteers to address social isolation and connection needs in the community.
- In honor of Older American's Month, Volunteer Solutions' staff and volunteers have been busy assisting Adult and Aging clients with yard work, lawn moving,

## Upcoming Events Involving Volunteer Solutions:

- Register for **Volunteer Opportunities** at <https://bit.ly/VSVOLOPPS>
- 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>
- Explore how organizations can strengthen the inclusion of volunteers from the community through technology. **Strengthening Volunteer Inclusion Though Technology -** <https://www.eventbrite.com/e/strengthening-volunteer-inclusion-though-technology-tickets-157555898935>
- Check Volunteer Solutions out on **Facebook:** <https://www.facebook.com/fairfaxcountyvolunteersolutions>

weeding, pruning bushes, and assisting with minor landscaping. Currently a total of **11** hours were served by **4** volunteers.

- Nadia Hoonan is the new Board President of the Northern Virginia Association for Volunteer Association (NVAVA) for 2021-2022.
- On June 26, Nadia Hoonan, co-hosted a Volunteer Fairfax virtual Community Conversation titled *No “One Right Way”: Creating New Systems for Volunteer Engagement*. Lisa Joyselin, Equity and Inclusion Manager for the Minnesota Association for Volunteer Administration, discussed other ways of engaging volunteers that are more inclusive and equitable. **94** individuals attended the event.

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## ElderLink

- ElderLink’s Chronic Disease Self- Management Programming
  - Upcoming Leader Training: Dianne Duke will be co-facilitating a virtual leader training, in collaboration with Rappahannock Community Services, for Chronic Disease Self-Management.
  - The training will start on Wed 08/18 and will run for 8 weeks, every Monday and Wednesday, 1:30-3:30pm, through 10/04.
- ElderLink’s Fall Prevention Programming
  - A Matter of Balance (AMOB): ElderLink’s first virtual AMOB class via Zoom will be wrapping up 07/14. Participants have been extremely pleased with this class offering!
  - Bingocize: ElderLink facilitators will receive training for this new class offering in the coming weeks, with plans to launch the in-person program at the Falls Church Community Center in September. The target population for Bingocize includes sedentary older adults at all ability levels. This program combines a bingo-like game with exercise, fall reduction and health education. Through this in-person program, Bingocize participants will meet for one hour 2 times per week for 10 weeks. The goal is to help older adults improve and/or maintain mobility and independence, learn and use health information focused on falls reduction and other health-related behaviors, and reduce feelings of isolation by engaging older adults in social settings.
  - ElderLink will also introduce A Walk with Ease (WWE) class to their fall prevention programming, with an anticipated launch later this fall. A Walk with Ease is a community-based physical activity and self-management education program. The target population for WWE includes adults with arthritis who want to be more physically active. This program is also for adults without arthritis, particularly those with diabetes, heart disease or other chronic conditions. The only requirement is the ability to stand for at least 10 minutes without increased pain. Participants will be meeting over Zoom for 1 hour each week for a total of 6 weeks. Outside of the set meeting time, participants will be encouraged to walk up to 30 minutes, 3 times per week. While walking is the central activity in this class, WWE

### 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](mailto:Dianne.Duke@fairfaxcounty.gov)
- For online registration to participate in **ElderLink’s Telephone Support Call** please visit: [www.tinyurl.com/CaregiverTSG](http://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.

is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The goal is to teach program participants how to safely make physical activity part of their everyday life, while building their confidence to be physically active.

- ElderLink Telephone Support Call

Upcoming calls:

- 07/13: *How Do We Manage Difficult/Challenging Behaviors of Those with Memory Impairments?*
- 08/10: *The Unexpected Joys of Caregiving*

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## Caregiver

- On June 23, 2021, a caregiver webinar was offered on “*Caregiving & Technology: Latest Devices and Applications.*” **31** people attended the event. Recordings of the webinar were uploaded to our county website and YouTube channel.
- On June 30, 2021, a caregiver webinar was offered in Spanish on “*Medicaid: Programa de Seguro Médico para Niños, Adultos Mayores, y Personas con Discapacidades.*” **9** people attended the webinar.
- During the month of June, planning was conducted for the new caregiver webinar series, “*Health & Wellness,*” which will run from August to September of 2021. This program will offer chair yoga and meditation session, as well as dance fitness, memory loss- arts & crafts, and art therapy.
- On Wednesday, June 9<sup>th</sup>, Giuliana Valencia conducted a presentation for a real estate company and provided Information about caregiver tips and resources. **9** people attended the presentation.
- During the month of June, Allegra Joffe met with **8** different representatives from different community organizations to share caregiver programs and resources available to the community.
- During the month of June, **8** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on LGBTQ+ Protections in Fairfax, Caregiver Telephone Support Call, Welcome to Medicare Fair, Virtual Arts for Life Artist Residencies, caregiver webinar: Caregiving & Technology, Chronic Disease Self-Management Program, ADCR line, and Fairfax County Libraries: Food & Nutrition Series. Currently, there are **776** subscribers.
- The caregiver column for the Golden Gazette included a tip of the month on how to stay physically active during the summer while following safety protocols to prevent the spread of the virus, information about local parks, caregiver webinar- Technology & Caregiving, the New Virtual Social Visitor Program for Family Caregivers, Caregiver Telephone Support Call, and Spanish caregiver webinar: Medicaid Webinar for Family Caregivers.
- 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. Currently, The Fenwick Foundation is providing access to virtual and in-person events, such as

