

Area Agency on Aging Highlights for September 2021

Fairfax County Services for Older Adults | Family Services
Golden Gazette | Family Services (fairfaxcounty.gov)

Legislative and Boards

Highlights

22nd NVAN Legislative Breakfast, recording available on:
https://zoom.us/rec/share/daxc4VqS76_ahaKO1Sfu0CQa81TTJcBYDOhBAEA3xUoE5S8ZfAt_NU58obI83D6.oY7nzTao4Z_jdO1b

6th Annual “Shark Tank” Technology Challenge, please visit:
[Fairfax Area Student “Shark Tank” Technology Challenge | Family Services \(fairfaxcounty.gov\)](http://FairfaxAreaStudentSharkTankTechnologyChallenge.FamilyServices.fairfaxcounty.gov)

- Approximately **250** people with **50** legislators, aides, candidates, and local elected officials attended the 22nd Northern Virginia Aging Network (NVAN) Legislative Breakfast held virtually on Tuesday, September 14. The NVAN Legislative Committee presented the 2022 legislative platform of legislative and budget priorities and continuing concerns.
- At the Northern Virginia Aging Network (NVAN) meeting on September 21, Shasta Douglas, WINGS Pilot Program Coordinator/ Volunteer Guardianship Program, presented about Virginia’s Working Interdisciplinary Network of Guardianship Stakeholders (WINGS) and Arlington’s WINGS Initiative.
- The Fairfax Area Commission on Aging (COA) will meet virtually on Wednesday, October 20th. A panel of county staff will share about their work with community groups and provide outreach tips. The Board of Supervisors has approved a new timeline for the SHAPE the Future of Aging Plan development process. Phase 1 includes administering a Community Assessment Survey for Older Adults in early 2022. In support of that survey, the COA is developing communication strategies for commissioner outreach in individual magisterial districts.
- The 50+ Technology Committee, including Commission on Aging Chair Cathy Cole, has announced the 6th Annual “Shark Tank” Technology Challenge. The challenge is open to all high school students in Fairfax County, City of Fairfax, and the City of Falls Church to develop an innovative device or app that will have a positive impact in the lives of older adults, adults with disabilities, or caregivers. **\$5000.00** in cash prizes have been provided by Shark Tank sponsor, IntegrityOne Partners.

Virginia Insurance Counseling and Assistance Program (VICAP)

- Data that drives the work:
 - Phone intakes: **148**
 - Completed contact cases: **279**
(Note: This number includes one-on-one contacts and is based on what has been entered as of 9/2/2021.)
 - Money saved in September 2021 (due to Medicare Part D (prescription drug) review, Patient Assistance Programs, Medicare Part B, appeals etc.) total: **\$103,698.**

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>

- 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 has scheduled **17** Medicare 101 presentations for Fall 2021. Information on these events is advertised in the Golden Gazette and Fairfax County's online Older Adults Events Calendar.
- The annual Medicare Open Enrollment Period is October 15th through December 7th.
 - Medicaid Commonwealth Coordinated Care Plus (CCC Plus) open enrollment is October 1st through December 18th.
 - Medicaid Medallion 4.0 open enrollment is November 1st through December 31st.
 - Federal Marketplace/Affordable Care Act (ACA) open enrollment is November 1 through December 15th.
 - Federal Employees Health Benefits Program (FEHBP) open enrollment is November 9th through December 14th.
 - TRICARE (military) open enrollment season is November 8th through December 13th.
 - Medicare General Enrollment Period is January 1st through March 31st.
 - Medicare Advantage Open Enrollment Period is January 1st through March 31st.

Volunteer Solutions

- Data that drives the work:
 - Inquiries to becoming a volunteer: **60**
 - Total volunteers became active in a program: **4**
 - New client referrals: **12**
 - IT On Call referrals: **4**
 - 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 September 25th, Volunteer Solutions conducted community outreach at the Festival Salud at St. Mark's Lutheran Church in Springfield. Over **250** attendees participated in the event with the Fairfax Area Agency on Aging, Fairfax County Health Department, Virginia Department of Health, and community partners.
- Volunteer Solutions is piloting a new program to combat social isolation and loneliness among the Adult and Aging population. The Companion Pets program provides Animatronic Pets to Adult and Aging clients who are identified by case managers to be at risk for social isolation loneliness.
- Volunteer Solutions and the Nutrition unit are partnering with community organizations to assist with the Thanksgiving Holiday Meal delivery program. Volunteer Solutions' volunteers will deliver Thanksgiving meals to all Meals on Wheels clients on Tuesday, November 23rd, 2021.

Nutrition: Meals on Wheels

- Meals on Wheels (MOW) clients received a 5-day supply of emergency meals in September. This set of shelf-stable meals was 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 are now served under the weekly vendor-delivered model through one meals vendor.
- 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 Herndon Senior Center and ADHC Food Services RFP was awarded to Genuine Food Lab, LLC in October 2021.
- The Congregate Nutrition Program continues to provide nutritious meals and opportunities for socialization and recreation to county residents aged 60 and over at Fairfax County Senior Centers and Adult Day Health Centers.
- *Occupational Therapist (OT) Consultation Program*: **4** clients referred for OT Consults in September 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:
10/12: *Caregiving Over the Holidays* Sessions held via Zoom.
11/09: *National Family Caregivers' Month: Finding the Rewards in Caregiving*
 - Caring for You, Caring for Me:
Offered via Zoom, Mondays 10/11-11/08, 10am-12pm.
- Health and Wellness.
 - Offered via Zoom, Wednesday, 10/06-11/10.

