

Area Agency on Aging Highlights for August 2021

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

To register for the **22nd NVAN Legislative Breakfast**, please visit: https://zoom.us/join/joinMeeting?zmt=3JQ_mNhr8mtPzgXQ

- The **22nd Northern Virginia Aging Network (NVAN) Legislative Breakfast** will be held virtually on Tuesday, September 14 from 9 – 10 AM. Edwin Walker, Deputy Assistant Secretary for Aging, U.S. Administration for Community Living, will be the keynote speaker.
- The General Assembly directed the Secretary of Health and Human Resources to convene a workgroup to review and develop recommendations to elevate aging services within state government. NVAN, specifically listed as a stakeholder, provided input to the workgroup.
- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, September 15. Aimee Brobst, Countywide Strategic Plan Coordinator, will present about the Countywide Strategic Plan. The Countywide Strategic Plan Crosswalk highlights the most direct connections between the priority areas of the strategic plan and the BOS-approved categories of the SHAPE the Future of Aging Plan.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **120**
 - Completed contact cases: **256** (Note: This number includes one-on-one contacts and is based on what has been entered as of 9/2/2021.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$8,981.**
 - Number of Events/Presentations: **0**
- The DFS VICAP email account was created as another way for individuals to contact the VICAP office. The email address is dfsvicap@fairfaxcounty.gov.
- VICAP is in the process of scheduling Medicare 101 presentations for Fall 2021. Information on these events will be advertised in the Golden Gazette and Fairfax County's online Older Adults Events Calendar. VICAP conducted virtual Medicare 101 presentations with Neighborhood and Community Services Virtual Center for Active Adults, Fairfax County Senior Centers on Tuesday, July 13th, 2021, and Tysons-Pimmit Regional Library, Falls Church, VA on Tuesday, June 1st, 2021. Also, on Wednesday, June 23, 2021 VICAP participated in a national online "Welcome to Medicare Virtual Event" conducted by the State Health Insurance Assistance

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>

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 is October 15th through December 7th.
 - Medicare General Enrollment Period ended March 31st.
 - Medicare Advantage Open Enrollment Period ended March 31st.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **89**
 - Total volunteers became active in a program: **2**
 - New client referrals: **14**
 - IT On Call referrals: **8**
 - Facebook Followers: **1,853**

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>
- On August 3rd, Volunteer Solutions resumed in-person community outreach by presenting information on the Fairfax Area Agency on Aging to **11** Springhill block captains at the Springhill Community in Lorton. Captains collected all the outreach materials to share throughout their blocks and places they visit.
- On August 18th, Volunteer Solutions presented an overview of Adult and Aging programs and the Equity Impact Plan to the Long-Term Care Coordinating Council (LTCCC) committee. **9** LTCCC committee members were in attendance.
- Fairfax Pets on Wheels visited the Emergency Repatriation Center at the Dulles Expo Center to interact with volunteers and children traveling from Afghanistan. The pets were popular and brought laughter and fun for the volunteers and the children at the center.
- Volunteer Solutions shared Fairfax Area Agency on Aging grip cards at the Dar Al-Hijrah Islamic Center kick-off health days. A special thanks to our 50+ Community Ambassadors that continue to find new opportunities to share our programs with our community.
- Fairfax Area Agency on Aging staff collaborated with former Meals on Wheels leadership volunteers in a virtual brainstorming session on how to prevent social isolation among those who receive Meals on Wheels. Be on the lookout for the new Mealtime Companion opportunity in the upcoming months.

Nutrition: Meals on Wheels

- September is National Preparedness Month. Meals on Wheels (MOW) clients will receive a 5-day supply of emergency meals in September. This set of shelf-stable meals will be delivered in preparation for the winter season and will help clients be prepared for any unforeseen disruption in service due to inclement weather or in case of emergencies.
- As of Friday, October 1, 2021, all MOW routes will be served under one Meals on Wheels program under a weekly vendor-delivered model.
- 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.

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 reopened all county adult day health centers and senior centers on September 7, 2021, except for the Pimmit Hills Senior Center and Hollin Hall Senior Center, which are expected to reopen sometime in October 2021.
- Senior Center Food Services RFP was awarded to JDL Ventures in September 2021.
- *Residential Renovation and Repair Program*: **1** client referred for Home Modifications through the R&R Program.
- *Occupational Therapist (OT) Consultation Program*: **6** clients referred for OT Consults in August 2021.