### Caregiver Important Information

- **Caregiving & Technology: Latest Devices and Applications.** Link: <https://www.youtube.com/watch?v=05L9NdjxsI4&list=PL9DocdqzRCqDUj9a3uU12hsM8ngov6ufL&index=3>
- **Dementia Friendly Fairfax (DFF) New Website** <https://www.dffairfax.org>

drive-in movies, plays, national soccer games, gardens, and museums. The program accepts referrals from the Department of Family Services, senior centers, adult day health centers, and other county programs. The program currently has **22** participants.

- Planning for the 35<sup>th</sup> Annual Northern Virginia Dementia Care Consortium (NVDCC) Caregiver's Conference is in process. The conference will be hosted virtually from Tuesday, November 10 to Thursday, November 11. Giuliana L. Valencia is the Chair of NVDCC.
- Dementia Friendly Fairfax (DFF) has a new website (See highlighted "Caregiver Important Information" box above). This offers a resource for community residents find information about upcoming DFF sessions and more. Insight Memory Care Center will begin to offer 2 monthly DFF sessions.
- *Senior Express* and the *Covid Grocery and Medication Transportation* programs continue to be available. **46** rides were scheduled for these programs in May.
- Data that drives the work:
  - Senior Express: **32** rides
  - Covid Transport to Groceries and Meds: **9** round trip rides
  - Vaccination taxi transportation: **3** round trips
  - Discretionary Funds: **1** client received **1** item

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## Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and volunteers completed the first full quarter of onsite visits to nursing facilities and assisted living facilities, in accordance with 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 large surge of requests for assistance since ombudsmen reentry into long-term care facilities.
- The Ombudsman Program's virtual in-service training for ombudsman volunteers that was 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.
- Ombudsman Program contributes a monthly short piece on the topic of long-term care in *The Golden Gazette*, Fairfax County's monthly newspaper for older adults. June's topic was on emergency preparedness in long-term care facilities.
- Ombudsman Program presented an overview on the program and residents' rights to certified nursing assistant students with the Northern Virginia Community College Nurse Aid Training Program.

### **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 an online or in-person outreach presentation, please contact the program via phone 703-324-5861 or by email: [nvltcop@fairfaxcounty.gov](mailto:nvltcop@fairfaxcounty.gov).

## Aging Disability Caregiver Resource Intake Line Statistics June 2021

<b>APS, Reports Received</b>	<b>287</b>
<b>Nutrition/MOW</b>	<b>186</b>
<b>Adult Services Referrals Sent</b>	<b>183</b>
<b>CCC+/ALF screenings, info only</b>	<b>167</b>
<b>ADCR Consultation</b>	<b>144</b>
<b>APS, info only</b>	<b>86</b>
<b>Housing</b>	<b>76</b>
<b>Benefits</b>	<b>65</b>
<b>Adult Services, info only</b>	<b>54</b>
<b>Transportation</b>	<b>43</b>
<b>Home Care Registry</b>	<b>38</b>
<b>Home Based Care, info only</b>	<b>34</b>
<b>VICAP</b>	<b>21</b>
<b>Medical/Dental</b>	<b>21</b>
<b>Burial/Cremation</b>	<b>21</b>
<b>Legal Services</b>	<b>21</b>
<b>Coordinated Services Planning</b>	<b>20</b>
<b>Assisted Living</b>	<b>18</b>
<b>Elderlink</b>	<b>19</b>
<b>Disability Services</b>	<b>19</b>
<b>Mental Health/Substance Abuse</b>	<b>17</b>
<b>Home Repair</b>	<b>15</b>
<b>Ombudsman</b>	<b>13</b>
<b>Durable Medical Equipment</b>	<b>13</b>
<b>Nursing Home</b>	<b>12</b>
<b>Environmental Services</b>	<b>11</b>
<b>Other</b>	<b>10</b>
<b>Volunteer</b>	<b>10</b>
<b>Adult Day Healthcare</b>	<b>9</b>
<b>Employment/Training</b>	<b>9</b>
<b>Domestic Violence/Victim Witness</b>	<b>8</b>
<b>Social Security</b>	<b>7</b>
<b>Health and Wellness Programs</b>	<b>6</b>
<b>Caregiver Support</b>	<b>6</b>
<b>N2N Grocery and Medication Pick up</b>	<b>6</b>
<b>Financial</b>	<b>6</b>
<b>Senior Centers/Recreation</b>	<b>6</b>
<b>Respite</b>	<b>5</b>
<b>Intellectual Disability Resources</b>	<b>5</b>
<b>Golden Gazette</b>	<b>4</b>
<b>Police Emergency/Non-Emergency</b>	<b>4</b>
<b>Fuel/Cooling Assistance/Fan Care</b>	<b>3</b>
<b>Tax Administration</b>	<b>1</b>
<b>TOTAL</b>	<b>1,708</b>