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 **Chronic Pain Self-Management Program**, please contact Dianne Duke (703) 324-7721, Dianne.Duke@fairfaxcounty.gov or visit <http://tinyurl.com/CPSMP123> to register.
- 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, September 22, *Preparing for the Increased Cost of Caregiving*-caregiver webinar was held. **25** people attended the event.
- On Friday, September 10, *Memory Engagement with Arts and Crafts*-caregiver webinar was held. **12** people attended.
- On Friday, September 2, Art Therapy: Healing Through Art- caregiver was held. **12** people attended.
- During the month of August 7 Caregiver Alert Notifications were sent via email, text messages, and voice communication methods. The notifications contained information on Caregiver Telephone Support Call, Preparing for Increased Cost of Caregiving webinar, Art Therapy: Healing through Art webinar, Aging in Place Panel webinar, Memory Engagement and Arts and Crafts webinar, Caring for You and Caring for Me virtual classes and more. Currently, there are **822** subscribers.
- The caregiver column for the Golden Gazette tip of the month was on having a Weekly Planner, and it also included information on the Adult, Disability, and Caregiver Resource line,

Caregiver Important Information

- **Past Caregiver Webinars** are available on:
Preparing for the Increased Cost of Caregiving <https://bit.ly/IncreasedCostWeb>
Engagement with Arts and Crafts- caregiver <https://bit.ly/ArtWebLink>
Art Therapy: Healing Through Art <https://bit.ly/ArtTherapyWeb>
- The 35th Annual Caregiver Conference, **Caregiving as Memories Fade**. Online Registration: <https://nvdcc.com/>

caregiver webinars: Preparing for the Increased Cost of Caregiving, Health Through Art webinar, Memory Engagement Through Arts & Crafts webinar, and The Well Spouse Association.

- The monthly Caregiver Webletter was emailed this month to **534** people. The Webletter contained information on the following programs: Caring for You, Caring for Me; Family Caregiver Support Call- Open Forum; Memory Engagement Through Arts & Crafts webinar; Aging in Place: A Panel Conversation, Preparing for the Increased Cost of Caregiving; Health Through Art webinar; Emergency Health Profile; Kinship Caregiver Supports; 35TH NVDC Annual Caregivers' Conference.
- 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*, will be the keynote speaker.
- In August, the caregiver unit received **4** 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 bull riding events, monster truck events, plays, sport games, Cox Farm entry tickets, and more. 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 **38** one-way rides to 10 unduplicated clients, and **35** hours of respite to their family caregivers.
- The Covid Grocery & Medication Transportation program provided **5** round-trip rides to **4** unduplicated clients in the month of August.
- The Discretionary Funds, which provide durable medical equipment and adaptive equipment to families who need financial assistance, assisted **2** clients/caregivers, providing **12** items.

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 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." September's piece was on family councils in long-term care facilities.
- Ombudsman Program staff have started working towards becoming Certified Eden Associates with The Eden Alternative. The Eden Alternative is "dedicated to creating quality of life for Elders and their care partners, wherever they may live". The **11**-week virtual training is "the most widely practice, comprehensive approach to person-directed care" and "has been proven

to offer practical tools, resources, and inspiration that empower individuals and teams to initiate and maintain effective change.”

- Ombudsman Program staff virtually attended the Office of the State (Virginia) Long-Term Care Ombudsman Program annual re-certification training at the end of September, which included a day long virtual symposium presented by the Pioneer Network. Pioneer Network’s mission is “empowering a network of senior living and care communities by fostering person-directed practices and environments.” The annual re-certification training is an opportunity to advance Ombudsman Program advocacy through professional development.
- Ombudsman Program staff virtually attended the Northern Virginia Aging Network’s (NVAN) 22nd Annual Legislative Breakfast. NVAN consists of staff representatives from five Northern Virginia Area Agencies on Aging, board members from the local Commissions on Aging, and representatives of allied organizations. NVAN participants discuss issues of mutual concern, to craft legislative platform for presentation to the Virginia General Assembly, and to discuss regional responses to critical issues affecting Northern Virginia’s older adults. NVAN introduces its legislative platform to local elected officials, and state delegates and senators at its annual Legislative Breakfast.

The Ombudsman Program information

- Ombudsman Program’s 3-Day Fall 2021 New Ombudsman Volunteer Training for prospective Ombudsman volunteers on October 4th and continue 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. 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 September 2021

APS, Reports Received	256
CCC+/ALF screenings, info only	199
Nutrition/MOW	171
ADCR Consultation	166
Adult Services Referrals Sent	150
Benefits	110
APS, info only	102
Housing	65
Adult Services, info only	60
Transportation	40
Home Care Registry	37
Home based Care, info only	35
Coordinated Services Planning	32
Assisted Living	24
Employment and Training	24
Legal Services	23
Mental Health/Substance Abuse	23
Medical/Dental	23
Elderlink	17
Disability Services	16
VICAP	16
Other	16
Volunteer	13
Nursing Home	12
Burial/Cremation	11
Ombudsman	11
Financial	11
Durable Medical Equipment	10
Intellectual Disability Resources	9
Golden Gazette	8
Social Security	7
Domestic Violence/Victim Witness	7
Home Repair	6
Tax Administration	6
Adult Day Health Care	5
Caregiver Support	4
Fuel/Cooling Assistance/Fan Care	4
Respite	4
Senior Centers/Recreation	4
Environmental Services	3
Police/Emergency and Non-Emergency	1

TOTAL

1,741