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.

ElderLink

- Caregiver Education and Support.
 - ElderLink Caregiver Support Call
Upcoming calls:
09/14: *Open Forum*
10/12: *Caregiving Over the Holidays*
Sessions held via Zoom.
 - Caring for You, Caring for Me:
The next virtual offering of *Caring for You, Caring for Me* via Zoom is scheduled Thurs 09/16-10/14, 10am-12pm.
- Health and Wellness.
 - *Bingo + Gentle Exercises = BINGOCIZE®* The first session will be offered 09/07-11/16, 2-3PM at the City of Falls Church Senior Center. Class will meet in-person twice a week on Tuesdays and Thursdays.
 - *Walk with Ease*. The first offering is scheduled 09/30-11/04, 10:30-11:30 AM. This program will meet weekly via Zoom to discuss successes, challenges, provide encouragement, and learn information to stay healthy. Outside of class time, participants will be encouraged to walk three times per week.
 - *A Matter of Balance: Managing Concerns About Falls (AMOB)*. The next in-person offering of AMOB has been scheduled 09/22-11/10, 10am-12pm, at the Vienna Community Center.
- At the end of June 2021, ElderLink's semi-annual measure found that:
 - 100% of A Matter of Balance participants would recommend this program to a friend or relative
 - 98% Chronic Disease Self-Management recommend CDSMP to another person managing a Chronic Disease
 - 100% of Caring for You, Caring for Me participants are likely to recommend to others
 - 100% of clients who received a Caregiver Consultation would likely recommend
 - 100% of participants from the Caregiver Support Call would recommend to other Caregivers

ElderLink Services and Events

- For online registration to participate in **ElderLink's Caregiver Support Call**, please visit: www.tinyurl.com/CaregiverTSG or call the ElderLink intake line (703) 324-5374.
- For more information about **Caring for You, Caring for Me**, please contact Kristin Martin (703) 324-7577, Kristin.martin@fairfaxcounty.gov or visit <https://tinyurl.com/CFYCFM4U> to register.
- For more information about **Bingo + Gentle Exercises = BINGOCIZE®**, or **Walk with Ease**, please contact Dianne Duke (703) 324-7721, Dianne.Duke@fairfaxcounty.gov or visit www.fairfaxcounty.gov/familyservices/older-adults to register.
- To register in **A Matter of Balance: Managing Concerns About Falls**, please call Vienna Community Center at 703-255-6360.
- 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 Wednesday, August 18th, a caregiver webinar was offered on *Caregivers' Grief, Loss, and Coping*. **22** people attended the event.
- On Friday, August 20th, a Caregiver webinar on *Yoga and Meditation for Stress Reduction* was offered. **11** people attended.
- During the month of August **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on, Caregiver Telephone Support Call, Financial and Medical assistance programs, Caregivers' Grief, Loss and Dying, Yoga and Meditation for Caregiver Stress, Walk-in tech tutoring at the library, Spiritual Help phone line and more. Currently, there are **813** subscribers.

Caregiver Important Information

- **Past Caregiver Webinars** are available on the Older Adult Webpage including:
 - [Caregivers' Grief, Loss, and Coping – Caregiver Webinar - YouTube.](#)
 - [Yoga and Meditation for Stress Reduction – Caregiver Webinar - YouTube](#)
 - **Preparing for the Increased Cost of Caregiving-caregiver** webinar will be hosted on Wednesday, September 22, from noon to 1p.m. Online Registration: <https://bit.ly/CAREWEB1>
 - **Memory Engagement with Arts and Crafts-**caregiver webinar will be hosted on Friday, September 10, 2-3p.m. Online Registration: <https://bit.ly/StayingWell-123>
 - **Art Therapy: Healing Through Art-**caregiver webinar will be hosted on Friday, September 24, 2-3p.m. Online Registration: <https://bit.ly/StayingWell-123>
 - **Ageing In Place -A Panel Conversation** will be hosted on Friday, October 1, 2021, 2 - 3 p.m. <https://bit.ly/AAAPanel>
 - The 35th Annual Caregiver Conference, **Caregiving as Memories Fade**. Online Registration: <https://nvdcc.com/>
- The caregiver column for the Golden Gazette tip of the month was on using technology to support the caregiving journey, and it also included information on the Volunteer Solutions' IT On-Call Program, Caregiver webinar: Caregivers' Grief, Loss, and Coping, caregiver health and wellness series, and Insight Memory Care Center.
 - The monthly Caregiver Webletter was emailed this month to **380** people. The Webletter contained information on the Family Caregiver Support Call- *The Unexpected Joys of Caregiving*, Dance Fitness for Family Caregivers' webinar, Yoga and Meditation for Stress Reduction webinar, Caregivers' Grief, Loss, and Coping Webinar, Fairfax Library-Chromebook Computer Lending Program, Volunteer Solutions- IT On-Call Program, Fairfax Library, Home Delivery Service, Information Sessions About Food, Medical and Financial Assistance, and Caregiver Alert Notifications.
 - The 35th Annual Caregiver Conference, *Caregiving as Memories Fade*, will be held virtually on Monday, November 9 to Wednesday, November 11 from 10:00 AM – 12:30 PM. Gary Chapman, PhD, author of *Keeping Love Alive as Memories Fade: The 5 Languages and the Alzheimer's Journey*, will be the keynote speaker.
 - In August, the caregiver unit received **5** phone calls from family caregivers seeking information about educational programs, support groups, and other supportive services in Fairfax.
 - 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

drive-in movies, plays, national soccer games, virtual performances, and tickets to Wolf Trap 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 **23** participants.

- Senior Express provided 44 one-way rides to clients and 43 hours of respite to their family caregivers.
- The Covid Grocery & Medication Transportation program provided 10 round-trip rides to 7 unduplicated clients in the month of July.
- The Discretionary Fund, which provide durable medical equipment and adaptive equipment to client families who need financial assistance, provided 1 item each to 2 clients/caregivers.

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and ombudsman volunteers continue to conduct onsite visits to nursing facilities and assisted living facilities.
- Increased requests for assistance from the Ombudsman Program have continued since ombudsmen reentry into long-term care facilities.
- Ombudsman Program's next virtual in-service training for ombudsman volunteers will be in October. 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 has begun a 12-week campaign to increase awareness of the Ombudsman Program. Advertisements are displayed on the back of 30 Metro buses throughout Northern Virginia. The goal is to increase awareness of the free program available to help with concerns for residents living in nursing facilities and assisted living facilities or those receiving long-term care in the community.
- The Ombudsman Program has resumed recruitment of prospective Ombudsman Volunteers for our 3-Day Fall 2021 New Ombudsman Volunteer Training, which is scheduled for October 4th, October 5th, and October 14th (rain date on October 15th). Trainings are held twice a year (spring and fall) and are mandatory for prospective ombudsman volunteers.
- 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. August's piece featured the Volunteer Ombudsman Program.

The Ombudsman Program information

- If you are interested and/or know of anyone interested in becoming an **Ombudsman Volunteer to advocate for residents in long-term care facilities**, please contact the program via phone 703-324-5861 or email nvltcop@fairfaxcounty.gov.
- 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.

Aging Disability Caregiver Resource Intake Line Statistics August 2021

APS, Reports Received	296
Adult Services Referrals Sent	155
Nutrition/MOW	141
CCC+/ALF screenings, info only	136
ADCR Consultation	89
Benefits	77
Housing	53
APS, info only	52
Adult Services, info only	34
Transportation	30
Coordinated Services Planning	26
Home Care Registry	22
Home based Care, info only	22
Burial/Cremation	20
VICAP	18
Nursing Home	17
Legal Services	16
Mental Health/Substance Abuse	15
Employment/Training	13
Medical/Dental	12
Home Repair	12
Social Security	12
Other	11
Durable Medical Equipment	10
Assisted Living	10
Ombudsman	9
Elderlink	9
Financial	8
Health and Wellness Programs	6
Police Emergency/Non-emergency	5
Intellectual Disability Resources	5
Volunteer	5
Disability Services	4
Environmental Services	4
Tax Administration	4
Respite	3
Caregiver Support	3
Fuel/Cooling Assistance/Fan Care	1
Senior Centers/Recreation	1
Domestic Violence/Victim Witness	1
TOTAL	1,367

Area Agency on Aging Highlights for July 2021

Fairfax County Services for Older Adults | Family Services

Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

To register in the **22nd NVAN Legislative Breakfast**, please visit:
[https://zoom.us/webinar/register/WN_VnvAFZ3JQ_mNhr8mtPzgxQ](https://zoom.us/join/https://zoom.us/webinar/register/WN_VnvAFZ3JQ_mNhr8mtPzgxQ)

- Mike Perel, Commission on Aging (COA) Vice Chair, chaired the Northern Virginia Aging Network (NVAN) meeting on July 20th. Kelly Wright, Nutrition & Senior Farmers Market Nutrition Program Coordinator, Virginia Department for Aging & Rehabilitative Services (DARS), provided an overview of the Senior Farmers Market Nutrition Program in Virginia. Rachel Simon, NV Rides Marketing and Communications Coordinator, presented about “NV Rides: Volunteer Transportation for Older Adults in Northern Virginia.” NVAN Legislative Committee Co-Chairs led discussion with platform committee chairs for review and approval of legislative platform items.
- The 22nd NVAN Legislative Breakfast will be held virtually on Tuesday, September 14 from 9 – 10 AM. Edwin Walker, Deputy Assistant Secretary for Aging, U.S. Administration for Community Living, will be the keynote speaker. Jacquie Woodruff and Hilda Naranjo from the AAA Legislative Team serve on the event planning committee.
- At the July 21st Commission on Aging (COA) meeting, Robin McGlothlin, Insight Memory Care Center, presented about Dementia Friendly Fairfax. Cynthia Alarico, Mobility Manager, Human Services Transportation, provided an overview of the Federal Transit Administration’s Enhanced Mobility of Seniors and Individuals with Disabilities (Section 5310) Grant Program. Theresa Brown, Acting Quality Assurance Manager, Adult and Aging Division, presented a summary of Area Plan Budget/Waiver. The COA voted unanimously to elect Cathy Cole to serve as Chair, Cathy Muha as Vice Chair, and Carolyn Sutterfield as Secretary.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **122**
 - Completed contact cases: **254** (Note: This number includes one-on-one contacts and is based on what has been entered as of 8/3/2021.)
 - Money saved (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$13,654.**
 - Number of Events/Presentations: **1**

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 Fall 2021. Information on these events will be advertised in the September Golden Gazette and Fairfax County’s online Older Adults Events Calendar.
- VICAP conducted virtual Medicare 101 presentations with Neighborhood and Community Services Virtual Center for Active Adults, Fairfax County Senior Centers on Tuesday, July 13th, 2021, and Tysons-Pimmit Regional Library, Falls Church, VA on Tuesday, June 1st, 2021. Also, on Wednesday, June 23, 2021 VICAP participated in a national online “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 is October 15th through December 7th.
 - Medicare General Enrollment Period ended March 31st.
 - Medicare Advantage Open Enrollment Period ended March 31st.

Nutrition: Meals on Wheels

- Prior to the Covid-19 pandemic, the Meals on Wheels (MOW) Program utilized volunteers to help deliver meals to clients in the community on a 3-day delivery schedule. The MOW Program established a weekly vendor-delivered model to maintain service delivery to clients without interruption in response to the Covid-19 pandemic. Partnerships with other county agencies, to include Neighborhood and Community Services (NCS), were developed to maintain service delivery and ensure client wellbeing throughout the challenges of the pandemic. Effective August 2, 2021, all MOW routes served via Jeffery’s Catering will officially continue with the weekly vendor- delivered model in place.
- 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.

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 while also offering meals at 8 centers that have reopened for self-directed activity. The senior centers that are currently open on Tuesdays through Fridays are:
 - *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
 - *Lorton Senior Center*
7722 Gunston Plaza
Lorton, VA 22079
703-550-7195
 - *Lewinsville Senior Center*
1609 Great Falls St.
 - *Sully Senior Center*
14426 Albemarle Point Pl.

McLean, VA 22101

703-442-9075

- *Lincolnia Senior Center*
4710 North Chambliss St.
Alexandria, VA 22312
703-941-0223

Chantilly, VA 20151

703-322-4475

- *Wakefield Senior Center at Audrey Moore RECenter*
8100 Braddock Rd.
Annandale, VA 22003

- All senior centers will reopen on September 7, 2021.
- *Residential Renovation and Repair Program*: **8** clients referred for Home Modifications through the R&R Program. We have received quotes for **4** of the jobs, totaling **\$11,965**.
- *Occupational Therapist Consultation Program*: **9** clients referred for OT Consults in July at a total cost of **\$1,260**.

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: **84**
 - Total volunteers became active in a program: **6**
 - New client referrals: **6**
 - IT On Call referrals: **3**
 - Facebook Followers: **1,841**
- Volunteer Solutions is now resuming in-person volunteer services and recruiting for these meaningful opportunities.

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>

- The Meals on Wheels Runner Program provided volunteer meal delivery support during the pandemic. This program ended on July 28th, 2021.
- Volunteer Solutions' staff and volunteers continue to assist Adult and Aging clients with yard work, lawn moving, weeding, pruning bushes, and assisting with minor landscaping. A total of **35** hours were served by **14** volunteers.

ElderLink

- Caregiver Education and Support.
 - ElderLink Caregiver Support Call
Upcoming calls:
08/10: *The Unexpected Joys of Caregiving*
09/14: *Open Forum*
Sessions held via Zoom.
 - Caring for You, Caring for Me:
The next virtual offering of *Caring for You, Caring for Me* via Zoom is scheduled Thurs 09/16-10/14, 10am-12pm.
- Health and Wellness.
 - *Bingo + Gentle Exercises = BINGOCIZE®* The first session will be offered 09/07-11/16, 2-3PM at the City of Falls Church Senior Center. Class will meet in-person twice a week on Tuesdays and Thursdays.
 - *Walk with Ease*. The first offering is scheduled 09/30-11/04, 10:30-11:30 AM. This program will meet weekly via Zoom to discuss successes, challenges, provide encouragement, and learn information to stay healthy. Outside of class time, participants will be encouraged to walk three times per week.
 - *A Matter of Balance: Managing Concerns About Falls*. The next in-person offering of AMOB has been scheduled 09/22-11/10, 10am-12pm, at the Vienna Community Center.

ElderLink Services and Events

- For online registration to participate in **ElderLink's Caregiver Support Call**, please visit: www.tinyurl.com/CaregiverTSG or call the ElderLink intake line (703) 324-5374.
- For more information about **Caring for You, Caring for Me**, please contact Kristin Martin (703) 324-7577, Kristin.martin@fairfaxcounty.gov or visit <https://tinyurl.com/CFYCFM4U> to register.
- For more information about **Bingo + Gentle Exercises = BINGOCIZE®**, or **Walk with Ease**, please contact Dianne Duke (703) 324-7721, Dianne.Duke@fairfaxcounty.gov or visit www.fairfaxcounty.gov/familyservices/older-adults to register.
- To register in **A Matter of Balance: Managing Concerns About Falls**, please call Vienna Community Center at 703-255-6360.
- 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 July 20th, the Fairfax Caregiver Alert Notifications program received a *2021 Aging Innovation Award* from the National Association of Area Agencies on Aging, the highest honor presented by n4a to member agencies.
- During the month of July, **9** Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Cooling Assistance Programs, Caregiver Telephone Support Call, Virginia Lifespan Respite Voucher, Farmers Markets, caregiver webinar: *Driving Safety Among Older Adults: A Medical Perspective*, Virtual Medicare 101 Presentation, and Panel Discussion: *Long-Term Care: Understanding Options and Advocacy*. Currently, there are **790** subscribers.
- On July 21, 2021, a caregiver webinar was offered on “*Driving Safety Among Seniors: A Medical Perspective*.” **14** people attended the event. Recordings of the webinar were uploaded to our county website and YouTube channel.
- On July 30, 2021, a caregiver panel conversation was offered: *Long-Term Care: Understanding Options & Advocacy*.” **76** people attended the panel conversation.
- On Thursday, July 8th, Caregiver Unit staff participated in the 2021 Caregiver Roundtable organized by the DC VA Medical Center.
- The caregiver column for the Golden Gazette tip of the month focused on resources when thinking about long-term care for a loved one and included information on the Northern Virginia Long-Term Care Ombudsman program, caregiver consultations, caregiver webinar: *Driving Safety Among Older Adults: A Medical Perspective*, Elderlink’s Caregiver Support Call, *Long-Term Care: Understanding Options and Advocacy*, and the Chronic Disease Self-Management Program.
- The monthly caregiver Webletter was emailed this month to **330** people. The Webletter contained information on the Virtual Social Visitor Program for Family Caregivers, new Caregiver Health & Wellness Series, Food and Nutrition Series Stay Well-Aging Gracefully, Lifespan Respite Voucher, Caregiver Alert Notifications, Long-Term Care Panel Conversation, mature Living videos on-demand, caregiving videos on-demand, and *Driving Safety Among Older Adults*-caregiver webinar.
- In July, the Caregiver Unit received **10** phone calls from family caregivers seeking information about educational program, support groups, and other supportive services in Fairfax.

Caregiver Important Information

- The Fairfax Area Agency on Aging’s Fairfax **Caregiver Alert Notifications Program** was selected as **2nd place winner** of the 2021 National Association of Area Agencies on Aging (n4a) Aging Innovations Award. Giuliana Valencia created and developed this program. Over **700** family caregivers currently receive Caregiver Alert Notifications. To read the entire press release, visit: [n4a | National Association of Area Agencies on Aging](#)
- Past **Caregiver Webinars** are available on the Older Adult Webpage including:
[Past Driving Safety Among Seniors: A Medical Perspective](#).
[Long-Term Care: Understanding Options & Advocacy](#).
- For more information about **Northern Virginia Dementia Care Consortium (NVDCC)** please visit <https://nvdcc.com>

- 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 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 **23** participants.
- On Thursday, July 29th, Caregiver Unit staff co-presented a Dementia Friendly Information Session with Dementia Friendly Fairfax Action Team members. **2** community members attended this presentation.
- Caregiver Unit staff is currently participating as co-facilitator in the Caregiver Lunch Bunch. In August, the program will change its name to the Caregiver Activity Program and will be hosted on the 4th Thursday of the month from 11:30a.m to 12:30p.m.
- The Covid Grocery & Medication Transportation program continues to be available for the month of August. **8** round-trip rides were provided in the month of June.

Northern Virginia Long-Term Care Ombudsman Program

- Ombudsman staff and volunteers have started a new quarter (July-September) of onsite visits to nursing facilities and assisted living facilities after the completion of last quarter's (April-June) onsite visits in all 131 long-term care facilities covered by the Ombudsman Program.
- Increased requests for assistance from the Ombudsman Program have continued since ombudsmen reentry into long-term care facilities.
- Ombudsman Program's virtual in-service training for Ombudsman volunteers in July was on the scope of practice, training, and certification of certified nursing assistants. The training was presented by the nurse aide workforce development coordinator from the Northern Virginia Community College. 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

- If you are interested and/or know of anyone interested in becoming an **Ombudsman Volunteer to advocate for residents in long-term care facilities**, please contact the program via phone 703-324-5861 or email nvltcop@fairfaxcounty.gov.
- 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.

- The Ombudsman Program has resumed recruitment of prospective Ombudsman Volunteers for our 3-Day Fall 2021 New Ombudsman Volunteer Training, which is scheduled for October 4th, October 5th, and October 14th (rain date on October 15th). Trainings are held twice a year (spring and fall) and are mandatory for prospective ombudsman volunteers.

- 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. July's topic was on theft and loss in long-term care facilities.
- Ombudsman Program published the July-September 2021 issue of the Ombudsman Program's quarterly e-newsletter called "The Update."

Aging Disability Caregiver Resource Intake Line Statistics July 2021

APS, Reports Received	268
CCC+/ALF screenings, info only	183
ADCR Consultation	151
Adult Services Referrals Sent	146
Nutrition/MOW	144
Benefits	88
APS, info only	66
Housing	59
Adult Services, info only	57
Transportation	54
Home Care Registry	38
Home Based Care, info only	31
Coordinated Services Planning	29
Mental Health/Substance Abuse	23
VICAP	22
Legal Services	20
Elderlink	20
Assisted Living	19
Disability Services	19
Burial/Cremation	19
Medical/Dental	15
Ombudsman	13
Nursing Home	12
Environmental Services	11
Home Repair	10
Employment/Training	10
Volunteer	9
Durable Medical Equipment	9
Domestic Violence/Victim Witness	8
Adult Day Healthcare	7
Social Security	6
Caregiver Support	6
Golden Gazette	6
Respite	6
Intellectual Disability Resources	5
Financial	5
Police Emergency/Non-Emergency	5
Senior Centers/Recreation	5
Other	2
Fuel/Cooling Assistance/Fan Care	2
Tax Administration	2
Health and Wellness Programs	1

TOTAL

1,611